

For Your Information

Snack Attack: Daily

Music N Sunshine: Daily

Speedsters C: 9:35am, W&F

Price Is Right: 10:00am, M-F

Stroll: 11:15am & 4:00pm Daily

Popcorn Time: 3:30pm Daily

Music N Chats: 6:00pm Daily

Vitamin D

Vitamin D helps your body absorb calcium, iron, magnesium, phosphate and zinc. It can also aid in healthy bone growth, and help muscles move and nerves carry messages from the brain throughout your body. When your body is lacking in Vitamin D, it can develop diseases such as rickets or osteomalacia, which causes brittle and thin bones.

What are good sources of Vitamin D?

- Fortified beverages – milk, cheese, orange juice and some fortified soy and rice milk
- Fatty fish – salmon, trout, tuna, mackerel and eel
- Egg yolks and beef liver
- Dietary supplements and fortified foods – yogurt, breakfast cereals and certain kinds of mushrooms
- Moderate sun exposure of 10-15 minutes of direct sunlight three times a week (just be sure not to overdo it!)



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The HarborChase Wire: A Monthly Publication of HarborChase Huntsville AL

*Celebrating
Senior Living*

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.



January



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	New Year's Day 1 10:00 Morning Cardio-DR 11:30 A Blast From The Past-TR 1:30 What Am I?-TR 2:30 Pokeno Royale-TR 3:30 Big Band & Cherry Coca-C 4:00 Wii Tennis-CH 6:00 Sugar Bowl Tailgate-CH 7:45 Alabama Vs. Clemson Game-CH	10:00 Morning Chitchat And Coffee-TR 2 10:30 Strengthening-TR 11:30 Weekly Deals-TR 1:30 Afternoon Power Walk Indoor 2:00 Cooking Craze And Wine /W Humberto-C 3:00 Corn Hole-TR 4:00 Deal Me In-TR 6:00 News Currents-CH	9:45 Publix Shopping Trip 3 10:30 Getting Tone!-TR 11:30 Unscrabble Me!-TR 1:30 Mani Spa Day-TR 2:30 Did You Know-TR 3:30 Deal Or No Deal-TR 4:30 Jeopardy-TR 6:30 Current Events And Crossword Puzzle-CH	Trivia Day 4 10:00 Coffee And Chat-TR 11:00 Lite Yoga-TR 1:30 A To Z Trivia-TR 2:30 Creative Art-C 3:00 Resident's Chat Table-TR 4:00 Name That Tune-TR 6:00 40's Music Night-TR	National Bird Day 5 10:00 Breakfast Club-TR 11:00 Go With Flow Yoga-DR 1:30 Craft Time: Birdhouses-TR 2:30 Wolfgang Music Hour-TR 3:00 Hat Chat-TR 4:00 60's Hollywood Trivia- TR 6:00 Did You Know?-TR	10:00 Morning Chitchat And Coffee-TR 6 11:00 Moving N Grooving -DR 1:30 Pretty Nails-TR 2:15 Oh No Bingo!-DR 2:30 Indoor Power Walk 3:00 Family Feud Live-DR 4:30 Minute To Win It-TR 6:00 Local News Updates-CH
10:00 Sunday News-CH 7 11:00 Morning Stretch-TR 1:30 Spiritual Music Hour-TR 2:00 Giant Crossword Puzzle-TR 3:00 Latham Methodist Service-CH 4:00 Jeopardy-TR 6:00 Penny Poker-TR	10:30 Family Feud Live With Camellia-TR 8 11:30 Five Guys Lunch Outing 1:30 Jazz It Up-DR 2:30 Pokeno Royale-TR 3:30 Table Games/Chat-TR 4:00 Pictionary-TR 6:00 Penny Ante-TR	10:00 Coffee And Donut-TR 9 10:30 Jazz It Up!-TR 11:30 Coupon Club-TR 1:30 Afternoon Power Walk 2:00 Baking Club -TR 3:00 Joyful Movement With Eleanor-TR 4:00 Conversation With Neighbors And Puzzles-TR 6:00 News Currents-CH	9:45 Publix Shopping Trip 10 10:30 Getting Tone!-TR 1:30 Mani Spa Day-TR 2:30 Card Games-TR 3:30 Facials With Shuntavia-TR 4:30 What Am I?-TR 6:00 Wheel Of Fortune-TR 6:30 Monopoly-TR	10:00 Food For Thought-TR 11 11:00 Resistance Bands-TR 1:30 Karaoke Anyone-TR 2:30 Karen Music Hour-DR 3:30 Chickionary Challenge-TR 4:00 Name That Melody-TR 6:00 40's Music Night-TR	10:00 Hot Topic And Coffee-TR 12 11:00 Jazz It Up!-DR 1:30 Book Club-TR 2:00 Favorite Hobbies Collages-C 3:00 Dr. Smith Music Hour-DR 4:00 Brain Teaser-TR 6:00 Dueling Dominos-TR	10:00 Cardio Boxing-TR 13 10:30 Morning Coffee And Music 1:30 Manicures By Design- TR 2:15 Bingo W/Ricardo-DR 3:00 The Price Is Right-TR 4:00 Blackjack And Spades Club-TR 6:00 Movie Night 'Boss Baby'
