

The Village Newsletter

February 2025



Living Legend William Shatner

Actor, director, singer and author William Shatner will be 94 next month, and he's hardly slowed down. What's his secret?

William "Bill" Shatner will turn 94 on March 22. He's had an amazing life, from playing Captain Kirk on Star Trek and winning a Golden Globe and two Emmy Awards to becoming the oldest person to rocket into space at age 90. He's also been broke at times, and spent a year living in a camper with his dog. How does Shatner stay engaged and relevant after nine decades?

His own advice on how to have a long life is simple. "Don't die. That's it; that's the secret" he says, tongue-in-cheek, in his book, "Live Long and" "Simply keep living and try not to slow down." But there's a lot more to it than that, from exercise to stem cell treatments. First, let's review his work history.

Star Trek and Much More

Shatner was born in Canada and got his big break when he was cast as Captain James T. Kirk in the Star Trek franchise. Although the television show only ran from 1966 to 1969, it eventually catapulted the actor into stardom. But in the near term, Shatner got typecast and struggled to find work, losing his home and finally living in a truck-bed camper. At the time, people in California's San Fernando valley could hire him to make an appearance at their small party.

To make ends meet, he appeared in a multitude of quiz shows and commercials. Then, in the late 70s, Paramount noticed that Trekkies were becoming a thing, and began producing Star Trek movies using the original actors. And like that, Shatner was in high demand at Comic Cons, late-night shows and much more for the next many decades.

In 1982 he also snagged the title role of veteran police sergeant T.J. Hooker in a series that ran for five seasons. Toward the end of the series, Shatner tried his hand at directing while still hawking products like the VIC-20 home computer.

But that wasn't all. Shatner co-wrote or had a ghostwriter generate 47 books ranging in subject from Star Trek novels to nonfiction. And he has maintained a sort of singing career, creating eight albums that feature him reading lyrics from popular songs such as Elton John's "Rocket Man". Additionally, he is a breeder of champion Saddlebreds and reining Quarterhorses and rode one to an amateur World Champion title at the age of 89.

Keeping Active

Phew! Almost anyone would be envious of those accomplishments, or just the ability to keep on creating for so many years. Unsurprisingly, it turns out that Shatner hews to a lifestyle that is heavy on healthy living.

"I wake up every morning thinking, *I've got to keep myself in shape to ride horses*," Shatner says. "If I am not sitting on a horse at least once or twice a week, it feels detrimental to my heart."

He also hops in a pool for half an hour every day, running in place and exercising his arms. He has kept strong throughout his eighties and nineties. Before he went into space, he had to run up seven flights of stairs in under a minute and a half to qualify for the flight.

Biking

He found a new passion in his mid-eighties when he bought an electric bike.

"The e-bike got me outside and got me fitter," he told the LA Times. "Going up the hills is not a problem. I've got an arthritic back from all the horseback riding, my muscles are tender, yet I go back to my car when the bike ride's over and I feel perfect."

As an added bonus, Shatner's extended family goes on regular rides with him. "A family that was always somewhat tight became a hugely cohesive group," he says.

Shatner is well aware that socializing and keeping active is a big part of staying healthy. "Say yes to the opportunities life is offering. Say yes to life, yes to dinner, yes to going out, and yes to something new," he says. "Because time is too short to lose one opportunity to sacrifice another."

