

Happy Birthday!

Thelma G.....	2/6
Louis H.....	2/16
Victoria H.....	2/19
John M.....	2/20
Gordon P.....	2/10
Florence V.....	2/23



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 • Skilled Nursing



Celebrating Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase Naples AL

February 2021

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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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AL 9172
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HarborChase Of Naples - Assisted Living

February 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>9:30 News And Views 10:00 Sittersize 10:30 Resident Store 11:00 Mary Ann And Zoey Visit 1:30 Social Blackjack 1:30 Random Texas Trivia 3:00 Four Corner Combo 4:00 Front Porch Chats 6:30 Discovery Channel</p>	<p>9:30 News And Views 10:00 Sittersize 10:30 Resident Store 11:00 Mary Ann And Zoey Visit 1:30 Social Blackjack 1:30 Random Texas Trivia 3:00 Four Corner Combo 4:00 Front Porch Chats 6:30 Discovery Channel</p>	<p>9:30 Fresh Off The Press 10:00 Sittersize 11:00 Resident Choice Activity 1:30 Word In A Word 2:00 Bridge Club 3:00 Bingo For Fun 4:00 Travelogue Train 6:30 Around The World News</p>	<p>9:30 Word Of The Day 10:00 Posture Perfect 11:00 Name 5 1:30 Mind Matters 2:30 Ice Cream Social 3:00 Cover All 3:30 Vets Visiting Vets 4:00 Music Of My Time</p>	<p>9:30 Catholic Communion 10:00 Stretch With Karen 10:00 Scenic Bus Ride 1:30 Social Blackjack 1:30 Word In A Word 1:30 Walmart Outing 2:00 Bridge Club 3:00 Marge Calls 'em 6:30 Let's Find Out</p>	<p>9:30 Hot Off The Press 10:00 Smooth Moves 10:15 Publix Outing 11:00 Crossword Craze 1:30 Marge's Shenanigans 3:00 The Blu Tones Entertain 4:00 Animal Planet 6:30 Front Porch Chats</p>	<p>9:30 Did You Hear 10:00 Chair Moves 11:00 Crafty Corner 1:00 Fun On The Run 1:30 Saturday Matinee 3:00 Did You Call B 1? 4:00 Music Of My Time</p>
<p>SUPER BOWL SUNDAY 9:30 The Daily Chronicle 10:00 Service With Bro. Al 10:30 Chair Fitness 1:30 Tailgate Party With Gregg Clemons 2:00 Bridge Club 3:00 Four Corners 4:00 Super Bowl Trivia</p>	<p>9:30 Monday Muse 10:00 All Jazzed Up 10:30 Resident Store 11:00 Chinese Trivia 1:30 Social Blackjack 1:30 Chinese Lanterns 3:00 Four Corner Combo 4:00 Animal Bloopers</p>	<p>9:30 Morning Trilogy 10:00 Sit And Get Fit 11:00 Card Sharks 1:30 Word In A Word 2:00 Bridge Club 3:00 Bingo For Fun 4:00 Book Club 6:30 Sunset Views</p>	<p>9:30 Wednesday Wonders 10:00 Move To The Music 11:00 Monarch Butterflies Migrate- Documentary 1:30 Mind Matters 2:30 Ice Cream Social 3:00 Cover All 3:30 Vets Visiting Vets 4:00 Bonanza</p>	<p>9:30 Catholic Communion 10:00 Stretch With Karen 10:00 Dollar Tree Trip 1:30 Social Blackjack 1:30 Word In A Word 1:30 Ice Cream Outing 2:00 Bridge Club 3:00 Marge Calls 'em 4:00 Domino Effect</p>	<p>9:30 Shout It Out 10:00 Fun Fitness 10:15 Publix Outing 11:00 Card Sharks 1:30 Marge's Shenanigans 3:30 AJ And Carla Entertain 4:00 Calling All Card Players 6:30 Table Top Games</p>	<p>9:30 Saturday's Surprise 10:00 Work Up A Sweat 11:00 Take A Guess 1:00 Fun On The Run 1:30 Crafty Corner- Chinese Lanterns 3:00 Did You Call B 1? 4:00 Scrabble Battle</p>
