

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2019



<h1>February 2019</h1> <p>CUMBERLAND Trace Family-first Senior Living from CarDon</p>					<p>1</p> <p>10:00- Sit & Stretch 10:30- Daily Chronicle 11:00- Lunch at Sal's 1:00- Manicures 3:00- Social Hour (PR)</p>	<p>2</p> <p>10:00- Indoor Stroll 10:30- Daily Chronicle 2:00-4:00- Bingo</p> <p style="text-align: right;"><small>Groundhog Day</small></p>
<p>10:00- Daily Chronicle & Sunday Puzzles (CH) 3 1:00- Movie Matinee (PT) 3:00- Plainfield Christian Church Service (CH) 6:00 - Super Bowl Party (PT)</p>	<p>10:00- Sit & Stretch 4 10:30- Daily Chronicle 1:00- Lets Play Euchre (L) 6:30- Bible Study w/ Peggy Hileman (CH)</p>	<p>10:00-12:00 - The Apple Pickers Musical Group (L) 5 10:00- Sit & Stretch 10:30- Daily Chronicle 2:00- Bingo 3:00- Social Hour (PR)</p> <p style="text-align: center;"><small>Chinese New Year</small></p>	<p>10:00- Sit & Stretch 6 10:30- Daily Chronicle 10:45- Cranium Crunches 1:30- Free Informational Diabetes Class (CH) 2:30- Town Hall & Dietary Meeting (CH) 6:00- Puzzle Table (CH)</p>	<p>10:00- Sit & Stretch 7 10:30- Daily Chronicle 1:00- Chicken Foot (CH) 3:00- Will & Mark Country Music (CH) 6:00- Bingo</p>	<p style="text-align: center;">11:00 - 2:00 Avon Products Sale (ML)</p> <p>10:00- Sit & Stretch 8 10:30- Daily Chronicle 12:30- Shopping at Walmart 1:30- Manicures 3:00- Social Hour (PR)</p>	<p>10:00- Indoor Stroll 9 10:30- Daily Chronicle 2:00- Sound of Hope Musical Group Performance (AL Bistro)</p>
<p>10:00- Daily Chronicle & Sunday Puzzles (CH) 10 1:00- Movie Matinee (PT) 3:00- Plainfield Christian Church Service (CH)</p>	<p>10:00- Sit & Stretch 11 10:30- Daily Chronicle 1:30- Veteran's Group Meet & Greet (CH) 3:00- Music with Ginny Patsy Cline 6:30- Bible Study w/ Peggy Hileman (CH)</p>	<p style="text-align: center;">11:00- 2:00 \$5 Paparazzi Accessories (ML)</p> <p>10:00- Sit & Stretch 12 10:30- Daily Chronicle 2:00- Bingo 3:00- Social Hour (PR) 6:00- Painting with Tracy (CH) RSVP Birthday Dinner</p>	<p>10:00- Sit & Stretch 13 10:30- Daily Chronicle 11:00- Lunch at O'Charley's (Free Pie Day) 3:00- Wii Games 6:00- Puzzle Table (CH)</p>	<p>10:00- Sit & Stretch 14 10:30- Daily Chronicle 1:00- Baking 2:00- Chicken Foot 3:00- Tea party 4:30- Valentine's Day Special Dinner & Music 6:00- Bingo</p> <p style="text-align: center;"><small>Valentine's Day</small></p>	<p>10:00- Sit & Stretch 15 10:30- Daily Chronicle 12:30- Shopping at Kroger 1:30- Manicures 3:00- Social Hour (PR)</p>	<p>10:00- Indoor Stroll 16 10:30- Daily Chronicle 2:00-4:00- Bingo</p>
<p>10:00- Daily Chronicle & Sunday Puzzles (CH) 17 2:00- Plainfield Methodist Church Service (CH)</p>	<p>10:00- Sit & Stretch 18 10:30- Daily Chronicle 1:00- Lets Play Euchre (L) 6:30- Bible Study w/ Peggy Hileman (CH)</p>	<p>10:00-12:00 - The Apple Pickers Musical Group (L) 19 8:00- Men's Breakfast 10:00- Sit & Stretch 10:30- Daily Chronicle 2:00- Bingo 3:00- Social Hour (PR) 4:30- Birthday Dinner</p>	<p>10:00- Sit & Stretch 20 10:30- Daily Chronicle 10:45- Cranium Crunches 2:00- Don White (CH) 3:00- Wii Games 6:00- Puzzle Table (CH)</p>	<p>10:00- Sit & Stretch 21 10:30- Daily Chronicle 1:00- Arts & Crafts 2:00- Chicken Foot 6:00- Bingo</p>	<p>10:00- Sit & Stretch 22 10:30- Daily Chronicle 11:00- Ladies Lunch 1:30- Manicures 3:00- Social Hour (PR)</p>	<p>10:00- Indoor Stroll 23 10:30- Daily Chronicle 2:00-4:00- Bingo</p>
<p>10:00- Daily Chronicle & Sunday Puzzles (CH) 24 1:00- Movie Matinee (PT) 3:00- Plainfield Christian Church Service (CH)</p>	<p>10:00- Sit & Stretch 25 10:30- Daily Chronicle 1:00- Lets Play Euchre (L) 6:30- Bible Study w/ Peggy Hileman (CH)</p>	<p>10:00- Sit & Stretch 26 10:30- Daily Chronicle 2:00- Bingo 3:00- Social Hour (PR)</p>	<p>10:00- Sit & Stretch 27 10:30- Daily Chronicle 10:45- Cranium Crunches 3:00- Wii Games 4:00- Dinner at Cheddar's 6:00- Puzzle Table (CH)</p>	<p>10:00- Sit & Stretch 28 10:30- Daily Chronicle 1:00- Baking 2:00- Chicken Foot 3:00- Tea party 6:00- Bingo</p>	<p>All Activities are subject to change or outing may be canceled depending on weather conditions.</p> <p>Location Legend CH- Civic Hall PT- Prewitt Theater PR- Pool Room L- Library ML- Main Lobby</p>	

