

Protect Yourself from Theft Online

As new social networking tools pop up across the internet, you've got to be careful about the information you share online. Mistakes can lead to identity theft and other problems that can cost you a lot of money to resolve. Here are some guidelines for safety:

- **Pick a strong password.** Don't use common words or significant dates in your life. Create a password that's a mix of letters, numbers, capital letters, and lowercase so it can't be guessed easily.
- **Don't give your birth date.** Share just the day and month, or no birthday at all.
- **Use privacy controls.** Limit what's available on your profile so strangers don't have complete access to everything you post online.
- **Keep vacations quiet.** Don't announce that you're going to be out of town ahead of time. You don't want to advertise that your home will be empty.

The Silent Treatment

A golfer was assigned a caddy with a reputation for being talkative. Not wanting to have his game constantly interrupted, the golfer instructed the caddy, "Keep quiet except when I ask you something, and then just nod or shake your head." The caddy agreed.

On the 12th hole, the golfer hit a shot out of sight into the woods. After much searching, he found a ball on bare ground near a tree. He asked the caddy, "Should I use a five iron?"

The caddy shook his head.

"Well, a six iron, then?"

Another shake of the head.

"You're wrong," said the golfer. "Give me the six iron—I'll show you." He hit a shot onto the green, then turned to the caddy and said, "How about that? Go ahead—you can talk now."

The caddy replied, "That wasn't your ball."



HarborChase
Assisted Living • Memory Care



Celebrating Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase Palm Beach Gardens MC

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World Gratitude Day

We live in a fast-paced world, and sometimes the everyday hustle and bustle distracts us from what is really important. We neglect to show our appreciation of others. We take the beauty around us for granted. World Gratitude Day, which occurs on September 21, was designed to help us slow down and be thankful for all that is around us, and all that has helped shape us on a daily basis.

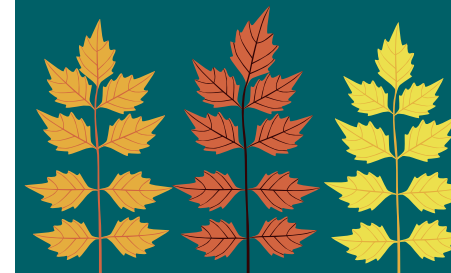
Consider ways of expressing and sharing your gratitude, not just on World Gratitude Day, but every day:

- Jot down something you appreciate daily. Keep a little journal of thankfulness.
- Find a positive way to view something negative. This will slowly help your overall outlook on life, and you'll start to see things in a different perspective. If your immediate reaction to a situation is negative, remember to find the sunny side. There's always an upside.
- Compliment people on a regular basis.
- Pay it forward. If someone makes your day special, help make another's special. One good turn deserves another.

Neptune Knowledge

We often look up at the night sky and bask in the beauty of the stars. But up in space, there are more than just stars. Here are some facts about one major planet, Neptune. Neptune was first discovered on September 23, 1846, by the German astronomer Johann Gottfried Galle, as he confirmed the planet's existence through observation at the Berlin Observatory. The planet's position, however, was predicted by Urbain Le Verrier, which allowed Galle to observe it that night in September. Neptune was not discovered by empirical observation, but rather by mathematical prediction. Neptune is positioned past Uranus in our solar system, making it the eighth farthest planet from the sun. It has a mass that is the third largest in our solar system, with a mass 17 times that of Earth, and is fourth largest in diameter. Neptune also is the most dense planet when considering the gaseous planets. Further, Neptune has visibly active weather patterns that are driven by strong winds. 143 years later, in the summer of 1989, NASA's Voyager 2 spacecraft gave humanity its first close-up photos of Neptune.



