

For Your Information

General Information

Beauty and Barber Hours
Tuesdays 9:30 am–UNTIL ?
Wednesdays 1:30 pm–UNTIL ?
(By Appointment ONLY)

Transportation
Every Tuesday and Wednesday
8:00 am – 2:30 pm

Ice Cream Parlor Hours
Every Tuesday & Saturday
2:00 pm – 3:00 pm



Please visit us on our
Facebook page at
HarborChase of Columbia

Derby Days

This annual sporting event got its start in 1875 and occurs each year at Louisville, Kentucky's Churchill Downs track. The races have garnered more and more attention over the years, and have thus become a cultural event, not just a sporting event. Extravagant dinner parties, galas and other social gatherings are now characteristic of the Derby. But what do we know about the actual horse races? Here is some information that isn't so common:

- Although the Kentucky Derby is often referred to as "the most exciting two minutes in sports," only two horses have actually ever finished the race in that time limit: 1973's winner, Secretariat, and 2001's winner, Monarchos.
- Two of the first three Derby winners were former slaves.
- Six females have ridden in the race, with none finishing in the top 10.
- Posts 17 and 19 have never produced a winner.
- And lastly, 39 fillies have competed over the years and three of them have won: 1988's Winning Colors, 1980's Genuine Risk and 1915's Regret.



HarborChase
Assisted Living • Memory Care



Celebrating
Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase Columbia MC

May 2018

Administrative List

Robert Jones
Executive Director

Steve Jolly
Director of Resident Care

Chef Paul Williams
Director of Hospitality

Brian Tanner
Director of Maintenance

Stephanie Harris
Business Office Manger

Tammy Cashion
Director of Sales

Rachel Pate
Director of Life Enrichment

Harbor Birthdays

F. Carson.....5/4
J. Assemany.....5/31
B. Berical.....5/31
E. Hinson.....5/31

Welcome New Residents!

R. Whorton
P. Hanahan

Memorial Day: May 28, 2018

This legal public holiday falls on the last Monday in May. Americans are encouraged to reserve this day for prayers for permanent peace as well as ceremonies and displays of respect for American war veterans, especially those who gave their lives in military conflicts.

Also called Decoration Day, after the tradition of decorating the graves of servicemen with flowers, the first documented observance dates back to Waterloo, N.Y., on May 5, 1865, during the Civil War.

Today, the holiday is marked by parades and other remembrances, including a Presidential request for flags to be flown at half-mast until noon. It is also regarded as the unofficial kickoff to the summer season.

To remind Americans of the true meaning of Memorial Day, the National Moment of Remembrance resolution was passed in December 2000 and asks all Americans at 3:00 p.m. local time "to voluntarily and informally observe in their own way a moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to Taps."

Happy Mother's Day - May 13

In the U.S., Mother's Day was first suggested in 1872 by Julia Ward Howe (who wrote the words to the Battle Hymn of the Republic) as a day dedicated to peace. Howe held organized Mother's Day meetings in Boston every year.

In 1907, Anna Jarvis from Philadelphia began a campaign to establish a national Mother's Day in May. In 1914, President Woodrow Wilson finally proclaimed Mother's Day a national holiday to be held each year on the second Sunday of May.

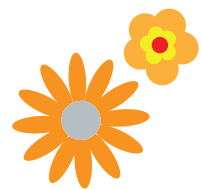
Here's a small list of our favorite "Mom-isms"

- "It's all fun and games until someone gets hurt."
- "If you don't have anything nice to say, don't say anything at all."
- "Close that door! Were you born in a barn?"
- "Don't put that in your mouth; you don't know where it's been!"
- "Just wait until your father gets home!"
- "Always wear good underwear; what if you're in an accident?"



