

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.

HAPPY BIRTHDAY!

October Birthdays

Charlotte I..... 10/12




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Celebrating Senior Living

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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.



HarborChase of Palm Beach Gardens AL

October 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8:30 Church Outings-L 9:30 Songs of Joy & Church Service-CR 10:30 Palm Beach Post-B 11:30 Jazzercise-A2 1:30 Fountain Walk-L 2:30 I Hear Memories-CR 3:30 Courtyard Croquet 4:00 Sunday Funday Bloodymary's-BB 7:00 Geography Trivia-CR	9:30 Wall Street Journal-B 10:30 Stretch-n-Flex-CR 11:00 Bible Study-CR 1:30 Speedy Recall-CR 2:30 Courtyard Ring Toss 3:30 Wheel of Fortune-A2 4:00 Pictionary/Charades & Cocktails-BB 7:00 American Classics-CR	9:30 Palm Beach News-B 10:30 Fit for Life-CR 11:00 Quote of the Day-CR 1:30 Mahjong-A2 2:30 Puzzle Scapes-A2 3:00 Nature Inspired Paintings - AR 4:00 Poker & Pina Coladas-BB 7:15 Fabulous 50's- CR	9:30 Current Events-B 10:30 Stretch-n-Flex-CR 11:00 Daily Bible Verse-CR 1:30 Make Your Point!-A2 2:30 Wii Tennis-A2 3:00 Wildlife Symphony-CR 3:30 Garden Stroll-L 4:00 Wine Down Wednesday & Word Search-BB 7:15 Zumba to Tunes-CR	9:30 News & Reviews-B 10:30 Fit for Life-CR 11:00 Daily Poetry-CR 1:30 Social Cards-A2 2:00 Finish the Lines-CR 3:30 Solitaire Frenzy-B 4:00 Share & Tell Cocktail Social-BB 7:00 Dance Sensation-A2	9:30 Palm Beach Post-B 10:30 Stretch-n-Flex-CR 11:00 Image of the Day-CR 11:30 U Tiki Beach Lunch Outing with Jupiter Inlet Boat Tour-L 1:30 Story Lines-A2 2:30 Pokeno & Ice Cream Creations-D 4:00 2 for 1 & Buzztime-BB 7:15 Friday Funnies-A2	9:30 Wall Street Journal-B 10:30 Fit for Life-CR 11:30 Pictionary & Charades-CR 2:00 American Scenic Cruises-BB 3:00 Bingo Bliss-CR 4:00 Octoberfest Happy Hour with John-BB 7:15 Scrabble Mania-A2	
8:30 Church Outings-L 9:30 Songs of Joy & Praise Church Service-CR 10:30 Palm Beach Post-B 11:30 Sunday Jazzercise-A2 1:30 Garden Stroll-L 2:30 I Hear Memories-CR 3:30 Courtyard Croquet 4:00 Buzztime & Beer-BB 7:00 Make Your Point-CR	9:30 Wall Street Journal-B 10:30 Stretch-n-Flex-CR 11:00 Bible Study-CR 1:00 Sloans Outing-L 2:30 Taffy Apple Decorating & Tasting-B 3:30 Wheel of Fortune-A2 4:00 Mix & Mingle Social-BB 7:00 Blink-CR	9:30 Palm Beach News-B 10:30 Fit for Life-CR 11:00 Daily Image-CR 2:30 Johnny Appleseed Presentation-CR 3:00 Apple Tasting-CR 4:00 Concert Pianist Wine Social-BB 7:00 Lives & Legends of the Old West-CR	9:30 Current Events-B 10:30 Stretch-n-Flex-CR 1:30 Make Your Point!-A2 2:30 Art with Apples-AR 3:00 Famous Faces Famous Places-CR 3:30 Garden Stroll-L 4:00 Apple Wine & Cider Beer Tasting-BB 7:00 Readings From Scripture-CR	9:30 News & Reviews-B 10:30 Fit for Life-CR 11:00 Daily Poetry Reading-CR 1:30 Social Bridge-A2 2:00 Finish the Lines-CR 3:30 Solitaire Frenzy-B 4:00 Apple Cider Slushes & Apple Trivia-BB 7:00 Tora Readings-CR	9:30 Palm Beach Post-B 10:30 Stretch-n-Flex-CR 11:00 Apple Pie Demonstration by Chef-A2 2:00 Navy Birthday Celebration-CR 3:30 Art in the Park-L 4:00 Musical Tunes with Laurie-BB 7:15 Crossword Challenge-A2	9:30 Wall Street Journal-B 10:30 Fit for Life-CR 11:00 Daily Photos-CR 11:30 Breakers Hotel Tour & Lunch-L 2:30 You Be the Judge-B 3:30 Bridge Social-A2 4:00 Pina Coladas & Pokeno-BB 7:00 Moonshots & Space Walks-CR	