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Labor Day Sept. 4





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>Color Code:</p> <p>BrownOutings</p> <p>BlueActivities</p> <p>RedEntertainment</p> <p>GreenFitness</p> <p>PurpleIN2L</p> </div>					<p>7:00 Morning Music 1</p> <p>9:00 Green Thumb Club</p> <p>10:00 Today's News</p> <p>11:00 Tai Chi</p> <p>1:00 Chef's Club - Pumpkin Pie</p> <p>2:00 Card Sharks</p> <p>3:00 Ahhh...Spa Day</p> <p>4:00 Happy Hour - Wine and Design</p> <p>6:00 Outdoor Bowling</p>	<p>7:00 Morning Music 2</p> <p>10:00 Today's News</p> <p>11:00 Brain Aerobics</p> <p>2:00 Bingo BLITZ</p> <p>3:00 Chair Yoga</p> <p>4:00 Happy Hour Karaoke</p> <p>6:00 Animal Kingdom - Birds</p>
<p>7:00 Morning Music 3</p> <p>7:30 Sunday Funnies</p> <p>9:00 Bible Study</p> <p>10:00 Craft Corner</p> <p>11:00 Happy Neurons</p> <p>2:00 Let's Dance</p> <p>3:00 Ahhh...Spa Day</p> <p>4:00 Happy Hour - Wine and Cheese</p>	<p>Labor Day 4</p> <p>7:00 Morning Music</p> <p>10:00 Today's News</p> <p>3:00 Watermelon Party in the Garden</p> <p>4:00 Happy Hour - All the jobs we have had</p> <p>6:00 Movie Night - 'Norma Rae' starring Sally Fields</p>	<p>7:00 Morning Music 5</p> <p>10:00 Today's News</p> <p>11:00 Crochet Class</p> <p>1:00 Let's Dance</p> <p>2:00 Bible Verses</p> <p>3:00 Tai Chi</p> <p>4:00 Happy Hour Trivia</p> <p>6:00 Aromatherapy</p>	<p>7:00 Morning Music 6</p> <p>10:00 Today's News</p> <p>11:00 Horse Racing</p> <p>1:00 Chef Club - Traditional Sicilian Almond Cookies</p> <p>3:00 Tour of Sicily</p> <p>4:00 Jazzy Happy Hour</p> <p>6:00 Brain Aerobics</p>	<p>7:00 Morning Music 7</p> <p>10:00 Today's News</p> <p>11:00 Rosary</p> <p>1:00 Puppy Love with Rascal</p> <p>2:00 Ahhh...Spa Day</p> <p>3:00 Musical Entertainment by Nancy</p> <p>4:00 Happy Hour Reminisce</p> <p>8:30 Are you ready for some FOOTBALL?</p>	<p>7:00 Morning Music 8</p> <p>9:00 Green Thumb Club</p> <p>10:00 Today's News</p> <p>11:00 Funny Seniors</p> <p>1:00 Chair Yoga</p> <p>2:00 Card Sharks</p> <p>3:00 Who Wants to be a Millionaire?</p> <p>4:00 Happy Hour Board Games</p>	<p>7:00 Morning Music 9</p> <p>10:00 Today's News</p> <p>11:00 Sing Along with Susie Q</p> <p>1:00 History of Boxing</p> <p>2:00 Bingo Blitz</p> <p>3:00 Board Games</p> <p>4:00 Happy Hour - Wine and Design</p> <p>6:00 The Price is Right</p>
