



Assisted Living Birthdays

Carolyn N	2/15
Eli V	2/21
Ron B.....	2/21
Norene K.....	2/22
Ruth K	2/25
Charleyn D.....	2/28

Cove Birthdays

Carolyn N	2/15
Albida A	2/22

Who Turned out the Lights?

Light bulb jokes will never go away. Here’s a collection of some of the best:

- How many graduate students does it take to screw in a light bulb? *Only one, but it may take five years or more and they may never actually finish.*
- How many psychiatrists does it take to change a light bulb? *Only one, but the bulb has to really want to change.*
- How many jugglers does it take to change a light bulb? *One, but you need at least three light bulbs.*
- How many Surrealists does it take to change a light bulb? *Two. One to hold the giraffe, and the other to fill the bathtub with brightly colored clocks.*
- How many lawyers does it take to change a light bulb? *How many can you afford?*
- How many consultants does it take to change a light bulb? *I will have an estimate for you a week from Monday.*



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Celebrating Senior Living

February 2018

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The History of Black History Month

We owe much of our greater understanding of black history to Carter G. Woodson. Born to former slaves, Woodson worked hard and against the tide of prejudice to obtain his own education. In earning his doctorate from Harvard, Woodson was disturbed to find that during his studies, history books virtually ignored the black American population, so he decided to take on the challenge of writing black Americans into the history books.

He established the Association for the Study of Negro Life and History (now called the Association for the Study of Afro-American Life and History) in 1915, and a year later founded the widely respected Journal of Negro History. Then in 1926, he launched Negro History Week, the precursor to Black History Month, as an initiative to bring national attention to the contributions of black people throughout American history.

Expect to Win

In 1974, Notre Dame’s basketball team faced the national championship team from UCLA in a game that everyone expected Notre Dame to lose. According to motivational guru Zig Ziglar in his book, Success for Dummies (IDG Books Worldwide), Notre Dame coach Digger Phelps decided that his team was going to win.

The game was scheduled for Saturday afternoon. At the end of Monday’s practice, he told his players to cut the nets from each basket. In basketball, cutting down the nets is a celebration of victory. After Tuesday’s practice, he again told the players to cut down the nets, and every day after that. By Friday, they were cutting the nets down with confidence and enthusiasm.

