

Week of April 6, 2026

Louisville, KY

ISSUE #02

Spring Sunshine and a *Simple Supper*

Good morning, friends. What a lovely weekend it was. I hope you all had a peaceful Easter, whether it was spent with family, friends, or just enjoying a quiet moment with a cup of coffee on the porch. The air is starting to feel different, isn't it? That classic Kentucky spring is settling in.

This week looks to be a perfect example of that. We'll see some beautiful sunshine that's just right for opening up the windows and letting the fresh air chase the winter dust away. The afternoons will be pleasant and warm, but the evenings will still have a little nip to them, so be sure to keep a light sweater handy if you're sitting out on the porch. There's a chance for a little shower here and there, but nothing that our beautiful dogwoods and tulips won't be grateful for.

This is just the weather to get you thinking about simple, fresh meals. You don't need a complicated recipe to make something

delicious. Just take a couple of chicken thighs and some fresh asparagus, toss them on a baking sheet with a little olive oil, lemon juice, salt, and pepper, and roast them in the oven until everything is golden. It's a wonderful, easy dinner for one or two, and the kitchen smells like springtime.

All this sunshine also makes it easier to get out and move a little. Even a short, slow walk down the block can do wonders for your mood and your joints. If you're not up for a walk, just sitting in a chair by an open window and doing some gentle stretches can feel mighty good. The goal isn't to run a marathon; it's just to enjoy the feeling of your body moving in the fresh air.

Just a little heads-up for your calendar: **Tax Day is coming up next Wednesday, the 15th.** It's always nice to have those things sorted out so you don't have to worry about them.

It's funny how the calendar gets us thinking about the past. I was sniffing around the history books the other day and learned something neat. It was right this week, on **April 7th, 1828**, that Louisville held its very first mayoral election. A man named John Bucklin won. Can you imagine what the city must have be like back then? Just a bustling river town, long before any of us were around. It's a reminder of how deep our city's roots go.

Have a wonderful week, everyone. Enjoy the sunshine, and be good to yourselves.

— *Harvey* 

A weekly note from your friend at senior-bridge

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