8:30 Church Outings-L 9:30 Songs of Joy & Praise Church Service-CR 10:30 Palm Beach Post-B 11:30 American German Club Octoberfest-L 11:30 Sunday Jazzercise-CR 3:00 Bingo Blitz-A2 4:00 Blackjack & Bellini's-BB 7:00 You Be The Judge-CR	9:30 Wall Street Journal-B 10:30 Stretch-n-Flex-CR 11:00 Bible Study-CR 1:00 Pumpkin Patch & Hayride-L 2:30 Fact or Opinion-B 3:30 Dance Dance Sensation=A2 4:00 Showtunes Trivia-BB 7:00 Wheel of Fortune-CR	9:30 Palm Beach News-B 10:30 Fit for Life-CR 11:15 Yappy Hour Photos 1:30 Don't Blink Twice-B 2:00 Wildlife Symphony-CR 3:00 Barbers, Cars & Cigars Men's Social-BB 4:00 Mix & Mingle Social-BB 7:00 Famous Faces Famous Places-CR	9:30 Current Events-B 10:30 Stretch-n-Flex-CR 11:00 Picnic in the Park-L 1:30 Creative Poetry Writing-A2 2:30 Mexican Train-A2 3:00 Trivia & Teatime-B 4:00 Name That Showtune & Belinis-BB 7:00 Mexican Train-A2	9:30 News & Reviews-B 10:30 Fit for Life-CR 11:30 Share & Tell -B 1:30 Nature Walk-L 2:00 French Inspired Watercolors-AR 3:00 Wii Tennis-A2 4:00 Tall Tales & Tom Collins-BB 7:00 Slogans, Jingles & Taglines-CR	9:30 Palm Beach Post-B 10:30 Stretch-n-Flex-CR 11:30 Flagler Museum & Lunch-L 1:30 Pumpkin Painting-CR 2:30 Courtyard Jenga 3:00 Movie Trivia-CR 4:00 Music with Carl Happy Hour-BB 7:00 Billiards & Board Games-A2	9:30 Wall Street Journal-B 10:30 Fit for Life-CR 11:00 Yesteryear Village & Fall Picnic-L 11:30 Daily Photos-CR 2:00 Book Club - A2 3:00 Hail to the Chiefs-CR 4:00 Jokes & Spirits-BB 7:00 World Series Trivia-A2	
7:00 Movie Trivia-CR 8:30 Church Outings-L 9:30 Songs of Joy & Praise Church Service-CR 10:30 Palm Beach Post-B 11:30 Jazzercise-CR 1:30 Show/Tell PhotosA2 2:00 Scrabble Fun-A2 3:00 Bingo Blitz-BB 4:00 Sunday Funday & Table Talk-BB	9:30 Wall Street Journal-B 10:30 Stretch-n-Flex-CR 11:00 Bible Study-CR 1:30 Halloween Deorating-AR 2:30 Create It & Frame It-A2 3:00 Photo Club Social-B 3:30 Guess Who?-B 4:00 Buzz Time & Beer Tasting-BB 7:00 Take Me Out To the Worldseries-CR	9:30 Palm Beach News-B 10:30 Fit for Life-CR 1:30 Qi Gong-CR 1:30 Shopping Outing-L 2:30 You Be the Judge-A2 3:15 Fall Poetry-A2 4:00 Finish the Lines & Slow Gin Fizz-BB 7:00 Guitar Melodies with Tom-BB	9:30 Current Events-B 10:30 Stretch-n-Flex-CR 11:00 Thought for the Day-CR 1:30 Photo Club Social-A2 2:30 Beading Class-A2 3:00 Duplicate Bridge-A2 4:00 Dewars & Skewers Happy Hour-BBB 7:00 Cartoons & Comic Books-CR	9:30 News & Reviews-B 10:30 Fit for Life-CR 11:00 Quote of the Day-CR 2:30 Art in the Park-L 3:30 Crossword Ultra-A2 4:00 Name that Tune with Al Cocktail Social-BB 7:00 Era of Baby Boomers-CR	9:30 Palm Beach Post-B 10:30 Stretch-n-Flex-CR 11:30 Waterway Cafe-L 1:30 Scenic Drives-A2 2:30 Ice Cream Creations-B 4:00 Square Dance Hoedown Birthday & Anniversary Social-BB 7:00 Poker Frenzy-BB	9:30 Wall Street Journal-B 10:30 Fit for Life-CR 1:30 Green Thumbs-P 2:30 Billiards & Games with College Football-A2 3:30 Yappy Hour-AR 4:00 Pokeno & Strawberry Basil Lemonade-BB 7:00 Music Celebration with John-BB	
8:30 Church Outings-L 9:30 Songs of Joy & Praise Church Service-CR 10:30 Palm Beach Post-B 11:30 Sunday Jazzercise-CR 1:30 Board Game Mania-A2 2:30 Wii Bowlathon-A2 4:00 Baseball Past Times Social-BB 7:00 Fall Feature Pumpkin Show-CR	9:30 Wall Street Journal-B 10:30 Stretch-n-Flex-CR 1:30 Costume Making-AR 2:30 Cookie Decorating-B 3:30 Words of Hope-B 4:00 Football Trivia & Minty Mojitos-BB 7:00 Monday Night Football & Billiards-A2	9:30 Palm Beach News-B 10:30 Fit for Life-B 11:30 Pumpkin Pastels-A2 1:30 Face Painting-A2 2:30 Garden Stroll with Ghosty Treats-L 4:00 Costume Contest Happy Hour-BB 5:00 Spooktacular Dinner 6:45 Halloween Bash & Dance w/Lauren-BB				A2 ... Activities 2nd Floor AR.....Art Room B.....Bistro BB.....Bogey's Bar CR..... Community Room L..... Lobby	Color Code: Brown.....Outings Blue.....Activities Red.....Entertainment Green..... Fitness Purple.....IN2L

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!

Harborchase Happy Times In Palm Beach Gardens





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.