

For Your Information

Meals/Refreshments Every Day

Breakfast 8am-9am
Lunch 12pm-1pm
Dinner 5pm-6pm

General Information

Beauty and Barber Hours
Tuesdays 9:30 am–UNTIL ?
Wednesdays 1:30 pm–UNTIL ?
(By Appointment ONLY)

Transportation
Every Tuesday and Wednesday
8:00 am – 2:30 pm

Ice Cream Parlor Hours
Every Tuesday & Saturday
2:00 pm – 3:00 pm



**Please visit us on our
Facebook page at
HarborChase of Columbia**



Facts about the Bills in your Wallet

You don't have to be a millionaire to know the value of a dollar. Here are some facts about paper money from the U.S. Bureau of Engraving and Printing website:

- The first \$1 bill was issued by the government in 1862 with a picture of Treasury Secretary Salmon P. Chase. George Washington's portrait first appeared on the \$1 note in 1869.
- Dollar bills account for approximately 45 percent of all U.S. currency production.
- The lifespan of a \$1 Reserve note is about 21 months. Other bills have different life expectancies.
- The first \$2 bill was issued in 1862 and featured a picture of Alexander Hamilton, the first Secretary of the Treasury.
- The first \$100 bills were issued in 1862, with a picture of the American bald eagle. Benjamin Franklin's portrait first appeared on the Series 1914 Federal Reserve Note.
- The lifespan of the average \$100 note is 89 months.


HarborChase
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HarborChase
Assisted Living • Memory Care



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October 2017



*Celebrating
Senior Living*

Administrative List

Robert Jones
Executive Director

Steve Jolly
Director of Resident Care

James Pringle
Director of Hospitality

Brian Tanner
Director of Maintenance

Stephanie Harris
Business Office Manager

Heather Emmer
Director of Sales and Marketing

Rachel Pate
Director of Life Enrichment

Birthdays

S. Harris..... 10/1
M. Thomas..... 10/6
C. Rodriguez 10/7
M. Rebardi..... 10/11
F. Rouffy..... 10/21
M. Richardson..... 10/23
S. Lykes..... 10/29
R. Harrington..... 10/29

Welcome New Residents!

J. Todd

Celebrating Columbus Day

Columbus Day became a federal holiday in the United States in 1934, but Christopher Columbus' landing in the Americas was celebrated across the country long before that.

In 1792, the Society of St. Tammany in New York City commemorated the 300th anniversary of Columbus' voyage, and in 1892, President Benjamin Harrison called upon Americans to recognize the 400th anniversary. Teachers, politicians, and others used Columbus Day to urge patriotism, loyalty, and social progress. Italian-Americans began supporting Columbus Day celebrations in the 19th century as an expression of pride in their heritage. The Italian population of New York organized a celebration of the discovery of America on October 12, 1866, and in 1869, Italians in San Francisco held their own celebration.

The first official Columbus Day holiday was proclaimed by Colorado governor Jesse F. McDonald in 1905. President Franklin Roosevelt designated Oct. 12 a national holiday in 1934. Other countries recognize Columbus Day as well. In Costa Rica, it's known as *Dia de las Culturas* (Day of the Cultures); Uruguay calls it *Dia de las Americas* (Day of the Americas); in the Bahamas, it's Discovery Day; and in Spain it's celebrated as *Dia de la Hispanidad* and *Fiesta Nacional*.

How 'Trick or Treat!' Took Over the World

Wherever you live, chances are that on Oct. 31 you'll be visited by pirates, ghosts, princesses, and monsters crying, "Trick or treat!" at your front door. Costumes and going door to door for treats can be traced back to pagan and Christian rituals from the Middle Ages.


Immigrants from Scotland and Ireland brought the tradition of "guising" to the New World, with children going through their neighborhoods requesting food and coins, usually in exchange for a dance or poem.

