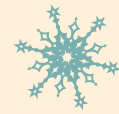




January Birthdays!

1-1.....John A.
 1-5.....Felda F.
 1-15.....Margery S.
 1-22.....Shirley D.
 1-24.....Doris L.
 1-27.....Edith C.



Welcome to Our Community!

Jean M.
Charles M.
Mary D.
Swede J.
Bernie J.
Susan S.
Helene L.



HarborChase
 Assisted Living • Memory Care



*Celebrating
 Senior Living*

The HarborChase Wire: A Monthly Publication of HarborChase Gainesville MC

January 2018

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Personal Resolve

Making New Year's resolutions is a common age-old tradition associated with Jan. 1. As the 21st century began, nearly 40 percent of adult Americans made New Year's resolutions, and approximately the same number continue to make resolutions annually. So what are the most popular resolutions? According to a 2015 *MONEY Magazine* article, the most popular 2016 resolution was to enjoy life to the fullest. Take no moment for granted. This is paramount to finding lasting contentment.

Interestingly, the other top resolutions are of a different variety, and are commonly known as prevention goals. This list includes living a healthier lifestyle, losing weight, improving financial stability and spending more time with loved ones. Studies show that prevention goals like these, in which people refine their habits, ultimately lead to making better choices in the long run. Such resolutions typically have higher success rates, as an individual can map out a vision and plan to implement specific changes in his or her daily life. These are resolutions with tangible, measurable results.

Do you have a resolution in mind for 2018? Whether it's lasting happiness or saving \$50 a month, you can do it. Just make a plan.

Accidental Inventions

Sometimes when plans go awry the result can change the world. Coca-Cola was created as a medicinal remedy and Charles Goodyear made no secret that his process for rubber was discovered randomly. The following are some other products that are life-changing discoveries

Artificial Sweeteners: In 1879 a chemist named Constantin Fahlberg worked with coal tar. He finished his work and went home for dinner without stopping to wash up. While dining he noticed that everything he ate had a distinctly sweet taste and realized his hand residue was the source.

Microwave Ovens: In 1945 a Raytheon engineer was experimenting with a device called a magnetron, a tube used as part of military radar systems. As he was working, he noticed a candy bar in his pocket melting. The first microwave was built in 1947 and was more than 5 feet tall and cost around \$5,000.

Silly Putty: In 1943 James Wright an inventor employed by General Electric, was trying to create a synthetic rubber substitute during WWII. As a fake rubber, the goo was a failure, but Wright shopped around his creation and a toy shop owner came up with the idea to market it to kids.





