

## The Heat is On

August is a month in which sweltering heat sweeps across our nation. From the West to East Coast, North to South, many of our bodies are drenched in sweat on a very regular basis. But let's not dwell on the obvious. Here are some random "cool" facts for the month of August. See how many of them you know.

- Of the major U.S. cities in the lower 48 states, San Francisco, CA has the lowest average temperature for August. It would be easy to stay cool there, with an average high of 68°F and a low of 55°F.
- Antarctica reached a new low on Aug. 10, 2010, as the air's temperature reached its coldest temperature on record: -135.8° F. This temperature was approximated by a satellite reading.
- Of the major U.S. cities, 14 of them stay below 80° F, on average, during the summer: San Francisco, San Diego, San Jose, Seattle, Buffalo, Milwaukee, Portland (Oregon), Boston, Rochester, Providence, Cleveland, Minneapolis, Pittsburgh, and Detroit.
- The average high temperatures in Alaska during August range from 40° F to 68° F.

## New Residents

Tom & June Hogan  
Billy Kraft  
Carl Bosch  
Ruth Towson  
Thelma St. Clair



## Birthdays

Helen S.....	8/4
John A.....	8/6
Murray H.....	8/6
Juliet B.....	8/12
Pat A.....	8/12
Freida S.....	8/13
David H.....	8/18
Harriet D.....	8/25
Pat A.....	8/31
Helen D.....	8/31



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The HarborChase Wire: A Monthly Publication of HarborChase Villages Crossing AL

August 2017



*Celebrating  
Senior Living*

## Lions and Tigers and Bears! Oh, My!

The MGM Technicolor classic *The Wizard of Oz* was originally released on August 25, 1939. Here's some unusual facts about this monumental film and its all-star cast.

**Dorothy:** Due to the fact that white does not film well in Technicolor, Garland's oh-so-recognizable blue-and-white gingham dress was, in fact, pale pink and white. She wore a corset to help her maintain her childlike physique throughout the duration of the film.

**Toto:** Terry, a Cairn Terrier, was cast to play Garland's companion, Toto. For playing the role of Dorothy's faithful companion, the dog earned \$125 per week. Terry made appearances in more than 12 films.

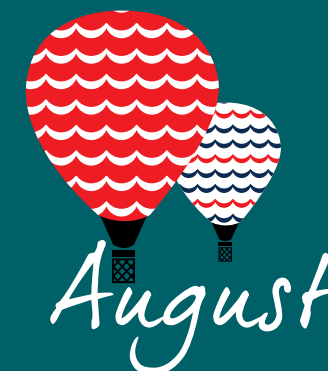
**The Tin Man:** Haley's costume was excessively stiff – so much, in fact, that he had to lean against something if he wished to rest. Haley mentioned on multiple occasions that creating the film was not very enjoyable.

**Wicked Witch of the West:** Hamilton endured severe burns while filming the movie following the sequence where she disappears in a cloud of smoke after meeting Dorothy. She missed six weeks of filming.



## Living the Dream

Civil rights leader Martin Luther King, Jr., took Washington, D.C., by storm when he delivered his famous "I Have a Dream" speech on August 28, 1963. He had organized a march on Washington intending to show America that ending racial problems was of the utmost importance. From the steps of the Lincoln Memorial, King spoke in front of more than 250,000 people who were eager to hear his dreams of peace and change. This speech later became known as one of the most pivotal moments of the American Civil Rights Movement. King and other civic leaders speaking during the March on Washington wanted to promote change through peaceful means, as so many events surrounding the Civil Rights Movement were plagued with unnecessary acts of violence. This speech led to his receipt of the Nobel Peace Prize the following year.