HarborChase
Assisted Living • Memory Care


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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Sunrise Zumba 1 10:15 Beauty Shop Coffee and Chats 10:30 Words Within a Word 11:00 Fancy Nails and Hand Massages 1:30 May Day Party 2:30 Snack Attack 3:30 Red Hot BINGO 6:00 Jazz and Magazines	9:30 Chair Yoga and Meditation 2 10:00 News Reviews and Coffee 10:30 Crafty Corner-Cinco de Mayo 1:30 Book Buddies 2:30 Chronicles of Yarnia 3:30 What's in the Bag? 4:00 Root Beer Float Social 6:00 Evening Bible Study	9:30 Sunrise Zumba 3 10:00 Meditation in the Courtyard 10:30 The History of Cinco de Mayo 11:00 Hit the Target 1:30 Thirsty Thursday Trivia 2:00 Sit and Be Fit 3:00 Live Entertainment- Dandy Don 6:00 Patio Charades	9:30 Buddy Walk 4 10:30 Perky Planters 11:00 Remember When 1:30 Hit the Target 2:00 Cinco de Mayo Happy Hour 2:00 Words Within a Word 3:00 Paint by Design 4:00 Clay and Paper 6:00 Magazines and Music	10:00 Saturday Morning Dance Party 5 10:30 The History of the Derby 11:00 The Daily News 1:30 Place Your Bet- Horse Racing 2:30 Crafty Corner 3:30 Bowling for Bucks 4:00 Kentucky Derby Party 6:00 Evening Jazz and Relaxation
Happy Birthday Mr. A 6 10:00 Sunday Morning Scriptures and Hymns 11:00 Scenic Lake Walk 1:30 Patio Chats 2:00 Chapin Chirpers 3:00 Out for Ice Cream 4:00 Community Church Service 6:00 Evening News	9:30 Yoga and Meditation 7 10:00 Book Buddies 10:30 Daily News Discussions 11:00 Word Wizards 1:30 Muffin Mondays 2:00 Words with Friends 2:30 Snack Attack 3:30 What's in the Bag? 6:00 The Cove Poetry Society	9:30 Sunrise Zumba 8 10:00 Fancy Nails and Hand Massages 10:15 Beauty Shop Coffee and Chats 1:30 Trip to the Harbor Library 2:30 Snack Attack 3:30 Red Hot BINGO 6:00 Music and Magazines	9:30 Chair Yoga and Meditation 9 10:00 News Reviews and Coffee 10:30 Crafty Corner 1:30 Book Buddies 2:30 Snack Attack 3:00 Depart for Riverwalk 3:30 Let's Find It- Crossword Puzzles 6:00 Barber Shop Quartet Sounds	9:30 Sunrise Zumba 10 10:00 Thursday News and Coffee 10:15 Let's Fly a Kite 1:30 Thirsty Thursday Trivia 2:30 Snack Attack 3:00 Jackpot BINGO 3:30 Harbor Convenience Store 4:00 Roll the Dice... Break the Ice 6:00 Petticoat Junction	9:30 Buddy Walk 11 10:15 News Currents 11:00 Remember When- Mother's Day 2:00 Scrabble Tournament 2:30 Snack Attack 6:00 Music and Magazines	10:00 Saturday Morning Dance Party 12 10:30 Mad About BINGO 1:30 I Love Lucy Hour 2:00 Mother's Day Afternoon Tea Party 3:00 Top 20 Funniest Vines 4:00 What's Your Story? 6:00 Music and Memories
Mother's Day 13 10:00 Mother's Day Brunch in the Cove 11:00 Sunday Morning Hymns and Scriptures 2:00 Junk Drawer Detectives 3:00 Brain Games 3:00 Sundae Scoops of Delight 4:00 Community Church Service 6:00 Gaither Gospel Hour	9:30 Yoga and Meditation 14 10:00 Monday Morning News and Coffee 1:00 Pinterest Orchid Crafts 2:30 Snack Attack 3:30 Cookies, Cocoa, and Chats 4:00 Puzzlers Club 6:00 Chicken Soup for the Soul	9:30 Sunrise Zumba 15 10:15 Beauty Shop Coffee and Chats 10:30 For the Love of Laundry 11:00 Fancy Nails and Hand Massages 1:30 Lucky Strikes 2:00 Country Karaoke 3:30 Red Hot BINGO 6:00 Nightly News	9:30 Lake Walk 16 10:00 Mimosas and News in the Courtyard 10:15 Hump Day Trivia 1:30 Unscramble This 2:30 Daily Bread 