

Confections of Affection

Sweets for the sweet, candy has become a symbol of love and friendship on Valentine’s Day. Here are some holiday favorites:

Chocolate samplers — They come in pretty packages large and small. Chocolates and truffles inside decorated heart-shaped boxes have been popular gifts since the late 1800s.

Conversation hearts — “Be mine.” “True love.” “Marry me.” It’s the cute stamped-on messages that have made conversation hearts a fun tradition for over a century.

Hershey’s Kisses — These familiar foil-wrapped drops of chocolate have the perfect name for Valentine’s Day: Kisses! They were one of the first candies to change their packaging for the holidays in the 1960s. Their valentine wrappers of red and pink premiered in 1986.

M&M’s — Recognized by the “m” on each one, M&M’s have been enjoyed by the handful since they debuted in 1941. The milk chocolate candies show off candy-coated shells in holiday colors of red, pink, purple and white, and come in special flavors, such as triple chocolate and cheesecake.

Cupid corn — Traditional candy corn has its fans, especially in the fall months. But with color swaps from yellow, orange and white to red, pink and white, this tri-colored treat is renamed Cupid corn in February.

Red Hots hearts — A switch from most sweets, the spicy, chewy mini cinnamon candies known as Red Hots take the shape of tiny hearts for the holiday, with no color change needed.

Groundhog Stars

Every year, in the early hours of Feb. 2, Punxsutawney Phil is pulled from his temporary tree trunk den at Gobbler’s Knob in western Pennsylvania. There, thousands gather and many more watch on TV to see if Phil sees his shadow. If he does, it’s a sign of six more weeks of winter. If he doesn’t, spring is just around the corner.

But there are other weather-forecasting groundhogs who take the spotlight on Groundhog Day. Phil has a rival across the way in eastern Pennsylvania: Grover the Groundhog. Head to the Midwest and Buckeye Chuck carries on the tradition in the Buckeye State of Ohio.

In New York City, Charles G. Hogg, also known as Staten Island Chuck, makes his prediction from his log cabin home at the Staten Island Zoo. For over 50 years, western New York has looked to Dunkirk Dave for a seasonal projection.

Down South, folks in Raleigh, N.C., check in with Sir Walter Wally outside the city’s science museum. And there’s the Cajun groundhog, a nutria rodent named Pierre C. Shadeaux, who forecasts how long spring will last before the summer heat hits Louisiana.

Rosy Words

The flower of love, the rose is admired for its beauty and pleasing fragrance, and has grown to be part of our everyday language. Take your pick of these familiar phrases:

Stop and smell the roses: This popular proverb is a descriptive way of telling someone to relax, slow down and enjoy life. The expression gained ground in the 1960s after pro golfer Walter Hagen was quoted as saying, “Don’t hurry. Don’t worry. And be sure to smell the flowers along the way.”

Everything’s coming up roses: Lyricist Stephen Sondheim made these words famous when he wrote a song with that title for the 1959 Broadway musical “Gypsy,” and its star, Ethel Merman, made it a show-stopping number. Sondheim was likely inspired by the similar saying “come up smelling like a rose,” already in use, to convey that things are going well.

A rose by any other name (would smell as sweet): From William Shakespeare’s play “Romeo and Juliet,” this expression is said with or without the second part of the line. It means that what something is called doesn’t change what it is.

Rose-colored glasses: An optimistic person is often described as wearing rose-colored glasses, implying that they only see the beauty and goodness in situations and overlook the negative. The concept dates back to at least the 1840s.



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FEBRUARY 2021

Celebrating Black History Month

Each February, America observes Black History Month. This tribute to African Americans who have made an impact on the U.S. and the world was born from one man’s call to action.

Historian and author Carter G. Woodson wanted the contributions of heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created a weeklong event to promote Black history, and chose the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country’s bicentennial. When President Gerald Ford signed the proclamation, he urged everyone to join in the “tribute to Black History Month and the message of courage and perseverance it brings to all of us.”

Games Fit for a King—or Queen

Played on the same game board, the popular pastimes of checkers and chess share other similarities, as well as key differences.

- Historians believe an early form of checkers originated as early as 3000 B.C. Chess was born at the start of the 6th century in India.
- Both games involve capturing the other player’s pieces. In checkers, it’s possible to scoop up several of your opponent’s checkers in a single turn, but chess only allows you to capture your rival’s pieces one at a time.
- A game of chess begins with each player having 16 pieces; checkers begins with 12 pieces per person. Traditionally, a chess match is white versus black pieces, while checkers is red versus black. In chess, white moves first; in checkers, black does.
- In checkers, a game piece that reaches the other end of the board is crowned a king, and able to move backward. Similarly, the smallest chess piece, the pawn, can be promoted to a queen, bishop, rook or knight—every other piece except the king—when it reaches the opposing side.
- Both checkers and chess are considered intellectual games, with each involving unique strategies.



