

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.

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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Celebrating Senior Living

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**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.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00 Game On! Chess 10:00 Card Sharks-Move On 11:00 October IQ 1:00 Mystery Week- Short Stories 3:00 Football Watch Party 3:30 Praise & Worship 6:30 National Park Spotlight 7:30 BBC World News 8:30 Sleepless Sudoku 9:30 Online Games</p> <p>1</p>	<p>9:00 Chair Yoga 10:00 Squirrel Drawing 11:00 Mystery Week-Twilight Zone 1:00 Craft Corner-Hardware Necklace 2:00 Meandering Monday Outing 3:00 Travelogue- Israel 6:30 Puzzlers Club 7:30 Aces Wii Golf 8:00 Timber! Giant Jenga</p> <p>2</p>	<p>9:00 Go for Life 10:00 Bridge Club 11:00 Scarecrow Decorating 2:00 Name That Tune-Fleetwood Mac 3:00 Fantasy Football 4:00 Mystery Week-Detective Trivia 6:30 Men's Club Meeting 7:30 Meditations In Color 8:30 Scripture Of The Day</p> <p>3</p>	<p>9:00 Tai Chi 10:00 Country Server Cookin 10:00 Shopping Outing- Walmart 1:00 NewsCurrents 2:00 Mystery Week-Puzzlers 3:00 Lucky Strikes Bowling 4:00 BuzzTime Countdown 7:30 Crew History 8:30 Brain Games 9:30 Late Night Sermons</p> <p>4</p>	<p>9:00 Puzzle Me This 10:00 Cinemaholics-Rear Window 11:00 Floral Arrangements 1:00 Mystery Week-Who Done It 3:00 Aces: Wii Golf 4:00 Ante Up- 5 Card Draw 6:30 Match The Notes 7:30 Online Games 8:30 YouTube Entertainment</p> <p>5</p>	<p>9:00 Patio Palates 10:00 National Park Series 11:00 Craft Corner- Pumpkin Painting 1:00 Escape Room Outing 3:00 Street Art 4:00 Opinionation 6:30 Mahjong Maddress 7:30 Heads Up 8:30 Friday Funnies 9:30 Football History</p> <p>6</p>	<p>9:00 Stock Market Online 10:00 What Was There 11:00 Jewelry Making 1:00 Piano w/ Richard 2:00 Go For Life 3:00 Mystery Week- Clue Scavenger Hunt 6:30 Stock Market Online 7:30 Rack Em' Up Billiards 8:30 Online Games 9:30 Best of SNL</p> <p>7</p>
<p>9:00 Card Sharks-Spades 11:00 Crazy Cookie Creations 1:00 Note By Note 2:00 Bingo Bonanza 3:00 Football Watch Party 3:30 Praise & Worship 6:30 Apple Week-Johnny Appleseed Biography 7:30 BBC World News 8:30 Sleepless Sudoku</p> <p>8</p>	<p>9:00 Online Games 10:00 Clay Crafting 11:00 Texas Winds Performance 1:00 Chinese Checkers 2:00 Meandering Monday Outing 3:00 HC Players Rehearsal 4:00 Apple Week-Taste Testing 6:30 Craft Corner-Bookmarks 7:30 Nerf Skeet Shooting 8:30 Rack Em Up Billiards</p> <p>9</p>	<p>9:00 Go for Life 10:00 Bridge Club 10:30 Memories In The Making 1:00 Fantasy Football 2:00 Serves Up-Chair Volleyball 3:00 Candy Bag Creation 4:00 Apple Week-Trivia 6:30 Men's Club Meeting 7:30 Meditations In Color 8:30 Scripture Of The Day 9:30 Today In History</p> <p>10</p>	<p>9:00 Tai Chi 10:00 Country Server Cookin 10:00 Shopping Outing- Target 1:00 NewsCurrents 2:00 Apple Week-Apple Art 