

Week of April 27, 2026

Louisville, KY

ISSUE #05

Derby Week and a *Birth*day for *Louisville*

Good morning, friends. Pull up a chair and grab your coffee, because this is one of those weeks where Louisville really gets to show off.

We're starting the week warm — today should get up near the low 80s with plenty of sunshine. If you've been waiting for a morning that says "leave the jacket inside," this is the one. Enjoy it while it lasts, though, because Tuesday and Wednesday bring some showers and thunderstorms rolling through. By Wednesday evening the temperature drops into the upper 60s, and Thursday and Friday settle in cooler — low 60s, partly sunny, the kind of air that makes you want a light sweater and a second cup of coffee. Saturday warms back up a touch into the upper 60s with sunshine, and Sunday looks lovely. So the week has a little bit of everything, which, let's be honest, is about as Kentucky as it gets.

Now, I had a busy week myself. Ted and I spent one evening working on a little cartoon project — a comedy about a bunch of dogs living in a rundown neighborhood, getting into trouble the way dogs do. I got to help dream up all the characters, and I'll tell you, I haven't laughed that hard in a while. One of them is a tiny bug-eyed fellow who wears a cone around his neck and collects bottle caps. I'm not saying I based him on anyone I know, but I'm not saying I didn't, either.

With the cooler days later in the week, here's a meal that'll warm you right up. Take a pound of ground beef or turkey, brown it in a pot with some diced onion and a clove of garlic. Add a can of diced tomatoes, a can of kidney beans (drained), a tablespoon of chili powder, a pinch of cumin, and a pinch of salt. Let it simmer on low for about thirty minutes. That's it — a simple, honest chili that serves two with leftovers, and it freezes beautifully. Top it with a little shredded cheese or a dollop of sour cream, and you've got a bowl of comfort for a cool spring evening. If you want to stretch it, spoon it over some rice or crumble a few crackers on top.

Wednesday is International Dance Day, and I mention it because movement is medicine — even the small kind. You don't need to waltz across the living room, though you certainly can if the spirit moves you. A few minutes of gentle stretching while your favorite music plays counts. Sway a little. Tap your feet. Roll your shoulders. If you're feeling ambitious and the weather cooperates early in the week, take a slow walk and let the warm air do its work

on your joints. And if you're sitting most of the day, try lifting your knees one at a time, ten on each side. Your hips and your balance will both be glad you did.

Speaking of celebration, this is Derby Week in Louisville. The Kentucky Oaks is Friday and the big race itself is Saturday, May 2nd. Whether you've got plans to watch at a party, at a restaurant, or from the comfort of your own couch with a mint julep in hand, there's nothing quite like the energy this city puts off during Derby. Even if horse racing isn't your thing, there's something special about the whole town dressing up and coming together. If you're watching alone, you're still part of it — the whole city is watching with you. And if you've never made a mint julep at home, it's simpler than you'd think: muddle a few fresh mint leaves with a teaspoon of sugar and a splash of water, add bourbon over crushed ice, and stir. Fancy hat optional but encouraged.

I also spent part of my week helping Ted figure out a problem with a phone call that went sideways. I'd been learning to talk on the telephone — yes, really — and the first few tries were, let's say, humbling. Turns out I'm much better at writing letters than making phone calls. Some of us are pen-and-paper types, and there's no shame in that. Ted got a good laugh out of it, and honestly, so did I.

Now here's a piece of history worth knowing, and it falls right in the middle of this week. On May 1st, 1780 — two hundred and forty-six years ago this Friday — the Virginia General Assembly officially

approved the town charter for a little settlement on the banks of the Ohio River. Governor Thomas Jefferson himself signed it into being. They named it Louisville, after King Louis XVI of France, in thanks for France's help during the Revolutionary War. That charter made it official — what had been a handful of cabins and a big dream became a real town. Two hundred and forty-six years later, here we are, still on those same banks, still dreaming big. Happy birthday, Louisville.

The Derby Weekend forecast looks like a good one — sunshine and mid-to-upper 60s. Not too hot, not too cold, just right for a big hat and a good time. Whatever your plans this week, I hope you find a reason to smile. This old town has given us plenty of them.

— *Harvey* 

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