

HAPPY BIRTHDAY!

- Bobbie Bal February 4
- Frank Willy..... February 7
- Carl Foltz February 9
- Ann Hughes February 12
- Eleanor Ernest..... February 16

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

Independent & Assisted Living
Memory Care



Celebrating Senior Living

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

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 Day2/2
- National Wear Red Day2/5
- Super Bowl Sunday2/7
- Valentine's Day2/14
- Presidents' Day2/15
- Mardi Gras.....2/16
- Love Your Pet Day2/20
- 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 - Independent Living



February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:15 Core Strength Class 1 10:00 Get Fit Class 10:45 Walk for Heart Health 12:00 Mid-Day Matinee 1:00 Book Club Pickup 2:00 Chinese Mahjong 3:00 Rockin' Rummikub 4:00 Harbor Happy Hour 6:00 Movie 'Casablanca'	9:15 Total Body Stretch 2 9:30 Vaccine Day Round 2 10:00 Daily Movement Class 11:00 Groundhog Day 1:00 Standard Bridge 1:30 Knitting & Crocheting Group 2:00 Mexican Train Dominoes 4:00 Tequila Tuesday 6:00 Movie 'Gone with the Wind'	9:15 Get Fit Class 3 10:00 Jasmin Teaches Body Pump 10:30 Shopping: Publix 11:00 Morning Walk & Talk 2:00 Chinese Mahjong 3:00 What's Happening in the World 6:00 Movie 'The Wizard of Oz'	9:00 Thank a Mailman Day 4 9:15 Get Fit Class 10:00 Core Stretch and Strength 11:00 Wii Bowling Tournament 1:30 Putt-Putt Tournament 3:00 Lucky Card, Lucky You 4:00 Harbor Happy Hour 6:00 Movie 'Vertigo' 7:00 Poker Night	9:15 Stretch Workout 5 10:00 Workout with Jasmin 10:30 Walk for Heart Health 11:00 Rockin' Rummikub 1:00 Contract Bridge 1:30 Mexican Train Dominoes 3:00 Partner Pinochle 4:00 Dirty Martini's 6:00 Movie 'To Kill a Mockingbird'	9:15 Bend and Stretch Class 6 10:00 Harbor Fit Class 11:00 Poolside Discussion 11:45 Mid-Day Matinee 1:30 Mexican Train Dominoes 2:30 Family Feud Trivia 3:30 Multi-Color Rummikub 4:00 Pineapple Cosmos 6:00 Movie 'Star Wars'
9:30 Walk and Talk 7 10:00 First Baptist Orlando 10:45 Cranberry Mimosas 11:00 St. Luke's Live Stream 11:00 Traditional Brunch 12:00 Boston Avenue Live Stream 2:00 5 Crowns Card Game 4:00 Super Bowl Square Sign Up 6:00 Super Bowl Sunday Party	9:15 Stretch and Be Fit 8 10:00 Harbor Flexibility 11:00 Kitchen Demo: Chef Jesse 12:00 Mid-Day Movie 1:00 Wii Bowling Lanes 2:00 144 Tile Mahjong 3:00 Scrabble and Chess 4:00 Martini Monday 6:00 Movie 'Lawrence of Arabia'	9:15 Posture Perfect Exercise 9 10:00 Balance Builders Class 10:00 Medicare Event 1:00 Contract Bridge 1:30 Knitting & Crocheting Group 2:00 Mexican Train Dominoes 3:00 Afternoon Walk & Talk 4:00 Fresh Margaritas 6:00 Movie 'It's A Wonderful Life'	9:15 Core Balance Class 10 10:00 Workout with Jasmin 10:30 Shopping: Publix 11:00 Morning Stroll 2:00 144 Tile Mahjong 3:00 Global Discussions Group 5:30 Harbor Grill Room 6:00 Movie 'One Flew Over the Cuckoo's Nest'	9:15 Morning Stretch 11 10:00 Balance Builders 11:00 Wii Bowling Lanes 1:30 Partner Putt-Putt 2:00 Wii Bowling Lanes 3:00 Lucky Card, Lucky You 4:00 Blue Martinis 6:00 Movie 'Ben-Hur' 7:00 Poker Night	9:15 Core Strength Class 12 10:00 Get Fit with Jasmin 10:30 Neighborhood Stroll 1:00 Standard Bridge 1:30 Mexican Train Dominoes 2:00 Great Decisions Discussion 6:00 Movie 'The Bridge on the River Kwai'	9:15 Stretch and Flex Class 13 10:00 Daily Movement Class 11:00 Puzzle Team 1:30 Mexican Train Dominoes 2:00 Coffee with Friends 4:00 The Magic of Paris Travel 5:00 Magic of Paris Dinner 5:30 Music and Live Dancers 6:00 Movie 'Jaws'