And on Saturday, Phelps’ team was able to cut down the nets for real, after beating UCLA in the game that Notre Dame was certain to lose. Although cutting down the nets alone didn’t ensure the victory, it did get the players into a positive mindset. By the end of the week they expected to win, and so they did.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:30 Rise & Shine Stretches:FR 10:00 Welcome to February:FR 1:00 General Eclectic Theater:FR 2:00 You be the Judge:FR 3:00 Shake it Up-Bunco:AR 3:30 Hymn Book Favorites:FR 6:00 Short Stories of Love:FR 6:30 Aromatherapy-Tranquility Blend:FR	10:00 Groundhog Day Facts & History:FR 10:30 Word Mining Challenge:FR 1:00 Move to the Music:FR 1:30 Roses are Red Sing Along:FR 2:00 Aprons On-Red Velvet Cookies:AR 3:00 Shake It Up-Roll Out a Memory:AR 6:30 An Affair to Remember:FR	9:30 Aerobic Chair Dancing:FR 10:00 Hangman Challenge:FR 11:00 Today's Fun Facts:FR 1:30 Name That Tune:FR 2:00 What's The Word?:FR 2:30 Radio Show Favorites:FR 3:00 Strike Zone- Wii Bowling:FR 6:30 TV Classics-Red Skelton:FR
				9:30 Aerobic Chair Dancing:FR 10:00 Daily Chronicle:FR 1:00 Who's Who? Classic Comedians:FR 1:30 Humor in Music:FR 3:00 Crafter's Corner-No-Sew Pillows:AR 3:30 The Jack Benny Show:FR 6:00 An Evening with Crooner Chris Colletti:DR	9:30 Going for Gold Exercise:FR 10:00 Fab Four Fanatics:FR 12:00 Men's Lunch Bunch:PDR 1:00 Fast Facts on the Winter Olympics:FR 1:30 Battle of the Brains:FR 3:00 Olympic Ring Toss Challenge:AR 6:30 Now Showing-The Cutting Edge:FR	9:30 Morning Devotion:FR 10:00 Musical Notes-Glen Campbell:FR 1:00 Energizing Afternoon Stretches:FR 1:30 Sentimental Sing Along:FR 2:00 Fact or Fiction:FR 3:00 Chain Reaction Trivia:FR 6:30 Western Classics-True Grit:FR
				9:30 Fit Xpress:FR 10:00 Today's Fun Facts:FR 11:30 Lunch Bunch-Culver's 1:00 I Love Lucy:FR 2:00 Waffle Iron Wednesday-Pizza Pockets:AR 3:00 Pokeno Pals:AR 3:30 Glen Miller's Secret Broadcasts:FR 6:00 Shout It Out Trivia:FR 6:30 Must Watch Musicals:FR	9:30 Fit Xpress:FR 10:00 Today's Fun Facts:FR 10:30 Classic Country Radio:FR 1:00 Word Grid Challenge:FR 2:00 Mix It Up-Ranch Dip:AR 3:00 Floral Arranging with Judy:AR 3:30 Soothing Sounds-Peaceful Piano:FR 6:00 Common Endings:FR 6:30 Massage & Manicures:FR	9:30 Sit & Be Fit:FR 10:00 Happy Birthday Michael Jordan:FR 1:30 Just for Laughs-Basketball Bloopers:FR 2:00 Basketball IQ:FR 3:00 Shootin' Hoops!:FR 3:30 Relaxing Vocals-Celine Dion:Den 6:30 Gilligan's Island:FR
				9:30 Sit & Be Fit:FR 10:00 Today's Fun Facts:FR 10:30 Radio Show Favorites:FR 1:00 It's Time to Play Family Feud:FR 2:00 Baking Buddies-Cinnamon Sticky Buns:AR 3:00 Song Bingo:AR 3:30 Hymn Book Favorites:FR 6:00 Who Am I?:FR 6:30 The Twilight Zone:FR	9:30 Rise & Shine Stretches:FR 10:00 Daily Chronicle:FR 10:30 Fibber McGee & Molly:FR 12:00 Men's Lunch Bunch:PDR 1:30 Birds of a Feather Trivia:FR 3:00 Peanut Butter Bird Feeders:AR 6:00 Book Circle-The Way You Wear Your Hat:FR 6:30 TV Classics-Bewitched:FR	9:30 Sit & Be Fit:FR 10:00 Today in History:FR 10:30 Rock & Roll Radio:FR 1:00 Book Circle-Tough Times, Strong Women:FR 1:30 The Jack Benny Show:FR 2:00 Sentimental Sing Along:FR 3:00 Mental Floss-List It Challenge:FR 6:30 Legends in Concert:FR
9:00 St. Mary Communion 10:00 Aerobic Chair Dancing:FR 10:30 Sunday at the Memories:FR 11:00 Daily Chronicle:FR 1:00 Ozzie & Harriet-Football Hero:FR 2:00 Football IQ:FR 2:30 Halftime Humor:FR 3:00 Giant Crossword Challenge:FR 6:00 Super Bowl LII:FR	9:30 Fit Xpress:FR 10:00 Today in History:FR 1:00 Notable Firsts in Sports:FR 1:30 Hole in One Word Game:FR 2:00 Baking Buddies-Nutella Brownies:AR 3:00 Ya Gotta Have Heart:AR 3:30 Soothing Sounds-The Natural Guitar:FR 6:00 Remember When:FR 6:30 Massage & Manicures:FR	9:30 In Today's News:FR 10:00 Keep it Up-Balloon Volleyball:FR 1:00 Songs of Yesteryear:FR 2:00 Short Stories From the Heart:FR 3:00 Pinterest Project-All of my Heart Jars:AR 3:30 Crooners in Concert:FR 