

# HAPPY BIRTHDAY!

Sandy Sexton.....February 1

Uriel Adar.....February 9



## Key to Martian Life May Not be Plentiful

Brines—mixtures of salt and water that resist evaporation and freezing more than regular water—may be the key to finding evidence of ancient or current life on Mars, and also serve as a supply of water for human colonists someday. However, brines may not be as prevalent on Mars as previously thought, according to the SciNews website.

Earlier studies of brines may have overestimated how long they could exist on the Martian surface with its cold, thin and arid atmosphere. That's because those studies looked at separate phases of brine—freezing, boiling and evaporation. Newer research focusing on those properties at the same time suggests that brines aren't as stable as scientists believed.

The most favorable conditions for Martian surface brines are likely to be in the mid- to high northern latitudes, in large impact craters in the southern hemisphere, and in the shallow subsurface near the Martian equator. In the best-case scenario, though, they'll probably only be present for about 12 hours a day.



**HarborChase**  
Assisted Living • Memory Care



*Celebrating Senior Living*

The HarborChase Wire: A Monthly Publication of HarborChase Dr. Phillips AL

February 2021

- American Heart Month
- American History Month
- Low Vision Awareness Month
- Black History Month
- Celebration of Chocolate Month
- International Embroidery Month
- National Cherry Month
- National Fiber Focus Month
- National Grapefruit Month
- Senior Independence Month
- National Snack Food Month

**BIRTHSTONE** – Amethyst

**FLOWER** – Violet

**ZODIAC** – Aquarius & Pisces

### 2021 Special Dates

- Groundhog Day.....2/2
- National Wear Red Day.....2/5
- Super Bowl Sunday.....2/7
- Valentine's Day.....2/14
- Presidents' Day.....2/15
- Mardi Gras.....2/16
- Love Your Pet Day.....2/20
- Full Moon.....2/27

## Celebrate Valentine's Day with These Famous Lovers

Valentine's Day celebrates love and happiness, and although real life offers plenty of true stories with happily-ever-after endings, many of us look to literature for inspiring tales of passion's power. Get in the mood for love by rereading the novels, plays and poetry about these famous lovers (not all of whom lived happily ever after):

- **Romeo and Juliet.** Shakespeare's tragic tale of young love: Teenagers from feuding families meet, fall in love, marry and ultimately end their lives rather than live without each other.
- **Tristan and Isolde.** A medieval tale of doomed love. Tristan falls in love with Isolde, who is betrothed to his uncle, Mark, king of Cornwall. Despite their enduring love, they are forced to marry others.
- **Odysseus and Penelope.** A happy ending for this one. Penelope remains faithful to her absent husband for 20 long years; Odysseus persists in his quest to return home after the Trojan War. Both overcome temptations and obstacles to be reunited at last.
- **Jane Eyre and Mr. Rochester.** Charlotte Brontë's classic 19th-century novel tells the tale of a young governess and a gruff, lonely landowner with a dark secret. But love triumphs in the end.
- **Ralph and Alice Kramden.** OK, not a book, play or poem, but a classic TV show. Despite bickering, working-class struggles and the occasional threat to send Alice "to the moon!" the couple stayed together with love and devotion—and lots of laughter—for years and years.

*When you love someone, you love the whole person, just as he or she is and not as you would like them to be.*

*-Leo Tolstoy*



  
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# HarborChase Dr Phillips - Assisted Living