3:00 Music and Magazines 4:00 BINGO with Friends 6:00 Fireplace Jazz	9:30 Sunrise Zumba 17 10:00 Coffee and Chats 10:15 Perky Planters 1:30 Thirsty Thursday Trivia 2:30 Snack Attack 3:00 Jackpot BINGO 4:00 Spring Piano Recital 6:00 40's Karaoke	9:30 Buddy Walk 18 10:15 News Currents 11:00 Remember When 2:00 Virtual Tour of National Botanical Gardens 2:30 Snack Attack 3:00 Creative Colors 6:00 Langston Hughes Poetry	10:00 Zesty Zumba 19 11:00 Battle of the Brain 1:00 Patio Charades 1:30 Paint By Numbers 2:00 The Royal Wedding 3:00 Clay & Paper 6:00 Sunset Jazz
10:00 Noodle and Ball Fitness 20 10:30 Sunday Morning Hymns and Scriptures 11:00 First Baptist Church 1:30 Dear Abby 2:00 Crafty Corner- Button Crafts 3:00 Sundae Scoops of Delight 4:00 Community Church Service 6:00 Fun Facts About Chocolate	9:30 Zesty Zumba 21 10:00 Coffee News 11:00 Movie Trivia 1:30 For the Love of Laundry 2:00 Afternoon Porch Chats and Ice Cream 2:30 Bubble Poppers 6:00 Name That Tune	9:30 Sunrise Zumba 22 10:15 Beauty Shop Coffee and Chats 10:30 For the Love of Laundry 11:00 Fancy Nails and Hand Massages 2:30 Snack Attack 3:30 Spring BINGO 6:00 Spring Trivia and Fun Facts	9:30 Chair Yoga and Meditation 23 10:00 News and Coffee 10:30 Batters Up Wii Baseball 1:30 Perky Planters 2:30 Snack Attack 3:00 Wine Down Wednesdays 4:00 America's Funniest Home Videos 6:00 Evening Bible Study	Family Night 24 9:30 Sunrise Zumba 10:00 Thursday News and Coffee 1:30 Thirsty Thursday Trivia 2:30 Snack Attack 3:00 Jackpot BINGO 3:30 Harbor Convenience Store 4:00 Button Pinterest Crafts 6:00 BIG TOP BINGO NIGHT	9:30 Buddy Walk 25 10:15 Sentimental Sing Along 11:00 Remember When 2:00 The Cove Cruisers- Scenic Ride Through Harbison 3:00 Paint by Number 4:00 Ice Cream Shop Stop 6:00 Music and Magazines	10:00 Saturday Morning Dance Party 26 10:30 Mad About BINGO 1:30 Classic Batman and Robin 3:00 Community Stroll 3:00 Sharpen Your Senses 6:00 Magazine Scavenger Hunt
10:30 Sunday Morning Hymns and Scriptures 27 11:00 First Baptist Church 1:30 Dear Abby/Brain Buzz 2:30 Perky Planters 3:00 Sundae Scoops of Delight 4:00 Community Church Service 6:00 Sunset Jazz	Memorial Day 28 9:30 Yoga and Meditation 10:00 History of Memorial Day 11:30 Picnic Lunch on the Cove Courtyard 2:00 Memorial Day Sing-Along 3:30 Patriotic Pinterest Craft 4:00 Ring Toss Tournament 6:00 Classic Board Games- Checkers	9:30 Sunrise Zumba 29 10:15 Beauty Shop Coffee and Chats 10:30 For the Love of Laundry 11:00 Fancy Nails and Hand Massages 2:30 Snack Attack 3:30 Spring BINGO 6:00 Spring Trivia and Fun Facts	9:30 Chair Yoga and Meditation 30 10:00 News and Coffee 10:30 Harbor Poets Society 1:30 Perky Planters 2:30 Snack Attack 3:00 Mint Juleps and Chats on the Patio 4:00 America's Funniest Home Videos 6:00 Evening Bible Study	9:30 Sunrise Zumba 31 10:00 Thursday News and Coffee 1:30 Thirsty Thursday Trivia 2:30 Snack Attack 3:00 Jackpot BINGO 3:30 Harbor Convenience Store 4:00 Button Pinterest Crafts 6:00 Brain Games- Word Wizards	Meals/Refreshments Every Day Breakfast7:30 am Snacks/Hydrations..... 10:30 am Lunch..... 12:00 pm Snacks/Hydrations.....2:30 pm Dinner.....5:30 pm Snacks/Hydrations.....7:30 pm	Location Key: SR.....Sun Room P.....Parlor GP..... Gathering Place ICP.....Ice Cream Parlor PP.....Popcorn Parlor GR..... Game Room