February 2019

The Year of the Pig



Xin nián kuài lè! That means “Happy New Year” in Chinese. February 5 ushers in the Year of the Pig, a very auspicious year in Chinese culture. Why does the pig represent wealth and good fortune? Perhaps the chubbiness of the pig indicates prosperity. Or maybe it is because wild boars are known to be fearless and will run headlong into any situation, usually winning out in the end. With pigs held in such high esteem, it may be surprising to learn that the pig is the very last animal of the Chinese zodiac and the legend concerning the pig is not very flattering.

The legend states that when the Jade Emperor declared that he was selecting animals for the zodiac, all the animals rushed to his palace to be included. But the pig journeyed slowly, and when he arrived, the gates were shut. However, the other animals pleaded with the Jade Emperor to let him in. He conceded, and the pig was allowed to enter but was made the last sign of the zodiac. Perhaps the pig’s connection to good fortune stems from this tale: Despite the pig’s hardships, he still triumphed and was added to the zodiac. The Chinese New Year’s celebration lasts not for one day, but for two whole weeks. There are many traditions and superstitions to observe.

For example, on New Year’s Day, it is commonplace to set off firecrackers, yet it is forbidden to sweep because you may sweep away good luck. Two days later is the Day of the Rat, the day when rats were created. On this day, people leave out crumbs of grain or crackers to share with rats. Celebrations continue to February 19, which culminates in the five-day-long Lantern Festival. The displaying of lanterns is a major event, and one of the most popular pastimes of the Lantern Festival is guessing at lantern riddles. Riddles are written on lanterns, and the answers to these riddles often involve blessings for the family and good fortune, reinforcing the major themes of the Chinese New Year.

A Sneeze for the Ages

Among his many scientific achievements, Thomas Edison is also known to have opened the very first film recording studio on February 1, 1893, in West Orange, New Jersey. His Black Maria studio (named after the cramped, dark police paddy wagons known colloquially as “black marias”) was the testing ground and laboratory for his kinetograph, a forerunner to the movie camera. His first famous film recording is known as *Fred Ott’s Sneeze*; he filmed a mere four silent seconds of Fred Ott rearing his head backward in a hearty *kerchoo*. Once his marvelous film was released to the public, Edison was contacted by a number of performers begging him to capture their work for posterity. The kinetograph’s popularity was short-lived, though, lasting only about 10 years. In that brief span, kinetograph theaters known as kinetoscopes opened across the country in New York, Chicago, and San Francisco, but ironically not in Hollywood. Underwater Weddings

Underwater Weddings



With Valentine’s Day falling in the middle of February, it is no wonder this month is known as Wedding Month. The city of Trang in Thailand has capitalized on lovers yearning to tie the knot on Valentine’s Day by offering a unique setting for a wedding—under water! Every year from February 13 to 15, couples flock to this tropical seaside destination to take part in an underwater group wedding ceremony. On the 13th, couples are greeted at the airport by Thai dancers in traditional dress and then paraded through the streets of Trang to the cheers of spectators. On Valentine’s Day, couples are boated to the island of Koh Kradan, where they take part in a traditional Thai wedding ceremony and are blessed with the pouring of water over their heads from a conch shell. Then—for qualified divers only—comes the big event. Tuxedoed grooms and brides dressed in white don their scuba kits for the underwater ceremony in the protected, pristine waters of Thailand’s Andaman Coast.