

## The Tradition of Corn Husk Dolls

In America's early days, children played with corn husk dolls, toys that were lovingly crafted and cherished for their simplicity and resourcefulness.

Making corn husk dolls originated with Native American tribes in the Northeast, where corn was a vital crop used for food, clothing and tools. The vegetable's dried husks were weaved into baskets, moccasins and other items, including dolls.

After soaking the papery husks in water to soften them, they could be folded into body shapes, which were stuffed with leaves, then tied with husks that were cut or braided into strips.

Creating the dolls helped children learn needed hand skills such as tying and wrapping. Playing with the figures prepared them for adulthood, since they could mimic everyday activities with accessories for the dolls, such as baby cradleboards and canoes.

Native Americans passed on this craft to the children of European settlers, who took the dolls with them as their families pioneered the West, introducing the dolls to more people throughout the country.

A corn husk doll usually has no face, a feature that comes from a legend passed down by many Northeastern tribes. In the story, the original corn husk doll saw her reflection in a stream, admired her beauty and became vain, so her face was taken away to teach her the value of humility.

## Harbison Shores Bowling

Everyone enjoyed getting to turn the Activity Room into a bowling alley and residents passing by did their best to get a strike!

In a brief and enjoyable game of staff vs. residents, the staff played well, but no one could get as many strikes as the residents' team, which won fair and square.

Our Harbison Shores team had high scores and a great time!



# THE Harbison Shores Lifestyle



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OCTOBER 2020

## Simple Ways To Make Someone Smile

World Smile Day, Oct. 2, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement, or expressing why you're proud of them. Sharing a silly joke often works too!

Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your community. Put a note in your mailbox saluting the letter carrier.

Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Leave a few quarters at the laundromat or add coins to a random parking meter. Drop off or mail a care package.

## Art All Around Us!

Residents did a lot of art using many different mediums last month!

We explored working with paper, crayons, ceramic and many different types of paint. We created things with lots of textures that can create a layered look.

We painted with acrylics on plain printer paper and saw the way the paint can become absorbed. We used art paper with oil crayons to make beautiful work!

Art is such a fun way to explore colors and texture. It's a great way to spend a rainy afternoon, too!



**OCTOBER 2020**
**Locations**

 Activity Room, Memory Care, ARMC  
 Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering Place, VUGP

Villas, Dining Room, VDR

**Birthdays**

Taku Mitchell, 10th

Marian Faile, 19th

Elease Brown, 27th

"Autumn's the mellow time."

—William Allingham

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				10:30 Snack Time, ARMC 10:30 Country Drive w/Bill, O 10:30 Piano: Sing and Dance, ARMC 1:30 Arts and Crafts, ARMC 2:30 Snack Time, ARMC	2 10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Afternoon Exercise, ARMC 2:30 Snack Time, ARMC	3 10:30 Snack Time, ARMC 1:30 Outside Games 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
4 10:30 Snack Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Outside Games 2:30 Snack Time, ARMC	5 9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Outside Games 2:30 Snack Time, ARMC	6 10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Puzzles and Games, ARMC 2:30 Snack Time, ARMC	7 9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Read and Talk, TVMC 2:30 Snack Time, ARMC	8 10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Arts and Crafts, ARMC 2:30 Snack Time, ARMC	9 10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Afternoon Exercise, ARMC 2:30 Snack Time, ARMC	10 10:30 Snack Time, ARMC 1:30 Outside Games 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
11 10:30 Snack Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Outside Games 2:30 Snack Time, ARMC	COLUMBUS DAY 12 9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Outside Games 2:30 Snack Time, ARMC	13 10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Puzzles and Games, ARMC 2:30 Snack Time, ARMC	14 9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Read and Talk, TVMC 2:30 Snack Time, ARMC	15 10:30 Snack Time, ARMC 10:30 Country Drive w/Bill, O 10:30 Piano: Sing and Dance, ARMC 1:30 Arts and Crafts, ARMC 2:30 Snack Time, ARMC	16 10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Afternoon Exercise, ARMC 2:30 Snack Time, ARMC	17 10:30 Snack Time, ARMC 1:30 Outside Games 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
18 10:30 Snack Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Outside Games 2:30 Snack Time, ARMC	19 9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Outside Games 2:30 Snack Time, ARMC	20 10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Puzzles and Games, ARMC 2:30 Snack Time, ARMC	21 9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Read and Talk, TVMC 2:30 Snack Time, ARMC	22 10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Arts and Crafts, ARMC 2:30 Snack Time, ARMC	23 10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Afternoon Exercise, ARMC 2:30 Snack Time, ARMC	24 10:30 Snack Time, ARMC 1:30 Outside Games 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
25 10:30 Snack Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Outside Games 2:30 Snack Time, ARMC	26 9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Outside Games 2:30 Snack Time, ARMC	27 10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Puzzles and Games, ARMC 2:00 Apple Bobbing, ARMC 2:30 Snack Time, ARMC	28 9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Read and Talk, TVMC 2:30 Snack Time, ARMC 3:00 Pumpkin Painting, ARMC	29 10:30 Snack Time, ARMC 10:30 Country Drive w/Bill, O 10:30 Piano: Sing and Dance, ARMC 1:30 Arts and Crafts, ARMC 2:30 Snack Time, ARMC 3:00 Halloween Movie, TVMC	30 <b>Halloween Celebration</b> 10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Afternoon Exercise, ARMC 2:30 Snack Time, ARMC	HALLOWEEN 31 10:30 Snack Time, ARMC 1:30 Outside Games 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC