



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.

| | |
|-----------------|-------|
| Mary M..... | 11/2 |
| Mariette | 11/2 |
| Janet C..... | 11/4 |
| Eleanor A..... | 11/9 |
| Victoria L..... | 11/9 |
| John F..... | 11/28 |
| Peter K..... | 11/29 |


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*Celebrating
Senior Living*

November 2017



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Q4 November



Most of All

Thanksgiving Day brings to mind

the blessings in our lives that usually go unnoticed:
a home that surrounds us with comfort and protection;
delicious food, for pleasure in both eating and sharing;
clothes to snuggle up in, books and good
entertainment to expand our minds;
and freedom to worship our God.
Most of all we are thankful for our family and friends,
those treasured people who make our lives extra special.
You are part of that cherished group.

On Thanksgiving, (and every day) we appreciate you.

Happy Thanksgiving!

Driverless Cars Coming to a Street Near You?

Drivers can't wait for self-driving cars, according to a survey by Bosch Mobility Solutions. Out of 1,000 U.S.-based new car buyers 18 years or older, 52 percent said they expect to own a self-driving vehicle within the next 10 years. Only 14 percent said they'd never buy a self-driving car, and 14 percent were undecided.

Although 72 percent of survey participants signaled worries about lack of control in a vehicle they don't drive themselves, 61 percent said they believe self-driving cars could lead to a decrease in traffic accidents, and 55 percent highlighted more free time and less stress as a benefit to driverless cars.

Needless to say, automotive technology has come a long way! How many of you can remember driving a car with a manual transmission? A report from U.S. News and World Report found that only 18 percent of U.S. drivers know how to operate a stick shift, and only about 5 percent of vehicles sold in the U.S. today come with a manual transmission.