The term "trick or treat" in print was seen in Alberta, Canada, in 1927, and in The Oregon Journal newspaper in 1934: "Other young goblins and ghosts, employing modern shakedown methods, successfully worked the 'trick or treat' system in all parts of the city."

Trick-or-treating had become an established fixture of American popular culture by the 1950s, when Walt Disney produced a cartoon called "Trick or Treat" and an episode of the popular TV show *Ozzie and Harriet* showed children overwhelming the Nelson household in search of candy.

www.HarborChase.com/Columbia.htm



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 Depart for Church 1 10:00 Halloween Wreath Creations 11:00 First Baptist Church 1:30 Finish Halloween Door Wreaths 3:00 Cookies, Cocoa, and Chats 4:00 Community Inspirational Hour 6:00 Sunday Funnies	9:30 Depart for the Library 2 10:00 Scarecrow Crafts 11:00 Outburst/ Name 5 1:30 Halloween Pinterest Craft 3:30 Red Hot B-I-N-G-O 6:00 Senior Trivia	Spa Day! 3 9:30 Coffee and Chats 10:00 Glitzy Nails 10:30 Aromatherapy/Meditation 11:00 Tuesday Trivia 1:00 Breast Cancer Awareness Craft 2:30 Music and Movement 4:00 Classic Card Games 6:00 Andy Griffith Hour	Golf Day! 4 10:00 Senior Zumba 10:30 News, Coffee, and Chats 11:00 Wii Golf Tournament 2:00 Arnold Palmers and Lake Chats 3:00 Movie Matinee- The Legend of Bagger Vance 4:00 Hour of Power Bible Study 6:00 Sunset Chats on the Porch	9:30 Morning Yoga and Mediation 10:00 Tech Time- The Modern Computer 10:30 Fall Trivia and Fun Facts 1:30 Classic Board Games 3:00 Harbor Convenience Store 4:00 Country Karaoke 6:00 Music and Mediation 7:00 NFL Football Game	Mad Hatter Day! 6 9:30 Morning Yoga and Meditation 10:00 Just Joking Around 11:00 BINGO for Bucks 1:30 Mad Hatter Tea Party 2:30 Movie Matinee-Alice in Wonderland 4:00 50s Music Melodies 6:00 Friday Funnies	Fall Festival! 7 9:30 Saturday Morning Exercises 10:00 Morning News and Fruit Smoothies 11:00 Fall Festival Begins 2:30 Cake Walk for the Alz. Association 3:30 Gamecock Football Game 6:00 Evening Chess/Checkers
9:30 Depart for St. Andrews Baptist Church 8 10:00 Painting w/ Pine Cones 11:00 First Baptist Church 1:30 Dear Abby/Horoscopes 3:00 Ice Cream and Sunday Funnies 4:00 Community Inspirational Hour 6:00 60 Minutes	Columbus Day! 9 10:00 Morning Zumba 10:30 Coffee and News Chats 11:00 The Price is Right 1:30 Christopher Columbus Trivia and Fun Facts 2:30 Red Hot B-I-N-G-O 3:30 Apple Cider Slushies and Porch Chats 6:00 Senior Trivia	Spa Day! 10 9:30 Coffee and Chats 10:00 Music Therapy w/Cyndi 11:00 Tuesday Trivia 1:00 Fancy Nails and Hand Massages 2:00 Inspirational Hour w/ Roger 3:30 Apple Wine Tasting Social 6:00 Sunset Jazz	9:30 Senior Zumba 10:00 News, Coffee, and Chats 10:30 Apple Pinterest Craft 1:30 Fun Facts About Johnny Appleseed 2:30 Crochet Club 3:30 BINGO w/ Friends 6:00 Sunset Chats on the Porch	9:30 Senior Zumba 9:45 Depart for Apple Orchard 10:00 Sharing Apple Recipes 11:00 Floral Arrangements 1:30 Apple Trivia! 2:30 Music and Memories 3:00 Harbor Convenience Store 4:00 Country Karaoke 6:00 Dominoes Duel	9:30 Today in the News 10:00 Craft Creations with Foil 10:30 BINGO for Bucks 2:00 Movie Matinee-Autumn in New York 3:00 Festival of Apples! 6:00 You Be the Judge	9:30 Silver Sneakers Senior Fitness 10:00 News and Coffee 10:30 Senior Trivia 1:30 Scrapbooking 2:30 Flying High Kite Fun 3:30 Classic Board Games 4:00 Elvis Sing- Along 6:00 Retro TV- Dick Van Dyke 7:00 Gamecocks Football