FEBRUARY 2021

Locations

Activities Room, AR
Courtyard, CY
Craft Room, CR
Dining Room, DR
Game Room, GR
Windsor Room, WR

Birthdays

John Pickett, 7th
B.J. Blanchard, 13th
Pearl Jefferson, 17th
Margaret Smith, 19th
Shirley Johnson, 21st

Country Store

Tuesday & Thursday
11 a.m.-Noon

“We must absolutely
take care of one
another.”

—Ruby Bridges

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Grocery Orders w/Amy 10:30 Motivational Monday Bible Study, AR 1:30 Popcorn & a Movie, AR 3:30 Movie Review, AR 4:00 MSNBC News Hour, AR	Groundhog Day! 10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR	9:30 Grocery Orders w/Amy 10:00 Fresh Fruit Basket 10:30 Exercise w/Legacy 1:30 Wii Game “Jeopardy,” AR 3:00 Poetry Reading, AR 4:00 Golden Oldies Music Hour	10:00 Craft Time “Valentine’s Day Cards,” AR 11:00 Country Store 1:30 Bingo (Sign Up), AR 2:00 Menu Chat w/ Sarah, DR 3:30 Exercise w/Amy 4:00 “Easy Listening Music Hour”	9:30 Grocery Orders 10:30 Game “Trivial Pursuit” 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch “MSNBC,” AR	10:00 Individual Word Search, AR 11:00 Snack Cart 1:30 Movie (Residents’ Choice), AR
9:30 Individual Art Work 1:30 Word Search Puzzles, AR 3:00 Super Bowl!, AR	9:30 Grocery Orders w/Amy 10:30 Motivational Monday Bible Study, AR 1:30 Popcorn & a Movie, AR 3:30 Movie Review, AR 4:00 MSNBC News Hour, AR	10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR	9:30 Grocery Orders w/Amy 10:00 Fresh Fruit Basket 10:30 Exercise w/Legacy 1:30 Documentary on Black History, AR 3:00 Paint & Sip, AR 4:00 Golden Oldies Music Hour	10:00 Wii Game “Wheel of Fortune,” AR 11:00 Country Store 1:30 Bingo (Sign Up), AR 2:00 Menu Chat w/Sarah, DR 3:00 Mardi Gras Celebration (1st Floor), AR 3:30 Mardi Gras Celebration (2nd Floor), AR 4:00 Mardi Gras Celebration (3rd Floor), AR	9:30 Grocery Orders 10:30 Game “Trivial Pursuit,” AR 1:30 Valentine’s Happy Hour: 1st Floor, AR 2:15 Valentine’s Happy Hour: 2nd Floor, AR 3:00 Valentine’s Happy Hour: 3rd Floor, AR 4:00 News Watch “MSNBC,” AR	10:00 Individual Word Search, AR 11:00 Snack Cart 1:30 Movie (Residents’ Choice), AR
VALENTINE’S DAY 9:30 Individual Art Work 1:30 Word Search Puzzles, AR 3:00 Super Bowl!, AR	PRESIDENTS DAY 9:30 Grocery Orders w/Amy 10:30 Motivational Monday Bible Study, AR 1:30 Popcorn & a Movie, AR 3:30 Movie Review, AR 4:00 MSNBC News Hour, AR	10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR	ASH WEDNESDAY 9:30 Grocery Orders w/Amy 10:00 Fresh Fruit Basket 10:30 Exercise w/Legacy 1:30 “Name That Tune,” AR 3:00 Snack Cart “Fresh Baked Cookies” 4:00 Golden Oldies Music Hour	10:00 Craft Time “Light Up Wine Bottles,” AR 11:00 Country Store 1:30 Bingo (Sign Up), AR 2:00 Menu Chat w/ Sarah, DR 3:30 Exercise w/Amy 4:00 “Easy Listening Music Hour”	National Caregivers Day! 9:30 Grocery Orders 10:00 Game “Finish Lines,” AR 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch “MSNBC,” AR	10:00 Individual Word Search, AR 11:00 Snack Cart 1:30 Movie (Residents’ Choice), AR
9:30 Individual Art Work 1:30 Word Search Puzzles, AR 3:00 Super Bowl!, AR	9:30 Grocery Orders w/Amy 10:30 Motivational Monday Bible Study, AR 1:30 Popcorn & a Movie, AR 3:30 Movie Review, AR 4:00 MSNBC News Hour, AR	10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR	9:30 Grocery Orders w/Amy 10:00 Fresh Fruit Basket 10:30 Exercise w/Legacy 1:30 Game “5 Second Rule,” AR 3:00 Wine Tasting, AR 4:00 Golden Oldies Music Hour	10:00 Craft Time “Beaded Bracelets,” AR 11:00 Country Store 1:30 Bingo (Sign Up), AR 2:00 Menu Chat w/ Sarah, DR 3:30 Exercise w/Amy 4:00 “Easy Listening Music Hour”	9:30 Grocery Orders 10:30 February Trivia and Fantastic Facts, AR 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch “MSNBC,” AR	10:00 Individual Word Search, AR 11:00 Snack Cart 1:30 Movie (Residents’ Choice), AR
9:30 Individual Art Work 1:30 Word Search Puzzles, AR 3:00 Super Bowl!, AR						