

Reasons People Volunteer

People volunteer for a number of different reasons, ranging from a desire to learn new skills, have fun or make a difference.

Some people volunteer because they just love helping others. Their own joy of giving and making a difference makes them feel valued and valuable to the ones they are serving. They receive back a thousandfold by seeing the impacts created for the people they are helping.

Others volunteer because they feel a need to give back to a community that has been good to them and they want to express their gratitude by paying it forward into their community.

Still others volunteer because it gives them a sense of purpose and meaning to their lives. It's like their contribution to others is fulfilling a critical aspect for their own self-expression in the world.

Last but not least, great volunteers enjoy themselves while giving to others. Long-term studies have shown that volunteers live longer, are in better health, have lower rates of depression and less heart disease.

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 Southlake 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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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Black History Month 9:00 Brisk Morning Walk 9:30 Cardio Challenge 10:30 Circle Of Friends Prayer 11:00 Synchronized Drumsticks 1:30 Pick a Table Game 3:00 Daily Chronicle 4:00 Name That Price 6:00 Evening Puzzles	Groundhog Day 9:00 Walk It Out 9:30 Stretch and Be Fit 10:30 The Mimosa Nail Bar 1:30 Pass the Popcorn 2:00 Red Hat Meeting 3:00 February Birthday Bash 4:00 Category Trivia 6:00 Visit With Your Neighbor	9:00 Winter Walk 9:30 Cardio Moves 10:30 Upper Room 1:30 Pass The Popcorn 2:00 Hand Massage Spa 3:00 Wingo Wednesday 4:00 Famous Black Americans 6:00 Wine Down Wednesday	Thank A Mailman Day 9:00 Whistle While You Walk 9:30 Strength and Stretch 10:30 Words of Hope 11:00 Cards for Mail Carriers 11:30 Veteran's Luncheon 2:00 Ice Cream Parlor 3:00 Salsa with Bryan 4:00 Deal the Deck	9:00 Walk It Out 9:30 Move and Groove 10:30 Words of Inspiration 1:30 Brain Benders 2:00 Poker Chips and Dip 3:30 Piano Melodies with Doc Gibbs 6:00 Twilight Theater	9:00 Walk a Mile 9:30 Balloon Ball and Stretch 10:30 Community Book Club 1:30 Popcorn and a Movie 2:00 Table Games with Friends 3:00 Creative Arts Crew 4:00 Jazz Appreciation 6:00 Puzzle Maker
9:00 Sunday Morning Stroll 10:15 Hymn Song: Sing Along 10:30 Catholic Church Online 10:45 White's Chapel Online 1:00 Sunday Cinema 3:30 Wingo To Win! 4:30 What's In the News? 5:30 Super Bowl Party 6:30 Watch Super Bowl LV	9:00 Brisk Morning Walk 9:30 Cardio Challenge 10:30 Circle Of Friends Prayer 11:00 Synchronized Drumsticks 1:30 Games Galore 3:00 Chronicles and Current Events 4:00 Jazzin' Jeopardy with Taylor 6:00 Nightcap Conversations	9:00 Walk It Out 9:30 Stretch and Be Fit 10:30 The Mimosa Nail Bar 1:30 NetFlix Pick 2:00 Let's Play Bridge 3:00 Splash Of Color 4:00 Current Events 6:00 Unwind With Music	9:00 Winter Walk 9:30 Workout Challenge 10:30 Days of Praise 11:00 Dominoes Throwdown 1:30 Pass the Popcorn 3:00 Wingo Wednesday 4:30 African American Trivia 6:00 Getting To Know You	9:00 Whistle While You Walk 9:30 Strength and Stretch 10:30 Words of Hope 11:00 Wii Bowling 2:00 Ice Cream Parlor 2:30 Cinema Classic 3:00 Salsa with Bryan 4:00 Traveling the Underground Railroad	9:00 Walk It Out 9:30 Move and Groove 10:30 Words of Inspiration 1:30 Now You Know: Health Tips 2:00 Poker Chips and Dips 3:30 Smooth Tunes of Stephen Pride 4:30 Favorite Classics 6:00 Visiting With Friends	9:00 Whistle While You Walk 9:30 Pass the Ball and Stretch 10:00 Coffee and Conversation 10:30 Community Book Club 1:30 Popcorn and a Movie 2:30 Current Events 3:00 Creative Arts Crew 4:00 Meet Me At Scrabble 6:00 Pieces of Puzzles