9:30 Neighborhood Walk 14 10:00 First Baptist Orlando 10:30 Valentines Day Brunch 11:00 St. Luke's Live Stream 12:00 Boston Avenue Live Stream 2:00 Five Crowns Group Game 3:30 Rockin' Rummikub 4:00 Fresh Air Rides 5:00 Movie 'Some Like It Hot'	9:15 Stretch and Flex 15 10:00 Bend and Stretch 10:30 Presidents Day Documentary 12:00 Mid-Day Matinee 2:00 Chinese Mahjong 3:30 Golf Cart Rides 4:00 Manhattan Monday HH 6:00 Movie 'High Noon'	9:15 Upright and Upbeat 16 10:00 Get Fit Class 11:00 Gardening Club 1:00 Standard Bridge 1:30 Knitting & Crocheting Group 2:00 Mexican Train Dominoes 3:00 Family Feud Trivia 5:00 Mardi Gras Party 6:00 Movie 'Roman Holiday'	9:15 Structured Stretch 17 10:00 Body Pump with Jasmin 10:30 Shopping: Publix 11:00 Walk for Heart Health 2:00 Chinese Mahjong 3:00 Group Trivia Competition 4:00 Wine Wednesday 6:00 Movie 'The Adventures of Robinhood'	9:15 Stretch and Flex 18 10:00 Mind, Body, Balance 11:00 Wii Bowling Tournament 1:30 Afternoon Putt-Putt 2:00 Kings Corner Cards 3:00 Lucky Card, Lucky You 5:00 The Great Wine Event 6:00 Movie 'It's Complicated' 7:00 Poker Night	9:15 Harbor Fit Class 19 10:00 Workout with Jasmin 10:30 Walk with Friends 11:00 Coffee with Friends 1:00 Contract Bridge 1:30 Mexican Train Dominoes 3:00 Art from the Heart 4:00 Measured Manhattans 6:00 Movie 'Last Vegas'	9:15 Get Fit Class 20 10:00 Stretch and Flex 10:45 Walk for Heart Health 11:30 Balcony News 1:30 Mexican Train Dominoes 2:00 Art from the Heart 3:00 Partner Pinochle 4:00 New Drink Happy Hour 6:00 Movie 'Unknown'
9:30 Fresh Air Walk 21 10:00 First Baptist Orlando 10:30 Traditional Brunch 11:00 St. Luke's Live Stream 12:00 Boston Avenue Live Stream 1:30 Kings Corner Cards 2:00 Scrabble Competition 3:00 Chess Champions 5:00 Movie 'The Impossible'	9:15 Posture Perfect Exercise 22 10:00 Breathing and Stretching 10:45 Harbor Walking Club 12:00 Mid-Day Movie 1:00 Book Club Discussion 2:00 144 Tile Mahjong 3:00 Kings Corner Cards 4:00 Appletini Happy Hour 6:00 Movie 'The Midnight Sky'	9:15 Stretch and Flex 23 10:00 Stretch It Out 11:00 Fresh Air Gardens 1:00 Contract Bridge 1:30 Knitting & Crocheting Group 2:00 Mexican Train Dominoes 3:00 Karaoke Party 6:00 Movie 'Stranger Than Fiction'	9:15 Stretch Aerobics 24 10:00 Workout with Jasmin 10:30 Shopping: Publix 11:00 Morning Fresh Air Walk 2:00 144 Tile Mahjong 3:00 Puzzle Team 4:00 Wine of the Week 5:30 Grill Room RSVP 6:00 Movie '50 First Dates'	9:15 Stretch and Refresh Class 25 10:00 Balance Builders 11:00 Lets Bowl! 1:00 Fresh Air Rides 1:30 Putt-Putt Tournament 3:00 Lucky Card, Lucky You 6:00 Movie 'Snowden' 7:00 Poker Night	9:15 Bend and Stretch 26 10:00 Get Fit with Jasmin 10:30 Fresh Air Walk 1:00 Standard Bridge 1:30 Mexican Train Dominoes 2:00 Great Decisions Discussion 4:00 Elevated Old Fashioned's 6:00 Movie 'Mr. Deeds'	9:15 Balance Builders Class 27 10:00 Stretch Aerobics 11:00 Kings Corner Cards 12:00 Counter Offer with Friends 1:30 Mexican Train Dominoes 3:00 Golf Cart Rides 4:00 Shaken and Stirred Cocktails 6:00 Movie 'The Da Vinci Code'
9:30 Neighborhood Stroll 28 10:00 First Baptist Orlando 10:30 Family Day Brunch 11:00 St. Luke's Live Stream 12:00 Boston Avenue Live Stream 1:30 Kings in the Corner Cards 2:00 5 Crowns Cards 3:00 Lakeside Rides 5:00 Movie 'Blue Streak'						

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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Difficult

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.