



Westminster Village Kentuckiana

Take a Leap

2020 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.

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.

Figure of Speech

Phrase: Learn by heart

Meaning: To memorize

Origin: Many of us know things by heart—from the multiplication tables we practiced as a child to the words of our favorite song. But why do we say “heart” instead of “head” when talking about memorization, which involves the brain? Historians say it’s because the ancient Greeks believed the heart was the center of intelligence and memory as well as emotion. This led to the idea of learning something by heart, and the phrase has been in use since the 1300s.

And the Oscar Goes To ...

The 92nd Academy Awards will take place Feb. 9.

February 2020



Let Them Eat Pancakes

Flapjacks are a popular meal on Mardi Gras, also known as Pancake Day. Food historians say the ancient Greeks and Romans served up the earliest form of the dish. The Romans’ name for pancakes was *alita dolcia*, which is Latin for “another sweet.”

Think Warm Thoughts

Reminiscing about heartwarming memories can actually make us feel warmer. Researchers found that when people focused on remembering a nostalgic event from their lives versus an ordinary memory, they were better able to tolerate the cold and perceived a room’s temperature to be higher than it was.

Super Bowl Sunday

Will Punxsutawney Phil see his shadow, and who will win Super Bowl 54? We’ll get the answers to both questions on Sunday, Feb. 2. After the early morning Groundhog Day festivities in Pennsylvania, the NFL’s biggest game of the year will be played later that night in Miami Gardens, Fla.

February Birthdays

2/7 Donna Murphy
2/8 Evelyn Endris
2/10 Margie Hobbs
2/11 Timothy Wyatt
2/13 Joe Johns
2/14 John Carpenter
2/15 Lawrence Tedescucci
2/20 Sadie Baldwin
2/24 Mary Janes
2/26 Miriam White

Sealed With a Kiss

Introduced in 1907, Hershey's Kisses are now one of the most popular candies purchased for Valentine's Day. To meet Cupid's demands, it's estimated that more than 750 million of the little chocolate drops are produced for the holiday.



Susan B. Anthony Day

Feb. 15 will mark the 200th birthday of Susan B. Anthony, leader of the women's suffrage movement. This year also commemorates the 100th anniversary of her lifelong mission, the ratification of the 19th Amendment to the U.S. Constitution. Also known as the Susan B. Anthony Amendment, it guarantees all American women the right to vote.

The Power of Kindness

"Sometimes being kind allows others to see the goodness in humanity through you. Always be kinder than necessary." — Germany Kent

Sunday	Monday	Tuesday
<h1>February</h1>	ABBREVIATION KEY SC - Social Center RR - Rose Room MRLL - Basement AL - Assisted Living 3rd Floor HC - Health Center DR - Dining Room	AARP TAX SERVICE IS COMING. WATCH FOR SIGN-UP SHEET AT THE BULLETIN BOARD ACROSS FROM MAILBOXES ***** VALENTINE PARTY—VOTE FOR KING AND QUEEN FOR INDEPENDENT AND ASSISTED LIVING
Groundhog Day 2 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	3 9a Coffee Social AL 10a Wellness Exercise AL 10a Catholic Mass HC 10:30a Games AL 11a El Nopal Outing 2p Harmonics SC 3:15p Exercise SC	4 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
9 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 4:30p Yearly Memorial Service SC 6:30p Sunday @ The Movies MRLL	10 9a Coffee Social AL 10a Wellness Exercise AL 10:30a Kingfish Outing 1p Valentine Crafts MRLL 3p Exercise SC 6:30p Music W/Al Hilbert SC	11 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
16 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	Presidents Day 17 9a Coffee Social AL 10a Wellness Exercise AL 11a Reminiscing AL 11a Mathies BP SC 2p Resident Assoc. Mtg SC 3p Exercise SC 6:30p Music W/Tari Martin SC 7p Crit Club "Art" MRLL	18 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
23 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	24 9a Coffee Social AL 10a Wellness Exercise AL 10:30a Games AL 1p \$1 Bingo MRLL 2:30 AL Resident Council AL 3:15p Exercise SC	25 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 12p Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Mardi Gras Party SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL

Wednesday	Thursday	Friday	Saturday
			1 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL 6:30p Music W/John King SC
5 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3:15p Rosary RR 3p Wine & Cheese SC 6:30p Music W/Lonnie Bryant SC	6 9a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visit 1p West Fl. Mtg 2nd FL/TL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	7 9a Coffee Social AL 10a OLPH Service RR 10a Exercise AL 11a North Fl Mtg 2nd FL TL 1p Game Day W/light Refreshments SC 6:30p Music W/Rick McDonald SC	8 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
12 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Sue Loy SC	13 9a Coffee Social AL 10a Exercise AL 10:30a Games AL 1p Bldg & Grds Mtg MRLL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	Happy Valentine's Day 14 9a Coffee Social AL 10a Exercise AL 10:30 New Resident Coffee SC 2p Valentine Party W/Merry Melodies SC 6:30p Music W/Rick McDonald SC	15 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
19 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 1p Brain Study W/Lisa DR 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Ron McCubbins SC	20 9a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visit 1p Dietary Mtg MRLL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	21 9a Coffee Social AL 10a Exercise AL 10:30 A Games AL 2p Feb. B-day Party W/music by Lonnie Bryant SC 6:30p Music W/Charlie Hornung SC	22 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
26 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Mellow Sounds SC	27 9a Coffee Social AL 10a Exercise AL 10:30a Games AL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	28 9a Coffee Social AL 10a Exercise AL 10:30a Games AL 2p Ice Cream Social SC 6:30p Music W/Country Sounds SC	29 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL



The Grand Slam of Showbiz

Only a handful of people have achieved EGOT status, which is winning all four major entertainment awards—the Emmy, Grammy, Oscar and Tony. View this cast of EGOT winners and the decade in which they earned the honor.

Decade	EGOT Winners
1960s	Richard Rodgers
1970s	Helen Hayes, Rita Moreno
1990s	John Gielgud, Audrey Hepburn, Marvin Hamlisch, Jonathan Tunick
2000s	Mel Brooks, Mike Nichols, Whoopi Goldberg
2010s	Scott Rudin, Robert Lopez, Andrew Lloyd Webber, Tim Rice, John Legend

"Then & Now"

"This Month In History" FEBRUARY

1929: Winners of the first Academy Awards are announced. A formal ceremony for the honorees was held three months later.

1932: Athletes from 17 countries compete at the third Winter Olympics, held in Lake Placid, N.Y.

1940: American folk singer Woody Guthrie composes "This Land Is Your Land." He didn't record the song until 1944.

1957: The first portable electric typewriters hit the market.

1968: In the town of Haleyville, Ala., the first call is made to test the new national 911 emergency telephone system.

1982: After 27 years of music and dancing, the final episode of "The Lawrence Welk Show" is produced.

1992: The fleet of famous silver Goodyear blimps gets a makeover with a new design in blue and gold.

2010: At Super Bowl XLIV, the New Orleans Saints win their first NFL championship, defeating the Indianapolis Colts 31–17.

2017: Hip-hop artist Shawn "Jay-Z" Carter is chosen for induction into the Songwriters Hall of Fame. He was the first rapper to receive the honor.