

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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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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HarborChase Vero Beach - Memory Care Calendar

February 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>9:30 Morning Motivations 10:15 Breathe Stretch & Shake 11:00 In2L Game Show 1:00 Let's Get Art-tastic 2:00 Hydration with Meditation 3:00 Walk This Way 4:00 Tivia Fact Or Fiction 6:30 Movie: I love Lucy</p>	<p>9:30 Morning Motivations 10:15 Breathe Stretch & Shake 11:00 In2L Game Show 1:00 Let's Get Art-tastic 2:00 Hydration with Meditation 3:00 Walk This Way 4:00 Tivia Fact Or Fiction 6:30 Movie: I love Lucy</p>	<p>9:30 June Fun Facts 10:15 Music & Dance or Prance 11:00 Dominoes Tile Moves 2:00 Sip with Sam 3:00 Open Art Studio 4:00 Game On 6:30 Movie Of The Night</p>	<p>9:30 What's The Good News 10:15 Fitness Baseball Circle 11:00 Black Jack 21 1:30 Jigsaw Jams 3:00 Words with Friends 4:00 Musical Trivia 6:30 Netflix Best Foot Forward</p>	<p>9:30 Vero Beach News 10:15 Grovin & Moving 11:00 Patio Trivia & Music 1:00 Winner Takes All 3:00 Susie Q Sing-Along 4:00 Guess What 6:30 IN2L Movie Night</p>	<p>10:15 Strecherchise 11:00 Lets Talk About It 1:00 Sing Along 2:00 Sip and Chat 3:00 Bowling Lane 4:00 Tell Me When 6:30 Netflix Original</p>	<p>9:30 Do You Recall 10:15 Move It Or Lose It 1:00 Mindful Trivia 2:00 Classic Cards 3:00 Five In A Roll Bingo 4:00 Magical Classical Music 6:30 Classic Film</p>
<p>9:30 Morning News 10:15 Let Get In Motion 11:00 Garden Walk and Hydration 1:00 Daily Bread 2:00 Ice Cream Patio Party 3:00 Outdoor Stroll 4:00 Music Meditation 6:30 Super Bowl Sunday Game Party</p>	<p>9:30 Fresh Air Funnies 10:15 Stretching For Strength 11:00 Sing A-Long with IN2L 1:00 Early Afternoon Meditation 2:00 Stroll With Friends 3:00 Tell Me the Smell 4:00 Patio Trivia & Music 6:30 Manic Monday Movie</p>	<p>9:30 Tuesday Newsday 10:15 Groovin To The Music 10:30 Sounds Of The Wild 11:00 Trivia Time 1:00 Music & Relaxation on Patio 2:00 Hydration and Floats 4:00 Board Game Bonanza 6:30 Cinemaholics</p>	<p>12:11 Play It To Win It 9:30 Coffee & News 10:15 Let's Get Groovin' 11:00 Snack Chat 1:00 Soulful Serenades 2:00 Quench My Thirst 2:30 Sounds Of The Courtyard 6:30 IN2L Movie Night</p>	<p>9:30 Porch News & Reviews 10:15 Move It Or Lose It 10:30 Familiar Sounds 11:00 Sing A Long with IN2L 1:00 Crafty Colors 2:00 Chat Healthy Foods & Taste 3:00 Puzzle Maker Challenge 4:00 Musical Memories 6:30 Movie Madness</p>	<p>9:30 Friday Funnies 10:15 Busting Our Bellies 11:00 In2L Game Show 1:00 Peaceful Mind Music 2:00 Prepare Our Dough 3:00 Cards Crafts & Music 4:00 Take Me Back Memory Lane 6:30 Hallmark Movie</p>	<p>9:30 Weekend News Express 10:15 Inner Rhythm Yoga 10:30 Limitless Laughs 1:30 Young Readers Gather 2:30 Sip and Chit Chat 4:00 IN2L Places Around The World 6:30 Movie All About Eve</p>