1. **February (do you see that extra "r"?) is one of the most frequently misspelled words in the English language.** In 2015, even the White House press office got it wrong-several times over the course of the month.
2. **For more than 40 years, February has been Black History Month.** The precursor to Black History Month, however, is a lot older. Black leaders in 1926 dedicated the second week in February to the recognizing the history of African-Americans-a week chosen to coincide with the birthdays of Abraham Lincoln (Feb. 12) and Frederick Douglass (Feb. 14).
3. **It's the month for a lot of other causes, too.** February also marks American Heart Month, along with some other "months" you might not recognize: Canned Food Month, Grapefruit Month, Hot Breakfast Month, and our favorite, Return Shopping Carts to the Supermarket Month.
4. **February got its start as a spring-cleaning festival.** Well, kind of. It's named after one: "Februa" was an early Roman festival and cleansing ritual held on Feb. 15.
5. **It's the only month that can pass without having a full moon.** That doesn't mean February never has a full moon-it usually does, as a matter of fact. The last time it didn't was 1999. The next time it won't have a full moon? 2018!
6. **Groundhog Day-Feb. 2-is based on a German superstition.** In Germany, though, it's not a groundhog that forecasts either an early spring or a longer winter: It's a badger.
7. **Febuary is the only month that gets longer every four years.** Sure, everybody knows about leap years, and most know why we have them. But did you know that every so often, we need a "leap second," too? This is typically added to Coordinated Universal Time in June or December, because of irregularities in our planet's rotation.
8. **The odds of being born on Feb. 29 are about 1 in 1,461.** If you're born on a leap day, you're typically known as a "leaper" or "leapling." And depending on where you live, Feb. 28 or March 1 is considered your birthday in non-leap years.
9. **We misspelled "February" in item No. 7.** Did you catch it?
10. **Valentine's Day did not start on a romantic note.** According to historians, the day now synonymous with "love" probably began as a pagan fertility festival in ancient Rome. We'll leave it at that, because some of the other details are disturbing.
11. **And maybe it's more commercial than romantic now, anyway.** It's estimated that Americans spend more than \$18 billion on gifts, chocolate and more for Valentine's Day.
12. **Valentine's Day isn't just about humans, either.** Almost 9 million people in the U.S. buy their dogs gifts or cards for Valentine's Day.
13. **The first Sunday in February is Super Bowl Sunday (at least for the foreseeable future).** It wasn't always that way-until 2001, the game was played in January. But we'd say that's a pretty good way to kick off a month.



Mon. Walmart Shopping 9:00

Mon. Afternoon Shopping 1:00 (Walmart or another store)

Mon. Afternoon Games 3:00 (2nd floor act. rm)

Tues – Fri. Morning Yoga 9:30 (2nd floor by the t.v. area)

Tues. Fran & Judy with Nails & Games 10:00 (2nd floor act. Rm)

Tues. Movie Matinee's 1:30 (Dining Rm)

Wed. Happy Hour Fun 2:30 (2nd floor act. Rm.)

Sat. Morning Yoga 9:30 a.m. (2nd floor t.v. area)

Sun. New Places with Nancy 1:00 p.m. (2nd floor T.V. area)

Sun. Church Service with Pastor Reeves & Rich (2nd floor t.v. area)



Friday 2-28 2:30 (2nd floor act. Rm.)

Movies showing this month

Tues. 2-2 1:30 p.m. Hurricane Season with Forest Whitaker (Dining room)

Tues. 2-11 1:30 p.m. Absolute Zero (Dining Room)

Tues. 2-18 1:30 p.m. The Singing Nun with Debbie Reynolds (Dining Room)

Tues. 2-25 1:30 p.m. Beethoven part 1 (Dining Room)



Valentine's Day afternoon of music and dancing

Date: 2-14

Time: 1:30 p.m. – 3:30 p.m.

Place: Dining Room

Music provided by The Just 4 fun Band

“How Do I Love Thee?”
by ELIZABETH BARRETT
BROWNING

How do I love thee? Let me count the ways.
I love thee to the depth and breadth and height
My soul can reach, when feeling out of sight
For the ends of Being and ideal Grace.
I love thee to the level of every day's
Most quiet need, by sun and candlelight.
I love thee freely, as men strive for Right;
I love thee purely, as they turn from Praise.
I love with a passion put to use
In my old griefs, and with my childhood's faith.
I love thee with a love I seemed to lose
With my lost saints,—I love thee with the breath,
Smiles, tears, of all my life!—and, if God choose,
I shall but love thee better after death.



SVGSPORTY



SVG PNG EPS DXF



Come watch the game with others

Date: Sun. 1-9

Time: 5:00 p.m.

Place: 2nd floor t.v. area

Snacks will be provided!

Who is your team to win?

Name: _____ Date: _____

FEBRUARY

WORD SCRAMBLE

DIRECTIONS:

Unscramble each set of letters to discover a vocabulary word relating to the wintry month of February.

OOCHLETAC _____

SRCD A _____

ICCELI _____

CDUIP _____

FBARYURE _____

CSFRA _____

SIMTNTE _____

KOCESIO _____

OFTABOLL _____

HARET _____

UGH _____

ESRO _____

OBOST _____

CDOL _____

OLVE _____

IWRTEN _____

CAYDN _____

NUOGOHRGD _____

SLAWKNOEF _____

SEINNSDK _____

WANSMNQ _____

TLEVINENA _____

RNSEDHFPII _____

IKSNGI _____