9:30 Senior Sit and Fit 15 10:00 Chicken Soup for the Soul 11:00 First Baptist Church(SR) 2:00 Puzzlers Club 3:00 Ice Cream and Porch Chats 4:00 Sunset Inspirational Service(P) 6:00 Gaither Gospel Hour	Dictionary Day! 16 9:45 Depart for the Library 10:00 News, Chats, and Coffee 10:30 Word of the Day 11:00 Language Lexicons 1:30 Conversation Ball Toss 3:00 Speed B-I-N-G-O with the Associates 6:00 Sunset Jazz	Spa Day! 17 9:30 Polish Me Pretty Nails 10:00 Music Melodies w/ Cyndi 11:00 Family Face Time! 1:30 Scarecrow Creations 2:00 Inspirational Hour w/ Roger 3:00 Out for Frozen Ice 4:00 Cool Down with Meditation 6:00 Retro TV- Andy Griffith (SR)	9:30 Depart for the State Fair 18 10:00 Andy Griffith Hour 10:30 Puzzlers' Club 1:30 Recipe Sharing-Work on Harbor Cook Book 3:00 B-I-N-G-O for Bucks 3:30 Fun Facts about the Fair 6:00 Chicken Soup for the Soul	9:30 Yoga and Meditation 19 10:00 News, Coffee, and Chats 10:30 Harbor Shoppers-Thrift Shop Tour 10:45 Halloween Pinterest Crafts 2:00 Movie Matinee- Resident's Choice 3:00 Harbor Convenience Store 4:00 Harbor Poets' Society	9:30 Coffee and News 20 10:00 Silver Sneakers Senior Fitness 10:45 Conversation Ball Toss 11:00 Chair Soccer Tournament 1:30 Friday Movie- Hocus Pocus 3:00 BINGO for Bucks 6:00 Puzzlers Club	9:30 Depart for the Alzheimers Walk (SR) 21 10:00 Classic Board Games- Trouble 11:00 Clay Crafts 1:30 Lucky Strikes Wii Bowling 2:30 Puzzlers Club 3:30 Porch Chats and Popsicles 6:00 Dominoes Tournament 7:30 Gamecock Football Game
9:30 Depart for Riverland Hills Baptist Church 22 10:05 Fall Suncatcher Designs 11:00 First Baptist Church- Ch.9 1:30 Breathe w/Ease Aromatherapy and Meditation 2:00 Music and Memories 3:00 Ice Cream Party! 4:00 Community Worship Service 6:00 Meditation and Music	9:30 Depart for Library 23 10:30 Creative Pumpkin Creations 1:30 Brain Fitness 2:30 Scenic Ride through Irmo 2:45 Movie Matinee- The Adams Family 3:30 B-I-N-G-O for Bucks 6:00 Monday Night Football	Spa Day! 24 9:30 Morning Yoga and Meditation 10:00 Serenity Nail Spa 11:00 Aromatherapy and Hand Massages 1:30 Green Thumb Gardeners 2:30 Scarecrow Party! 4:30 Fact or Fiction 6:00 Nightly News	9:30 Zumba @ the Lake 25 10:00 Brain Fitness- Alzheimers Awareness 10:45 Picture Frame Creations 1:30 Word of the Day 2:00 Fall Artistic Creations 4:00 Inspirational Hour 6:00 Orson Wells Radio Show(SR)	9:00 Yoga and Meditation 26 9:30 Depart for Gift Deliveries! 10:00 Name that TV Show 11:00 The Price is Right 2:00 Movie Matinee-Practical Magic 3:00 Harbor Convenience Store 7:00 Thursday Night NFL Football	9:30 Depart for Harvest Hope Food Bank 27 10:00 Halloween Trivia and Fun Facts 10:00 Senior Fitness Fun (SR) 11:00 Speed BINGO for Bucks 1:30 Halloween Pinterest Crafts 1:30 Lucky Strikes 2:00 Friday Movie- Casper 4:00 Crocheting to Soft Music 6:00 Bluegrass Music Time (SR)	Spooky Family Night! 28 9:30 Top Online News 10:00 Cute Dog Videos 11:00 Dog Trivia and Fun Facts 1:30 TheraPaws 2:30 Tech Time- Facebook 3:00 B-I-N-G-O for Bucks 4:00 Harbor Wordsmiths 5:00 Harbor Halloween Party! 6:00 Wheel of Fortune
Happy Birthday Roy! 29 9:30 Morning Mass 10:30 On the Day You Were Born! 11:00 First Baptist Church (SR) 1:30 Movie Matinee- Around the World in 80 Days 3:30 Strawberry Ice Cream Social! 4:00 Sunset Service(P) 6:00 Joyce Meyers Inspirational Hour	9:30 Depart for Library 30 10:00 Who Wore it Best? 11:00 Name 5 1:30 Word of the Day 2:00 Writer's Club 3:30 B-I-N-G-O with Buddies 6:00 Dear Abby/ Horoscopes	Halloween! 31 9:30 Morning News and Coffee 10:00 Costume parade w/ Grandfriends 11:00 Spooktacular Crafts 1:30 Classic TV- The Great Pumpkin Charlie Brown 2:30 Harbor Halloween Party 4:00 Relax w/ Meditation 6:00 Sunset Chats at the Lake				Key SR.....Sun Room FP.....Front Parlor AS.....Art Studio BP.....Beauty Parlor P.....Patio DR.....Dining Room L.....Lake Area