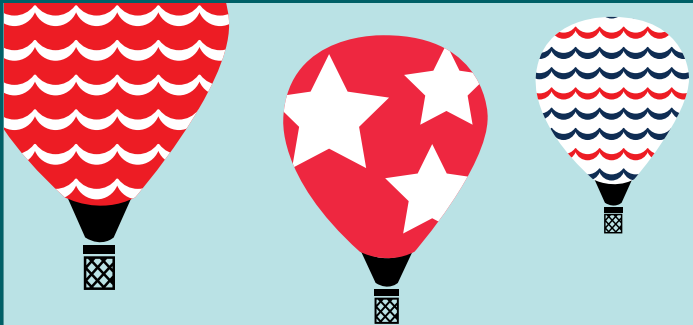




# HarborChase of Villages Crossing AL

August 2017

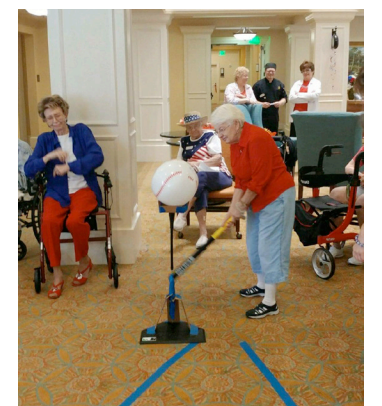


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Spider-Man Day</b> 1 9:45 Catch up on News-CR <b>10:30 Sensational Hand Massages -CL</b> <b>2:00 Lucky Number Bingo -CL</b> 3:00 Buzztime Trvia-L <b>4:00 Circle of Friends Happy Hour-L</b> <b>4:00 Popcorn &amp; showing of Spiderman-TH</b> 6:30 Resident Choice Game-L	<b>10:30 Who Am I-CL</b> 2 11:00 Drum Circle-CR <b>1:30 Buzztime Trivia-L</b> 2:00 Readers Cozy Corner-CR <b>3:30 Music w/Last Tyme Out -CR</b> 4:00 Circle of Friends Happy Hour-L <b>4:00 Jewelry Making-CL</b> <b>6:30 Monopoly Mania-L</b>	<b>Friendship Day</b> 3 <b>10:00 Moovin &amp; Groovin-DR</b> <b>11:00 Celebrate your Friends with a Card-CL</b> 1:30 Bunco Time-L <b>1:30 Organ Sounds w/Jean-CL</b> 3:00 Have a Blast Bingo-CL <b>4:00 Sixty Minute Sip Down-L</b> <b>6:00 Night out to Bonworth-Bus</b>	<b>9:45 Read All About it News-CR</b> 4 <b>10:30 Chair Zumba-Alley</b> <b>11:00 Crossword Champs-L</b> 11:00 New Resident Brunch-PD <b>1:30 Scrabble Club -CL</b> 2:30 Bursting with Fun Bingo -CL <b>4:00 Live Music w/Sounds Of Two-CR</b> 6:30 Bridge Players-CR	<b>Rootbeer Float Day</b> 5 <b>9:30 Tranquil Tai Chi-TH</b> 10:00 Pokeno for Pennies-CL 1:00 Resident Choice Card Game-CR 1:30 History of Root-beer floats-CR <b>2:00 Big Bucks Bingo-CL</b> <b>4:00 BlackJack Happy Hour-L</b> 6:30 Adventures in Reading by the Fire-CR
<b>9:30 Young hearted Yoga-TH</b> 6 10:00 Church Your Way Transport <b>10:00 Gourmet Coffee Social-CR</b> 11:00 Remembering When-CR 2:00 Bingo Bonanza-CR <b>3:00 Worship With Us-TH</b> 4:00 Blackjack-L <b>6:30 Card Fest-L</b>	<b>Purple Heart Day</b> 7 9:45 Read All About it News-CR <b>11:00 Oakwood BBQ -Bus</b> 11:00 Rummicube Fanatics-L <b>2:00 Music with Steve-CR</b> <b>3:00 Creating Crafts-CL</b> 4:00 Chat & Sip Happy Hour-L 6:00 Calling all....Poker Players-L	<b>Dalek Day</b> 8 <b>9:45 Red Hot News-CR</b> <b>11:00 Dalek Social-CR</b> <b>2:00 Jackpot Bingo -CL</b> 3:00 Buzztime Trvia-L <b>4:00 Cheers to You Happy Hour-L</b> 6:30 Resident Choice Cards-L	<b>Book Lovers Day</b> 9 9:30 Pet Partner Visit-CR 10:30 Read All About It News-CR <b>11:00 Author Lindsay speaks about his new book-CR</b> 1:30 Buzztime Trivia-L <b>2:00 Action Movie Matinee-TH</b> <b>4:00 Hot to Trot Horseracing-L</b> <b>4:00 Music w/Petrina -CR</b> <b>6:30 Monopoly Mania-L</b>	<b>Paul Bunyan Day</b> 10 <b>10:00 Moovin &amp; Groovin-DR</b> <b>11:00 What Do You Know about Paul Bunyan-CR</b> 1:30 Bunco Time-L <b>1:30 Organ Sounds w/Jean-CL</b> <b>2:00 Dance Party-CR</b> 3:00 Have a Blast Bingo-CL <b>4:00 Sixty Minute Sip Down-L</b> <b>5:30 