10:00 Kickboxing Calisthenics -DR 14 11:00 The Rock Church Service -CH 1:30 Always Or Never-TR 2:30 Yahtzee-TR 3:00 The Price Is Right-TR 4:00 Would You Rather?-TR 6:00 Classical Jukebox-TR	10:00 Stretch And Be Fit-TR 15 11:30 Mellow Mushroom Lunch Outing 1:30 Pinterest Make Up And Hair Tips-TR 2:30 Oh No Bingo-DR 3:30 Randy And His Guitar-DR 4:30 Load Questions Game-TR 6:00 Local News Updates-CH	10:00 Morning Sit And Chat -TR 16 10:30 Southern Care Music Hour-TR 11:30 Tai Chi-TR 1:30 Coupon Club-TR 2:30 Resident Council-TR 3:00 Always Or Never-TR 4:00 Hat Chat-TR 6:00 Brain Teaser-TR	9:45 Publix Trip-Sign Up 17 10:00 Morning Coffee And Conversation-C 11:00 Shake It Up-DR 1:30 Color Craze Nails & Chat-TR 2:30 Wii Bowling Club-CH 3:30 Finish That Phrase-TR 4:00 Minute To Win It-TR 6:00 Word Toss-TR	Winnie The Pooh Day 18 10:00 Morning Chronicle-TR 11:00 Sit And Be Fit-TR 1:30 Harbor Treasure Hunt 2:30 New Residents Meet And Greet Social-C 3:00 Indoor Power Walk 4:00 Winnie The Pooh Trivia Thursday!-TR 6:00 Jeopardy-TR	National Popcorn Day 19 10:00 What's The Scoop?-TR 11:00 Lite Yoga-TR 1:30 Popcorn Craze-C 2:30 What Did It Cost?-TR 3:00 A Better Place Celebration Social 4:00 Food For Thought-TR 6:00 Bridge Club-TR	9:30 Morning Mingle And Donut-TR 20 10:00 Balance Class-TR 11:00 Getting Pampered And Music-TR 1:30 Unscrabble Me! 2:15 Bingo W/ Ricardo-DR 3:30 Penny Ante-DR 4:00 What Comes First?-TR 6:00 Evening Matinee (Residents Pick)-CH
10:00 Morning Bible Study-TR 21 11:00 Morning Stretch-DR 1:30 Who Want To Be A Millionaire? -TR 2:00 Whitesburg Church Service-CH 3:00 Afternoon Hymns With Helen-TR 4:00 Poetry Slam Sunday-TR 6:00 Puzzles And Chat-TR	10:00 Tone Up!-TR 22 10:30 The Price Is Right Live With Camellia-TR 11:30 What's For Lunch Outing 1:30 Monday Trivia Madness!-TR 2:30 Ring Toss With A Twist-DR 3:30 Let's Make A Deal-TR 4:00 Scrabble Club-TR 6:00 Dominoes-TR	Handwriting Day 23 10:00 Shake It Up-DR 11:00 Travelogue And Discussion-TR 1:30 Coupon Club And Root Beer Floats-TR 2:30 Comics And Funnies-TR 3:30 Joyful Movement With Eleanor-TR 4:00 Than And Now-TR 6:00 News Currents-CH	9:45 Publix Shopping 24 10:30 Morning Coffee and News-CH 11:00 Work It Out-TR 1:30 Pretty Nails & Music-TR 2:00 Forever Young Birthday Party-C 3:30 Riddle Me This-TR 4:00 Ten Pin Alley-DR 6:00 Dominoes And UNO Night-TR	10:00 Stretch And Flex-TR 25 11:00 Penny Auction-TR 1:30 Food Trivia With A Twist-C 2:30 Karen Music Hour-DR 3:00 Scrabble Club-TR 4:00 This Day In History-TR 6:00 Crossword Puzzle Madness And Cherry Cola -TR	10:00 News And Coffee-CH 26 11:00 Aerobicize-TR 1:30 Jigsaw Puzzles-TR 2:00 Women's Group & Wine-C 3:00 Dr. Smith Music Hour-DR 4:00 Chess Challenge-TR 6:00 Table Top Games-C	10:00 Health News Of The Day-TR 27 10:00 Kick It Into Gear-TR 1:30 Nail Bar-TR 2:00 Scattergoies -TR 3:30 Joggin Your Noggin And Milkshakes-TR 4:00 Word Traget Challenge-TR 6:00 In The News And Puzzles -TR
10:00 Coffee And Chat 28 11:00 Reach And Stretch-TR 1:30 Minute To Win It-TR 2:30 Calvary Bible Church-CH 3:30 Travel Adventures-CH 4:30 Who Said That?-TR 6:00 Jeopardy-TR	Puzzle Day 29 10:00 Lite Yoga-TR 11:30 Scattergories-TR 1:30 60's Movie Quotes-TR 2:00 Oh No Bingo-DR 3:30 What's In The Bag-TR 4:00 Fireside Conversation With Neighbors-TR 6:00 Everything Puzzles-TR	10:00 Cardio Boxing-DR 30 11:00 Wheel Of Fortune-TR 1:30 Cooking Craze-C 2:00 Conversation With Neighbors & Wine Social -TR 3:30 Jokes Of The Day-TR 4:00 What Came First?-TR 6:00 Bridge Club-TR 6:30 Penny Poker-C	9:45 Publix Shopping 31 10:00 Coffee Up A Memory-TR 11:00 Work It Out-DR 1:30 Nails And Make-Up-TR 2:30 Have You Never?-TR 3:30 Inspire Your Heart Show & Tell 4:00 Google Earth-TR 6:00 Classical Jukebox-TR	 <div>Key: CH Chapel DRDining Room C Cafe HRHobby Room TR..... Tea Room LLibrary B Beauty Shop P Patio</div> <div>Fine Dining Prep Sun-Sat Music N Sunshine Daily Let's Stroll Along! 10:35 & 4:00 Daily</div>		