Happy Halloween!



ACROSS

3. Ring doorbell & say...
4. Where a vampire sleeps
7. Jack-o-lantern
10. A field where pumpkins grow
11. What a spider spins
13. No cob for this candy
14. An apparition

15. Incey wincy

18. Comes out on a full moon
19. Shriill cry
20. Round light in the sky at night

DOWN

1. Wears a pointy hat
2. Drinks blood

5. A scary place to live in

6. Witch transportation
8. Tastes good covered in caramel
9. Bobbing for...
12. They fly, but are mammals
13. Disguise
16. Covers face
17. This costume rides a horse

★HAPPY★ COLUMBUS DAY



			9	7		6	3	8
1		8		4	5	9	7	
		7	3	8	2	4		5
	4	2	7		8	5	6	
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					4			7
8	1	9	4	2				6
	5	6			7		4	
				9	6	1		

Easy

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2		4		3		1		
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3			4	1				6
	4	2					1	
	1				5	2	9	7
7		8				4	5	

Medium

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		9	2					
			9			1		
		3	5	1		8		6
		7			9			1
3		1	4			9		7
	2				3			
8			1		7	6	2	

Difficult



GO NUTS OVER NUTS

October 22 is
National Nut Day

Eating nuts as part of a healthy diet can be good for your heart. Nuts, which contain unsaturated fatty acids and other nutrients, are a great snack food, too. They're inexpensive, easy to store and easy to take with you to work or school.

The type of nut you eat isn't that important, although some nuts have more heart-healthy nutrients and fats than do others. Walnuts, almonds, hazelnuts — you name it — almost every type of nut has a lot of nutrition packed into a tiny package. If you have heart disease, eating nuts instead of a less healthy snack can help you more easily follow a heart-healthy diet.

