



Assisted Living Birthdays

Eleanore L.....	10/1
Marilyn H.....	10/16
Madalyn B.....	10/22
Joan C.....	10/30

Cove Birthdays

Tim W.....	10/4
Thelma M.....	10/16
Pat D.....	10/24

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



Celebrating Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase Plainfield AL

October 2017



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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.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8:00 PLEASE DONATE: HURRICANE VICTIM RELIEF 9:00 St. Mary Communion 9:30 TV Sunday Mass 10:00 Strengthen Your Core 10:45 Chronicles/Devotions 2:00 Roll 'Em 3:00 Jack-o'-Lantern Faces 4:00 What Do You Know? 6:30 Cinema: Hoosiers	Gene Hackman Week 10:00 Christian Service with Pastor Adams 10:45 Catch the Colors 2:00 On the Street Where I Lived 3:00 Competitive Crosswords 4:00 Who Wants to Be a Millionaire 4:30 State Capitols 6:30 Cinema Classics: The Royal Tenenbaums	10:00 Swirling Scarves 10:45 Jeopardy Trivia 11:20 Trail Blazers 1:30 FOOD FORUM 2:00 BINGO Buddies 2:00 Creating a Fall Scene 3:00 Calling All Corn Holers! 3:30 Kings in the Corner 4:30 Bookworms: Porch Talk 6:30 Cinema: Welcome to Mooseport	10:00 Cheer for Health 10:45 Senior Currents 11:20 Happy Trails 2:00 Let's all make our Scare-A-Crow! 2:00 Which War Was It? 3:30 Casino Style Poker 3:30 Rosary & Reflection 4:15 Computer Crosswords 5:00 Piano by Kelly 6:30 Cinema: The Replacements	10:00 Lift Your Spirits 10:45 Wisdom Wonders 11:00 A little Steak would be nice 2:00 Know When to Hold 'Em 3:00 Bookworms: Hometown Tales 3:30 A visit from Maggie 4:00 Casino Roulette 6:30 Cinema: Twice in a Lifetime	9:00 News at Nine 10:00 Walmart Shoppers 10:00 Sitter Fitters 10:45 Worldly Wonders 2:00 Howling Harborettes 3:30 Nips & Nibbles - Nifty '50s 6:30 Cinema Classics: Behind Enemy Lines	9:00 What's New? 10:00 Fit for Life 10:00 Holy Spirit Comm. 10:45 Trivia & Devotions 2:00 BUNCO! 3:00 Chicken Soup Positive Stories 4:00 Scary Categories 6:30 Cinema: The Mexican	
Bruce Willis Week 9:00 News in the Bistro 9:00 St. Mary Communion 9:30 TV Sunday Mass 10:00 Stretch & Tone 10:45 The Great Chicago Fire 2:00 Lucky 7 3:00 Corn Hole 3:30 What Am I? 4:00 October Pictionary 6:30 Cinema: Hudson Hawk	Columbus Day 10:00 Lift Your Spirits 10:45 Change the First Letter 2:00 How well do you know your state? 3:00 Autumn Trivia 3:30 The Nina, Pinta & Santa Maria 4:00 Tour New England 6:30 Cinema: Die Hard 7:30 BEARS vs Vikings	10:00 Body in Motion 10:00 Glamor Nails 10:45 Jeopardy Trivia 11:20 Trail Blazers 2:00 BINGO Buddies 2:00 Pine Cone Creation 3:15 Resident Calendar Committee 3:30 Luck at Roulette 3:30 Snake Eyes 6:30 Cinema: Red	OKTOBERFEST! 10:00 Band Resistance 10:00 Creative World Visits 2:00 Oktoberfest Trivia 2:00 Reverse Painting 3:00 Casino Poker 3:30 Rosary & Reflection 4:15 Computer Crosswords 6:00 Oktoberfest Party with Frank 'K' Duo 7:15 Cinema: Unbreakable	10:00 Sit & Get Fit 10:45 Wisdom Wonders 11:00 Olive Garden Harvest 2:00 Know When to Hold 'Em 3:00 Bookworms: Hometown Tales 3:30 Pass It Off! Hot-Hot-Hot 4:00 Pass It On! Word Game 6:30 Cinema: The Whole Nine Yards	Celebrating Apples 9:00 News at Nine 10:00 Fit for Life 10:00 Meijer Madness 10:45 Sentimental Reflections 2:00 Howling Harborettes 3:30 Nips & Nibbles - Apple Wine, Cider & Apple Crisp 6:30 Cinema: Death Becomes Her	10:00 Sitter Fitters 10:45 Daily Chronicles, Devotions & Finish the Song 2:00 Bunco Buddies 2:00 Color Me Autumn 3:30 All Hallows' Eve Pictionary 4:30 You Be the Judge 6:30 Cinema: The Whole Ten Yards	
