

## 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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Assisted Living • Memory Care



*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.





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>7:30 Sunday Funnies <b>1</b></p> <p><b>9:00 Bible Study</b></p> <p>10:00 Craft Corner - Watercolors</p> <p><b>11:00 Happy Neurons</b></p> <p><b>1:00 Bengals vs. Browns</b></p> <p><b>2:00 Let's Dance</b></p> <p>3:00 Ahhh...Spa Day</p> <p>4:00 Happy Hour - Wine and Cheese</p> <p><b>6:00 Chicktionary Challenge</b></p>	<p>10:00 Todays News <b>2</b></p> <p><b>11:00 Bend and Stretch</b></p> <p>1:00 Chef Club - Cookie Monsters!</p> <p><b>2:00 Target Toss on the lawn</b></p> <p>3:00 Book Nook - Old Hollywood</p> <p>4:00 Happy Hour - Cards and Cocktails</p> <p><b>6:00 Virtual Tour - New York</b></p>	<p>10:00 Today's News <b>3</b></p> <p><b>11:00 Crochet Class</b></p> <p><b>1:00 Let's Dance</b></p> <p><b>2:00 Bible Verses</b></p> <p><b>3:00 Tai Chi Stress Busters</b></p> <p><b>4:00 Happy Hour - Trivia</b></p> <p><b>6:00 Palm Beach Music Institute</b></p>	<p>10:00 Todays News <b>4</b></p> <p><b>11:00 Rosary - Resurrection</b></p> <p><b>1:00 Brain Aerobics</b></p> <p><b>2:00 Chair Yoga Yogi's</b></p> <p><b>3:00 Chef Club - National Taco Day!</b></p> <p><b>4:00 Mexican Happy Hour</b></p> <p><b>6:00 Tour of Mexico</b></p>	<p>10:00 Today's News <b>5</b></p> <p><b>11:00 Puppy Love with Rascal</b></p> <p><b>1:00 Wine Glass Painting for Halloween Party!</b></p> <p>2:00 Ahhh...Spa Day</p> <p><b>3:00 Jeopardy</b></p> <p><b>4:00 Happy Hour - Karaoke</b></p> <p>6:00 Andy Griffin Classics</p>	<p>9:00 Green Thumb Club <b>6</b></p> <p>10:00 Today's News</p> <p><b>11:00 Tai Chi Stress Busters</b></p> <p>1:00 Chef's Club - Cupcake Cuties!</p> <p>2:00 Card Sharks - War</p> <p>3:00 Ahhh...Spa Day</p> <p>4:00 Happy Hour - Wine and Design</p> <p><b>6:00 Outdoor Bowling</b></p>	<p>10:00 Today's News <b>7</b></p> <p><b>11:00 Brain Aerobics</b></p> <p>1:00 Craft Club - Candy Corn Creations</p> <p><b>2:00 Bingo BLITZ</b></p> <p><b>3:00 Chair Yoga Yogi's</b></p> <p><b>4:00 Happy Hour - Karaoke</b></p> <p>6:00 Game On - Jenga</p>
<p><b>9:00 Bible Study</b> <b>8</b></p> <p>10:00 Sunday Funnies</p> <p><b>11:00 Rosary - Ascension</b></p> <p><b>1:00 Chargers vs. Giants</b></p> <p><b>2:00 Let's Dance</b></p> <p>3:00 Ahhh...Spa Day</p> <p>4:00 Happy Hour - National Fluffernutter Day!</p> <p>6:00 Really Big Showwww - Ed Sullivan</p>	<p>10:00 Todays News <b>9</b></p> <p><b>11:00 Bend and Stretch</b></p> <p><b>1:00 Sloan's Ice Cream Parlor</b></p> <p>2:00 Word Games</p> <p>3:00 Crochet Class</p> <p>4:00 Happy Hour - Silly Sing-Along</p> <p><b>6:00 Trivia Time!</b></p>	<p>10:00 Today's News <b>10</b></p> <p><b>11:00 Chef Club - National Cake Decorating Day!