Night Out-Dinner at Texas Roadhouse-Bus</b>	<b>Kool-Aid Day</b> 11 <b>10:30 Chair Zumba-Alley</b> <b>11:00 Crossword Champs-L</b> 11:00 New Resident Brunch-PD <b>1:30 Russel Stovers Store-Bus</b> <b>1:30 Scrabble Club -CL</b> 2:30 Bursting with Fun Bingo -CL <b>4:00 Live Music w/Ray &amp; Kay-CR</b> 6:30 Bridge Players-CR	<b>Sewing Machine Day</b> 12 <b>9:30 Sit and Stretch-TH</b> 10:00 Pennies Everywhere for Pokeno-CL <b>11:00 All levels Sewing Class-CR</b> 1:00 Games Galore-CR <b>2:00 Try Bingo for Bucks Left-Handed-CL</b> 4:00 BlackJack Happy Hour-L 6:15 CardFest-L
<b>Left Handers Day</b> 13 10:00 Church Your Way Transport 10:00 Coffee & Reminisce-L 2:00 Bingo for Bucks-CR <b>3:00 Worship With Us-TH</b> 4:00 Blackjack-L <b>4:00 Happy Hour Sports-L</b> <b>6:30 Card Fest-L</b>	<b>9:45 News Time-CR</b> 14 <b>10:30 Crafting Club-CL</b> <b>11:00 IHOP -Bus</b> <b>1:30 Pokeno Players-L</b> 2:30 Art Appreciation Painting Class -CL <b>4:00 Bean Bag Tossers-L</b> 6:00 Enjoy the Fireplace & read a book -CR	<b>Relaxation Day</b> 15 9:45 News Gossips-CR <b>10:00 Moovin &amp; Groovin-DR</b> <b>10:30 Coffee Chat w/Heather-CR</b> <b>1:30 Fact or Fiction -CR</b> 2:00 Blazing Bingo-CR <b>3:00 Buzztime Trivia-L</b> 4:00 Circle of Friends Happy Hour-L 6:30 Puzzle The Mind-Alley	<b>11:00 Chance It Dominoes-L</b> 16 1:30 Bridge Players-L <b>2:30 Living Through God's Word w/Conrad-TH</b> 3:30 Video Chat Skype-BC <b>4:00 Music w/Mark Raisch-CR</b> <b>6:00 Scrabble Scramble-CR</b>	<b>10:00 It's All in the Moves-DR</b> 17 <b>10:30 Classic Movie-TH</b> 1:30 Bunco Buffs-L <b>1:30 Sweet Organ Sounds w/Jean</b> 3:00 Call Me Lucky Bingo -CL <b>4:00 HarborChase Store-CL</b> <b>5:45 Night out to Goodwill-Bus</b>	<b>9:45 Off the Press News-CR</b> 18 <b>10:30 Chair Zumba-CR</b> <b>10:30 HC Baseball-CR</b> <b>1:30 Old Time Radio Show-ALLEY</b> 3:00 Bingo for Bucks-CR <b>4:00 Music w/Butterbean Band -CR</b> 6:30 Adventures in Reading-CR	<b>Nat'l Honey Bee Day</b> 19 <b>9:30 Tranquil Tai Chi-TH</b> <b>10:00 Play Pokeno For Pennies-CL</b> 1:00 Resident Choice Card Game-CR <b>1:30 Avoiding Scams with Diana-L</b> 2:00 Coverall Bingo-CL 6:30 Classics After Dark-TH
<b>Nat'l Radio Day</b> 20 <b>9:30 Get Moving Excercise-TH</b> 10:00 Church Your Way Transport <b>10:00 Gourmet Coffee -CR</b> 10:30 Radio Show Talk-CR 2:00 Bingo Challenge-CR <b>3:00 Community Worship-TH</b> 4:00 Blackjack-L <b>6:30 Cards Fest-L</b>	<b>11:00 A World of Color Summer Scenes-CL</b> 21 <b>11:00 Olive Garden-Bus</b> 1:30 Meditation & Music -CR <b>2:00 Edge of Your Seat Trivia-CR</b> <b>3:00 Resident &amp; Associate Talent Show-CL</b> <b>4:00 Activities Planning Meeting-CL</b> 6:00 Monopoly Mania-L	<b>10:00 All in the Moves-DR</b> 