www.HarborChase.com/Venice.htm



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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|---|---|
|  | | | 7:00 Coffee & Conversations 1 9:30 Walk & Talk 10:30 Flower Arranging 11:30 Which Family Will WIN The Feud 2:00 Poetry Reading Group 3:00 Gone Fishing 4:00 Busy Beads 6:30 Hymn Sing Alongs | 7:00 Words of Hope 2 9:30 Lucky Strike Bowling 10:30 Instrumental Expressions 11:30 Jigsaw Masters 2:00 Hand Massage & Aromatherapy 3:00 Traveling To Israel 4:00 Green Thumbs 6:30 Laughter Yoga | 7:00 Wake Up To Jazz 3 9:30 Beach Ball Tournament 10:30 Do I Smell Cinamon Rolls? 11:30 Fidget Spinner Challenge 1:30 Non-Denominational Service 3:00 Happy Hour w/Wannabees 4:00 Team Jenga Competition 6:30 Music & Memories | National Candy Day 4 7:00 Early Risers Word Puzzles 9:30 Exercise Essentials 10:30 Creativite Candy Painters 11:30 Gathering For News Of The Day 2:00 Candy Tasting Challenge 3:00 Entertainment w/George 4:00 What's In The Bag? |
| 7:00 What's Happening Around The World 5 9:00 Stretchersize 9:30 Catholic Mass 10:00 Catholic Communion 11:30 Creative Craft Circle 2:00 Frank Alvarez Live 3:15 Eternity Church Service 4:00 Pick-Up Pairs 6:30 Pet Visits w/Butterscotch | 7:00 Rise & Shine Puzzle 6 9:30 Relaxation Yoga 10:30 Hidden Object Search 11:30 Penny Questions 1:30 Toe Tapping & Head Nodding w/Brenda 3:00 Aprons On: Cookie Baking 4:00 Water Gardeners 6:00 Movie Night: Daddy Day Care | 7:00 Praise Songs On Patio 7 9:30 Health Heart Workout 10:30 Hangman Challenge 11:30 Touring Through Bahamas 2:00 Presbyterian Sermon 3:00 Would You Rather? 4:00 Watch Em Grow Group 6:30 Readers Book Club | 7:00 Wake Up w/Crosswords 8 9:30 Ready Set Move 10:30 Marine Corp/Vet Community Pinning 11:30 Scrabble Club 2:00 Hands Over Hands 3:00 Which Scapes Fits You? 4:00 Local News 6:30 Easy Listening-Frank Sinatra | 7:00 Courtyard Morning Talk 9 9:30 Ball Toss Trivia 10:30 Arm Chair Travel 11:30 LUNCH @ THE JETTYS 1:30 Gentle Hand Massages 3:00 UNO Challenge 4:00 Fashion Show 6:30 Name That Tune '50's Sock Hop' | 7:00 Breathe of Fresh Air 10 9:30 Let's Get Physical 10:30 Pictionary Trivia Challenge 1:30 Non-Denominational Service 3:00 Happy Hour w/Regina 4:00 Tabletop Checkers 6:30 Learn To Sudoku | 7:00 I Choose Joy Devotions 11 8:30 Alzheimer's Walk 9:30 Bean Bag Challenge 10:30 Traveling Through The Scape 11:30 Prim & Pretty Nails 2:00 Crazy Dice Tournament 3:00 Build Your Own Sundae Social 4:00 Garden Aid 6:30 Live w/Reflection Meditation |
| 7:00 Early Puzzle Makers 12 9:00 Forever Young Fitness 9:30 Catholic Mass 10:00 Catholic Communion 11:30 Past Time Discussions 2:00 Easy Listening w/George 3:15 Eternity Chapel 4:00 Fact or Fiction 6:30 Internet Web Learning | 7:00 Cool Beans Cafe 13 9:30 Muscles-n-Motion 10:30 Word Grid Thinkers 11:30 Dog Visits 1:30 Which State Are We In? 3:00 Household Challenges 4:00 Tropical Smoothie On Patio 6:00 Movie Night: Hotel For Dogs | 7:00 Beauty Tips 14 9:30 Get Your Blood Pumping 10:30 Qwirkle Memory Game 11:30 Breaking News 2:00 Presbyterian Sermon 3:00 Art Studio Time 4:00 Fun In The Sun 6:30 Evening Soothing Tunes | American Recycles Day 15 7:00 Sunrise Devotions 9:30 Paracute Fitness Fun 10:30 Creative Recycle Crafters 11:30 Discussion Group 2:00 Sorting By Colors Or Numbers 3:00 Courtyard Clean-Up 4:00 King Corner Tournament 6:30 Yoga Wind Down | 7:00 Headline News 16 9:30 Fit Xpress 10:30 It's Puzzling 11:30 Karaoke w/The Best 2:00 Silly Sentences w/Sharon 3:00 Jewelry Crafters 4:00 Blooming Taskmasters 6:30 Are You X's or O's? | 7:00 Sharpen Your Senses 17 9:30 Let's Get Moving 10:30 Colors Of The Fall 11:30 Making A Grocery List 1:30 Non-Denominational Service 3:00 Happy Hour w/Dave 4:00 Reminiscing Family Holiday Traditions 6:30 Press Release | Mickey Mouse's B-Day 18 7:00 Early Chronicles 9:30 Stretch & Flex 10:30 Mickey Mouse Trivia & Painters 11:30 Household Trivia 2:00 Mickey Mouse Celebration 3:00 Live Music w/Jen 4:00 Garden Maintenance 6:30 Sort & Match |
| 7:00 Early Bird Tunes 19 9:00 Flex & Stretch 9:30 Catholic Mass 10:00 Catholic Communion 11:30 Complete The Phrase 2:00 Resident B-Day Party w/Ed 3:15 Eternity Church Service 4:00 Poetry Reading w/Apple Cider 6:30 Piece To Pieces | 7:00 Venice News & Views 20 9:30 Bean Bag Toss 10:30 Catholic Rosary 11:30 Thanksgiving Trivia 2:00 Connect 4 To Win Challenge 3:00 List Those Pies Social 4:00 Healthy Brain Builders 6:00 Movie Night: The Bucket List | 7:00 Today's Hot Topic 21 9:30 Firm Fitness 10:30 Baking For All-Thanksgiving Cupcakes 11:30 Traveling Throught The Scapes 2:00 Presbyterian Sermon 3:00 Card Sharks 4:00 Courtyard Butterfly Watchers 6:30 Friends Social Group | 7:00 Who's Puzzled 22 9:30 Step In Strength 10:30 Flower Arranging Group 11:30 Act It Out 2:00 Historical Tour Of Pilgrims 3:00 Name Those Holiday Scents 4:00 Toss & Catch 6:30 Soft Piano Tunes | HAPPY THANKSGIVING 23 7:00 Morning Prayers 9:30 Hooked on Fitness 10:30 Turkey Crafters 12:00 Thanksgiving Gathering Luncheon 2:00 Easy Listening 3:00 Thanksgiving Puzzle/Trivia 4:00 Holiday Daily News 6:30 Back Down Memory Lane | 7:00 Top News Of The Day 24 9:30 Movement Matters 10:30 How Much Did It Cost? 11:30 Reminise:Black Friday Shopping Stories 1:30 Non-Denominational Service 3:00 Happy Hour w/Donna 4:00 Laundry Lovers 6:30 Family & Friends Domino Night | 7:00 News & Views 25 9:30 Team Bowling Challenge 10:30 Free Style Drawing Class 11:30 Is It True Or False? 2:00 Butterscotch Friendly Visits 3:00 Sharpen Your Senses 4:00 Inspirational Quotes 6:30 Computer Skills Class |
| 7:00 Early Bird Devotions 26 9:00 Fit4Life 9:30 Catholic Mass 10:00 Catholic Communion 11:30 Garden Lovers Club 2:00 Entertainment w/Barry 3:15 Eternity Chapel 4:00 Table Game Of Choice 6:30 Music & Memories | 7:00 Breaking News 27 9:30 Corn Hole Tournament 10:30 Word Wizards 11:30 Pet The Pooch 2:00 Hand Massage & Aromatherapy 3:00 Silly Sentences w/Sharon 4:00 Praise Songs On The Patio 6:00 Movie Night: Air Bud | 7:00 Breathe of Fresh Air 28 9:30 Sit & Be Fit 10:30 Splash Of Color 11:30 Vanity Fashion Show 2:00 Presbyterian Sermon 3:00 Courtyard Bird Watchers 4:00 Left Right Center Challenge 6:30 Laughter Is The Best Medicine | 7:00 Early Patio Talks 29 9:30 Stretch-It-Out 10:30 Creative Collages 11:30 Daily Trivia Test 2:00 Hands Over Hands 3:00 Let's Go Bowling 4:00 Sing Your Heart Out Karaoke 6:30 Lawrence Welk Viewing | 7:00 Early Meet & Greet 30 9:30 Team Fitness Challenge 10:30 Don't Get Hung 11:30 Escaping Through Paris 2:00 Knitting Group 3:00 Artist Cove Watercolors 4:00 Fun In The Sun 6:30 Readers Book Club |  | |



