

For Your Information

Snack Attack: Daily

Music N Sunshine: Daily

Speedsters C: 9:35am, W&F

Price Is Right: 10:00am, M-F

Stroll: 11:15am & 4:00pm Daily

Popcorn Time: 3:30pm Daily

Music N Chats: 6:00pm Daily



Three Activities to Ward Off Alzheimer's

Alzheimer's disease may not have a cure, but experts believe some practices can help delay memory loss. Here's what you can do:

- **Cognitive training.** Crossword puzzles and other games can help, but try some different techniques. Do simple arithmetic in your head instead of relying on a calculator. Develop a new method for remembering what's on your shopping list. Train your brain to remember things in new ways and you'll keep it sharper.
- **Control your blood pressure.** Reducing high blood pressure with medication and weight loss not only cuts your risk of heart disease, but it can also ease stress on the delicate blood vessels in your brain— stress that can exacerbate memory loss and dementia.
- **Exercise.** Moderate aerobic exercise has many health benefits, including heading off symptoms associated with Alzheimer's. Try exercising for 30 minutes five days a week, or 50 minutes three times a week. You'll feel better and extend your cognitive health.



HarborChase
Assisted Living • Memory Care



Celebrating Senior Living

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October 2017



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Tim Seals
Director of Maintenance

Julie Clark
Business Office Manager

Shuntavia Reynolds
Life Enrichment Director

Vicki Herston
Director of The Cove

Humberto Reyes
Director of Food Services

Kristy Bryant
Director of Community Relations

**TRICK
or
TREAT**

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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4801 Whitesport Circle
Huntsville, Alabama 35801
256-715-6674