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!

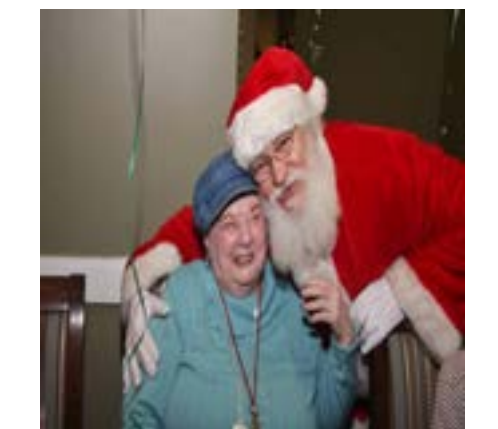
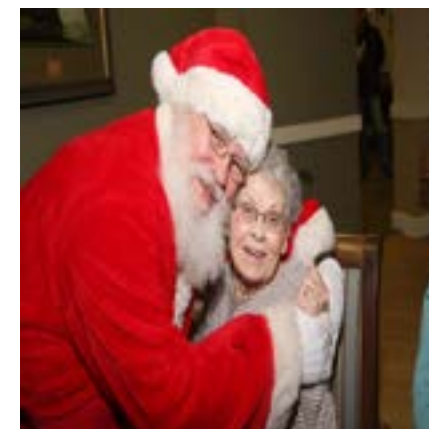
Family & Fun Times at HarborChase!



Santa And His Helpers



Capturing Moments



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



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.

Blood

DONATION

Giving the Gift of Life

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



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.