Valentine's Day 9:00 Sunday Morning Stroll 10:15 Hymn Song: Sing Along 10:30 Catholic Church Online 10:45 White's Chapel Online 1:00 Sunday Cinema 2:30 Valentine's Day Party 3:30 Wingo To Win! 6:00 Laughter In the Lounge	President's Day 9:00 Brisk Morning Walk 9:30 Cardio Challenge 10:30 Circle Of Friends Prayer 11:00 Synchronized Drumsticks 1:30 Rally to Rummikub 3:00 Let's Talk Current News 4:00 Name That Price 6:00 Getting To Know You	Best Days: Patricia Laurentis 9:00 Walk It Out 9:30 Stretch and Be Fit 10:30 The Mimosa Nail Bar 1:00 Bridge Brigade 1:30 Mardi Gras Celebration 2:30 Creative Jewelry Designs 4:00 Meet Me At Scrabble	9:00 Winter Walk 9:30 Cardio Moves 10:30 Upper Room 11:00 Health Talk: Discovery Series with Lauren 1:00 Rummikub Relay 2:00 Car Corner with Chris 3:00 Wingo Wednesday 4:00 Category Trivia	9:00 Whistle While You Walk 9:30 Strength and Stretch 10:30 Words of Hope 2:00 Ice Cream Parlor 3:00 Salsa with Bryan 3:30 Valentine Melodies with Brad Ackland 4:00 The Great Wine Event 6:30 Unwind With Music	9:00 Walk It Out 9:30 Move and Groove 10:30 Words of Inspiration 1:30 Creative Arts 2:00 Poker Chips and Dip 3:30 Wingo To Win 4:30 Chat and Sip 6:30 One-on-One: To Better Know Your Neighbors	9:00 Walk It Out 9:30 Balloon Ball and Stretch 10:30 Community Book Club 1:30 Popcorn and a Movie 2:30 Current Events 3:00 Creative Arts Crew 4:00 Jazz Appreciation 6:30 Puzzle Makers
9:00 Sunday Morning Stroll 10:15 Hymn Song: Sing Along 10:30 Catholic Church Online 10:45 White's Chapel Online 1:00 Sunday Cinema 2:00 Tell Tales of Your Travels 3:30 Wingo To Win! 4:30 Around the World 6:00 News and Views	9:00 Brisk Morning Walk 9:30 Cardio Challenge 10:30 Circle Of Friends Prayer 11:00 Synchronized Drumsticks 1:30 Games To Win 3:00 Current Events in Our World 4:00 Jazzin' Jeopardy with Taylor 6:00 After Dinner Chat	Best Days: Edith Mordini 9:00 Walk It Out 9:30 Stretch and Be Fit 10:30 The Mimosa Nail Bar 1:00 Pass or Play Rummikub 3:00 Famous Black Inventors 4:30 Let's Talk Current Events 6:00 Brag About Your Grandkids	9:00 Winter Walk 9:30 Cardio Moves 10:30 Days of Praise 1:30 Movie: Harriet Tubman 3:00 Wingo Wednesday 4:00 Resident Town Hall Meeting 6:00 Crossword Challengers	9:00 Whistle While You Walk 9:30 Strength and Stretch 10:30 Words of Hope 11:00 Cards for Mail Carriers 2:00 Ice Cream Parlor 3:00 Salsa with Bryan 4:00 Young At Art 6:30 Connecting the Pieces	9:00 Walk It Out 9:30 Move and Groove 10:30 Words of Inspiration 2:00 Poker Chips and Dip 3:30 Musical Memories With the DeMore's 4:30 Total Trivia 6:30 Meet and Greet	9:00 Brisk Morning Walk 9:30 Stretching and Bending 10:00 Coffee and Conversation 10:30 Community Book Club 1:30 Popcorn and a Movie 2:00 Puzzling Adventures 3:00 Creative Arts Crew 4:00 Dominoes Deluxe 6:00 Let's Catch Up
9:00 Sunday Morning Stroll 10:15 Hymn Song: Sing Along 10:30 Catholic Church Online 10:45 White's Chapel Online 1:00 Sunday Cinema 3:30 Wingo To Win! 4:30 Current Events 6:00 Meet and Greet						

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

Celebrating Senior Living!

Life at HarborChase-Southlake



January Birthdays



2021 New Year's Eve Party



Always Ready for a Game of Badminton



Who's Up For a Challenge?



Let's Get This Party Started!



1940's Game Prize Winners



Game On!



Donna's Amazing Party!



"Name That Price"

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.