

Happy Birthday!

Miguel.....February 4th
Elva.....February 6th
Anna V.....February 9th
Pete.....February 10th
Diane.....February 19th
John M.....February 19th
Emma H.....February 24th
Jim S.....February 25th
Margaret.....February 27th



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 Prince William Commons AL

February 2021

Our HarborChase Leaders

Susan Haynes

Executive Director

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Maintenance

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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


HarborChase
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14080 Central Loop
Woodbridge, VA 22193
703-745-5044





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February 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Food Service Appreciation Week 9:45 Daily Chronicle & Conversations 10:30 Wellness Workouts 1:30 Hawaiian Hula Game 2:30 Robinson Crusoe Word Fit 3:30 Jolly Jeopardy 6:00 DocuSeries: The Right Stuff	Groundhog Day 9:45 Winter Walking Club 10:30 Buzz Word Bazinga 1:30 Hedgehog Or Groundhog? Trivia 3:30 Piano & Pokeno 6:00 Bridge With Elva	9:45 Meaningful Memories 10:30 Soulful Chair Yoga 11:00 Virtual Vacations: Greece 1:30 Exciting Expressions Game 3:30 Bingo Bonanza With Shlonte 6:00 NFL Quarterback Legends 6:00 Black Jack Buddies	9:45 Cranium Crunches 10:30 History Lesson: Rosa Parks 1:15 Scrabble Battle 1:30 Flower Arrangement Club 2:00 Bible Study With Maria 3:00 Guess The Name Game 3:30 Classical Music & Cards 6:00 Library Lovers Club	National Wear Red Day 10:00 Cardio Craze 11:00 TED Talk: Getting Heart Healthy 1:30 Mosaic Medley Heart Pins 3:00 Wheel Of Fortune Game 4:00 The Greatest Hits: Judy Garland 6:00 Movie: Sherlock Holmes	10:00 Morning Movements 11:00 Which Queen Am I Test 1:30 M.A.S.H Character Guessing Game 3:00 The Chopstick Challenge 4:00 Rummy Revolution 6:00 Documentary: Sinatra All Or Nothing
Super Bowl Sunday 10:00 Daily Devotions 11:00 Funniest Football Bloopers 2:00 Hymn Sing With Bonita 2:00 Fabulously French 101 3:30 Tailgate & Football Trivia 6:30 Superbowl Watch Party	9:45 Daily Chronicle & Conversations 10:30 Wellness Workouts 1:30 Two Truths And A Lie Game 3:00 Golfers Gallore 3:30 Jolly Jeopardy 6:00 DocuSeries: The Right Stuff	National Pizza Day 9:45 Winter Walking Club 10:30 Pizza Pizazz Facts & Trivia 1:30 Perfectly Portioned Pizzas 3:30 Piano & Pokeno 4:00 Best Of The 60's Sing Along 6:00 Bridge With Elva	9:45 Meaningful Memories 10:30 Soulful Chair Yoga 11:00 Virtual Vacations: Venice 1:15 Resident Council Meeting 2:00 Rosebud Kiss Creations 3:30 Bingo Bonanza 6:00 Black Jack Buddies	Chinese New Year Begins 9:45 Cranium Crunches 10:00 Food Committee Meeting 10:30 Fortune Cookie Crafters 1:15 Scrabble Battle 2:00 Bible Study With Maria 3:30 Classical Music & Cards 6:00 Library Lovers Club	10:00 Cardio Craze 10:30 Valuable Valentine Card Creations 1:30 The Paper Clip Test 3:00 Wheel Of Fortune Game 3:30 Live Music With Dian 6:00 Movie: Bonnie And Clyde	10:00 Morning Movements 11:00 Riddle Me That 1:30 Facts And Snacks 3:00 Crazy Cat Humor 4:00 Band History: The Monkeys 6:00 Documentary: Wild Nordic
Valentine's Day 9:30 Starbucks Sweethearts 11:00 Valentines Day Card Distribution 2:00 Fabulously French 101 3:30 Valentines Day Bingo 4:30 Celebrating Friendship Candlelight Dinner 6:00 Movie: 50 First Dates	President's Day 9:45 Daily Chronicle & Conversations 10:30 Wellness Workouts 1:30 The Name Game: Presidents Edition 3:00 Notable Women Trivia Test 3:30 Jolly Jeopardy 6:00 DocuSeries: The Right Stuff	Mardi Gras 9:45 Winter Walking Club 10:00 Wii Sports: Tennis 1:30 Fat Tuesday Fill-In Game 3:30 Mardi Gras Dog Parade & Party 6:00 Bridge With Elva	Chinese New Year Ends 9:45 Meaningful Memories 10:30 Soulful Chair Yoga 11:00 Virtual Vacations: Great Wall Of China 1:30 Exciting Expressions Game 3:30 Bingo Bonanza 6:00 Black Jack Buddies	The Great Wine Event 9:45 Cranium Crunches 10:30 Why Note Wine Trivia 1:15 Scrabble Battle 2:00 Bible Study With Maria 3:30 Sip Wine & Design 6:00 Library Lovers Club	Caregiver Day 10:00 Cardio Craze 10:30 Crinkled Heart Art 1:30 Bingo Bucks Gift Gallery 3:00 Wheel Of Fortune Game 3:30 Sing And Dance With Joe 6:00 Movie: Silver Linings Playbook	National Love Your Pet Day 10:00 Morning Movements 11:00 Dainty Dog Bandanas 1:30 Whimsical Wildflower Word Categories 3:00 Charade Champions 4:00 Casino Royale 6:00 Funniest Pet Videos
10:00 Daily Devotions 10:30 Morning Stretch & Flex 2:00 Hymn Sing With Bonita 2:00 Fabulously French 101 4:00 Board Game Buddies 6:00 Calming Coloring Pages	9:45 Daily Chronicle & Conversations 10:30 Wellness Workouts 1:30 Girl Scout Cookie Blindfold Taste Testing Contest 3:00 Margarita Madness 3:30 Jolly Jeopardy 6:00 DocuSeries: The Right Stuff	9:45 Winter Walking Club 10:30 Left Right Brain Test & Facts 1:30 Glorious Geography Game 3:30 Piano & Pokeno 4:00 Disco Sing Along 6:00 Bridge With Elva	9:45 Meaningful Memories 10:30 Black History With Gloria 11:00 Virtual Vacations: Tanzania 1:30 Exciting Expressions Game 3:30 Bingo Bonanza 6:00 Black Jack Buddies	9:45 Cranium Crunches 10:30 Mindful Meditations 1:15 Scrabble Battle 2:00 Bible Study With Maria 3:30 Classical Music & Cards 6:00 Library Lovers Club	10:00 Cardio Craze 11:00 Bonanza Trivia 1:30 Old Western Photo Shoot 3:00 Wheel Of Fortune Game 4:00 Kathy & Brad Country Band 6:00 The Good, The Bad And The Ugly	National Strawberry Day 10:00 Morning Movements 11:00 United States National Monuments Quiz 1:30 Mug Cake Makers 3:00 Hard Act To Follow Game 4:00 Super Scattergory Solvers 6:00 Documentary: Buried Truth Of The Maya
National Floral Design Day 10:00 Daily Devotions 10:30 Fancy Floral Bouquets 2:00 Hymn Sing With Bonita 2:00 Fabulously French 101 4:00 Perfect Pictionary 6:00 TV Show: Golden Globes						

Hello, FEBRUARY

G N A A S U S A N B A N T H O N Y O H M
 Y D G O D D E S S F O R T U B A I V V I T
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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.