<p>Grandparent's Day 10</p> <p>7:00 Morning Music</p> <p>9:00 Bible Study</p> <p>10:00 Sunday Funnies</p> <p>1:30 Baseball and Cracker Jacks - Braves vs. Marlins</p> <p>4:00 Happy Hour - Remembering our Grandparents</p> <p>6:00 Movie Night - On Golden Pond</p>	<p>Assisted Living Week 11</p> <p>9:00 Kinetic Sand Sculpture</p> <p>10:00 Science Center and Aquarium Trip</p> <p>1:00 Baseball Card</p> <p>2:00 President Trivia</p> <p>3:00 The Price is Right</p> <p>4:00 Happy Hour 'Family is Forever'</p> <p>6:00 Movie Night - 'With Six you get Eggroll'</p>	<p>Assisted Living Week 12</p> <p>7:00 Morning Music</p> <p>9:00 Book Nook</p> <p>10:00 Today's News</p> <p>11:00 Tea Party Tuesday</p> <p>1:00 Milkshake Day</p> <p>2:00 Sing Along with Susie Q</p> <p>3:00 Walk Abouts</p> <p>4:00 Happy Hour Favorite Family Stories</p> <p>6:00 Movie Night - Parenthood</p>	<p>Assisted Living Week 13</p> <p>7:00 Morning Music</p> <p>10:00 Today's News</p> <p>11:00 Picnic in the Park</p> <p>1:00 Chef Club - Peanut Butter Blossoms</p> <p>2:00 Chicktionary</p> <p>4:00 Happy Hour - AL Week Celebration</p> <p>6:00 Movie Night - The Sound of Music</p>	<p>Assisted Living Week 14</p> <p>7:00 Morning Music</p> <p>10:00 Today's News</p> <p>11:00 Rosary</p> <p>1:00 Artist Studio</p> <p>2:00 Book Nook</p> <p>3:00 Puppy Love with Rascal</p> <p>4:00 Happy Hour Karaoke</p> <p>6:00 Movie Night - Yours, Mine and Ours</p>	<p>Assisted Living Week 15</p> <p>7:00 Morning Music</p> <p>9:00 Green Thumb Club</p> <p>10:00 Today's News</p> <p>12:00 ROMEOS - Retired Old Men Eating Out</p> <p>1:00 Ahhh...Spa Day</p> <p>2:00 Card Sharks</p> <p>4:00 Happy Hour Trivia</p> <p>6:00 Movie Night - Mrs. Doubtfire</p>	<p>Assisted Living Week 16</p> <p>7:00 Morning Music</p> <p>10:00 Today's News</p> <p>11:00 National Play Doh Day</p> <p>2:00 Bingo Blitz</p> <p>4:00 Happy Hour - The Price is Right</p> <p>6:00 Movie Night - The Parent Trap</p>
<p>7:00 Morning Music 17</p> <p>7:30 Sunday Funnies</p> <p>9:00 Bible Study</p> <p>10:00 Sing Along with Susie Q</p> <p>11:00 Funny Seniors</p> <p>1:00 Chef Club - Cupcakes</p> <p>2:00 Ahhh...Spa Day</p> <p>3:00 Car Trivia</p> <p>4:00 Happy Hour</p> <p>6:00 Board Games</p>	<p>Air Force Birthday! 18</p> <p>7:00 Morning Music</p> <p>10:00 Today's News</p> <p>11:00 Brain Aerobics</p> <p>1:00 Chef Club - Fresh Fruit Salad</p> <p>2:00 Hip Shakin' Hola Hoopin</p> <p>4:00 Happy Hour - Military Plane Trivia</p> <p>6:00 Movie Night - '12 o'clock High' with Gregory Peck</p>	<p>7:00 Morning Music 19</p> <p>10:00 Today's News</p> <p>11:00 Chair Yoga</p> <p>1:00 Shaking our hips with Hula Hoops</p> <p>2:00 We all scream for Ice Cream!