6:00 Fill-in-the-Blank Puzzle:FR 6:30 Gilligan's Island:FR	9:30 Fit as a Fiddle:FR 10:00 Today's Fun Facts:FR 11:30 Lunch Bunch-Culver's 1:00 I Love Lucy:FR 2:00 Waffle Iron Wednesday-Pizza Pockets:AR 3:00 Pokeno Pals:AR 3:30 Glen Miller's Secret Broadcasts:FR 6:00 Shout It Out Trivia:FR 6:30 Must Watch Musicals:FR	9:30 Fit Xpress:FR 10:00 Today's Fun Facts:FR 10:30 Classic Country Radio:FR 1:00 Word Grid Challenge:FR 2:00 Mix It Up-Ranch Dip:AR 3:00 Floral Arranging with Judy:AR 3:30 Soothing Sounds-Peaceful Piano:FR 6:00 Common Endings:FR 6:30 Massage & Manicures:FR	9:30 Chinese Traditions:AR 1:00 Year of the Dog Crossword:FR 2:00 Chinese Dumpling Demonstration:AR 3:00 Inner Artist-Plum Tree Painting:AR 3:30 Soothing Sounds-Bamboo Flute:FR 6:00 Calming Yoga Poses:FR 6:30 Zen Gardens:FR	9:30 Sit & Be Fit:FR 10:00 Today in History:FR 10:30 Rock & Roll Radio:FR 1:00 Book Circle-Tough Times, Strong Women:FR 1:30 The Jack Benny Show:FR 2:00 Sentimental Sing Along:FR 3:00 Mental Floss-List It Challenge:FR 6:30 Legends in Concert:FR
9:00 St. Mary Communion 10:00 Daily Chronicle:FR 10:30 Most Loved Hymns:FR 1:00 Shake, Rattle & Roll:FR 1:30 TV Classics-The Dick Van Dyke Show:FR 2:00 The Year Was 1959:FR 3:00 Strike Zone-Wii Bowling:FR 3:30 Serene Scenes:Den 6:30 Must Watch Musicals:FR	9:30 Sit & Be Fit:FR 10:00 Today's Fun Facts:FR 1:00 Reader's Digest Kindness of a Stranger:FR 2:00 Songs of Love & Laughter:FR 3:00 Card Making for a Cause:AR 3:30 Short Stories of Hope:FR 6:30 Comedy Duo Lewis & Martin:FR	9:30 You've Got Rhythm:FR 10:30 All That Jazz:FR 1:00 Armchair Travel-French Quarters:FR 1:30 Mixed up Mardi Gras:FR 2:30 Let the Good Times Roll:DR 3:00 Flippin' Out! Pancake Flipping Contest:DR 6:30 The Flame of New Orleans:FR	9:30 Valentine's Day 9:30 May I Have This Dance?:FR 10:00 Valentine's Through the Years:FR 1:00 Word Scramble:FR 1:30 Let Me Call You Sweetheart Sing Along:AR 2:00 Ruby Red Heart Cookies:AR 3:00 Steal my Hearts LCR:AR 6:30 Wuthering Heights:FR	9:30 Move to the Music:FR 10:00 Today's Fun Facts:FR 10:30 Legends in Concert:FR 1:00 What's in a Song?:FR 2:00 You Be the Judge:FR 2:30 Margarita Day Mocktails:AR 3:00 Thirst Quenching Trivia:AR 6:00 Pass It On Puzzle:FR 6:30 Massage & Manicures:FR	9:30 Rise & Shine Stretches:FR 10:00 Daily Chronicle:FR 10:30 Fibber McGee & Molly:FR 12:00 Men's Lunch Bunch:PDR 1:30 Birds of a Feather Trivia:FR 3:00 Peanut Butter Bird Feeders:AR 6:00 Book Circle-The Way You Wear Your Hat:FR 6:30 TV Classics-Bewitched:FR	9:30 Sit & Be Fit:FR 10:00 Today in History:FR 10:30 Rock & Roll Radio:FR 1:00 Book Circle-Tough Times, Strong Women:FR 1:30 The Jack Benny Show:FR 2:00 Sentimental Sing Along:FR 3:00 Mental Floss-List It Challenge:FR 6:30 Legends in Concert:FR
9:00 St. Mary Communion 10:00 Most Loved Hymns:FR 11:00 Today in History:FR 1:00 Keep it Up! Balloon Volleyball:FR 1:30 Colgate Comedy Hour:FR 2:00 Finishing Lines:FR 3:00 Word Grid Challenge:FR 3:30 Soothing Soundscapes:Den 6:30 TV Classics-Andy Griffith:FR	9:30 Sit & Be Fit:FR 10:00 Mental Floss-Weekly Crossword:FR 1:00 Musical Notes-The Man in Black:FR 1:30 Historic Dyess Colony:FR 2:30 No Bake- Chocolate Peanut Balls:AR 3:00 Pokeno Pals:AR 6:00 Relax & Reminisce:FR 6:30 The Johnny Cash Show:FR	9:30 Move to the Music:FR 10:00 Today's Fun Facts:FR 10:30 Soothing Soundscapes:FR 1:00 Ya Gotta Have Heart:FR 2:30 Popcorn & Bingo:AR 3:30 Would you Rather?:AR 6:00 Shout it out Trivia:FR 6:30 An Evening with Nat King Cole:FR	9:30 Aerobic Chair Dancing:FR 10:00 Today in History:AR 10:30 Rat Pack Hits:FR 1:00 Man Made Wonders of the USA:FR 1:30 Baking Buddies:Rice Krispies Cookies:AR 2:30 Country Roads Scenic Drive 6:00 Fill-in-the Blank Puzzle:FR 6:30 TV Classics-MASH:FR	<div> <div> MC KEY: AR..... Activity Room FR..... Family Room HW..... Hallway DR..... Dining Room Crt..... Courtyard MCMemory Care AL..... Assisted Living AL PDR..... Assisted Living Private Dining Room </div> </div>		