Happy Mother's Day

- ADORE
- AFFECTION
- APPRECIATION
- BAKING
- BEAUTY
- BREAKFAST IN BED
- CANDY
- CAKE
- CARDS
- CHERISH
- CHILDREN
- CHOCOLATE
- COOKIES
- CRAFTS
- FAMILY
- FLOWERS
- GRANDMOTHER
- HUGS
- LOVE
- MATERNAL
- MEMORIES
- MOM
- MOTHERHOOD
- TRADITION
- WARMTH
- WISDOM

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Easy

It may be possible to gild pure gold, but who can make his mother more beautiful?

-Mahatma Gandhi

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Difficult



The Bridge

Two brothers, William and Benton, were estranged. Neither one quite remembered what the original conflict had been about, but they'd barely spoken to each other for 20 years. Since their farms were right next to each other, separated by only a shallow creek, their relationship was tense and filled with anger.

One day a handyman came to William's farm and asked if he had any work. A few days before, some of Benton's cows had crossed the creek and gotten into William's crops. So William told him how he and his brother no longer had any relationship with each other, and asked the handyman to build a tall fence around his property so he'd never have to see Benton's farm again.

"I think I understand," the handyman said. "Let me get my tools and some lumber and I'll get to work."

William had to go out of town for a few days on business, and he returned home late at night, too late to check out his new fence in the darkness.

The next morning, he was stunned to see that, instead of a fence, the handyman had built a bridge across the creek. And to his surprise, his brother Benton was walking across it toward William's farmhouse.

William came out of his house and met Benton in the middle of the bridge. Benton offered his hand. "You're quite a brother to build a bridge between us after all this time."

They quickly renewed their relationship, and the years-long feud was over. When William went looking for the handyman to thank him, he found only a note: "I'm moving on—I have other bridges to build."

Behavior is Contagious

According to a story, researchers once staged an experiment in which a person stood by a flat tire by the side of a road with a spare tire leaning against her car's fender. Out of 2,000 passing cars, only 35 drivers stopped to help.

The same researchers staged a second simulation, with a person standing by their car watching another person change a tire. In that situation, 58 people stopped to help out.

What does the study imply? Humans like to imitate. That knowledge may come in handy when you want to persuade someone to support your goals.

Giving Flowers?

Know the messages they send! Here are a few to keep in mind.



Carnation
Constancy, Joy



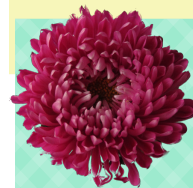
Gladiolus
Remembrance



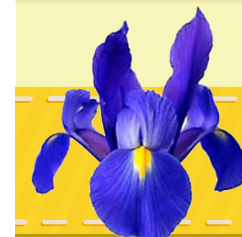
Daisy
Purity, Innocence



Freesia
Trust



Chrysanthemum
Optimism, Happiness



Iris
Faith, Wisdom

Need a Little Exercise? Try Gardening!

Looking for a fulfilling activity that will not only improve your mood but reduce your waistline and fatten your wallet? Look no further than gardening. Keeping in shape and having a sound mind becomes increasingly important as we age. Gardening provides health benefits for older adults that can keep the mind sharp and the body healthy. Gardening is an easy way to remain active throughout life. The American Heart Association recommends 150 minutes of moderate exercise weekly, like gardening, to reduce the risk of cardiovascular issues. Planting, watering and tending to a garden is a great way to add activity to your daily routine and reduce the risks brought on by natural aging. The truth is, as we age, our likelihood of remaining active decreases and fatigue sets in. With daily exercise and a healthy diet, older adults can avoid losing energy and keep a sharp mind. Gardening provides many of these advantages and is an easy and enjoyable way to do so.

There are numerous benefits for starting your own garden.

- Not only is gardening a great physical exercise, but it's a great mental workout as well. It takes resourcefulness and imagination to tend to a garden.
- Gardeners experience feelings of accomplishment and creativity by producing something that they helped nurture for an extended period of time.
- Gardening allows time for meditation, personal reflection and daydreaming that can help reduce stress and anxiety.
- When gardening crops, keep in mind that eating organic produce is just plain good for you. Fresh produce is not only high in vitamins and minerals, but it is also low in calories.
- Benefits of being engaged in nature include better mood, sounder sleep, reduced risk of obesity and increased self-esteem through increased activity and decreased stress.
- Gardening is also a great activity to bring the family closer.

Try teaching a child or grandchild how to plant and water seeds in your garden. Time spent with family can be the best benefit of all.

