

For Your Information

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.


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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
1 10:00 Morning News and Coffee 10:30 Halloween Pinterest Crafts 11:00 Magazines and Music 2:00 Watercolor Creations 2:30 Cookies, Cocoa, and Chats 4:00 Afternoon Church Service 6:00 Sunday Funnies	2 9:30 Aromatherapy and Yoga 10:00 Coffee and Chats on the Cove Patio 11:00 Watercolor Creations 1:30 Scarecrow Creations 3:00 Harbor Poet Society 4:00 B-I-N-G-O for Bucks 6:00 Sunset Jazz	3 Spa Day! 9:30 Morning News and Coffee 10:00 Posh Nails and Hair Salon 11:00 Price is Right 1:30 Tending to the Garden 2:30 Paint by Numbers 4:00 Sit and Be Fit 6:00 Puzzler's Club	4 Golf Day! 9:30 Morning Inspirations 10:30 Putt Putt Practice 11:00 Golf Trivia and Fun Facts 1:30 Classics in the Courtyard 2:00 Arnold Palmers and Lake Chats 3:00 Dominoes Duels 4:00 Hour of Power Bible Study 6:00 Chess/ Checkers	5 9:30 Morning Zumba 10:30 Card Sorting 11:00 Cove Chefs- Fall Treats 1:30 Wacky Trivia and Fun Facts 2:00 Free Hand Painting 3:00 40's Music Trivia 4:00 Meditation Hour 6:00 Companion Social	6 Mad Hatter Day! 9:30 Coffee and Chats 10:30 Pinterest Craft- Halloween Crafts 11:00 Tending to the Garden 1:30 Mad Hatter Tea Party 2:30 Movie Matinee- Alice in Wonderland 4:00 Chats with Friends on the Patio 6:00 Card Sorting	7 Fall Festival! 9:30 Sit and Be Fit 10:00 Tending to the Garden 11:00 Fall Festival Begins 1:30 Fall Paintings 2:30 Porch Chats 3:30 Gamecocks Football 6:00 Meditation Circle
8 10:00 Sunday Funnies 10:30 Sunday Morning Zumba 11:00 Dear Abby/Horoscopes 2:00 Postcards to Friends 2:30 Movie Matinee- Autumn in New York 3:00 Cocoa and Chats 4:00 Afternoon Church Service 6:00 Sunset Jazz and Relaxation	9 Columbus Day! 9:30 Aromatherapy and Yoga 10:00 Coffee and Chats on the Cove Patio 11:00 Who Was Christopher Columbus? 1:30 Columbus Day Pinterest Craft 3:00 Harbor Poet Society 4:00 B-I-N-G-O for Bucks 6:00 Apple Trivia and Fun Facts	10 Spa Day! 9:30 Morning News and Coffee 10:00 Music therapy w/Cyndi 11:00 Fanny Nails and Hand Massages 1:30 Scarecrow Creations 2:00 Inspirational Hour w/ Roger 4:00 Name that Apple 6:00 Puzzler's Club	11 Happy Birthday Mary! 9:30 Morning Inspirations 10:00 Virtual Trip -Louisiana 11:00 Cove Trip to Popeyes! 1:30 Movie Matinee- Gone with the Wind 3:00 Apple Wine and Cheese Social 4:00 Hour of Power Bible Study 6:00 Chicken Soup for the Soul	12 9:30 Morning Zumba 10:30 Card Sorting 11:00 Cove Chefs- Halloween Treats 1:30 Wacky Halloween Trivia and Fun Facts 2:00 Free Hand Painting 3:00 Apple Cider and Chats 4:00 Meditation Hour 6:00 Companion Social	13 9:30 Coffee and Chats 10:00 Chair Exercises 10:30 Aromatherapy Clay Creations 11:00 Dominoes Duel 1:30 Friday Funnies 2:30 Conversation Ball Toss 4:00 Popsicles on the Patio 6:00 Card Sorting	14 10:00 News Review 11:00 Saturday Morning Dance Party 1:30 Halloween Pinterest Craft 2:00 Flying High Kite Fun 3:30 Spike It- Chair Volleyball 6:00 Classic Country Music Time
