

# THE Cambridge Landing *Lifestyle*



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## FEBRUARY 2024

### Happy Groundhog Day!

Every Feb. 2, we look to one of nature's critters to answer an important question: How long until spring arrives? The tradition behind the holiday we know as Groundhog Day is actually several hundred years old. In Europe, people would gather for a festival marking the halfway point of winter. If it was a cloudy day, they predicted that spring would arrive soon. But if the sun was out, they believed many more weeks of cold weather were still to come. Eventually, folks in Germany added their own spin to the legend, saying that burrowing animals like badgers and hedgehogs could predict the weather. If these critters emerged from underground during the midwinter festival and saw their shadow, then they would be spooked back into their homes, signaling that it was a long wait to spring. When German immigrants settled in North America, they brought this seasonal celebration with them, changing the tradition to include a groundhog, which was more common in their new country.

Whether the groundhog sees his shadow or not, Groundhog Day is a fun holiday to celebrate! Here are some fun facts about groundhogs to share with your family and friends.

- Groundhogs are also called woodchucks and whistle-pigs.
- They're members of the squirrel family, which also includes chipmunks and prairie dogs.
- They live throughout the U.S. and Canada.
- Their burrows can be up to 50 feet long, and about 5 feet deep.
- Groundhogs hibernate from October to March, but of course they sneak a peek outside on Groundhog Day!

### Inventive Abe

Did you know Abraham Lincoln is the only U.S. president to ever hold a patent? He invented a device to lift boats over obstructions in rivers, such as sandbars, but it was never produced. A scale model of the mechanism is held at the Smithsonian Institution.

### Laugh Lines: Isn't It Romantic?

Why is Valentine's Day a good day for a party? Because you can party hearty! Join in the holiday fun with these riddles about love in the animal kingdom.

Q: Why do skunks like Valentine's Day?

A: They are very scent-imental creatures.

Q: What do you call two birds in love?

A: Tweethearts.

Q: What do owls say to declare their love?

A: "Owl be yours."

Q: What did the bat say to her boyfriend?

A: "You're fun to hang around with."

Q: What do pigs give each other on Feb. 14?

A: Valen-swines.

Q: What did the sheep say to his girlfriend?

A: "I love ewe." And she replied, "You're not so baaad yourself."

Q: What did the slug write on his valentine?

A: "Be my valen-slime."

Q: What did one bee tell the other bee?

A: "I love bee-ing with you, honey!"





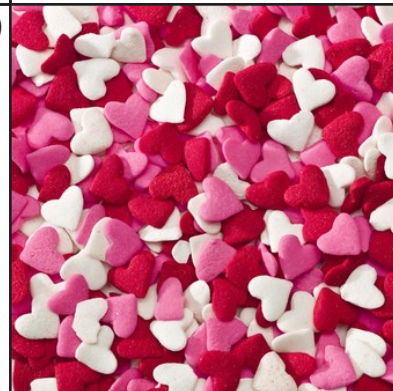
Q: What did the octopus say to his date?

A: "I want to hold your hand, hand, hand, hand, hand, hand, hand, hand."

### A Winning Color

Red is known for symbolizing love and passion, but scientists say the crimson color may provide a competitive edge as well. Studies have been done in a number of sports, and results show athletes and teams who wore the color red more often came out the winner over their opponents who wore another color.