HAPPY
Thanksgiving

T A I P O C U N R O C T U R S G I V E T H A N K S A R F
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COLONY
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DEVILED EGGS
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FOOTBALL
GIVE THANKS
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MACYS PARADE
MAIZE
MASHED POTATOES
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Fall Back
1 Hour



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Difficult

What Your Nose Knows

Sense of Smell and Your Health

Your sense of smell enriches your experience of the world around you. Different scents can change your mood, transport you back to a distant memory, and may even help you bond with loved ones. Your ability to smell also plays a key role in your health. If your ability to smell declines, it can affect your diet and nutrition, physical well-being, and everyday safety.

Whether coffee brewing, pine trees in a forest, or smoke from a fire, the things we smell are actually tiny molecules released by substances all around us. When we breathe in these molecules, they stimulate specialized sensory cells high inside the nose. Each of these sensory cells has only one type of odor receptor—a structure on the cell that selectively latches onto a specific type of “smelly” molecule. There are more smells in the environment than there are odor receptors. But a given molecule can stimulate a combination of these receptors, creating a unique representation in the brain of a particular smell.

Because smell information is sent to different parts of the brain, odors can influence many aspects of our lives, such as memory, mood, and emotion. For thousands of years, fragrant plants have been used in healing practices across many cultures, including ancient China, India, and Egypt. Aromatherapy, for example, aims to use essential oils from flowers, herbs, or trees to improve physical and emotional well-being.

Smell is also important for your perception of taste. Chewing your food releases aromas that travel from your mouth and throat to the nose. Without smell, we can detect only 5 basic tastes: sweet, salty, bitter, sour, and umami (savory). But our brains incorporate information from both taste and smell receptors to create the perception of many different flavors.

Some people may think they’ve lost their sense of taste if

food begins to taste bland or slightly “off.” But in fact, they may have lost their ability to smell.

“A good sized majority of people don’t know they have a problem with their sense of smell,” says Howard Hoffman, a public health expert at NIH. A national health and nutrition survey recently revealed that 12% of adults have a smell dysfunction. The problem increases with age, with 39% of those ages 80 and older showing a deficit.

People who’ve lost their sense of smell sometimes try to boost flavor by adding more salt or sugar to their foods. But these additions might cause problems for those at risk for certain medical conditions, such as high blood pressure, kidney disease, or diabetes. Talk with your doctor if you think a smell deficit might be affecting your quality of life.

Smell may be the most mysterious of our 5 senses, Beauchamp says.

“We know quite a bit about smell loss and can diagnose this fairly well. But, for the most part, we have no treatments that are reliable and widely accepted” for long-lasting cases of smell loss. Some studies suggest that smell training may help you improve your ability to discriminate and identify odors. It may stimulate growth of new receptors or improve your brain’s ability to interpret low levels of odors, Beauchamp explains. But researchers are still learning how and whether this works.

Like all of your senses, your sense of smell plays an important part in your life. If you think you’re experiencing a loss of taste or smell, see your health care provider. There may be ways to help fix the problem. If not, your doctor can help you learn to cope with the changes in smell and taste.

[newsinhealth.nih.gov](https://www.nih.gov/news-events/stories/2018/08/08-sense-smell)



King Tut's Tomb Revealed

November 4, 1922



British archaeologist Howard Carter made quite the discovery on Nov. 4, 1922. The tomb of one of the most famous pharaohs in history, Egypt’s King Tutankhamen, remained hidden, a source of mystery since the boy king died around 1352 B.C., during his teenage years. Unearthed in the Valley of the Kings in Luxor, Egypt, King Tut’s tomb was ensconced with treasures never before seen. He and his gold mask were found at the heart of a quartzite sarcophagus. Four nesting shrines and three coffins served as Tut’s protection, with one of the coffins made of solid gold.

In time, after Carter sorted through the layers of gold and regalia, King Tut’s mummified body emerged affixed to his gold coffin, an occurrence that seemed to happen naturally over time with the settling of ritual resins. Struggling to remove the mummy, Carter was forced to cut Tut’s limbs, which only proved to raise more questions about the pharaoh’s untimely death. One may never know how the young king died. A number of Tut’s tomb treasures can be seen on display in the Egyptian Museum in Cairo.