



October Birthdays!

Dorothy K.	10-8
Bob D.	10-14
Don R.	10-21
June B.	10-26

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
Assisted Living • Memory Care
1415 Fort Clarke Boulevard
Gainesville, Florida 32606
352-702-9370


HarborChase
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The HarborChase Wire: A Monthly Publication of HarborChase Gainesville MC

October 2017



*Celebrating
Senior Living*

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.

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Jennifer Fitterman
Director of Sales

Howard Podolsky
Director of Maintenance

Jesus Neira
Director of Hospitality

Teri Lonon
Director of Life Enrichment

Katrina Vega
Director of Memory Care

Lillian Dantzcher
Business Office Manager

Tamiria Long-Jones
Director of Resident Care

**TRICK
or
TREAT**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Stride and Stroll 10:00 Silver Sneakers Exercise 10:30 Name that Tune 1:00 CornHole Tournament 1:30 Let's Bingo! 3:00 Word of the Day 3:00 Spiritual Sing-Along 4:00 Garden Club 6:30 Soothing Hand Massages	9:30 Stride and Stroll 10:15 Sit and Be Fit 11:00 Cove Chorus Practice 1:30 Bowling Competition 2:30 October Trivia 3:00 Card Sharks 3:30 Make a Milkshake! 4:15 Garden Club! 7:00 Evening Bingo!	9:00 News and Views 10:00 Sittercise! 11:15 Giant Crossword 2:00 Group Discussion: Business Decisions 2:30 Bowling Champs! 3:00 Air Force Fun Facts 4:00 Our Favorite Fast Food 6:00 Spiritual Sing-Along 7:00 Fancy Fingernails 7:30 Puzzles and Board Games	9:00 Stride and Stroll! 10:00 Silver Sneakers Exercise! 10:30 Outing to the Spa! 11:30 Pictionary Challenge 1:30 Putting Practice 2:00 Comedy Club 2:30 Daily Devotional 4:00 Fall Time Memories 7:00 Evening Walking Club	9:00 Stride and Stroll 10:00 Sit and Be Fit 10:30 Guided Tour of France 11:30 Pet Therapy 1:15 Bowling Competition 2:30 Ballet Steps 3:00 Practitioners Powwow 4:00 Share a Coke 5:30 Reading Circle: Romance Novel 7:00 Country Music Sing-Along	9:00 Walk Through the Garden 10:00 Sit and Be Fit 10:30 Pictionary Challenge 1:00 Bowling Competition 2:00 50s Trivia 2:30 Craft Creations 3:00 Spiritual Sing-Along 4:00 Front Page Current Events 8:00 The Actress-Movie	9:00 Morning Stride and Stroll 10:00 Get up and Exercise 10:30 Cove Chorus Practice 11:00 Hangman Challenge 11:00 Meditative Arts 2:30 Card Sharks 3:00 Remembering the Classics 7:15 Go To Sleep Yoga Stretches
9:00 Stride and Stroll 10:00 Morning Chair Yoga 10:30 Daily Devotional 1:00 Putting Practice 1:30 Biblical Figures 3:00 Abstract Painting 3:00 Writing Letters to Family 4:00 Let's Bingo! 6:30 Soothing Hand Massages	9:30 Stride and Stroll 10:15 Silver Sneakers Exercise 11:00 Daily Devotional 1:30 Putting Practice 2:30 Giant Crosswords 3:00 Who was Johnny Appleseed? 3:30 Advantages of Apples 4:15 Garden Club! 7:00 Evening Bingo!	9:00 News and Views 10:00 Silver Sneakers! 11:15 Word of the Day 2:00 Classical Movie Trivia 2:30 Coffee in the Garden 3:00 Pet Therapy 4:00 Cats: A Woman's Best Friend? 6:00 Meditative Arts 7:00 Dancing to 50s Music! 7:30 Soothing Hand Massages	9:00 Stride and Stroll! 10:00 Sittercise 10:30 Lunch Outing: TGIFridays 11:30 Front Page Current Events 1:30 Big Word, Little Word 2:00 Where in the World Have You Travelled? 2:30 Apple Taste Testing 4:00 Jigsaw Puzzles 7:00 Evening Walking Club	9:00 Stride and Stroll 10:00 Sit and Be Fit 10:30 Biblical Trivia 11:30 The Cove Chorus 1:15 Baking Apple Crisps! 2:30 Apple Trivia 3:00 Practitioners Powwow 4:00 Crafts with Friends 5:30 Soothing Hand Massages	9:00 Walk Through the Garden 10:00 Sit and Be Fit 10:30 Finish the Phrase 1:00 CornHole Contest 2:00 The Price is Right 2:30 Painting Partners 3:00 Apple Wine Tasting 4:00 Front Page Current Events 8:00 Five Miles to Midnight!-Movie	9:30 Morning Exercise! 10:00 Silver Sneaker Exercise! 11:00 Spiritual Sing-Along 11:30 Aerobic Exercise 1:00 Putting Practice 2:00 Iced Tea in the Garden 2:30 Finish the Phrase 3:00 Cove Crafts 4:00 Mega Jenga 6:00 Gilda-Movie