**FEBRUARY 2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>National Freedom Day</b> 1 9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Yoga 10:30  Resident Council 1:30  Walking Club 2:00  Let's Talk Freedom 3:00  Bingo 6:00  Resident Choice	<b>Bill's Birthday, Groundhog Day</b> 2 9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Weights 10:30  Groundhog Day 11:00  Conversation Ball 1:30  Walking Club 2:00  Balloon Battle 3:00  Sing A Long 6:00  Movie of Choice	9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Exercise 10:30  Morning Coffee 11:00  Cornhole 1:30  Walking Club 3:00  Fluff and Fold 6:00  Resident Choice
9:00  Talk with Friends 9:30  Current Events and Weather 10:30  Morning Coffee 11:00  Sunday Worship! 1:30  Walking Club 6:00  Resident Choice	<b>National Nutella Day</b> 5 9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Move to Music 10:30  Nutella Tasting/Snack 11:00  What's the Difference 1:30  Walking Club 2:00  Bowling 2:30  Paint and Chat 6:00  Movie of Choice	<b>National ChopStick Day</b> 6 9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Chair Exercises 10:30  What are ChopSticks 11:00  ChopSticks and Cottonball Race 1:30  Walking Club 2:00  What's in the Bag 3:00  Conversation Ball 6:00  Resident Choice	9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Mind and Body 10:30  Music with Teresa 11:00  Hands massage/ Nails 1:30  Walking Club 2:00  Cornhole 3:00  Learning Sign Language 6:00  Movie of Choice	9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Yoga 11:00  Shenandoah Garden Club of Woodstock 1:30  Walking Club 3:00  Bingo 6:00  Resident Choice	9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Weights 10:30  Ukulele Vibes with Robin 1:30  Walking Club 2:00  Let's Talk Pizza 3:00  Fluff and Fold 6:00  Movie of Choice	<b>Lunar New Year</b> 10 9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Exercise 10:30  Morning Coffee 11:00  What is Lunar New Year 1:30  Walking Club 2:00  Balloon Battle 3:00  Sort and Match Socks 6:00  Resident Choice
<b>Super Bowl Sunday</b> 11 9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Exercise 10:30  Morning Coffee 11:00  Sunday Worship! 1:30  Walking Club 2:00  Super Bowl Party 6:00  Resident Choice	<b>Lincoln's Birthday</b> 12 9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Move to Music 10:30  Let's Talk President Lincoln 1:30  Walking Club 2:00  Make Valentines for Friends 3:00  Lincoln Trivia 6:00  Movie of Choice	<b>Mardi Gras</b> 13 9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Chair Exercises 10:30  Make Mardi Gras Mask 11:00  What is Mardi Gras 1:30  Walking Club 2:00  Mardi Gras Party 6:00  Resident Choice	<b>Valentine's Day</b> 14 9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Mind and Body 10:30  Make Valentine's Cookies 11:00  Hands massage/ Nails 1:30  Walking Club 2:00  Valentine's Party 6:00  Movie of Choice	<b>FAMILY NIGHT</b> 15 9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Yoga 10:30  Music with Cheryl 1:30  Walking Club 2:00  Who Is Susan B. Anthony 5:00  Family Night	<b>National Almond Day</b> 16 9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Weights 10:30  Let's Talk Almonds 11:00  Taste/Explore Almonds 1:30  Walking Club 2:00  Memory 3:00  Fluff and Fold 6:00  Movie of Choice	9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Exercise 10:30  Morning Coffee 1:30  Walking Club 6:00  Resident Choice
9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Exercise 10:30  Morning Coffee 11:00  Sunday Worship! 1:30  Walking Club 6:00  Resident Choice	<b>Presidents Day, National Tug of War</b> 19 9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Move to Music 10:30  What is Presidents Day 11:00  Virtual Tour of Presidents 1:30  Walking Club 2:00  Tug of War 3:00  Sensory Bins 6:00  Movie of Choice	<b>Love Your Pet Day</b> 20 9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Chair Exercises 10:30  Ladder Ball 11:00  Riddles and Rhymes 1:30  Walking Club 2:00  Let's Talk Pets 6:00  Resident Choice	9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Mind and Body 11:00  Hands massage/ Nails 1:30  Walking Club 2:00  Ring Toss 3:00  Learning Sign Language 6:00  Movie of Choice	<b>National Margarita Day, George Washington's Birthday</b> 22 9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Yoga 10:30  Who is George Washington 11:00  Trivia 1:30  Walking Club 2:00  Margarita Happy Hour 3:00  Bingo 6:00  Resident Choice	9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Weights 10:30  Price is Right 11:00  Who Am I? 1:30  Walking Club 2:00  What's in the Bag 3:00  Sing A Long 6:00  Movie of Choice	<b>Sandy's Birthday</b> 24 9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Exercise 10:30  Morning Coffee 11:00  Hangman 1:30  Walking Club 2:00  Paint and Chat 6:00  Resident Choice
9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Exercise 10:30  Morning Coffee 11:00  Sunday Worship! 1:30  Walking Club 2:00  Sing A Long 3:00  Conversation Ball 6:00  Resident Choice	9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Move to Music 10:30  Bowling 11:00  Sensory Bins 1:30  Walking Club 2:00  Who Am I? 3:00  Sort and Match Socks 6:00  Movie of Choice	9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Chair Exercises 10:30  Evelyn to Visit Piano/Dog 11:00  Puzzle Time 1:30  Walking Club 2:00  Balloon Battle 3:00  Science Experiment 6:00  Resident Choice	9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Mind and Body 10:30  Price is Right 11:00  Hands massage/ Nails 1:30  Walking Club 2:00  What's in the Bag 3:00  Sort and Match Socks 6:00  Movie of Choice	<b>Leap Year</b> 29 9:00  Talk with Friends 9:30  Current Events and Weather 10:00  Yoga 10:30  Hangman 11:00  Let's Talk Leap Year 1:30  Walking Club 2:00  Virtual Country Travel 3:00  Bingo 6:00  Resident Choice		<b>February Birthdays</b> Feb. 2 ~ Bill Feb. 24 ~ Sandy

