

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

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February 2021

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February

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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Assisted Living • Memory Care

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HarborChase of Stuart - The Sound



February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>9:00 Fresh Air Funnies 10:00 Core Training & Balance 11:00 Dictionary Word Dive 1:30 Winding Walk 2:00 Connecting the Pieces 3:00 Wonders with Words 4:00 Quench My Thirst 6:30 Monday Night Feature</p>	<p>2</p> <p>Groundhog Day 9:30 Devotions at Dawn 10:30 Gym time with Genesis 11:00 Mindful Meditations 1:30 Walking with Friends 2:00 Bible Study 3:00 For Art's Sake 4:00 Double Sixes 6:00 Movie Mania</p>	<p>3</p> <p>9:00 New Day Dawning 10:00 At the Core Fitness 11:00 Worship With Us 1:30 Count Your Steps 2:00 Board Game Mania 3:00 Call it Loud 4:00 Puzzle Me 6:00 Movie of the Night</p>	<p>4</p> <p>Trudy's Best Day 9:00 Morning Meditations 10:00 Music and Muscles 11:00 Library Time 1:30 Neighborhood Stroll 2:00 Projects in the Art Room 3:00 Dominoes for Trudy 4:00 Music and Drinks w/ Annie 6:00 Movie Night</p>	<p>5</p> <p>Wear Your Team Jersey 9:30 Coffee and Chronicles 10:30 Heart Healthy Aerobics 11:00 Fire Pit Meditation 1:30 Walkabout 2:00 Gratitude With Grace 3:00 Wacky Word Workouts 4:00 Super Bowl Chat and Chips 6:00 Friday Night Feature</p>	<p>6</p> <p>9:30 Do You Recall 10:30 Stretch and Flex 11:00 Pencil Art with Music 1:30 Saturday Stroll 2:00 1st on the Board 3:00 Jesus Today 4:00 Evening Wine Down 6:00 Movie Picks</p>
<p>7</p> <p>Super Bowl Sunday 9:00 What's The Good News 10:00 Let's Get Groovin 11:00 Crafting Creations 1:30 Walk and Talk 2:00 Soulful Serenades 3:00 Inspiration Through Art 4:00 Jenga with Jams 6:00 SUPER BOWL</p>	<p>8</p> <p>9:00 Fresh Air Funnies 10:00 Core Training & Balance 11:00 Dictionary Word Dive 1:30 Winding Walk 2:00 Bistro Time 2:30 Calling All Cards 3:30 Opera Day Celebration 4:00 Quench My Thirst 6:30 Monday Night Feature</p>	<p>9</p> <p>9:30 Devotions at Dawn 10:30 Gym time with Genesis 11:00 Mindful Meditations 1:30 Walking with Friends 2:00 Bible Study 3:00 For Art's Sake 4:00 Double Sixes 6:00 Movie Mania</p>	<p>10</p> <p>9:30 Dunkin' Coffee/Donuts 10:00 At the Core Fitness 11:00 Worship With Us 1:30 Count Your Steps 2:00 Board Game Mania 2:30 Call it Loud 4:00 Puzzle Me 6:00 Movie of the Night</p>	<p>11</p> <p>9:00 Morning Meditations 10:00 Music and Muscles 11:00 Deep Devotionals 1:30 Neighborhood Stroll 2:00 Projects in the Art Room 3:00 Saying Thanks 4:00 Buzzy Buzz Time 6:00 Movie Night</p>	<p>12</p> <p>GAL-entines 10:30 Heart Healthy Aerobics 11:00 Fire Pit Meditation 12:00 Galentine Luncheon 1:30 Walkabout 2:00 Gratitude With Grace 3:00 Wacky Word Workouts 4:00 Fun in Fusion 6:00 Friday Night Feature</p>	<p>13</p> <p>Mardi Paws 9:30 Do You Recall 10:30 Stretch and Flex 11:00 Pencil Art with Music 1:00 Mardi Paws Parade 2:00 1st on the Board 4:00 Mardi Gras Cocktails 6:00 Movie Picks</p>