<p>Happy Valentine's Day 9:30 The Daily Chronicle 10:00 Service With Bro. Al 10:30 Get Your Heart Pumping 1:30 Romance Movie and Cookie Decorating 2:00 Bridge Club 3:00 Four Corners 4:00 The Andy Griffith Show</p>	<p>9:30 In The Know 10:00 Stretch And Flex 10:30 Resident Store 11:00 Mary Ann And Zoey Visits 1:30 Social Blackjack 1:30 Resident Council 3:00 Four Corner Combo 4:00 Front Porch Views</p>	<p>9:30 Nostalgic Talk 10:00 Master Moves 11:00 Jenga Challenge 1:30 Fat Tuesday Parade 2:00 Bridge Club 3:00 Bingo For Fun 4:00 Finish The Phrase 6:30 Keeping Informed</p>	<p>9:30 The Daily Chronicle 10:00 Movin' And Groovin' 11:00 Poetry Pals 1:30 Mind Matters 2:30 Ice Cream Social 3:00 Cover All 3:30 Vets Visiting Vets 4:00 Basketball Challenge 6:30 Nightly News</p>	<p>9:30 Catholic Communion 10:00 Stretch With Karen 10:00 Out And About 1:30 Social Blackjack 1:30 Word In A Word 1:30 Target Shopping 2:00 Bridge Club 3:00 Marge Calls 'em 4:00 Uno Anyone?</p>	<p>National Caregiver Day 9:30 Naples Daily News 10:00 Core Fitness 10:15 Publix Outing 11:00 Name That Tune 1:30 Marge's Shenanigans 3:00 Sing-A-Long with Vicki Lei 4:00 Train Ride Travelogue</p>	<p>9:30 Naples Daily News 10:00 Let's Get Physical 11:00 Men Vs Women Basketball 1:00 Fun On The Run 1:30 Saturday At The Movies 3:00 Did You Call B 1? 4:00 Name Your Game</p>
<p>9:30 The Daily Chronicle 10:00 Service With Bro. Al 10:30 Battle Ball 11:00 Poker Anyone? 1:30 Music Of My Time 2:00 Bridge Club 3:00 Four Corners 5:00 Sunday Evening Sports</p>	<p>9:30 Headliners 10:00 Move To The Music 10:30 Resident Store 11:00 Random Trivia 1:30 Social Blackjack 1:30 Sounds The Same 3:00 Four Corner Combo 4:00 Beat Me In Scrabble 6:30 Evening News</p>	<p>9:30 Daily Positivity 10:00 Core Fitness 11:00 Who Said That 1:30 Word In A Word 2:00 Bridge Club 3:00 Bingo For Fun 4:00 Family Feud 6:30 Nightly News</p>	<p>9:30 Wacky Wednesday News 10:00 Loosen The Limbs 11:00 Bucket Pong 1:30 Mind Matters 2:30 Ice Cream Social 3:00 Cover All 3:30 Vets Visiting Vets 4:00 Front Porch Chats</p>	<p>9:30 Catholic Communion 10:00 Stretch With Karen 11:00 Famous Words 1:00 Casino Trip 1:30 Social Blackjack 1:30 Word In A Word 2:00 Bridge Club 3:00 Marge Calls 'em 4:00 Word Round Up</p>	<p>9:30 The Daily Chronicle 10:00 Chair Fitness 10:15 Publix Outing 11:00 Can You Find It? 1:30 Marge's Shenanigans 3:00 David Cole Entertains 4:00 Front Porch Chats 6:30 Table Top Games</p>	<p>9:30 Current Events 10:00 Posture Perfect 11:00 Brain Benders 1:00 Fun On The Run 1:30 Crafty Corner 3:00 Did You Call B 1? 4:00 Uno Anyone?</p>
<p>9:30 The Daily Chronicle 10:00 Service With Bro. Al 10:30 Move To The Beat 11:00 Free Rice Trivia 1:30 Music Fun With Michael Monroe 2:00 Bridge Club 3:00 Four Corners 6:30 Table Top Games</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.