**A Presidential Month**

Two of America's most famous leaders, first President George Washington and 16th President Abraham Lincoln, were born in February, contributing to the establishment of Presidents Day. The federal holiday on the third Monday of the month celebrates all U.S. presidents. Two other chief executives were also born in February: William Henry Harrison and Ronald Reagan.

**The President's Cabinet**

Each U.S. president has a team of advisors, including the vice president, chief of staff, and department heads, that collectively make up the Cabinet. President James Madison, the country's fourth leader, is believed to have given this name to the group, from the Italian *cabinetto*—"a small, private room."

"Connecting our hearts through love yields a nectar so sweet we are forever full."  
—Amy Leigh Mercree



## A Little Self-Love

"To fall in love with yourself is the first secret to happiness." —Robert Morley

## Self-Care Corner: Valentine's Day Your Way

No date for Valentine's Day? Put your energy toward self-care instead. Treat yourself to the pick-me-up of your choice, whether that's fresh flowers or your favorite takeout. Spend the evening doing something you enjoy. Cheesy movie marathon? Video game session? Your date, your rules! Finally, end the holiday on a high note by writing a list of things you love about yourself.

## Memorable Melody: 'You've Got a Friend'

This beloved folk ballad was written and recorded by Carole King in 1971, but her close friend and collaborator James Taylor was the one who took it to the top of the charts that same year. Though King didn't write the tune specifically for Taylor, she was inspired by a line in his hit song "Fire and Rain"—"I've seen lonely times when I could not find a friend"—and penned a heartfelt response, reassuring the listener that "All you have to do is call, and I'll be there." Both artists earned Grammys for "You've Got a Friend"—song of the year for King and best male pop vocal for Taylor—and it's a signature song for each that they've often performed together.

## Take a Leap

2024 is a leap year, when February has an extra day. Take inspiration from Leap Day on Feb. 29 to "take a leap" and try something new in your life, such as joining a club or taking a class.



## Honoring Black History

February is Black History Month, a time to reflect on the achievements of African Americans who helped shape our great nation. These heroes will be the focus of several events this month, so check the calendar and be sure to join us.

## Beloved Rom-Com

The first film to sweep the Oscars, winning all five major categories (best picture, director, actor, actress and screenplay), "It Happened One Night" premiered in February 1934. Celebrate the movie's 90th birthday with a screening of the romantic comedy starring Clark Gable and Claudette Colbert.