22 11:00 Romance with Rummicube-L 1:30 Fashion Show Models Pampering-Bus <b>1:30 Sensational Hand Massages-CL</b> 2:00 Bingo Bonanza-CL <b>3:00 Buzztime Trivia-L</b> <b>4:00 Hot to Trot Horseracing-L</b> 6:00 Checkers Champs -Alley	<b>9:30 Pet Partner Visit-CR</b> 23 10:30 Medicine Chat w/Nurse Jenn-CL <b>1:00 Wal-Mart Shopping</b> 1:30 Aroma Therapy-Alley <b>2:30 Facebook &amp; Instagram 101-CR</b> <b>2:30 Monopoly Mania -CL</b> <b>4:00 Wine down w/Kurtis May-CR</b> <b>6:30 Play the Game of 13-CR</b>	<b>9:30 Kennedy Space Center-Bus</b> 24 <b>10:00 Moovin &amp; Groovin-DR</b> <b>11:00 Who Am I Game-CR</b> 1:30 Bunco for Bucks-L <b>1:30 Sweet Organ Sounds w/Jean-CL</b> <b>2:00 Dance Party-CR</b> 3:00 Lucky Day Bingo -CL <b>6:00 Night Out New Movie-Bus</b>	<b>10:30 Chair Zumba-WC</b> 25 <b>11:00 Famous Art Fun-CL</b> <b>11:00 Computer Class-TH</b> <b>1:30 Checkers Challenge-CR</b> 2:30 Hit it Big Bingo-CL <b>4:00 Music with Pat &amp; Earle-CR</b> 4:45 Spaghetti Dinner at SPCC-Bus <b>6:30 Puzzelin Pieces-Alley</b>	<b>9:30 Sit and be Fit-TH</b> 26 <b>10:00 Pokeno For Pennies-CL</b> 1:00 Game Challenge-CR <b>2:00 Quick Call Bingo-CL</b> 4:00 BlackJack Happy Hour-L <b>4:00 Cocktails &amp; Conversation Happy Hour-L</b> 6:30 Calling All Poker Players-L
<b>9:30 Young hearted Yoga-TH</b> 27 <b>10:00 Gourmet Coffee-CR</b> 11:00 Remembering When-CR 2:00 Bingo Blast-CR <b>3:00 Worship With Us-TH</b> 4:00 Blackjack-L <b>6:30 Cards Fest-L</b>	<b>10:30 Skype Video Chat-BC</b> 28 11:00 Dominos-L <b>11:00 Ruby Tuesday -Bus</b> <b>1:30 National Parks Presentation-CL</b> 1:30 Organ Recordings with EJ-CL <b>2:30 Soccer Collies-CR</b> 3:30 Calling All Jewelry makers-CL 6:00 I Challenge you in Jenga-L	<b>10:00 Moovin &amp; Groovin-DR</b> 29 <b>10:30 Puzzle pieces Galore-Alley</b> 1:30 Lucky Numbers Bingo-CL <b>2:30 Red Hot Summer Fashion Show Family &amp; Friends-CR</b> 3:00 Buzztime Trivia-L <b>4:00 Fact or Fiction-CR</b> 4:00 US Open Tennis & Talk-L 6:30 Bridge Players-CR	<b>9:00 Silver Springs Boat Ride-Bus</b> 30 9:30 Pet Partner Visit-CR <b>10:00 Shades Of Life Coloring-CL</b> <b>11:00 HarborChase Store-CL</b> <b>11:00 Ladies Tea Party-CR</b> <b>1:30 Who was Mother Teresa-TH</b> <b>4:00 Music w/Bob P-CR</b> <b>6:30 Play the Game of 13-CR</b>	<b>Nat'l Matchmaker Day</b> 31 <b>10:00 Moovin &amp; Groovin-DR</b> <b>11:00 How Many Fish Can you Catch-CR</b> 1:30 Bunco Bunco-L <b>1:30 Organ Sounds w/Jean-CL</b> <b>2:00 Chinese Culture Dance Show -CR</b> 3:00 Lucky Break Bingo -CL <b>6:00 Music at Spanish Springs-Bus</b>	<b>KEY:</b> DR ..... Dining Room TH..... Theater CR ..... Crossings L ..... Lounge PG ..... Putting Green Wii ..... Alley CL..... Class Room WC.....Wellness Center	