</p> <p>3:00 Ring Toss</p> <p>4:00 Happy Hour - State Trivia</p> <p>6:00 Aromatherapy</p>	<p>7:00 Morning Music 20</p> <p>10:00 Today's News</p> <p>11:00 Tai Chi</p> <p>1:00 Puzzlers</p> <p>2:00 Kinetic Sand Sculpture</p> <p>3:00 Let's Polka</p> <p>4:00 Happy Hour - September Birthday Party</p> <p>6:00 Rosh Hashanah begins</p>	<p>Rosh Hashanah 21</p> <p>7:00 Morning Music</p> <p>10:00 Today's News</p> <p>11:00 Rosary</p> <p>1:00 Rosh Hashanah Festive Meal</p> <p>2:00 Animal Kingdom - Dogs</p> <p>3:00 Puppy Love with Rascal</p> <p>4:00 Happy Hour - The Price is Right</p> <p>6:00 Outdoor Bowling</p>	<p>First Day of Fall 22</p> <p>7:00 Morning Music</p> <p>10:00 Today's News</p> <p>10:30 Let's make Fall Floral Arrangements</p> <p>1:00 Apple Cider and Doughnuts</p> <p>2:00 Card Sharks</p> <p>3:00 Decorate for Fall!</p> <p>4:00 Happy Hour - School Days</p>	<p>7:00 Morning Music 23</p> <p>9:00 Tai Chi</p> <p>10:00 Today's News</p> <p>11:00 Artist's Studio</p> <p>1:00 Bend and Stretch</p> <p>2:00 Bingo BLITZ</p> <p>3:00 Ahhh...Spa Life</p> <p>4:00 Happy Hour - Cheese Fondue</p> <p>6:00 Entertainment by John Loboso</p>
<p>7:00 Morning Music 24</p> <p>7:30 Sunday Funnies</p> <p>9:00 Bible Study</p> <p>10:00 Adult Coloring</p> <p>11:00 Reminisce</p> <p>1:00 Play Ball - Diamondbacks vs. Marlins</p> <p>2:00 Board Games</p> <p>4:00 Happy Hour - Board Games</p> <p>6:00 Movie Night - 'Singing in the Rain'</p>	<p>7:00 Morning Music 25</p> <p>10:00 Today's News</p> <p>11:00 Lifestyle - Fashion</p> <p>1:00 Figure Skating</p> <p>2:00 Let's Dance</p> <p>3:00 Brain Aerobics</p> <p>4:00 Happy Hour</p> <p>6:00 Family Day - Football Fans...wear team colors!</p>	<p>7:00 Morning Music 26</p> <p>10:00 Today's News</p> <p>11:00 Sing Along with Susie Q</p> <p>1:00 Tea Party Tuesday</p> <p>2:00 Let's Polka</p> <p>3:00 Walk Abouts</p> <p>4:00 Happy Hour - Hangman Contest</p> <p>6:00 Musical Entertainment by Nancy</p>	<p>7:00 Morning Music 27</p> <p>10:00 Today's News</p> <p>11:00 Craft Corner</p> <p>1:00 Book Nook</p> <p>2:00 Juno Pier 'Toes in the Sand'</p> <p>3:00 Chair Yoga</p> <p>4:00 Happy Hour Karaoke</p> <p>6:00 Chicktionary</p>	<p>7:00 Morning Music 28</p> <p>10:00 Today's News</p> <p>11:00 Book Nook</p> <p>1:00 Chocolate Fondue</p> <p>2:00 Let's Dance</p> <p>3:00 Puppy Love with Rascal</p> <p>4:00 Happy Hour - Geography Trivia</p> <p>6:00 Game On - Checkers</p>	<p>7:00 Morning Music 29</p> <p>10:00 Today's News</p> <p>11:00 Let's Dance</p> <p>1:00 Chicktionary</p> <p>2:00 Card Sharks</p> <p>3:00 Chef's Club - Homemade Bread</p> <p>4:00 Happy Hour - Board Games</p> <p>6:00 Movie Night - 'West Side Story'</p>	<p>Yom Kippur 30</p> <p>7:00 Morning Music</p> <p>10:00 Today's News</p> <p>11:00 Yom Kippur Service</p> <p>1:00 Polka Party</p> <p>2:00 Bingo Blitz</p> <p>3:00 Ahhh...Spa Day</p> <p>4:00 Happy Hour</p> <p>6:00 Walk Abouts</p>