<p>Valentine's Day 9:30 Grandparents Breakfast 9:30 Daily News Update 10:15 Move It Move It 1:00 Amazing Grace Devotional 2:00 Midday Movie Matina 3:00 Game On UNO 4:00 Art Creations 6:30 Cinema Music In My Heart</p>	<p>9:30 This Day In History 10:15 Energy In Exercise 11:00 IN2L Great Vacations 1:00 Mingle and Jingle 2:00 Chilly Drinks on Patio 3:00 Crazy Corn Hole Challenge 4:00 High Five Bingo 6:30 Monday Movie Night</p>	<p>9:30 Newsday Tuesday 10:15 Loosen Up Those Limbs 11:00 Pencil Art Pals 1:00 Music Meditation 2:00 Snack & Chat 3:00 Jumping Jenga 4:00 Trivia Challenge 6:30 Cinematastic</p>	<p>Ash Wednesday 9:30 Press Journal News 10:15 Laughing With Friends 11:00 High Five Trivia 1:00 Colors of the Rainbow 2:00 Walk For Wisdon 3:00 Inspiration Through Art 6:30 Mid-Week Movie</p>	<p>9:30 Headlines Of The 40's 10:15 Music with IN2L 11:00 Fun With Fitness 1:00 Test Your Genius 2:00 Walk About The Courtyard 3:30 Wine With Friends 6:30 Cinema</p>	<p>9:30 Virtual Tour Florida 10:15 Moving And Grooving 11:00 Pencil Art Creations 1:00 Remember When 2:00 Sipping Florida Sunshine Drinks 4:00 Fun With 21 6:30 Feature Presentation</p>	<p>9:30 You Wouldn't Believe It News 10:00 Beat Steppers 11:00 Jokes With YOu 1:00 Day of Devotions 2:00 Crazy Corn Hole 3:00 Walk And Talk Stroll Outside 6:30 Show Time</p>
<p>9:30 Fun Fact 10:15 Work It Out 11:00 Wise Choice 1:00 Devotional Times 2:00 Let's Make A Deal 2:30 Drinks & Chat 4:00 Outdoor Stroll 6:30 Funny Film</p>	<p>9:30 Extra, Extra Lets Read It 10:15 Cardio Moves 11:00 Funny Riddles 1:00 Patio Sing Along 2:00 Drink With Friends 3:30 Patio Porch Party 4:00 Big Band Battles 6:30 Cinema Presents 6:30 Hallmarks Best</p>	<p>9:30 What's New 10:15 Mind Body & Soul 11:00 Artistic Pencil Works 1:00 High Low Card Game 2:00 Walk And Talk 2:30 Garden Herbal Scents 3:00 Snacks & Chat 4:00 Guess That Person 6:30 At The Movies</p>	<p>9:30 Check This Out 10:15 Let's Get Groovin' 11:00 Snack Attack 1:00 Kitchen Corner 2:30 Today In History 3:00 Brisk Walk In Courtyard 3:30 Chit Chat With Snack 6:30 Cinema Magic</p>	<p>9:30 World News 10:15 Move to Music 11:00 Check It OUT 1:00 Game Play 2:30 Uno Challenge 3:30 Walk & Talk 4:00 Getting Jazzy with Jazz 6:30 Soothing Sensation</p>	<p>9:15 News Review 10:15 Walking For Fitness 10:30 Snacks & Chat 11:00 Color Me Bright 1:00 Meditation With Music 2:00 Sing Along with IN2L 2:30 Fruity Drinks and Snacks 3:00 Now your Chance to Dance 6:30 Family Film</p>	<p>9:30 Morning News 10:15 Step Away Stress 11:00 Colors Of The World 1:00 Laugh Out Loud 1:30 Volley Along 2:30 Walk , Talk, Chat in Courtyard 3:00 Motion With Music 6:30 At The Movies</p>
<p>9:30 Reflections of Peace 10:15 Move It To Music 11:00 Blast From The Past 1:00 Let's Walk about It 2:00 Sunday Devotionals 3:00 Art Creations 4:00 Music Wind Down 6:30 Classic Film</p>						<p>KEY Entertainment.....Blue Outings.....Red Spiritual.....Green 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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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.