

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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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
	9:15 Local News Chatter ¹ 10:15 Pump Up The Heat 11:00 Bocce Ball 1:30 Counting Cards 2:30 Brain Games 3:00 Crafty Corner 4:00 Musical Memories & Wine 6:30 Movie Madness	9:15 Morning Chronicles ² 10:15 Stretch & Flex Exercise 11:00 Bowling Fever 1:30 World Salad 2:30 The Letters Are In the 3:30 A Wink With A Drink 6:30 Cinema Films	10:00 Coffee & Doughnuts From Coastal Concierge ³ 10:15 At The Core Fitness 11:00 Giant Jenga 1:30 Head Bands 2:30 Pokeno Bowl 3:30 Toast To A Great Day 6:30 Movie Madness	9:15 Events In The News ⁴ 10:15 Move & Groove 11:00 UNO Challenge 1:30 Musical Hits 2:30 Hit It Big With Bingo 4:00 Table Chat & Wine 6:30 Evening Movie Madness	10:15 Heart Healthy Aerobics ⁵ 11:00 New Years Resolution Goals 1:30 Soothing Mind Music 2:00 Let's Get Quizzical 2:30 Sorry Game On 4:00 Feeling Good Vibrations 6:30 Friday Night Flixs	9:15 Back In the Day Chatter ⁶ 10:15 Working it Out 11:00 Volley Battle 1:30 Painting Pleasure 2:30 Uno Challenge 4:00 Toast To All 6:30 Saturday Night Movie
9:15 Sunday Morning News Chat ⁷ 10:15 Reach & Stretch 11:00 Chatter Box 2:30 Fancy Nail Spa 4:00 Sip The Glass 6:30 Super Bowl Sunday Game 7:00 Best Foot Forward Film	9:15 Vero Beach News ⁸ 10:15 Keep Moving and Groving 11:00 Trivia Challenge 1:30 Musical Meditation 2:30 Artastic 4:00 Lets get Whiny 7:00 Silver Screen Classics	9:15 Morning Bird Watching ⁹ 10:15 Forever Fit 11:00 Wise Choice 1:30 Pictures With Pictionary 2:30 Calling All Cards 4:00 Wine And Chatter 6:30 Tuesday Night Twilights	9:15 Talk Of The Town ¹⁰ 10:00 Coffee & Doughnuts From Coastal Concierge 10:15 Limbering Our Limbs 1:30 Bocce Ball Battle 2:30 Ready Set Cards 3:00 Ice Cream Social 4:00 Red, White & Brews 6:30 Family Fun Film	9:15 Words To Live By ¹¹ 10:15 Lift It Up And Down 11:00 Brain Battle 1:30 Musical Stress Sensation 2:30 For The Winner 4:00 Toasting To You 6:30 Cinemastastic Featured Movie	9:15 Thought Of The Day ¹² 10:15 Get The Weight Off your Shoulders 11:00 Law 1:30 Unwind To Music 2:30 Brain Twist 4:00 Drink & Think Trivia 6:30 Friday Night Movie	9:15 Wall Street Journal ¹³ 10:15 Upper Body Fitness 11:00 Past & Present Trivia 1:30 Boggle Your Brains 2:30 Pencil Art Designs 4:00 Unwind To Wine 6:30 Saturday Night Movie
Valentines Day ¹⁴ 9:15 Life Tales & Travels 10:15 Movin and Grovin 11:00 Jog Your Mind 2:30 It's In The Cards 3:00 Pokeno 4:00 Filler Up 7:00 Film Classic Feature	9:15 New York Times Report ¹⁵ 10:15 Rockin And Groving 11:00 Scrabble Team Challenge 2:30 Arts & Crafts 3:00 Putt Putt Away 4:00 Table Chat And Wine 6:30 Movie Of The Night	Fat Tuesday (Mardi Gras) ¹⁶ 9:15 Daily Vero News 10:15 Tai Chi Tone Ups 11:00 Finish Lines 1:30 Bowling This Way 2:30 Play It Again 4:00 Sip, Snack & Relax 6:30 Blockbuster	10:00 Coffee & Doughnuts From Coastal Concierge ¹⁷ 10:15 Core Fitness Workout 11:00 Dictionary Word Dive 1:30 Food Committe 2:30 Resident Council 4:00 Drink & Think Trivia 6:30 Movie Mania	9:15 Ask Abby ¹⁸ 10:15 Pumped Up For Fitness 11:00 Bowling Fever 1:30 Music With Movement 2:30 Win It Or Lose It 3:30 Great Wine Event 6:30 Netflix Presents Your Choice Programmimg	9:15 Extra, Extra Read All About It ¹⁹ 10:15 Say Yes To The Stretch 11:00 Ladder Ball 1:30 Scramble The Squares 2:00 Tell Me What You See 4:00 Wine Then Dine 6:30 Musical Film Night	9:15 Welcoming A New Day ²⁰ 10:15 Check Your Reflexes 11:00 Shuffle This Way 1:30 Scenic Walk 2:30 Wacky Word Workouts 4:00 Sips And Chips 7:00 Saturday Night Flick
9:15 Porch News & Review ²¹ 10:15 Muscle Up Reflexes 11:00 Words With Friends 2:30 Meet Your Checker Match 2:30 Soothing Spa Sessions 4:00 Glasses Up Mix & Mingle 6:30 Best Feature Film	9:15 Vero Beach News ²² 10:15 Shape Up Movements 11:00 Word Finder 1:30 Afternoon Stroll 2:00 Connect Four 2:30 Designs By You 4:00 Let's Make A Toast To You 6:30 Monday Night Feature	9:15 The Rest Of The Story ²³ 10:15 Mind Body and Soul 11:00 Match Me Up 1:30 Family Fued 2:30 Call It Loud And Proud 4:00 Wine Down 6:30 Feature Film Night	9:15 Fresh Air Meditation ²⁴ 10:00 Coffee & Doughnuts From Coastal Concierge 10:15 Flex and Stretch 11:00 Luck Of The Draw 1:30 Fitness Express 2:30 Pencil Color Me In 4:00 Talk & Topsy 6:30 Film Classic	9:15 News Chat ²⁵ 10:15 Yoga Stretching 11:00 Name 10 Trivia 1:30 Scramble Words 2:30 Call It Out Loud 4:00 Wine And Chatter 6:30 Silver Screen Presentation	9:15 Friday Funnies ²⁶ 10:15 Stress Busters 11:00 Let's Find Out -Trivia 1:30 Workout Twice 2:30 Reminiscing With Friends 3:30 Wine Not! 6:30 Friday Night Feature	9:15 News Room ²⁷ 10:15 Saturday Gut Busters 11:00 Fourrrrrrrr 1:30 Mind Games 2:30 Jigsaw Jam 2:30 Checker Challenge 3:30 Cheers For Beer 7:00 Film Night
9:15 What's In The News ²⁸ 10:15 Lower Body Movement to Music 11:00 Guess Who 1:30 Bocce Ball 3:00 Jigsaw Placement 3:30 Wine Me Up 6:30 Sunday Night Flicks						<p>KEY</p> <p>Entertainment.....Blue</p> <p>Outings.....Red</p> <p>Spiritual.....Green</p> <p>Special Events.....Bold</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.