# Celebrating Senior Living!

## Villages Crossing - Our Community Fun!



# BARBECUE

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13

**ACROSS**

1. A devilish side dish
4. Keep the fire going with a bag of \_\_\_\_\_
8. Baste the meats with \_\_\_\_\_
10. Protect your skin from harmful rays with \_\_\_\_\_
11. Keep items cold in a \_\_\_\_\_
12. Spare, baby back, St. Louis
13. Favorite baked dish

**DOWN**

1. Balloons & streamers
2. Often served with relish
3. Ketchup, mustard, pickles, etc.
5. Meat & veggies on sticks
6. Grill inside the stalk or without
7. These come with cheese or without
9. Meat of the feathered kind



## Taking Stock of Woodstock

“Three days of peace and music” turned into a historic movement like no other. The Woodstock festival, more than 400,000 in attendance, began on Aug. 15, 1969, and ended with the sounds of Jimi Hendrix on August 18. This legendary Bethel, New York, music and arts festival occurred at a pivotal time in history, as the Vietnam War was in full force, and the Civil Rights and Women’s Movements were at the forefront of societal issues.

The upstate New York town had no idea what it was in for when the festival took shape. The weekend was welcomed by some, and shunned by others. Barefoot beauties danced in the grass. Long-haired, bell-bottom wearing hippies were everywhere. A host of volunteer nurses and medics tended to the wounded, with cuts to the feet being among the chief injuries at the concert. Tales of Woodstock births have circulated, but proof is minimal. Whether viewed as inspiring or angering, the Woodstock festival remains a climactic, influential and memorable point in American history.



### A Dynamic Discovery

What can you buy with \$7.6 million? Try the largest Tyrannosaurus rex fossil available to date. This 40-foot long fossil better known as “Sue,” named after its discoverer paleontologist Sue Hendrickson, was unearthed on Aug. 12, 1990, on the Cheyenne River Indian Reservation in South Dakota. It was unquestionably well maintained for its age, with a skull measuring roughly 5 feet in length. A dispute erupted over the land in which Sue was discovered, as several parties claimed rights to the enormous dinosaur’s bones. Many believed this find belonged in a museum, for all the world to see. Therefore, multiple donors and charitable organizations joined together in 1997 to purchase Sue at a Sotheby’s auction on behalf of Chicago’s Field Museum of Natural History. The fossil’s safekeeping was ensured, and Sue, teeth and all, can currently be found resting comfortably in her home at the Field Museum.



## Women, Men, and Health



Are you male or female? The answer to this seemingly simple question can have a major impact on your health. While both sexes are similar in many ways, researchers have found that sex and social factors can make a difference when it comes to your risk for disease, how well you respond to medications, and how often you seek medical care. That’s why scientists are taking a closer look at the links between sex, gender, and health. Here’s a list of quick facts and differences between men and women:

- Women and men have different symptoms of heart attack.
- Women are twice as likely as men to experience depression.
- Men are less likely than women to admit to negative moods and seek treatment for mental health issues.
- Men are more likely than women to have gout, a type of arthritis. Female risk for gout increases after menopause.
- Osteoporosis is more common in women than men, yet

it still poses a risk to men as they age.

- Some medicines affect women and men differently, such as aspirin and some sleep medications.
- Females are more likely to injure their knees playing sports.
- Males are more likely than females to develop autism spectrum disorders and certain other neurodevelopmental conditions.
- Two-thirds of people age 40 and up who are visually impaired or blind are women.
- Pain disorders like chronic TMJ are more common in women.
- Women are often primary caretakers of children, household needs, and aging family members, but they are more likely to delay their own health needs.

[newsinhealth.nih.gov](http://newsinhealth.nih.gov)

## National S'mores Day

August 10, 2017