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Inspirational Quotes 1 10:00 Stretching 11:00 Bible Trivia 1:00 Coca and Chips 2:00 Game Kickoff 3:00 Latham United Methodist Service 4:00 Youtube-Funny Clips 6:00 Sunday News & Views!	Name Your Car Day 2 9:30 Sit And Fit 10:00 Memory Toss 11:30 Lunch Outing: Logan's 1:30 60's Car Trivia 2:00 Cars From The 60's 2:30 What Was Your First Car? 3:00 Joyful Movement With Eleanor 4:30 Word Game 6:00 Category 5	9:00 Get Moving 3 9:30 Ms. Feist Music Hour 10:30 Willow Brooke Service 11:00 Who Want To Be A Millionaire 1:30 Old-Time Favorite 2:30 Laughter Therapy 4:00 Poetry And Rhyming 6:00 Morning News 6:30 Movie Night 'Bridesmaids'	9:00 Huntsville News 4 9:30 Bible Study 10:00 Dancerise 10:30 Beautiful Nails 11:00 Who Said That? 1:30 Snack Attack 2:00 Pokeno 3:00 Random Trivia Hour! 4:30 Card Games 6:00 Movie Night 'Hocus Pocus 7:00 Local News Watch	Something Nice Day 5 9:00 Thai Chi 10:30 Craft Corner: Thank You Cards 11:00 Did you Know 1:00 Waddles Music 2:30 Cooking Demo With Humberto 3:00 Karen Music Hour 4:00 What Came First? 6:00 Nightly News	9:00 In The News 6 9:30 Shake It Up 10:00 Morning Joyride 11:00 Always Or Never 1:30 80's Fun Facts 2:30 Wolfgang Music Hr 3:30 Tea And Chat 4:00 Bulletin Board Trivia 6:30 Evening News	9:00 Chair Yoga 7 10:00 Pretty Nails 10:30 Heart To Heart Pet Therapy 11:00 College Football Trivia 1:30 Tailgate Party! 2:00 College Game Day! 2:30 Make Me Laugh! 3:30 Sing With Me! 4:00 What's Your Story 6:30 News And Views
9:00 Daily Devotional 8 10:00 Let's Get Fit 50's 11:00 Hour Glass Trivia 1:30 Flavored Popcorn 2:00 Kickoff Time! 3:00 Latham United Methodist Service 4:30 Guess Who 6:00 Sunday News & Views!	Celebrate Apple Week 9 9:00 Morning News 9:30 Sit And Fit 10:00 The Big Apple 1:30 Chickionary 2:30 Pintrest Craft- Johnny Appleseed Tree 3:00 A Blast From The Past 4:00 Apple Trivia 6:30 Movie Night 'Beauty And Beast'	9:00 Rhythm And Moves 10 9:30 Ms. Feist Music Hour 10:30 Willow Brooke Service 11:30 True Or False 1:30 Snack Attack: Apples And Butter 2:00 Word Search And Chat 2:30 The Price Is Right Live 4:30 Reminiscence 6:00 Young And Restless Music Hour	9:00 Keeping Fit 11 9:30 Bible Study 10:00 Spa Day 11:00 New York Trivia 1:30 Snack Attack 2:00 Tour Around Downtown Huntsville 2:30 This Day In History 3:30 Power Walk 6:30 Evening Movie 'Free Willy'	9:00 Morning News 12 9:30 Tai Chi 10:00 Cooking Corner: Apple Pie In A Cup 11:00 Apple Name Puzzles 1:00 Waddles Music 2:30 Cooking Craze With Humberto 3:30 Apple Tree Canvas 6:00 Nightly News	9:00 In The News 13 9:30 Jazzercise 10:00 Who Said That? 11:00 Random Trivia Friday! 1:30 Apple Cider Social Hour 2:30 Picture Time 3:30 What's Your Story? 4:30 Classical Music 6:00 The Day In Review	9:00 Cardio Boxing 14 10:00 Daily Word 11:00 Golden Girls Club 1:30 Four Corners 2:30 Dance Fever! 3:30 Random Trivia 4:00 What Comes First? 6:00 ESPN News 7:00 Evening Movie
I Love Lucy Day 15 9:00 Morning Praise 10:30 Cardio Workout 11:00 First Baptist Church 1:30 Silly Saying From The 70's 2:30 Touchdown! 3:30 60's Music Trivia 4:00 Who Am I? 6:00 Current Events 6:30 I Love Lucy Day TV Show	Dictionary Day 16 9:00 In The News 9:30 Step Into Shape 10:00 A Trip To Washington 11:00 Everything Dictionary 1:30 Casino Games 2:00 Randy & Guitar 3:00 Movement of Joy With Eleanor 4:00 State Trivia 6:00 News Currents	Poetry Day 17 9:00 Cardio Walk 9:30 Ms. Feist Music 10:00 Sothern Hospice Music Hour 11:00 Telling Your Story 1:30 Poetry Corner 2:30 50's Country & Coke Birthday Party 3:30 'Live the Price is Right 6:00 Y & R Music HR	Chocolate Cupcake Day 18 9:00 Morning News 9:30 Jazzercise 