February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>9:30 Harbor Fit Walking Club 10:00 Get Fit Class 10:30 Vaccine Round 2 11:15 Core Strength Class <b>1:00 Book Club Pickup</b> 2:30 Rockin' Rummikub 3:30 Golf Cart Rides 4:00 Harbor Happy Hour 6:00 Movie 'Casablanca'</p>	<p>9:30 Harbor Fit Walking Club <b>1</b> 10:00 Get Fit Class 10:30 Vaccine Round 2 11:15 Core Strength Class <b>1:00 Book Club Pickup</b> 2:30 Rockin' Rummikub 3:30 Golf Cart Rides 4:00 Harbor Happy Hour 6:00 Movie 'Casablanca'</p>	<p>9:00 Men's Group Breakfast <b>2</b> 10:00 Daily Movement Class <b>10:30 Groundhog Day</b> 1:30 Knitting and Crocheting Group 2:00 Painting with a Twist 3:00 Coverall Takes the Prize 4:00 Tequila Tuesday 6:00 Movie 'Gone with the Wind'</p>	<p>9:30 Walk for Heart Health <b>3</b> <b>10:00 Jasmin Teaches Body Pump</b> 10:30 Art Class Fun 11:15 Get Fit Class <b>12:00 Depart: Publix</b> 2:00 Rollin' Rummikub 3:00 Current Events 6:00 Movie 'The Wizard of Oz'</p>	<p>9:00 Men's Group Breakfast <b>4</b> 9:00 Thank a Mailman Day 9:30 Morning Walk and Talk 10:00 Core Stretch and Strength 11:15 Get Fit Class 2:00 Colored Pencil Designs 3:00 Coverall Takes the Prize 4:00 Harbor Happy Hour 7:00 Poker Night</p>	<p>9:30 Neighborhood Stroll <b>5</b> <b>10:00 Workout with Jasmin</b> 10:30 Wii Bowling 11:15 Stretch Workout 12:00 Counter Offer Lunch 1:00 Contract Bridge 2:00 Colorful Memories 4:00 Dirty Martinis 6:00 Movie 'To Kill a Mockingbird'</p>	<p>9:30 Fresh Air Walk <b>6</b> 10:00 Harbor Fit Class 10:30 Brain Games Trivia 11:15 Bend and Stretch Class 2:00 Putt Putt Challenge 3:00 Lucky Score Yahtzee 4:00 Pineapple Cosmos 5:00 Citrus Room Dinner 6:00 Movie 'Star Wars'</p>
<p>9:30 Neighborhood Walk <b>7</b> <b>10:00 First Baptist Orlando</b> <b>10:30 Bloody Mary Sunday</b> <b>11:00 St. Luke's Live Stream</b> 11:00 Traditional Brunch <b>12:00 Boston Avenue Live Stream</b> 3:30 Lucky Card, Lucky You 4:00 Super Bowl Square Sign Up <b>6:00 Super Bowl Sunday Party</b></p>	<p>9:30 Walk and Be Fit <b>8</b> 10:00 Harbor Flexibility 10:30 Balcony News <b>11:00 Kitchen Demo: Chef Jesse</b> 11:15 Stretch and Be Fit 1:30 Harbor Gardening 2:30 Rockin' Rummikub 4:00 Martini Monday 6:00 Movie 'Lawrence of Arabia'</p>	<p>9:00 Men's Group Breakfast <b>9</b> <b>10:00 Medicare Event</b> 10:00 Balance Builders Class 11:15 Posture Perfect Exercise 1:30 Knitting and Crocheting Group 2:00 Painting with a Twist 3:00 Coverall Takes the Prize 4:00 Fresh Margaritas</p>	<p>9:30 Morning Stroll <b>10</b> <b>10:00 Workout with Jasmin</b> 10:30 What Did It Cost? 11:15 Core Balance Class <b>12:00 Depart: Publix</b> 3:30 Fresh Air Rides 5:00 Harbor Grill Room 6:00 Movie 'One Flew Over the Cuckoos Nest'</p>	<p>9:00 Men's Group Breakfast <b>11</b> 9:30 Walk and Talk 10:00 Balance Builders 11:15 Morning Stretch 2:00 Lakeview Discussions 3:00 Coverall Takes the Prize 4:00 Blue Martini's 5:00 Citrus Room Full Service 7:00 Poker Night</p>	<p>9:30 Fresh Air Walk <b>12</b> 10:00 Get Fit with Jasmin 11:15 Core Strength Class 2:00 Colorful Memories <b>2:00 Great Decisions Discussion</b> 4:00 Strawberry Mojitos 6:00 Movie 'The Bridge on the River Kwai'</p>	<p>9:30 Stride for Balance <b>13</b> 10:00 Daily Movement Class 11:15 Stretch and Flex Class 12:00 Citrus Room Lunch 2:00 Shut the Box Dice Game <b>4:00 The Magic of Paris Travel</b> <b>5:00 Magic of Paris Dinner</b> <b>5:30 Music and Live Dancers</b> 6:00 Movie 'Jaws'</p>