15 9:30 Morning Zumba 10:30 Chicken Soup for the Senior's Soul 11:00 The Amen Corner 2:00 Gaither Gospel Hour 3:00 Ice Cream and Lake Chats 4:00 Community Church Service 6:00 Music and Sunday Funnies	16 Dictionary Day! 9:30 Morning News and Coffee 10:30 Golden Zumba 11:00 Crafty Creation-Fall Crafts0 1:30 Language Lexicons 3:00 Speed BINGO w/ Associates 6:00 Artistic Creations	17 Spa Day! 9:00 Yoga and Meditation 10:00 Fancy Nails and Hand Massages 1:30 Crochet Club 2:00 Gaither Gospel Hour 3:00 Floral Arrangements 4:00 Halloween Arts and Crafts 6:30 Orson Well Radio Show	18 9:30 Depart for the State Fair 10:00 What's New News 11:00 Puzzler's Club 2:30 The Cove Cruisers - Baskin Robins 3:00 Gospel Sing-Along 3:00 Harbor Artists- Finish Scarecrows 4:00 Wind Down with Meditation 6:00 Magazines and Music	19 9:30 Moving and Grooving to Elvis 10:30 What's in the News 11:00 Irmo, SC Fun Facts 1:30 Elvis Sing-Along 3:00 Ring Toss Tournament 4:00 Flying High- Parachute Fun 6:00 Classic Board Games	20 9:30 Morning News and Coffee 10:00 Silver Sneakers Fitness 11:00 Duck Watching @ the Lake 1:30 Paint and Sip @ the Lake 3:00 Fall Pinterest Crafts 4:30 Music and Memories 6:00 Evening Porch Chats	21 9:30 Depart for Alzheimer's Walk 10:00 Card Sharks- UNO 1:30 Lucky Strikes Bowling 2:00 Crafty Clay Creations 3:00 Ice Cream Sundaes in the Cove 6:00 Checkers Fun 11:00 Dominoes Duel
22 9:45 Morning News Discussions 10:00 Noodle Fitness 11:00 Sunday Morning Worship 1:30 Sun Catcher Designs 3:00 Sweet Retreat IceCream Social 4:00 Afternoon Church Service (P) 6:00 Classic Board Games- Sorry	23 9:30 Morning Walk Around the Lake 10:00 Feeding the Ducks 11:00 Doris Day Sing Along 1:30 Popsicles / Chats on the Porch 2:00 Shaving Cream Sensory Fun 3:00 B-I-N-G-O 6:00 Who Am I?	24 Spa Day! 9:30 Classic Gospel Sing-Along 10:30 Serenity Nail Spa 11:00 Aromatherapy and Hand Massages 2:00 Scarecrow Parade 3:00 Bubbles in the Garden 4:00 Love on a Leash 6:30 Fireplace Chats	25 9:30 Morning News and Coffee in the Garden 10:00 Hump Day Zumba 11:00 Putt Putt Practice 1:30 Ring Toss Tournament 2:00 Artistic Hour w/ June 3:00 B-I-N-G-O 3:30 The Cove Cruisers- Out for Frozen Yogurt 6:00 Soothing Jazz	26 9:30 Harbor Walkers 10:30 Whats New News 11:00 Halloween Trivia and Fun Facts 1:30 Cornhole Tournament 2:00 Lovely Linens- Napkin Folding 3:00 Blooming Bouquets for our AL Friends	27 9:30 Moving and Grooving to Elvis 10:30 Fall Trivia and Fun Facts 11:00 Speed BINGO 1:30 Fall Pinterst Crafts 3:00 Cookies, Cocoa, and Chats 4:00 Elvis Sing-Along 6:30 50's Music Time	28 Spooky Family Night! 9:30 Harbor Walkers 10:30 News and Coffee 11:00 Earth Day Spring Crafts 1:30 Wii Bowling Fun 2:00 Saturday Afternoon Dance Party 3:00 Fruity Happy Hour 4:00 It's a Match- Memory Game 5:00 Harbor Halloween Party 6:00 Evening News
29 9:45 Weekend in Review 10:30 Sunday Zumba 11:00 Sunday Hymns 11:15 Flower Pot Decorating 12:00 The Cove Cruisers-Ride through Lake Murray 2:00 40's Sing Along 3:00 Love on a Leash 3:30 Strawberry IceCream Social 4:00 Sunset Service 6:00 Classical Music Time	30 9:30 Mornday Zumba 10:00 Brain Fitness- Word Wizards 11:00 Classic TV- It's The Great Pumpkin Charlie Brown 1:30 Watercolor Designs 2:30 Kitchen Fixens- Halloween Cookies 4:00 Big Game Bingo (P) 6:00 Retro TV- Murder She Wrote	31 Halloween! 9:30 Spooky News and Reviews 10:30 Costume Parade w/ Grandfriends 11:00 Spooktacular Crafts 2:30 Harbor Halloween Party 3:00 Name that Smell/Sound 4:00 Retro TV- Matlock 6:00 Harbor Poetry Society				Meals/Refreshments Every Day Breakfast7:30 am Snacks/Hydrations 10:30 am Lunch..... 12:00 pm Snacks/Hydrations 2:30 pm Dinner 5:30 pm Snacks/Hydrations 7:30 pm

Location Key:

SR.....Sun Room
P.....Parlor
GP..... Gathering Place
ICP.....Ice Cream Parlor
PP.....Popcorn Parlor
GR..... Game Room

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
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				9	6	1		

Easy

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

Medium

1		6			8			
		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.