10:00 Silver Sneakers Exercise! 10:30 Hangman Challenge 11:00 Daily Devotional 1:00 Pictionary Champions 2:30 Beach Volleyball 2:30 Giant Crossword 4:30 Garden Club 6:00 Pinterest Craft 8:00 Horror of Dracula-Movie	9:00 Morning Garden Visit 10:00 Morning Stretch 10:30 Sports Time Trivia 11:00 Miami Fun Facts 1:00 Purple Heart Recognition! 2:00 Beer Tasting in the Garden 3:00 Pilot Training with Pierre 4:00 Card Sharks 8:00 Madame Satan-Movie	10:00 Sit and Be Fit! 10:30 Relaxation Tips 11:00 Fact or Fiction 1:00 Green Thumb Club 2:00 Jewelry Making 3:00 Making Scarecrows! 3:30 Fancy Fingernails 4:00 Soothing Hand Massages 6:15 Meditative Arts 8:00 The Devil's Bride-Movie	9:00 Morning Stride and Stroll 10:00 Get up and Exercise 11:00 Busting a Move with John! 1:00 Putt Putt Practice 1:30 Outing to the Movies! 3:00 Baseball Trivia 4:00 Beer Tasting 7:00 Meditative Painting 8:00 Sissi-Movie	10:00 Forever Young Exercise 10:45 Firefighter Appreciation! 1:00 Bowling Competition 2:30 Fatherly Advice 3:00 Practitioners Powwow 3:30 Halloween Memories 4:30 Hockey Trivia! 5:30 Spiritual Sing-Along 8:00 The Crowd-Movie	10:00 Morning Exercise! 10:30 Daily Devotional 10:45 Dear Abby... 1:00 Putt Putt Practice 2:30 Bible Trivia 3:00 Big Word, Little Word 3:30 Floral Paintings 4:00 Jewelry Making Class! 8:00 Mahogany-Movie	9:00 Exercise in the Garden! 10:00 Build a Fruit Parfait 10:30 Bowling League! 1:00 Clay Creations! 2:00 Afternoon Romantic Movie 2:00 50s Music Fun Facts 4:00 Tend to the Garden Club! 6:30 Are You Smart Than a 5th Grader Trivia! 7:00 Spiritual Sing-Along
9:00 Morning Stride and Stroll 10:00 Sittercise! 11:30 Joke Telling 1:00 CornHole Competition! 1:00 Fancy Fingernails 2:00 Classic Hollywood Trivia 3:00 Group Discussion: Caring for the Family 5:45 Putting Practice! 7:00 Magazines and Coffee	10:00 Sit and Be Fit! 11:00 Guided Tour of Italy 1:00 Putting Practice 2:00 Pictionary Champions 2:45 Let's Bingo! 3:30 Leaves of Autumn 3:30 Making Milkshakes 4:00 Gator Fun Facts! 7:00 Country Sing-along!	10:00 Morning Stretch! 10:30 What Did it Cost? 11:15 Biblical Figures 1:00 Football Season Trivia 2:00 Aerobic Exercise 2:30 Scarecrow Crafts! 3:00 Green Thumb Club 4:00 Hot Cider and Good Conversation 8:00 The Innocents-Movie	10:00 Morning Exercise 10:30 Lunch Outing: Bahama Breeze 10:45 Pet Therapy 1:30 Aerobic Exercise 1:30 Jewelry Making Class 2:00 Wine and Social Hour! 3:30 Meditative Arts 7:00 Romantic Poetry Reading	9:30 Walk Through the Garden 10:30 Silver Sneakers Exercise 1:30 Green Thumb Club 1:30 Life of a Teacher 2:15 Crafting Corner 3:00 Practitioners Powwow 3:30 Reading Circle: Historical Novel 4:00 Oktoberfest Party! 7:00 The Omega Man- Movie	10:00 Morning Exercise 10:30 Big Word, Little Word 11:30 Autumn Memories 1:00 Putting Practice 2:45 People, Places and Things 3:00 Making Autumn Wreaths 4:00 Cocktail Hour 6:00 The Price is Right Team 7:00 Word Scrambles	10:00 Sit and Be Fit 10:30 Musical Trivia 11:00 Front Page Current Events 1:00 Bowling Competition 2:00 Board Games and Puzzles 3:00 Baking Goods for First Responders 3:30 Giant Crossword 4:00 Free-Hand Painting 8:00 The Lost Weekend-Movie
9:00 Stride and Stroll 10:00 Sittercise 11:00 Mega Jenga 1:30 Magazines and Coffee 2:00 Fancy Fingernails 3:00 Ice Cream Tasting 4:00 Aerobic Exercise 6:00 Sci-Fi Reading Circle 7:00 Crafting with Friends 8:00 Taste the Blood of Dracula-Movie	9:00 Morning Garden Visit 9:30 Family Feud Champions 10:00 Get up and Exercise 10:30 Musical Trivia 1:00 Green Thumb Club 2:00 Building Ice Cream Sundaes 3:30 Horse Sketches and Paintings 4:00 Skyping with Family 8:00 Four Horsemen of the Apocalypse-Movie	Halloween 10:00 Trick or Treaters! 11:00 Ghoulish Exercise 1:00 The Best Costumes 2:30 Frightful Fingernails 2:30 Painting Pumpkins 3:00 Ghost Story Telling! 4:00 Reminiscing with Costumes 6:30 CandyCorn Crafts 8:00 The Old Dark House!				

