

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 MC

February 2021

Our HarborChase Leaders

Susan Haynes

Executive Director

David Shumpis

Maintenance

Bernice Addai

Resident Care

Brittany Smith

Memory Care & LE

Luis Vasquez

Hospitality

Nancy Coleman

Director Of Sales

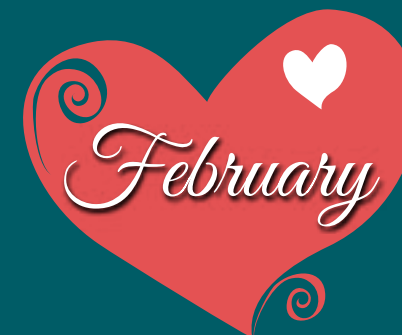
Celebrate Valentine's Day with These Famous Lovers

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
Assisted Living • Memory Care

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





Designed/Printed by Corwin Design & Graphics Corp.
www.MyCorwin.com • 1-877-CORWIN2

www.HarborChase.com

HarborChase Prince William Commons - Memory Care

February 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:45 Move & Groove 10:30 Daily Chronicle Crew 2:00 Tour Of Woodbridge 2:00 Fit Club USA 3:00 Name That Tune 6:00 Popcorn & Wheel Of Fortune	Happy Groundhog Day! 9:45 Rock & Roll Cardio 10:15 Daily Chronicles 11:00 Did He See His Shadow 2:00 Groundhog Day Popup 2:30 Cards Galore 3:00 PUNXY Bingo 6:00 America's Funniest Home Videos	9:45 Zumba Fit 10:15 Today in History 1:30 Words Of Wisdom 2:30 Best Day Celebration 3:00 Pray The Rosary 6:00 Jazz & Jeopardy	9:45 Rock & Roll Cardio 10:15 Daily Chronicles 1:30 Musical Cover All 3:00 Golden Hand Spa 6:00 Golden Girls 6:00 Jolly Jeopardy	Wear Red Day 10:00 Heart Health Workout 11:00 Importance Of Healthy Food 1:30 Guess That Snack 2:30 Floral Arrangement Fridays 3:00 Match The Colored Hearts 6:00 TED Talks: Importance Of Heart Health	9:30 Theraband Stretches 10:30 Karaoke Stars 1:30 Sit and Get Fit 2:30 Crafty Corner Time: Valentine Door Decor 4:00 Daily Chores 6:00 College Football
SuperBowl Sunday 9:30 Daily Devotionals 10:00 Sunday Stretch 11:00 Funniest Football Bloopers 1:30 Football Toss 3:30 Tailgate Party & Football Trivia 4:00 Household Chores	9:45 Move & Groove 10:30 Daily Chronicle Crew 2:00 Tour Of Woodbridge 3:00 Name That Tune 6:00 Popcorn & Wheel Of Fortune	9:45 Rock & Roll Cardio 10:15 Daily Chronicles 1:30 Fitness With Sherrie 2:30 Cherry Blossom Craft 6:00 America's Funniest Home Videos	9:45 Zumba Fit 10:15 Today in History 1:30 Words Of Wisdom 2:00 Resident Council 2:30 Best Day Celebration 3:00 Pray The Rosary 6:00 Jazz & Jeopardy	9:45 Rock & Roll Cardio 10:15 Daily Chronicles 11:00 Food Committee 1:30 Valentine Crafts 3:00 Golden Hand Spa 6:00 50 First Dates 6:00 Jolly Jeopardy	9:45 Rock & Roll Workout 10:30 Floral Arrangement Fridays 1:30 Name That Bird 2:30 Dance Party With Dian 6:00 The Price Is Right	9:30 Theraband Stretches 10:30 Karaoke Stars 1:30 Sit and Get Fit 2:30 Crafty Corner: Card Creations 4:00 Daily Chores 6:00 College Football
Valentines Day 9:30 Daily Devotionals 10:00 Sunday Stretch 10:30 Starbucks Sweethearts 11:00 Valentine's Card Distribution 1:30 Cupid's Cover All 4:30 Celebrating Friendship Candlelight Dinner 6:00 The Andy Griffith Show	9:45 Move & Groove 10:30 Daily Chronicle Crew 2:00 Tour Of Woodbridge 3:00 Name That Tune 6:00 Popcorn & Wheel Of Fortune	MARDI GRAS 9:45 Rock & Roll Cardio 10:15 Daily Chronicles 10:45 History Of Mardi Gras 1:30 Dance To The Beat 3:30 Mardi Gras Dog Party & Parade 6:00 America's Funniest Home Videos	9:45 Zumba Fit 10:15 Today in History 1:30 Words Of Wisdom 2:30 Best Day Celebration 3:00 Pray The Rosary 6:00 Jazz & Jeopardy	9:45 Rock & Roll Cardio 10:15 Daily Chronicles 1:30 Candy & Canvas Creations 3:00 Golden Hand Spa 6:00 Jolly Jeopardy	Caregiver Day 9:45 Rock & Roll Workout 1:30 Heart & Body Pump 2:30 Floral Arrangement Fridays 3:00 Sing & Dance With Joe 6:00 The Price Is Right	9:30 Theraband Stretches 10:30 Karaoke Stars 1:30 Sit and Get Fit 2:30 Crafty Corner: Winter Scenes 4:00 Daily Chores 6:00 College Football
9:30 Daily Devotionals 10:00 Sunday Stretch 1:30 Bible Quotes & Tea 4:00 Household Chores 6:00 The Andy Griffith Show	9:45 Move & Groove 10:30 Daily Chronicle Crew 2:00 Tour Of Woodbridge 3:00 Name That Tune 6:00 Popcorn & Wheel Of Fortune	9:45 Rock & Roll Cardio 10:15 Daily Chronicles 1:30 Theraband Stretch & Flex 3:00 Easy Senior Trivia 6:00 America's Funniest Home Videos	9:45 Zumba Fit 10:15 Today in History 1:30 Words Of Wisdom 2:30 Best Day Celebration 3:00 Pray The Rosary 6:00 Jazz & Jeopardy	9:45 Rock & Roll Cardio 10:15 Daily Chronicles 1:30 Catch The Fish 3:00 Golden Hand Spa 4:00 Daily Chores 6:00 Jolly Jeopardy	9:45 Rock & Roll Workout 10:30 Floral Arrangement Friday's 1:30 Sing and Stretch 2:30 Dance Along With Kathy & Brad 3:30 Volleyball Toss 6:00 The Price Is Right	9:30 Theraband Stretches 10:30 Karaoke Stars 1:30 Sit and Get Fit 2:30 Crafty Corner: St. Patty's Day Decor 4:00 Daily Chores 6:00 College Football
9:30 Daily Devotionals 10:00 Sunday Stretch 1:30 Sit & Be Fit 3:00 Finish The Proverb 4:00 Household Chores 6:00 The Andy Griffith Show						