Jason Bateman Week 9:00 St. Mary Comm. 9:30 TV Sunday Mass 10:00 Sit and Be Fit 10:45 Chronicles/Devotions 12:00 BEARS @ Ravens 2:00 Bean Bag Toss 2:30 Snake Eyes 4:00 Harvest Hangman 6:30 Cinema: The Switch	10:00 Beach Ball Blast 10:45 Jeopardy Trivia 1:30 YOGA with Julie 2:15 Who Wants to be a Millionaire? 2:45 Crossword Connections 3:30 Classic TV Commercials 4:00 It's All Trivial 6:30 Cinema: Juno	10:00 Health Pro: BP is not just a gas station 10:45 Senior Currents 11:20 Me & My Shadow 2:00 A Puzzled Afternoon 2:00 BINGO Buddies 3:30 Painting Pumpkins 4:00 Snake Eyes 6:30 Cinema Classics: This Is Where I Leave You	10:00 Cheer for Good Health 10:45 Halloween Mad Libs 11:20 Happy Trails 12:45 JoEllen Sing-A-Long 2:00 Trivia of the Season 2:00 Casino Style Poker 3:30 Rosary & Reflection 4:15 Spa Afternoon with a Relaxing Hand Massage 6:30 Cinema Classics: The Family Fang	9:00 News in the Bistro 10:00 Stretch & Tone 10:45 Wisdom Wonders 11:00 Aodake Japanese Steak House 2:00 South Pacific 3:30 A visit from Maggie 4:00 Table Shuffle Board 6:00 Scare-A-Crow Voting Social 6:30 Cinema: Extract	9:00 News at Nine 10:00 Walmart Shoppers 10:00 Tone Your Body 10:45 Worldly Wonders 2:00 Howling Harborettes 3:30 Nips & Nibbles: 60's Music 6:30 Cinema Classics: The Ex	10:00 Holy Spirit Comm. 10:00 Weights for Wellness 10:45 Chronicles/CraniumCrunches 2:00 BUNCO! 2:00 Young At Art: Play Doh Leaf Sculpting 3:00 Football Toss 4:00 Give Me Five! 6:30 Cinema Classics: Necessary Roughness	
Danny Glover Week 9:00 St. Mary Communion 9:30 TV Sunday Mass - 10:00 Build Your Body 10:45 Team Trivia & Devotions 12:00 BEARS vs Panthers 2:00 2 Minute Name 5 3:00 Penny Ante 4:00 You Be the Judge 6:30 Cinema: Angels in the Outfield	10:00 Lift Your Spirits 10:45 Everybody's 'Boo'-tiful 11:20 Happy Trails 12:00 Circle of Friends: Private Lunch 2:00 Circle of Friends: Scrabble/Dominoes/Cards 2:00 Family Feud 3:00 Viet Nam War Trivia 4:00 Trivial Pursuit 6:30 Cinema: Lethal Weapon	9:00 News in the Bistro 10:00 Body in Motion 10:45 Similies we grew up with/Brain Drain/Devotions 11:20 Me & My Shadow 1:30 Pvt. Res. Council 2:00 Resident Council 2:30 BINGO Buddies 4:00 Beat 'em at Bunco 6:30 Cinema: Witness	Make A Difference 9:00 HURRICANE RELIEF: Deliver Donations 10:00 Band Resistance 10:45 Senior Currents 11:20 Happy Trails 2:00 Korean War Trivia 3:00 Casino Style Poker 3:30 Rosary & Reflection 4:15 Crosswords 6:15 Cinema: Waffle Street	10:00 Sit & Get Fit 10:45 Wisdom Wonders 11:00 Aurelio's Pizza Buffet 2:00 Snake Eyes 3:30 Turn the Page: Hometown Tales 3:30 A visit from Maggie 4:00 Crossword Concentration 6:30 Cinema Classics: Missing in America	HALLOWEEN PARTY 9:00 News at Nine 10:00 Meijer Madness 10:00 Stretch for Strength 10:45 Worldly Wonders 2:00 Howling Harborettes 3:30 Nips & Nibbles 6:00 Costume Party with Mo Beat Blues! 7:30 Cinema Classics: The Ghost and Mrs. Muir	9:00 News in the Bistro 10:00 Weights for Wellness 10:45 Daily Chronicles 2:00 Color Me Calm: Fall Scenes 3:00 Bunco 4:00 Your Inner Artist: Pictionary 6:30 Cinema Classics: Grand Canyon	
Halloween Week 9:00 St. Mary Communion 9:30 TV Sunday Mass 10:00 Move & Groove 10:45 Trivia, Chronicles, Matching Jacks' 12:00 BEARS @ Saints 2:00 Snake Eyes 3:00 Reminisce - the Game 4:00 Table Top Bean Bags 6:30 Cinema: Ghost Dad	10:00 Catch the Colors 10:45 Trivia Titans: OO: Went the Wind 11:20 Trail Blazers 1:30 YOGA with Julie 2:15 Google Me Home 3:00 Crossword Mania 4:00 Team Trivia Challenge 6:30 Cinema Classics: Ghost	Happy Halloween 10:00 Monster Mash 10:00 KLA Kids Costume Parade 11:15 Fright Night Story 2:00 BINGO Buddies! 2:00 Costume Party Pictionary 3:30 Dem Bones & a Scary Treat! 6:30 Cinema Classics: Haunted Honeymoon					Let's All Make Our Scare-A-Crow..... 10/4 Creative World Visits..... 10/11 Oktoberfest Party with Frank 'K' Duo..... 10/11 Bears Tail Gate Parties..... 10/15, 22 & 29 Yoga with Julie..... 10/16 & 30 Sing-A-Long with JoEllen..... 10/18 Halloween Costume Party..... 10/27 KLA Costume Parade..... 10/31

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

- 15. Incey wincy
- 18. Comes out on a full moon
- 19. Shrill 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!

Our HarborChase Family



Lunch with Friends



MORE Cucumbers !!



Abstract Art Class



Ruthie wins 1st Place Shoe Box Float with Her Love of Cows!



Mardi Gras Madam wins 2nd Place!



Freedom is Not Free wins 3rd!



Pssst! Someone tell Carl his Hat and Scarf are ALIVE!!



Who's going to tell Pat she has to give them back?



Thank you ALL for giving and packing donations going to Our Deployed Vets!



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.