However, nuts contain a lot of fat; as much as 80 percent of a nut is fat. Even though most of this fat is healthy fat, it's still a lot of calories. That's why you should eat nuts in moderation. Ideally, you should use nuts as a substitute for saturated fats, such as those found in meats, eggs and dairy products. Just eating nuts and not cutting back on saturated fats found in many dairy and meat products won't do your heart any good.



YOSEMITE IN NUMBERS

Located deep in the heart of California's Sierra Nevada Mountains lies one of Mother Nature's most glorious enterprises: Yosemite National Park. The park, established Oct. 1, 1890, by a Congressional act, paved the way for the National Park system's evolution in the country. Yosemite spans roughly 1,200 square miles, and its giant sequoias, glaciers, granite formations and bubbling waterfalls have attracted more than 3.5 million visitors annually since 2012, according to National Park Service statistics. Here are some other interesting facts about Yosemite you might enjoy reading, courtesy of the National Park Service:

- A species breakdown: Ninety species of mammals reside in Yosemite National Park. Twenty-two species of reptiles and 12 species of amphibians can be found there, as well. Birds come and go, but about 150 species can be found on average, possibly seeking to eat the six species of fish that live there, too.
- As far as trees go, you'll find about 35 species. Flowering plants, on the other hand, have numbers much higher, with about 1,500 living species.
- Yosemite Falls holds the title of tallest North American waterfall, boasting a grand total of 2,425 feet when including its three sections, Lower Fall, Middle Cascade and Upper Fall.
- Mt. Lyell is Yosemite's tallest point at 13,114 feet above sea level.



EXTRA! EXTRA! DYNAMIC POLITICAL PAIR TAKES SHAPE

On Oct. 11, 1975, the shape of American politics would, unbeknownst to many, begin to take a new form. The union of Bill Clinton and Hillary Rodham that October would have a far-reaching impact on American culture and politics. Bill and Hillary's married life began in Fayetteville, Arkansas, in 1975, having a small marriage ceremony on the couple's own property. They had met several years earlier, on the campus of Yale University in the early 1970s, and began dating shortly afterward. Bill asked Hillary, to marry him a number of times. Finally, she said yes and became part of one of history's most impactful couples.

The Clinton family has worked hard for many decades, with achievements that include the establishment of the Clinton Foundation in 1997, a nonprofit that approaches issues both at home and abroad, such as climate change, improving women's opportunities, health and economic development,

among others. Both Former US. President Bill Clinton and 2016 presidential hopeful Hillary Rodham Clinton ultimately became political icons. They had their sights set on this endeavor from the beginning, and both can say they've made great strides in this department. And, based on their history, it can easily be assumed the work of this power couple is far from finished in America.



THE POLO BRAND EMERGES

Ralph is an unknown name to many. Ralph Lauren, on the other hand, is a name known to most. Born Oct. 14, 1939, to Jewish immigrants in the Bronx, New York, Lifshitz changed his name to Lauren at the age of 16 following years of insult to his Ashkenazi heritage. Ralph Lauren began to make a name for himself following his two-year enrollment as a business student at Manhattan's Baruch College. He soon opted to join the U.S. Army, a gig that clearly wasn't Lauren's style. Lauren, who had always been fashion savvy, even in his teenage years, was influenced by the likes of Cary Grant and Fred Astaire, and other enigmatic men who owned their presence in any location, no matter the time of day.

So Lauren moved on to seek work more tailored to his needs. He became a salesman at Brooks Brothers and it wasn't long before he segued into his own line of neckties. In 1967, he began selling the line, dubbed Polo, to Bloomingdale's and other major department stores. Following this success, Lauren expanded his line to include all menswear, and the rest is history. Lauren's success was rooted in hard work, dedication and a love of clothes and culture. His designs have garnered him numerous awards, and he's the proud husband of Ricky Ann Low-Beer and father of three successful children, Dylan, Andrew and David.