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
 L S L R O F N S T N E D I S E R P N O B P
 A E I B L A C K H I S T O R Y M O N T H A
 T N P I S C E S O S S R I T R T A A R T
 H I R L E A P D A Y S Y T P D R R N E A T
 P T L O Y D A T I D R O B R E P U S H T T
 C N E S N B G O H D N U O R G T H T A O T
 A E H M T O A Q U A R I U S R D N C R R D
 A L M R A P R I M R O S E O S O S E V A T
 A A N D I D O D O U M C F T M I E S R Y S
 S V R E H I R U P O R S N T P Y E U R A D
 G Y A D S T N E D I S E R P Y Y E S Y D L
 P H D P A O E A E E D A N E A R A A E G G
 P S P O L D E R D I E S E D R B T N D O U
 R O A I Y L T D S H R R S L D P S B S H R
 I Y E E O N O E N E T E W I I Y Y A E D A
 M E L I A G R A T N N O I S Y V H N N N U
 R E V W P P C N A I B U E C O I T T I U P
 O P O E U I I W T R Y P S W Y O E H T O E
 S R R D R W O N E U F Y T S M L M O N R L
 D Y P E H R E P N Q I O N N D E A N E G E
 E O M O L L U Y F L R Y E R I T T Y L A T
 V A T A A S E T U O U N N Y F W E D A E O
 D P E V P I S C E H P E E R T H S A V W D
 O A O V S D L N N G E Y R T N T T Y E O B

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

				8		2	4
1	2				8	9	
8			6			7	1
4	3	1			9	6	
		9	4	6		1	5
	7	5			1		3
7	4		9	5			1
9	1		3	4		5	
5		3	1		2		4

Easy

	8	2	6				
	1		4	2	8		
	7		3	5			
	4		8		9	5	
6			1			4	
3	9						
2							6
	6		7		4	1	
						7	

Medium

				4				5
8	6		1					
	4		8	2	6			7
4			2	5				7
	5			6			4	1
		9						
9					2			6
	2		5		8			1
							3	8
								2

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.