<p>9:30 Fresh Air Walk <b>14</b> <b>10:00 First Baptist Orlando</b> <b>10:30 Valentines Day Brunch</b> <b>11:00 St. Luke's Live Stream</b> <b>12:00 Boston Avenue Live Stream</b> 1:00 Fresh Air Rides 2:00 Multi-Tile Rummikub 3:30 Lucky Card, Lucky You 5:00 Movie 'Some Like it Hot'</p>	<p>9:30 Great Strides Walking Club <b>15</b> <b>10:00 Presidents Day Documentary</b> 10:00 Bend and Stretch 11:15 Stretch and Flex 2:30 Rockin' Rummikub 4:00 Manhattan Monday HH 6:00 Movie 'High Noon'</p>	<p>9:00 Men's Group Breakfast <b>16</b> 10:00 Get Fit Class 11:15 Upright and Upbeat 1:30 Knitting and Crocheting Group 2:00 Painting with a Twist 3:00 Coverall Takes the Prize <b>5:00 Mardi Gras Party</b> 6:00 Movie 'Roman Holiday'</p>	<p>9:30 Harbor Fit Walk <b>17</b> <b>10:00 Body Pump with Jasmin</b> 10:30 Bowling for Strikes 11:15 Structured Stretch <b>12:00 Depart: Publix</b> 1:00 Contract Bridge 4:00 Wine Wednesday 6:00 Movie 'The Adventures of Robinhood'</p>	<p>9:00 Men's Group Breakfast <b>18</b> 9:30 Walk and Talk 10:00 Mind, Body, Balance 10:30 Balcony Gardening 11:15 Stretch and Flex 3:00 Coverall Takes the Prize <b>5:00 The Great Wine Event</b> 6:00 Movie 'Its Complicated' 7:00 Poker Night</p>	<p>9:30 Harbor Walking Group <b>19</b> <b>10:00 Workout with Jasmin</b> 10:30 Full Size Scrabble 11:15 Fit Group Class 12:00 Counter Offer Lunch 2:00 Colorful Memories 3:00 Brain Games 4:00 Measured Manhattan's 6:00 Movie 'Last Vegas'</p>	<p>9:30 Morning Walk <b>20</b> 10:00 Stretch and Flex 10:30 Pool Side Discussions 11:15 Get Fit Class 1:30 Crosswords and Sudoku 2:00 Rummikub with Friends 3:00 Family Feud Trivia 4:00 New Drink Happy Hour 6:00 Movie 'Unknown'</p>
<p>9:30 Neighborhood Walk <b>21</b> <b>10:00 First Baptist Orlando</b> 10:30 Bloody Mary Sunday <b>11:00 St. Luke's Live Stream</b> 11:00 Traditional Brunch <b>12:00 Boston Avenue Live Stream</b> 3:00 Chess Champions 3:30 Lucky Card, Lucky You 5:00 Movie 'The Impossible'</p>	<p>9:30 Harbor Walking Club <b>22</b> 10:00 Breathing and Stretching 10:30 Wii Bowling Lanes 11:15 Posture Perfect Exercise 12:00 Citrus Room Lunch <b>1:00 Book Club Discussion</b> 2:30 Rockin' Rummikub 4:00 Appletini Happy Hour 6:00 Movie 'The Midnight Sky'</p>	<p>9:00 Men's Group Breakfast <b>23</b> 10:00 Stretch it Out 11:15 Stretch and Flex 1:30 Knitting and Crocheting Group 2:00 Painting with a Twist 3:00 Coverall Takes the Prize 6:00 Movie 'Stranger than Fiction'</p>	<p>9:30 Neighborhood Stroll <b>24</b> <b>10:00 Workout with Jasmin</b> 10:30 Shut the Box Dice Game 11:15 Stretch Aerobics <b>12:00 Depart: Publix</b> 2:00 Rummikub with Friends 4:00 Wine of the Week 5:00 Grill Room RSVP 6:00 Movie '50 First Dates'</p>	<p>9:00 Men's Group Breakfast <b>25</b> 9:30 Neighborhood Walk 10:00 Balance Builders 11:15 Stretch and Refresh Class 2:00 Ping Pong Practice 3:00 Coverall Takes the Prize 4:00 White Wine Happy Hour 6:00 Movie 'Snowden' 7:00 Poker Night</p>	<p>9:30 Neighborhood Stroll <b>26</b> <b>10:00 Get Fit with Jasmin</b> 10:30 Art from the Heart 11:15 Bend and Stretch 2:00 Colorful Memories <b>2:00 Great Decisions Discussion</b> 4:00 Elevated Old Fashioned's 6:00 Movie 'Mr. Deeds'</p>	<p>9:30 Balance Builders Class <b>27</b> 10:00 Stretch Aerobics 10:30 Kings Corner Cards 11:15 Harbor Fit Circuit 2:00 Golf Cart Rides 3:00 Rockin' Rummikub 4:00 Shaken and Stirred Cocktails 6:00 Movie 'The Da Vinci Code'</p>
<p>9:30 Walk for Heart Health <b>28</b> <b>10:00 First Baptist Orlando</b> 10:30 Mimosa Sunday <b>11:00 St. Luke's Live Stream</b> 11:15 Family Day Brunch 11:15 Ping Pong and Billiards <b>12:00 Boston Avenue Live Stream</b> 3:30 Lucky Card, Lucky You 5:00 Movie 'Blue Streak'</p>						