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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Happy Birthday, John! 1 9:30 Stride and Stroll 10:15 Silver Sneakers Exercise 11:00 Daily Devotional 1:30 Putting Practice 2:30 Orange Bowl Social 3:00 Starting a Business 3:30 Pilot Training 4:15 Garden Club! 7:00 Evening Bingo!	9:00 News and Views 2 10:00 Silver Sneakers! 2:00 Classical Movie Trivia 2:30 Songs from our Favorite Musicals! 3:00 60s Hollywood Stars 4:00 Letters to Family 6:00 Meditative Arts 7:00 Dancing to 50s Music! 7:30 Soothing Hand Massages	9:00 Stride and Stroll! 3 10:00 Sittercise 10:30 Trip to the Salon 11:30 Scripture of the Day 1:30 Big Word, Little Word 2:00 Wine and Cheese Happy Hour 2:30 Jewelry Making Class 4:00 Jigsaw Puzzles 7:00 Evening Walking Club	9:00 Stride and Stroll 4 10:00 Sit and Be Fit 10:30 Hangman Challenge 11:30 Family Feud Champs 1:15 Music Trivia 2:30 Jewelry Making Class 3:00 Practitioners Powwow 4:00 Fancy Fingernails 5:30 Soothing Hand Massages 7:00 This Day in History	9:00 Walk Through the Garden 5 10:00 Sit and Be Fit 10:30 Pictionary Challenge 1:00 Bird Watching 1:30 Household Duties 2:00 What is Your Favorite Movie? 2:30 Jewelry Making Class 3:00 Baseball Trivia 8:00 The Naked Prey-Movie	9:00 Morning Stride and Stroll 6 10:00 Get up and Exercise 10:30 Cove Chorus Practice 11:00 Hangman Challenge 11:00 Meditative Arts 2:30 Card Sharks 3:00 Reminiscing with Classic Candies 7:15 Go To Sleep Yoga Stretches
9:00 Stride and Stroll 7 10:00 Morning Chair Yoga 10:30 Bible Trivia 1:30 Biblical Figures 1:30 Spiritual Sing-Along! 3:00 Abstract Painting 3:30 Live Music on the Piano 4:00 Silver Sneakers Exercise 6:30 Name that Tune	9:30 Stride and Stroll 8 10:15 Silver Sneakers Exercise 11:00 Daily Devotional 1:30 Putting Practice 2:30 Meeting Your Neighbor Social 3:00 Anatomy Discussion 3:30 Pet Therapy 4:15 Garden Club! 7:00 Evening Bingo!	9:00 News and Views 9 10:00 Silver Sneakers! 2:00 Classical Movie Trivia 2:30 The Importance of Teachers 3:00 60s Hollywood Stars 4:00 Letters to Family 6:00 Reading Circle: Classic Literature 7:00 Dancing to 50s Music! 7:30 Soothing Hand Massages	9:00 Stride and Stroll! 10 10:00 Sittercise 10:30 Lunch Outing: Cracker Barrel 11:30 Scripture of the Day 1:30 Big Word, Little Word 2:00 Wine and Cheese Happy Hour 2:30 Journalism 101 4:00 Jigsaw Puzzles 7:00 Evening Walking Club	9:00 Stride and Stroll 11 10:00 Sit and Be Fit 10:30 Motherly Advice 11:30 Worship Circle with Helene 1:15 Painting with Friends 2:30 Jewelry Making Class 3:00 Practitioners Powwow 4:00 Fancy Fingernails 5:30 Soothing Hand Massages	9:00 Walk Through the Garden 12 10:00 Chicken Soup for the Soul 10:30 January Fun Facts 1:00 CornHole Contest 2:00 Afternoon Stretching! 2:30 Painting Partners 3:00 Letters of Inspiration 4:00 Front Page Current Events 8:00 Man in the Wilderness-Movie	10:00 Silver Sneaker Exercise! 13 11:00 Spiritual Sing-Along 11:30 Aerobic Exercise 1:00 Putting Practice 2:00 Building Ice Cream Sundaes 2:30 Foosball Tournament 3:00 Origami Lessons 4:00 Mega Jenga 6:00 Bullit-Movie
10:00 Silver Sneakers Exercise! 14 10:30 Hangman Challenge 11:00 Daily Horoscopes 1:00 Pictionary Champions 2:30 Beach Volleyball 2:30 Giant Crossword 3:30 Live Music on the Piano 6:00 Pinterest Craft 8:00 Evening Bingo!	9:00 Morning Garden Visit 15 10:00 Morning Stretch 10:30 Who Was Martin Luther King Jr? 11:00 Random Acts of Kindness 1:00 Putting Practice 2:00 This Day in History! 3:00 Crazy Hat Contest 4:00 Card Sharks 8:00 A War December-Movie	10:30 Relaxation Tips 16 11:00 The Cove Chorus 1:00 Baking Cookies 2:00 Crafting Creations 2:30 Ray & Kay Music 3:00 Daily Devotional 3:30 Fancy Fingernails 4:00 Green Thumb Club 6:15 Evening Yoga Poses 8:00 The Age of Innocence-Movie	9:00 Morning Stride and Stroll 17 10:00 Get up and Exercise 11:00 Trip to the Nail Salon 2:30 Dress Your Pet Fashion Show 3:00 Ping Pong Practice! 4:00 Meditative Painting 6:15 Make Up Tips with Elaine 7:00 Soothing Hand Massages 8:00 Evening Reading Circle	10:00 Forever Young Exercise 18 10:30 Reminiscing with Winnie the Pooh 2:30 Green Thumb Club 3:00 Practitioners Powwow 3:30 Romance Novel Reading Circle 4:30 Famous Plays 5:30 Spiritual Sing-Along 6:15 Relaxing to Classical Music 8:00 Cluny Brown-Movie	10:00 Morning Exercise! 19 10:30 Daily Devotional 10:45 Dear Abby... 1:30 Putting Practice 2:45 Bible Trivia 3:00 Popcorn History and Tasting 3:30 Floral Paintings 4:00 Jewelry Making Class! 6:15 Card Sharks 8:00 The Flight of the Phoenix-Movie	9:00 Exercise in the Garden! 20 10:00 Build a Fruit Parfait 10:30 Billiards Challenge 1:00 Giant Crossword 2:00 50s Music Fun Facts 2:00 Cheese Tasting with Wine! 4:00 Crafting with Friends 6:15 Artistic Flair 7:00 Spiritual Sing-Along
9:00 Morning Stride and Stroll 21 10:00 Sittercise! 11:30 Joke Telling 1:00 CornHole Competition! 1:00 Fancy Fingernails 2:00 Classic Hollywood Trivia 3:30 Live Music on the Piano 5:45 Putting Practice! 6:15 Evening Worship Circle 7:00 Magazines and Coffee	Happy BDay, Shirley! 22 10:00 Country Music Trivia 1:30 A Day in the Life of a Nurse 2:00 Pictionary Champions 2:45 Coffee Clutch 3:30 Buttons and Bows Crafts 3:30 Making Milkshakes 6:15 Dancing to 50s Music 7:00 Country Sing-along!	10:00 Morning Stretch! 23 10:30 What Did it Cost? 1:00 Charades Champs! 2:00 Aerobic Exercise 2:30 Crafting with Friends 3:00 Green Thumb Club 4:00 Fancy Fingernails 6:15 Writing Letters to Loved Ones 8:00 Fiddler on the Roof-Movie	Happy Birthday, Doris! 24 9:00 Morning Stretch! 10:00 Sit and Be Fit Exercise! 10:30 Lunch Outing: Northwest Grille 11:00 Hollywood Star Fun Facts 1:00 Bowling Champs! 1:30 Forgiven Way Music 2:00 Crochet Club 3:00 PB and Oat Balls 4:00 Party Planning Tips	9:30 Morning Stretch and Exercise! 25 10:30 Dear Abby... 11:00 Family Feud Champions 1:30 Putting Practice 2:15 Fancy Fingernails! 3:00 Pictionary Challenge 3:30 Cocktail Happy Hour! 4:00 Learn to Square Dance 6:30 Foosball Challenge! 7:00 Fanny- Movie	10:00 Morning Exercise 26 10:30 Big Word, Little Word 11:30 Prayer Circle 1:00 Baking Tips with Maggie 2:45 Let's Bingo! 3:00 Afternoon Romantic Movie 4:00 Manicures in the Garden 6:00 Daily Devotional 7:00 Word Scrambles	10:00 Sit and Be Fit 27 10:30 Musical Trivia 11:00 Front Page Current Events 1:00 Bowling Competition 2:00 Card Sharks 3:00 Chocolate Cake Tasting 3:30 Giant Crossword 4:00 Free-Hand Painting 6:00 Spiritual Sing-Along 8:00 White Heat-Movie
9:00 Stride and Stroll 28 10:00 Sittercise 11:00 Mega Jenga 1:30 Magazines and Coffee 2:00 Fancy Fingernails 3:30 Live Music on the Piano 4:00 Aerobic Exercise 6:00 Evening Prayer Circle 7:00 Yoga Poses	9:00 Morning Garden Visit 29 9:30 Sit and Be Fit Exercise 10:00 Word Jumble Puzzlers 10:30 The Price is Right Champs 1:00 Riddle Me This... 2:00 Jigsaw Puzzles 3:30 Meditative Painting 4:00 Daily Devotional 8:00 Skylark-Movie	10:00 Silver Sneakers Exercise 30 11:00 Front Page Current Events 1:00 Billards Competition 2:30 Afternoon Action Movie 2:30 Kitty Cat Crafts 3:00 Medical Marvels! 4:00 Hangman Challenge 6:30 Word of the Day 8:00 King Kong-Movie	Be Inspired By Art 31 10:00 Morning Exercise 10:30 Lunch Outing: Red Lobster! 10:45 Paintings Matchup 1:30 Clay Sculptures 2:00 Wine and Social Hour! 3:30 Floral Paintings 5:30 Painting Party Family Night 7:00 Romantic Poetry Reading	 Salon: Tuesday and Friday Communion: Mon 10:30AM		