3:00 Meditations In Color 4:00 BuzzTime Countdown 6:30 Shemini Atzeret 7:30 Animal Kingdom</p> <p>11</p>	<p>9:00 Puzzle Me This 10:00 Cinemaholics-Steve Jobs Documentaries 11:00 Floral Arrangements 1:00 Apple Week-Cooking Corner 3:00 Match The Notes 4:00 Ante Up- Blackjack 6:30 Simchat Torah 7:30 Outdoor Life 8:30 YouTube Entertainment</p> <p>12</p>	<p>9:00 Patio Palates 10:00 Friday The 13th History 11:00 Phobia Game 1:00 Museum Of Biblical Art Outing 2:00 Navy Retrospective 4:00 Opinionation 6:30 My Story Creation 7:30 Junk Drawer Detective 8:30 What Did It Cost 9:30 Bible Stories</p> <p>13</p>	<p>9:00 Facebooking 10:00 Tech Time-Computer Learning Class 1:00 LunchTime Trivia 2:00 Sun Prints 3:00 Chictionary 4:00 Apple Week-Cider Happy Hour 6:30 Paper Quilling 7:30 Happy Neuron 8:30 Casino Games</p> <p>14</p>
<p>9:00 Chair Chi 10:00 Courtyard Cornhole 11:00 Sun Tea Sunday 1:00 SATM Radio Show 3:00 Football Watch Party 3:30 Praise & Worship 4:00 Finish The Phrase 6:30 Game On Yahtzee 7:30 Smarter Than A 5th Grader 8:30 Car Talk 9:30 Pastimes</p> <p>15</p>	<p>9:00 Core Workout 10:00 Silhouette Art 11:00 Morning Edition 1:00 Emotional Health & You 2:00 Meandering Monday Outing 4:00 BuzzTime Arcade 6:30 Outdoor Life: Fishing 7:30 Bible Stories 8:30 Wheel Of Fortune 9:30 Where In The World</p> <p>16</p>	<p>9:00 Chair Yoga 10:00 Bridge Club 11:00 Fantasy Football 1:00 Scarecrow Decorating 3:00 Sidewalk Chalk Painting 4:00 October B-Day Bash w/ DJ Rick 6:30 Cranium Crunches 7:30 Wait, Wait, Don't Tell Me 8:30 Classic Dick Van Dyke 9:30 Lucky Strikes Bowling</p> <p>17</p>	<p>9:00 Pilates 10:00 Country Server Cookin 10:00 Shopping Outing-Walmart 1:00 NewsCurrents 2:00 Hot Rocks 3:00 Fall Poetry Exchange 4:00 BuzzTime Countdown 6:30 TED Talk-Toys 7:30 Presidential Series 8:30 Pictionary 9:30 Biography</p> <p>18</p>	<p>9:00 Walking Warriors 10:00 Cinemaholics-Barefoot In The Park 11:00 Floral Arrangement 1:00 Musical Painting 2:00 Cake Decorating 4:00 Around The Globe-Diwali Festival 6:30 Ante Up-7 Card Stud 7:30 Cool Collections 8:30 National Parks Series</p> <p>19</p>	<p>9:00 Go For Life 10:00 A Look Back 11:00 Ask Abby 1:00 Dallas Star Outing 2:00 First Lady Series- Jackie O 4:00 Opinionation 6:30 Sunset Jazz 7:30 Sun Catchers 9:30 Frisco Fireworks 11:00 Fingerprint Friday</p> <p>20</p>	<p>9:00 Stock Market Online 10:00 Crochet Club 11:00 Archeology Day 1:00 Leaf Art 2:00 Charades 3:30 Soul Happy Hour w/ Michael Perkins 6:30 Best of SNL 7:30 Literary Inspirations 8:30 Price Is Right 9:30 Dominoes Duel</p> <p>21</p>