HAPPY LABOR ★ DAY ★

- AMERICAN BARBECUES
- CENTRAL LABOR UNION
- COLLEGE FOOTBALL
- FEDERAL HOLIDAY FESTIVALS
- NFL KNIGHTS OF LABOR PARADES PARTIES
- PRESIDENT CLEVELAND RED WHITE BLUE
- ROSIE THE RIVETER RELAX SALES SEPTEMBER UNITED STATES VACATION

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Celebrating Senior Living!

Harborchase Happy Times In Palm Beach Gardens





8 Ways to Keep Your Brain Healthy and Sharp

Drink Moderately

How the body handles alcohol can change with age. Some older adults can feel “high” without increasing the amount of alcohol they drink. This can make them more likely to become confused or have accidents. So limit the amount of alcohol you drink - or don’t drink it at all.

Get a Good Night’s Sleep

Poor sleep, or inadequate sleep, due to issues such as insomnia or sleep apnea, doesn’t just leave you feeling tired. It can have serious physical effects and can impact memory and thinking, too. Get comfy and go to bed. Seven to eight hours is a good night’s rest.

Discover a New Talent

When you learn new things, you engage your brain. Try something you haven’t done before - learning French, ballroom dancing or carpentry, for example. Challenging your brain on a regular basis is fun and beneficial.

Stay Connected

Science has shown that regular engagement in social activities can help reduce some risks to your brain. Stay connected and invite family or friends over for a healthy meal, go on a hike together or just hang out.

Talk to Your Doctor

As you age, some changes in brain function, including short-term memory, happen more frequently than when you were younger. If you have questions or are concerned, ask your doctor at your next appointment.

For more tips on keeping your brain healthy and thriving, visit BrainHealth.gov.

The brain is the body’s most complex organ. It’s also the most important one. That’s why keeping it healthy is critical, especially as you age. Every day, scientists are discovering how closely our minds and bodies are connected. As it turns out, the things that you do to keep your body and heart healthy may also be good for your brain.

Incorporate these eight healthy habits and activities into your daily life to help you optimize brain health and stay sharp in the years ahead.

Get Moving

Physical activity is good for your health at every age. Studies show being active is associated with a lower risk of brain issues. Whether it’s nightly walks, playing with the grandkids or taking your favorite yoga class, find an activity that meets your needs and gets your heart pumping for at least 30 minutes every day.

Eat to Thrive

The antioxidants in nutrient-dense foods like berries, broccoli and legumes, including some fats such as olive oil, may lower some risks to your brain. Try eating a healthy, low-fat, low-cholesterol diet with lots of vitamin-rich fruits and vegetables, as well as whole grains such as oatmeal and brown rice.

Know Your Blood Pressure

High blood pressure can have serious effects on your brain health. If your blood pressure is high, get it under control. It may help reduce some risks to your brain.



MONEY MACHINES

One common denominator included in everyone’s daily routines is money. Spending, lending, counting, saving. In one way or another, money is always around. It’s easily accessible, no matter your location, thanks to the handy time-saving device known as an ATM. The first ATM, automated teller machine, went into use in America on Sept. 2, 1969, thanks to John Shepherd-Barron. Shepherd-Barron is generally credited with the original invention, which was used in London at a branch of Barclay’s Bank, in June 1967. By the time the invention made its way to America, the refinements were credited to Don Wetzel of Dallas. In 1969, the ATM that first went into use in New York could only dispense cash. It wasn’t too long before other options became available, such as checking one’s account balance. These days, you can find ATMs almost anywhere, even inside gas stations. Numbering more than 1 million nationwide, these little machines continue to fill a very particular niche in society.



THE MEMORABLE MARILYN MONROE

It happened in 1954 and yet remains an image known throughout the world by women, men and children, both old and young. Photographer Sam Shaw was a very lucky man on Sept. 15, 1954. He captured a stellar still shot, what some would deem racy even, that continues to be one of the most talked about photographs in history. This photo was of Marilyn Monroe, her white skirt dancing in the wind, and sometimes even above her head, as she stood carefree on a subway grate during the filming of “The Seven Year Itch” in New York City. Shaw was the still photographer on the movie’s set, and he and Monroe had known each other for quite some time. The impact of the skirt-blowing magnificence that occurred on Lexington Avenue that day could have never been foreseen. In fact, there were two media events on Sept. 15, according to Shaw’s granddaughter, Melissa Stevens, who runs Shaw Family Archives. But in the long run, Shaw was the man left standing, raw film in hand, with one great story to tell his grandchildren. Although “The Seven Year Itch” wasn’t one of Billy Wilder’s most popular films, the epic photographs from the film’s shooting will always be remembered.