FEBRUARY CELEBRATES BLACK HISTORY

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

ABBOTT	DAVIS	JACKSON	MARSHALL	TUBMAN
ALI	DOUGLASS	JOHNSON	MORRISON	WALKER
ALLEN	DREW	JONES	OBAMA	WASHINGTON
ANGELOU	DU BOIS	JORDAN	OWENS	WELLS
BAKER	ELLINGTON	KING	PARKS	WILSON
BALDWIN	FRANKLIN	LACKS	POITIER	WINFREY
BASQUIAT	HENDRIX	MALCOLM X	PRYOR	WONDER

Celebrating Senior Living!

Our HarborChase Family



Nancy and Sarah Dance the Night Away



3 Generations of Gorgeous



Janet Joined Common Allies Band



Edy wants to be Backup Singer



Pat and Ruthie are Groupies



Guess who the photo bomb is?



Kim at her Best!

HC PLAINFIELD



Some True Facts about Groundhogs

In honor of Groundhog Day on Feb. 2nd, here are a few fun facts about groundhogs gleaned from the official site of the Punxsutawney groundhog club, groundhog.org, which celebrates the world's most famous groundhog, Punxsutawney Phil:

- The average groundhog is 20 inches long and normally weighs from 12 to 15 pounds. (Punxsutawney Phil weighs about 20 pounds and is 22 inches long.)
- Groundhogs are covered with coarse grayish hairs (fur) tipped with brown or sometimes dull red. They have short ears, a short tail, short legs and are surprisingly quick. Their jaws are exceptionally strong.
- A groundhog's diet consists of lots of greens, fruits and vegetables and very little water. Most of their liquids come from dew on leaves.
- A groundhog can whistle when it is alarmed. Groundhogs also whistle in the spring when they begin courting.
- Insects do not bother groundhogs and germs pretty much leave them alone. They are resistant to the plagues that periodically wipe out large numbers of wild animals. One reason for this is their cleanliness.
- Groundhogs are one of the few animals that really hibernate. Hibernation is not just a deep sleep. It is actually a deep coma, where the body temperature drops to a few degrees above freezing, the heart barely beats, the blood scarcely flows and breathing nearly stops.
- Young groundhogs are usually born in mid-April or May, and by July they are able to go out on their own. The size of the litter is four to nine. A baby groundhog is called a kit or a cub.
- A groundhog's life span is normally six to eight years. Phil receives a drink of a magical punch every summer during the annual Groundhog Picnic, which is said to give him seven more years of life.



Happy Valentine's Day
February 14, 2018

A Few Facts about Queen Elizabeth

Feb. 6, 2018, marks sixty-six years as reigning queen – that's quite an achievement! Queen Elizabeth II, officially took the throne and became queen of England on Feb. 6, 1952. She was only 25 years old at the time, and she is currently 92 years of age. Her father's illness and subsequent passing placed her as the head of her country much earlier than she might have hoped. However, she's one happily reigning monarch. To help better celebrate her achievement, below are a few facts you might not know about Elizabeth.

- Elizabeth was home-schooled, where she studied law and history. She also speaks French fluently.
- The FA Final Cup was the first football game Elizabeth attended, which occurred in 1953.
- Elizabeth has visited 116 countries during 265 official visits.
- Elizabeth and Phillip were the first royal couple in their family to celebrate their diamond anniversary, or 60 years of marriage. They wed in 1947.
- Elizabeth absolutely loves horses and dogs. She earned her dog-loving status from her great great-grandmother, Queen Victoria, who was a fan of collies and dachshunds.



Photo Credit: Lee J Haywood