<p>9:00 Animal Kingdom-Horses 10:00 Jewelry Making 11:00 Finish The Phrase 1:00 Science Experiments Sunday 3:00 Football Watch Party 3:30 Praise & Worship 6:30 Cars And Motorcycles 7:30 Tech Time 8:30 Big Game Hunting 9:30 Late Night Sermon</p> <p>22</p>	<p>9:00 Chair Chi 11:00 Sun Catchers 1:00 Photography Appreciation Project 2:00 Meandering Monday Outing 4:00 BuzzTime Arcade 6:30 You Be The Judge 7:00 Antiques Roadshow 8:30 Around The World 9:30 Ask Abby</p> <p>23</p>	<p>9:00 Stretch & Tone 10:00 Bridge Club 10:30 Memories In The Making 1:00 Fantasy Football 2:00 Candy Bag Creation 3:00 Still Life Sketches 4:00 Trivia Tuesday 6:30 Classic Commercials 7:30 Facebooking 8:30 What Did It Cost 9:30 Sleepless Scrabble</p> <p>24</p>	<p>9:00 Core Workout 10:00 Country Server Cookin 10:00 Shopping Outing-Target 1:00 News Currents 2:00 Word Puzzle Wednesday 3:00 My Hometown 4:00 BuzzTime Countdown 6:30 Brain Games 7:30 Morse Code Puzzle 8:30 Lucky Strikes Bowling 9:30 Rockin Radio-Dragnet</p> <p>25</p>	<p>9:00 My HomeTown 10:00 Cinemaholics-Young Frankstien 11:00 Floral Arrangement 12:00 New Resident Luncheon 1:00 Trunk or Treat 3:00 What Did It Cost 4:00 Ante Up-Texas Hold Em 6:30 Paint By Numbers 8:30 Wants To Be A Millionaire 9:30 Our Daily Bread</p> <p>26</p>	<p>9:00 The Amen Corner 10:00 Walking Warriors 11:00 Craft Corner-Wicker Weaving 2:00 Resident Council 3:00 Snack Food Creation 4:00 Halloween Happy Hour 6:00 Family Monster Mash Bash w/ Bill G 7:00 Scarecrow Contest 8:30 Late Night TED Talks</p> <p>27</p>	<p>9:00 Puzzlers Club 10:00 Today In History 11:00 Lewis & Clark Historical Presentation 1:00 Kindness Rocks 3:00 Gardening Club 4:00 IN2L Karaoke 6:30 Smarter Then A Fifth Grader 7:30 Book Nook Readers 8:30 Scripture Of The Day 9:30 Classic Commercials</p> <p>28</p>
<p>9:00 Morning Mad-libs 10:00 National Cat Day 11:00 Sudoku Showdown 1:00 Craft Corner-Autumn Sachets 3:00 Football Watch Party 3:30 Praise & Worship 6:30 My Story Creation 7:30 This Old House 8:30 Bible Stories 9:30 Game On! Solitaire</p> <p>29</p>	<p>9:00 Specialty Coffee Social 10:00 Watercolor Art 11:00 The Amen Corner 1:00 Table Tennis 2:00 Meandering Monday Outing 3:00 HC Players Rehearsal 4:00 Finish The Line 6:30 Fact Or Fiction 7:30 Cranium Crunches 8:30 Timber! Giant Jenga</p> <p>30</p>	<p>9:00 Walking Warriors 10:00 Bridge Club 11:00 Fantasy Football 1:00 Spooky Performance w/ Laurie 3:00 HC Players Performance 4:00 Spooky Trivia 6:30 Evening Movie-Hocus Pocus 9:30 Rack Em Up Billards</p> <p>31</p>				
<p>9:00 Morning Mad-libs 10:00 National Cat Day 11:00 Sudoku Showdown 1:00 Craft Corner-Autumn Sachets 3:00 Football Watch Party 3:30 Praise & Worship 6:30 My Story Creation 7:30 This Old House 8:30 Bible Stories 9:30 Game On! Solitaire</p> <p>29</p>	<p>9:00 Specialty Coffee Social 10:00 Watercolor Art 11:00 The Amen Corner 1:00 Table Tennis 2:00 Meandering Monday Outing 3:00 HC Players Rehearsal 4:00 Finish The Line 6:30 Fact Or Fiction 7:30 Cranium Crunches 8:30 Timber! Giant Jenga</p> <p>30</p>	<p>9:00 Walking Warriors 10:00 Bridge Club 11:00 Fantasy Football 1:00 Spooky Performance w/ Laurie 3:00 HC Players Performance 4:00 Spooky Trivia 6:30 Evening Movie-Hocus Pocus 9:30 Rack Em Up Billards</p> <p>31</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!





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.