</b></p> <p><b>1:00 Let's Dance</b></p> <p><b>2:00 Bible Verses</b></p> <p><b>3:00 Tai Chi Stress Busters</b></p> <p><b>4:00 Happy Hour Trivia</b></p> <p><b>6:00 Palm Beach Music Institute</b></p>	<p>10:00 Todays News <b>11</b></p> <p><b>11:00 Rosary - Descent of the Holy Spirit</b></p> <p><b>1:00 Apple Festival Party - Caramel apples</b></p> <p>2:00 Artists Studio - Coloring Creations</p> <p><b>3:00 Cookbook Recipes</b></p> <p>4:00 Happy Hour - Spritzers and Scrabble</p> <p><b>6:00 Brain Aerobics</b></p>	<p>10:00 Today's News <b>12</b></p> <p><b>11:00 Puppy Love with Rascal</b></p> <p><b>1:00 Chair Yoga Yogi's</b></p> <p>2:00 Ahhh...Spa Day</p> <p><b>3:00 Sing Along with Susie Q</b></p> <p><b>4:00 Happy Hour - Reminisce</b></p> <p>6:00 Relax in the Garden</p>	<p><b>US Navy Birthday!</b> <b>13</b></p> <p>9:00 Green Thumb Club</p> <p>10:00 Today's News</p> <p><b>11:00 Funny Seniors</b></p> <p><b>12:00 ROMEOS - Retired Old Men Eating Out</b></p> <p><b>1:00 Honoring our Navy Vets!</b></p> <p><b>2:00 Card Sharks - War</b></p> <p>4:00 Happy Hour - Board Games</p> <p>6:00 Movie Night - McHale's Navy</p>	<p>10:00 Today's News <b>14</b></p> <p><b>11:00 Sing Along with Susie Q</b></p> <p><b>1:00 The Price is Right</b></p> <p><b>2:00 Bingo Blitz</b></p> <p>3:00 Silly Sentences</p> <p>4:00 Happy Hour - Wine and Design</p> <p><b>6:00 Garden Walkers</b></p>
<p><b>9:00 Bible Study</b> <b>15</b></p> <p>10:00 Sunday Funnies</p> <p><b>11:30 Octoberfest at the German/American Club Fairgrounds</b></p> <p><b>1:00 Patriots vs. Jets</b></p> <p><b>2:00 Rosary - The Assumption</b></p> <p>4:00 Happy Hour - Cheese and Crackers</p> <p><b>4:25 Steelers vs. Chiefs</b></p> <p><b>6:00 Funny Seniors</b></p>	<p>9:00 Coffee and Conversation <b>16</b></p> <p><b>10:00 Bend and Stretch</b></p> <p><b>11:00 Baseball Card Sorting</b></p> <p><b>1:00 Bednar's Farm Fresh Market for Pumpkin Picking and Tractor Ride!</b></p> <p><b>3:00 The Price is Right</b></p> <p>4:00 Happy Hour - Wine and Design</p> <p>6:00 Word Games - Hang Man</p>	<p>9:00 Book Nook <b>17</b></p> <p>10:00 Today's News</p> <p>11:00 Tea Party Tuesday</p> <p><b>1:00 Chef Club - Celebrate Milkshake Day</b></p> <p><b>2:00 Sing Along with Susie Q</b></p> <p><b>3:00 Let's stroll in the Garden</b></p> <p>4:00 Happy Hour - Jenga</p> <p><b>6:00 Palm Beach Music Institute</b></p>	<p>10:00 Today's News <b>18</b></p> <p><b>11:00 Rosary - Coronation of Mary</b></p> <p><b>1:00 Bend and Stretch</b></p> <p><b>2:00 Chicktionary Challenge</b></p> <p><b>3:00 Musical Melodies</b></p> <p><b>4:00 Happy Hour - Horse Racing</b></p> <p><b>6:00 Garden Walkers</b></p>	<p>10:00 Today's News <b>19</b></p> <p><b>11:00 Puppy Love with Rascal</b></p> <p>1:00 Artist Studio - Colorful Creations</p> <p>2:00 Book Nook - WWI Aviation</p> <p>3:00 Chef Club - Brownies</p> <p><b>4:00 Happy Hour - Let's talk about You!</b></p> <p><b>6:00 World War II Trivia</b></p>	<p>9:00 Green Thumb Club <b>20</b></p> <p>10:00 Today's News</p> <p><b>11:00 Bend and Stretch</b></p> <p>1:00 Ahhh...Spa Day</p> <p><b>2:00 Card Sharks</b></p> <p>3:00 Crochet Class</p> <p><b>4:00 Happy Hour Trivia</b></p> <p>6:00 Movie Night - Love Story</p>	<p>10:00 Today's News <b>21</b></p> <p><b>11:00 Yesteryear Village - Halloween Party and Bag Lunch</b></p> <p>1:00 Game On - Headbandz</p> <p><b>2:00 What Did it Cost?</b></p> <p>3:00 Manicure Madness</p> <p><b>4:00 Happy Hour - The Price is Right</b></p> <p>6:00 Bingo Blitz!</p>