2018

Happy New Year



ACROSS

- 2. 12:00 A.M.
- 3. Popular bubbly New Year's alcohol
- 8. City that has a famous New Year's celebration in Times Square
- 9. Ceremonial procession including people marching with bands
- 10. Promise you make to yourself
- 12. Salutation used when chiming glasses together
- 14. Couples do this at exactly midnight
- 15. Famous sport watched on New Year's

DOWN

- 1. Month New Year's Day is in
- 3. Small pieces of colored paper dropped on people at parties
- 4. Night before January 1st is called _____
- 5. There are twelve of these in a year
- 6. Item that often hangs on a wall and is used to tell the date
- 7. He is the personification of time
- 11. Day of the month New Year's Eve is on
- 13. Light these sticks to celebrate the New Year

Celebrating Senior Living!

HarborChase of Gainesville Celebrating Senior Living



Joyce shows off her holiday handiwork!



Mary puts the finishing touches on her holiday door décor!



The Cove associates wow us on Ugly Sweater Day!



Our trains in the lobby have brought joy to young and old!



Katrina and Ray Jean enjoy crafting together!



December wouldn't be the same without a visit with Santa!



Edible crafts make Sue smile!



Our beautiful Menorahs warm the heart during Hanukkah!



Family visits are the best!

FLU SEASON

Influenza is a contagious respiratory illness caused by viruses. Every year five to twenty percent of the American population gets the flu. Influenza infects the respiratory tract (nose, throat and lungs) and can cause severe illness. The flu season may begin as early as October and last as late as May.

Common Symptoms

- High fever
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Muscle ache
- Runny or stuffy nose
- Nausea, vomiting and diarrhea

How It's Spread

The flu is highly contagious. It is usually spread from person to person. However, a person can also be infected by touching something contaminated with the virus and then touching their mouth or nose.

How It's Treated

It is recommended that the following people receive the flu vaccine after consulting their physician:

- Persons age 2-64 with chronic medical conditions
- Adults age 65 years and older
- Residents of nursing homes and long-term care facilities
- Health care workers involved in direct patient care
- All women who will be pregnant during the flu season
- All children age 6-23 months

Other Ways To Avoid It

- Avoid close contact with anyone who may be sick
- Avoid touching your eyes, nose or mouth
- Clean your hands often



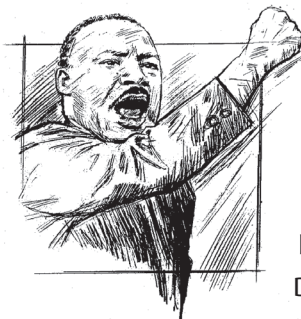
Blood donors are ordinary people – high school students, factory and office workers, business executives, parents and grandparents and people from every walk of life. But they share one thing – a generous spirit, a desire to give back to their community and help others. Blood donors play an integral role in the delivery of modern healthcare. Many lifesaving medical treatments and procedures involve blood transfusions and would not be possible without a safe and reliable blood supply.

If you already donate blood, thank you! You are making a lifesaving contribution that benefits accident victims, cancer patients, surgical candidates, children with blood disorders and many others. If you have never donated blood, please consider doing so. Your donations are always in constant demand.

Find a location near you at www.redcross.org

Martin Luther King Jr. Day

Dr. Martin Luther King, Jr. was born January 15, 1929, in Atlanta, Georgia. Raised in a family that championed civil rights and embraced the Baptist religion, King pursued a degree in theological studies and went on to receive a doctorate in Systematic Theology from Boston University.



King became a pivotal figure in the civil rights movement of the late 1950s and 1960s. He was arrested 30 times for his participation in civil rights activities. He spearheaded many peaceful demonstrations. The most memorable rally was held August 28, 1963, in Washington, D.C., during which he delivered the famous "I Have a Dream" speech.

The following year, King was selected as Time magazine's Man of the Year and received the Nobel Peace Prize. His message of non-violent social change, as well as his orations and writings, affected an entire generation of Americans.

Bring New Life to Old Holiday Cards

Once the holidays are over and clean up begins one last question remains; what to do with all of those greeting cards! It's nice to receive them – but what to do with old cards can leave some people scratching their head. Do you just throw them out? Here are some great ideas from some home how-to experts suggesting some pretty creative alternatives to just throwing them away. In most cases, a pair of scissors, glue and some tape will also come in handy.

- Cut 'em up! Make Christmas decorations and holiday garland for next year.
- Get creative! Create a collage or holiday-themed framed artwork to add to next year's décor.
- Fold thick holiday cards into gift boxes. (These work great for Valentine's Day cards as well.)
- Turn them into postcards. Bonus: The stamp is cheaper and you don't have to lick an envelope!
- Create a backdrop or matte for photos from special days.
- Cut out images and shapes to make gift tags for future presents.
- Crumble them up and create toys and tassels for your furry friends.
- If you aren't feeling crafty, there is still another way to give your holiday cards new life. You can donate them to St. Jude's Ranch for Children. They recycle the old cards to make new cards. The sale of these cards financially supports children and families in need."



Maybe 'Stop that fidgeting' was the wrong advice

Do you have a hard time sitting still? Do you find yourself unconsciously tapping your foot or playing with your pen? You may not want to fight the urge. A British study has found evidence suggesting that fidgeting at your desk may actually be good for your health.

The UK Women's Cohort Study divided thousands of participants into three groups based on how much they fidgeted—low, middle and high. Those in the "low" group who

sat while working for seven hours or longer were found to have a mortality risk 30 percent higher than those who spent the same amount of time seated but who fidgeted at middle or high levels. This suggests that fidgeting may help to compensate for the health risks of staying in one's chair for long periods of time.

The researchers caution that the study looked only at mortality, not at other health conditions like diabetes or heart disease. Even so, the data supports the advice that moving around even a little throughout your day can have positive health benefits and may help you live longer.