<p>14</p> <p>Valentine's Day 9:00 What's The Good News 10:00 Let's Get Groovin 11:00 Crafting Creations 1:30 Walk and Talk 2:00 Soulful Serenades 3:00 Inspiration Through Art 4:00 Jenga with Jams 6:00 Oldies But Goodies</p>	<p>15</p> <p>Gloria's BDay 9:00 Fresh Air Funnies 10:00 Core Training & Balance 11:00 Dictionary Word Dive 1:30 Winding Walk 2:00 Connecting the Numbers 3:00 Word Mania 4:00 Quench My Thirst 6:30 Monday Night Feature</p>	<p>16</p> <p>Chinese New Year 10:30 Gym time with Genesis 11:00 Mindful Meditations 1:30 Walking with Friends 2:00 Travels to China 3:00 For Art's Sake 4:00 Moon Cakes and Tea 5:00 Lantern Release 6:00 Movie Mania</p>	<p>17</p> <p>Ash Wednesday 9:00 New Day Dawning 10:00 At the Core Fitness 11:00 Worship With Us 1:30 Count Your Steps 2:00 Board Game Mania 3:00 Call it Loud 4:00 Puzzle Me 6:00 Movie of the Night</p>	<p>18</p> <p>Family Fun Night 9:00 Morning Meditations 10:00 Music and Muscles 11:00 Deep Devotionals 1:30 Neighborhood Stroll 2:00 Projects in the Art Room 3:00 Words With Friends 4:00 Family Wine & Cheese 6:00 Movie Night</p>	<p>19</p> <p>9:30 Caregiver's Breakfast 10:30 Heart Healthy Aerobics 11:00 Fire Pit Meditation 1:30 Walkabout 2:00 Gratitude with Grace 3:00 Friday Fishing with Luke 4:00 Fun in Fusion 6:00 Friday Night Feature</p>	<p>20</p> <p>9:30 Muffin Morning & News 9:30 Do You Recall 10:30 Stretch and Flex 11:00 Pencil Art with Music 1:30 Saturday Stroll 2:00 1st on the Board 3:00 Jesus Today 4:00 Evening Wine Down 6:00 Movie Picks</p>
<p>21</p> <p>9:00 What's The Good News 10:00 Let's Get Groovin 11:00 Crafting Creations 1:30 Walk and Talk 2:00 Soulful Serenades 3:00 Inspiration Through Art 4:00 Jenga with Jams 6:00 Oldies But Goodies</p>	<p>22</p> <p>9:00 Fresh Air Funnies 10:00 Core Training & Balance 11:00 Dictionary Word Dive 1:30 Winding Walk 2:00 Words Words Words 3:00 Try Your Luck 4:00 Margarita Day! 6:30 Monday Night Feature</p>	<p>23</p> <p>9:30 Devotions at Dawn 10:30 Gym time with Genesis 11:00 Mindful Meditations 1:30 Walking with Friends 2:00 Bible Study 3:00 For Art's Sake 4:00 Double Sixes 6:00 Movie Mania</p>	<p>24</p> <p>9:00 New Day Dawning 10:00 At the Core Fitness 11:00 Worship With Us 1:30 Count Your Steps 2:00 Call It Loud 3:00 Board Game Mania 4:00 Puzzle Me 6:00 Movie of the Night</p>	<p>25</p> <p>Jan's Best Day 9:00 Morning Meditations 10:00 Music and Muscles 11:00 Shades of Blue Art 1:30 Neighborhood Stroll 2:00 Library Time 3:00 Dominoes for Jan 4:00 Fam Jam Buzz Time 6:00 Movie Night</p>	<p>26</p> <p>National Pistachio Day 9:30 Coffee and Chronicles 10:30 Heart Healthy Aerobics 11:00 Fire Pit Meditation 1:30 Walkabout 2:00 Fairy Tale Trivia 3:00 Wacky Word Workouts 4:00 Fun in Fusion 6:00 Friday Night Feature</p>	<p>27</p> <p>9:30 Do You Recall 10:30 Stretch and Flex 11:00 Pencil Art with Music 1:30 Saturday Stroll 2:00 1st on the Board 3:00 Jesus Today 4:00 Evening Wine Down 6:00 Movie Picks</p>
<p>28</p> <p>9:00 What's The Good News 10:00 Let's Get Groovin 11:00 Crafting Creations 1:30 Walk and Talk 2:00 Soulful Serenades 3:00 Inspiration Through Art 4:00 Jenga with Jams 6:00 Oldies But Goodies</p>						

Hello, FEBRUARY

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AMERICAN HEART MONTH

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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.