<p>8:30 Sunday Funnies <b>22</b></p> <p><b>9:00 Bible Study</b></p> <p><b>10:00 Sing Along with Susie Q</b></p> <p><b>11:00 Funny Seniors</b></p> <p><b>1:00 Jets vs. Dolphins</b></p> <p>2:00 Ahhh...Spa Day</p> <p><b>3:00 Car Trivia</b></p> <p>4:00 Happy Hour - When I was a child...</p> <p>6:00 Checker Tournament</p>	<p>10:00 Today's News <b>23</b></p> <p><b>11:00 Brain Aerobics</b></p> <p><b>1:00 Chef Club - Pumpkin Pies</b></p> <p><b>2:00 Hip Shakin' Hola Hoopin</b></p> <p>3:00 Hang Man Challenge</p> <p><b>4:00 Happy Hour - Card Games Galore</b></p> <p><b>6:00 Family Fun Night - Pumpkin Decorating Contest with Trophys!</b></p>	<p>10:00 Today's News <b>24</b></p> <p><b>11:00 Chair Yoga Yogi's</b></p> <p><b>1:00 Shaking our hips with Hula Hoops</b></p> <p>2:00 Crochet Class</p> <p><b>3:00 Ring Toss Challenges</b></p> <p><b>4:00 Happy Hour - State Trivia</b></p> <p><b>6:00 Palm Beach Music Institute</b></p>	<p>10:00 Today's News <b>25</b></p> <p><b>11:00 Tai Chi Stress Busters</b></p> <p>1:00 Peach Smoothies and Puzzles</p> <p>2:00 Kinetic Sand Sculpture</p> <p><b>3:00 Let's Polka</b></p> <p>4:00 Happy Hour - Family Feud Board Game</p> <p><b>6:00 Virtual Vacation - Italy</b></p>	<p>10:00 Today's News <b>26</b></p> <p><b>11:00 Puppy Love with Rascal</b></p> <p>1:00 Apple and Caramel Dipping!</p> <p><b>2:00 Animal Kingdom - Dogs</b></p> <p><b>3:00 Crazy Crosswords</b></p> <p><b>4:00 Happy Hour - The Price is Right</b></p> <p><b>6:00 Outdoor Bowling</b></p>	<p><b>Make a Difference Day</b> <b>27</b></p> <p><b>10:00 Apple Cider and Doughnut Party ...</b></p> <p><b>10:30 Kick-off for sponsoring Franklin Elementary</b></p> <p><b>1:00 Chair Yoga</b></p> <p>2:00 Card Sharks</p> <p><b>3:00 Let's Celebrate October Birthdays and Anniversaries!</b></p> <p>6:00 War Challenge</p>	<p><b>8:00 Alzheimer's Walk - City Place. Bus leaves at 8:00 and we will have box lunches under facility tent!</b> <b>28</b></p> <p>1:00 Ahhh...Spa Life</p> <p><b>2:00 Bingo BLITZ</b></p> <p><b>3:00 What did it cost?</b></p> <p>4:00 Happy Hour - Celebrating our Walkers!</p> <p>6:00 'Bonanza' Bonanza!</p>
<p>8:00 Sunday Funnies <b>29</b></p> <p><b>9:00 Bible Study</b></p> <p>10:00 Adult Coloring</p> <p><b>11:00 Reminisce</b></p> <p><b>1:00 Bears vs. Saints</b></p> <p>2:00 Spontaneous Music Game</p> <p>4:00 Happy Hour - Songbirds</p> <p>6:00 Courtyard Walkers</p>	<p>10:00 Today's News <b>30</b></p> <p>11:00 Ladies Tea Party</p> <p><b>1:00 Figure Skating</b></p> <p><b>2:00 Let's Dance</b></p> <p><b>3:00 Brain Aerobics</b></p> <p>4:00 Happy Hour - Pictionary</p> <p><b>6:00 Virtual Vacation - Holland</b></p>	<p><b>Happy Halloween!</b> <b>31</b></p> <p>10:00 Chef Club - Boo-Berry Muffins</p> <p><b>11:00 It's the Great Pumpkin, Charlie Brown</b></p> <p><b>1:00 Let's Polka</b></p> <p>2:00 Trick-or-Treat!</p> <p><b>3:00 History of Hallows Eve</b></p> <p><b>4:00 Happy Hour - Only here for the 'Boo's'</b></p> <p><b>6:00 Movie - 'Hocus Pocus'</b></p>				<p><b>Color Code:</b></p> <p>Brown .....Outings</p> <p>Blue.....Activities</p> <p>Red.....Entertainment</p> <p>Green.....Fitness</p> <p>Purple.....IN2L</p>

# 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.