10:30 Trivia And Chocolate Cupcakes 11:00 Plead The Fifth 2:00 Traveling Arm 3:00 Jim And His Guitar 4:00 Corn Hole 6:00 Movie Night You Pick	9:00 Good Morning News 19 9:00 Sunrise Exercise 10:30 Let's Do Nails 1:00 Waddles Music Hr 2:30 Cooking Corner With Humberto 3:30 Karen Music Hour 4:00 Always Or Never 6:00 Readers Literary Group	9:00 Local News 20 9:30 Aerobicize 10:00 Remember When? 11:00 Oldies But Goodies 1:30 Family Fued Live 2:30 Songs With Woody 3:30 Craft Time! 4:00 Google Earth 6:00 Travel Adventures	9:00 Let's Get Fit 21 10:00 Snack Trolley 10:30 Glam Bar 11:00 Heart To Heart Pet Therapy 1:30 Power Walkers 2:30 Coca Cola And Laughter 3:30 Sing It Live! 4:00 All About The 60's Trivia 6:40 You Pick Movie
9:00 CNN News 22 10:00 Stretch And Shake 11:30 Pictionary 1:30 Poetry Time 2:00 Pro Football Games 2:30 Price is Right Live 3:00 Saints Devotional 4:00 Football History 6:00 News Night Cap	Movie Star Monday 23 9:00 Good Morning America 10:00 Dancercise 11:00 Fun Facts About Movie Stars 1:30 Afternoon Movie and Popcorn 2:30 70's Music And Coke 3:30 Name That Movie Star 4:00 Movie Stars Trivia 6:00 News Current	Tacky Tuesday 24 9:00 Morning News 9:30 Ms. Feist Music Hour 10:30 Willow Brooke Service 11:00 Sit And Fit 1:30 Deal Or No Deal 2:00 Tacky Art Craft 3:00 Karaoke Anyone? 4:00 Uplift Your Spirit 6:30 Local News	Wacky Hat Wednesday 25 9:00 In The News 9:30 Up Down Workout 10:00 Glam Shop 1:30 Wacky Trivia 2:30 Craft Corner: Wacky Hats 3:30 Guess Who? 4:30 What Came First? 6:00 News Today 6:30 Fun And Games	Time Travel Thursday 26 9:00 Local News 9:30 Tai Chi 10:00 50's Trivia 11:00 Let's Travel To The 50's 1:30 Waddles Music HR 2:30 This Day In History 3:30 Riddle Me This 4:30 50's Music And Coke 5:30 Just Pink! 6:00 The Views & News	Fancy Friday 27 9:00 In The News 9:30 Strength Training 10:00 Did You Know? 11:30 Fancy Lunch Outing 1:30 Snack Trolley 2:30 Hollywood Glam Shots 3:45 Mr. Smith Music Hour 4:30 Random Trivia 6:00 My Favorite Joke	9:00 Tone Up 28 10:00 Spa Retreat 10:30 Sun Made Tea 11:00 Our Daily Bread 1:30 Cover The Broad 2:30 DIY-Yarn Letter Craft 3:00 Fun Facts About The 40's 4:00 Guess That Actress 6:30 For The Love Laundry
9:00 Shaking It Up 29 10:30 First Baptist Church 11:00 Name That Tune 1:30 Old Time Favorites Songs-DR 2:00 Game Time! 2:30 Always Or Never 3:30 Classic TV Time 4:00 Random Trivia 6:00 Local News 6:30 Cards Games	Candy Corn Day 30 9:00 Morning News 9:30 Shake It Up Fitness 10:00 Our Daily Bread 10:30 Snack Attack- Candy Corn 11:00 Who Am I? 2:00 Pinterest Craft 3:00 Joyful Moment With Eleanor 4:00 Trivia Monday! 6:00 News Currents	Happy Halloween 31 9:30 Ms. Feist Music HR 10:30 Halloween Treats 11:00 Strengthening 2:00 Halloween Trivia 2:30 Be Scary! Halloween Party 3:30 Willow Brooke Service 4:00 Guilty Or Not Guilty? 4:30 The Price Is Right 6:00 Halloween Movie Night				AM & PM Snack Attack Circle O Friends 1:20 Dly Folding Club 3xs Daily Sunrise/ Sunset Striders Stretch N Flex 1:00 Daily Headline News Rapup Daily

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

DOWN

- 1. Wears a pointy hat
- 2. Drinks blood
- 15. Incey wincy
- 18. Comes out on a full moon
- 19. Shriill cry
- 20. Round light in the sky at night

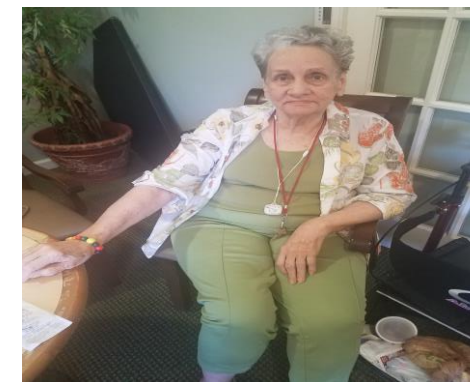
- 5. A scary place to live in
- 6. Witch transportation
- 8. Tastes good covered in caramel
- 9. Bobbing for...
- 12. They fly, but are mammals
- 13. Disguise
- 16. Covers face
- 17. This costume rides a horse

Celebrating Senior Living!

Family & Fun Times @ HarborChase!



Capturing Moments For The Alzheimer's Walk



Bead Making





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.