# Hello, FEBRUARY

G N A A S U S A N B A N T H O N Y O H M  
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AMERICAN HEART MONTH

AMETHYST

AQUARIUS

ASH TREE

BLACK HISTORY MONTH

GODDESS FORTUNA

GROUNDHOG DAY

LEAP DAY

PISCES

PRESIDENTS DAY

PRIMROSE

PURIFY

ROWAN TREE

SUPER BOWL

SUSAN B ANTHONY DAY

VALENTINES DAY

VIOLET

WINTER

# Happy Valentine's Day

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## Fighting for Civil Rights

When the NAACP was created in February of 1909, no one could foresee the impact it would have on civil rights in America. The nonprofit organization is the largest, oldest civil rights group in the nation, with racial equality remaining at the forefront of its mission. The NAACP's historical impact has been immeasurable:

- At the group's inception, a primary focus was to stop the practice of lynching, the number of which decreased substantially by the 1930s thanks to the NAACP's efforts.
- One of the most prominent legal victories in civil rights history was the NAACP's 1954 win in *Brown vs. Board of Education*, where segregation in schools became outlawed.

- The first African-American Supreme Court justice, Thurgood Marshall, was the head of the NAACP's legal team in the *Brown vs. Board of Education* case.
  - The Civil Rights Act of 1964 and the Voting Rights Act of 1965 were integral victories in the uphill legal battles faced by the NAACP, addressing issues such as workplace discrimination and minority voting.
  - Many famous historical figures have belonged to the NAACP, including Eleanor Roosevelt, Albert Einstein, Lena Horne, Sammy Davis, Jr., and Jackie Robinson.
- Now, the NAACP is 300,000 members strong and continues to change the course of civil rights in this nation.



## Valentine's Day Doesn't Have to Break the Bank

Looking for something to do with your sweetheart on Valentine's Day that's not too expensive? Try these ideas:

- Read a story together. Buy two copies of your favorite book or story (or borrow them from your library) and spend the evening discussing it. You may both learn things you didn't know about the story (and each other).
- Team up on a new recipe. Instead of going out to a restaurant, delve into your cookbooks and find a meal to collaborate on. Choose something different and challenging and enjoy the results.
- Visit a museum. Your town probably has a museum (or two) that you've never been to. Or a landmark you haven't seen yet. Select someplace new and check it out together.
- Go ice skating. If you live in a cold climate, find an ice rink nearby and go out for an hour or two of gliding—or falling—around together. Most rinks will rent skates for a minimal fee.



Mardi Gras' roots lie in the Christian calendar as a last day of indulgence before Lent begins on Ash Wednesday. What is less known about Mardi Gras is its relation to the Christmas season and Carnival.

Carnival comes from the Latin words *carne vale*, meaning "farewell to the flesh." Like many Catholic holidays and seasonal celebrations, it likely has its roots in pre-Christian traditions based on the seasons. As early as the middle of the second century, the Romans observed a Fast of 40 Days, which was preceded by a brief season of feasting, costumes and parties.

The Carnival season kicks off with the Epiphany, also known as Twelfth Night, which falls on January 6, twelve

days after Christmas. Epiphany celebrates the visit of the Wise Men bearing gifts for the infant Jesus. In cultures that celebrate Carnival, Epiphany kicks off a series of parties leading up to Mardi Gras.

Mardi Gras came to the New World in 1699, when a French explorer arrived at the Mississippi River, about 60 miles south of present day New Orleans. He named the spot Point du Mardi Gras because he knew the holiday was being celebrated in his native country that day. Mardi Gras literally means "Fat Tuesday" in French. The name comes from the tradition of slaughtering and feasting upon a fattened calf on the last day of Carnival.



## A Groundhog by Any Other Name

How many nicknames can one animal have? Apparently quite a few, especially if you're able to predict the weather. Known as the "Sage of Sages" and "Seer of Seers" among many others, groundhog Punxsutawney Phil's famed status began taking shape in 1887 following his debut at Gobbler's Knob in Pennsylvania.

The use of such an animal to predict weather patterns was a longstanding European tradition, which made its way to Pennsylvania with the Germans in the 1700s. Dubbed "Candlemas Day," Feb. 2 marked the pivotal halfway point between winter and spring. An animal casting his shadow on Feb. 2 meant the sun was shining and six additional weeks of winter would ensue. The Germans relied on badgers as their weather guide for the longest, but eventually the switch was made to the groundhog.

Incidentally, accuracy has nothing to do with Punxsutawney Phil's notoriety. His weather predictions have proven reliable only 39 percent of the time.