Salon: Tuesday and Friday
Communion: Mon 10:30AM

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

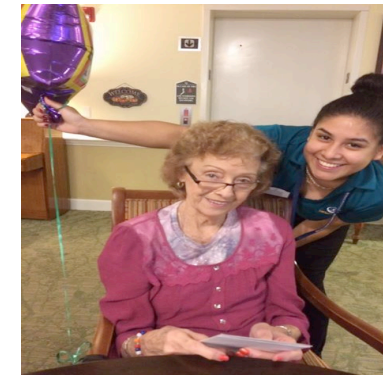
1. Wears a pointy hat
2. Drinks blood

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

Celebrating Senior Living!



We had a big Lunch Bunch at Olive Garden!



Celebrating Carolyn's birthday!



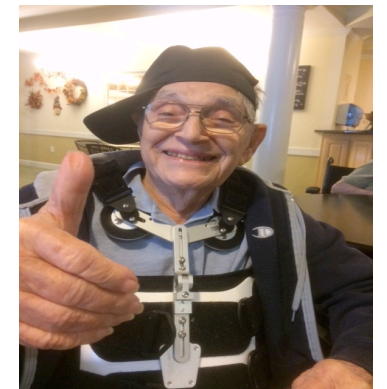
One of our nurses serenades our residents and guests!



Chef Jesus teaches the cooking class about no bake cookies!



Paint-a-palooza in The Cove!



Cesar gives happy hour a big thumbs up!



Alyssa is all smiles while painting with Carolyn!



More Paint-a-palooza photos!



Phyllis shares her birthday celebration with family and friends!



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.

