

# THE Cambridge Crossing Lifestyle



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Exclusively Managed By:



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## Wild World: Mute Swan

Common in North America, mute swans have pure white feathers, a bright orange bill and a black knob of flesh between their eyes. Don't let their name deceive you: Their sounds may often come out hoarse or muffled when compared to other swans, but they can grunt, snort and hiss. Even as one of the largest flying birds, mute swans can soar as fast as 50 mph when traveling with their flock. Often associated with love because they mate for life, you can spot a pair by their head-to-head posturing that almost resembles a heart.

## FEBRUARY 2024

### Love Around the World

Valentine's Day is celebrated across the globe, and many countries have unique holiday traditions.

**Germany.** Heart-shaped gingerbread cookies with romantic messages written in icing are popular valentine gifts among German couples.

**South Korea.** Women give chocolate to men on Valentine's Day, then the gesture is returned on White Day, March 14, when men are the gift-givers. Single friends get together on Black Day, April 14, and dine on bowls of noodles covered with a black bean sauce.

**Mexico.** The holiday is known as the Day of Love and Friendship in this country, where friends as well as romantic partners gift each other candy, flowers, balloons and stuffed animals.

**South Africa.** The expression "wear your heart on your sleeve" is fitting for South African women, who pin the name of their love interest to their shirtsleeve for the day.

**Peru.** Orchids are the flower of choice for valentines here, since they are native to this South American nation.

**Philippines.** Hundreds of couples in this Asian country tie the knot in mass wedding ceremonies on Feb. 14.

**Wales.** The Welsh honor their patron saint of love on Jan. 25, St. Dwynwen's Day, and couples often exchange decorative wooden "love spoons," utensils that are ornately carved with symbols of affection.

### Brainteaser

Q: I'm as hard as stone and clear as a diamond. Seek me out while the sun's near the horizon. Though you can walk on water with my power, if you try to keep me, I'll vanish in an hour. What am I?

A: Ice.

**FEBRUARY 2024**

**BIRTHDAYS**

Thelma 2/25  
Barbara 2/25

**Famous Faces Born in February**

Feb. 2, 1977: Shakira  
Feb. 5, 1985: Cristiano Ronaldo  
Feb. 7, 1978: Ashton Kutcher  
Feb. 9, 1987: Michael B. Jordan  
Feb. 16, 1989: Elizabeth Olsen  
Feb. 19, 1940: Smokey Robinson  
Feb. 20, 1988: Rihanna  
Feb. 22, 1975: Drew Barrymore






**Outings**

02/07- Shopping trip 1 pm  
02/16- Lunch trip 11:30 am

**Awaiting the Season's Change**

"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch." —Patience Strong

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

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|--|---|--|---|--|---|--|
|  <p>4</p> <p>10:00 Morning Coffee<br/>11:00 Sunday Worship!<br/>2:00 Trivia<br/>3:00 Sunday movie night<br/>6:00 Puzzles</p> |  <p>5</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Nature Walk<br/>2:00 Resident Council<br/>3:00 Card Games<br/>6:00 Fidget Jigsaw Puzzle</p> |  <p>6</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Music Melodies!<br/>2:00 Bingo!<br/>3:00 Devotion<br/>6:00 Train of thought</p> |  <p>7</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Hands massage/ Nails<br/>1:00 Shopping trip!<br/>3:00 Hymn Singing<br/>6:00 Match the shape!</p> | <p>1</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Trivia<br/>2:00 Bingo!<br/>6:00 4 in a row</p>                       | <p>2</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Music Melodies!<br/>3:00 Dominos<br/>6:00 Wooden Puzzle</p>                             | <p>3</p> <p>10:00 Morning Coffee<br/>11:00 Saturday Bowling<br/>2:00 Afternoon Social<br/>3:00 Corn Hole<br/>6:00 Movie Night</p>  |
| <p>11</p> <p>10:00 Morning Coffee<br/>11:00 Sunday Worship!<br/>2:00 Trivia<br/>3:00 Sunday movie night<br/>6:00 Super bowl Party!</p>   | <p>12</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Nature Walk<br/>2:00 Heart painting<br/>3:00 Card Games<br/>6:00 Fidget Jigsaw Puzzle</p>  | <p>13</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Music Melodies!<br/>2:00 Mardi Gras Party!<br/>3:00 Devotion<br/>6:00 Train of thought</p>  | <p>14</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Hands massage/ Nails<br/>2:00 Valentine's Day Party<br/>6:00 Match the shape!</p>  | <p>15</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Trivia<br/>2:00 Bingo!<br/>5:00 Family night</p>                    | <p>16</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Music Melodies!<br/>11:30 Lunch outing!<br/>3:00 Dominos<br/>6:00 Wooden Puzzle</p>    | <p>17</p> <p>10:00 Morning Coffee<br/>11:00 Saturday Bowling<br/>2:00 Afternoon Social<br/>3:00 Corn Hole<br/>6:00 Movie Night</p> |
| <p>18</p> <p>10:00 Morning Coffee<br/>11:00 Sunday Worship!<br/>2:00 Trivia<br/>3:00 Sunday movie night<br/>6:00 Puzzles</p>   | <p>19</p> <p><b>Presidents Day</b><br/>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Nature Walk<br/>2:00 Thumb Print hearts<br/>3:00 Card Games<br/>6:00 Fidget Jigsaw Puzzle</p>  | <p>20</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Music Melodies!<br/>2:00 Bingo!<br/>3:00 Devotion<br/>6:00 Train of thought</p>   | <p>21</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Hands massage/ Nails<br/>2:00 Sticky Bun day!<br/>3:00 Hymn Singing<br/>6:00 Match the shape!</p>  | <p>22</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Trivia<br/>2:00 Bingo!<br/>3:00 Dog Biscuit<br/>6:00 4 in a row</p> | <p>23</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Music Melodies!<br/>2:00 Tortilla Chip Day<br/>3:00 Dominos<br/>6:00 Wooden Puzzle</p> | <p>24</p> <p>10:00 Morning Coffee<br/>11:00 Saturday Bowling<br/>2:00 Afternoon Social<br/>3:00 Corn Hole<br/>6:00 Movie Night</p> |
| <p>25</p> <p>10:00 Morning Coffee<br/>11:00 Sunday Worship!<br/>2:00 Trivia<br/>3:00 Sunday movie night<br/>6:00 Puzzles</p>   | <p>26</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Nature Walk<br/>3:00 Card Games<br/>6:00 Fidget Jigsaw Puzzle</p>  | <p>27</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Music Melodies!<br/>2:00 Bingo!<br/>3:00 Devotion<br/>6:00 Train of thought</p>   | <p>28</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Hands massage/ Nails<br/>3:00 Hymn Singing<br/>6:00 Match the shape!</p>   | <p>29</p> <p>10:00 Chair Exercise<br/>10:30 Morning Social<br/>11:00 Trivia<br/>2:00 Bingo!<br/>6:00 4 in a row</p>                      |    |  |



# 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!

# Football Helmet Highlights

Football helmets have evolved from simple leather caps to essential high-tech headwear thanks to a score of innovations over the decades. Here's a look at some highlights:

The earliest football headgear, which was worn only by a few pro players, was called a head harness. It was made of leather and had flaps to cover the ears.

Beginning in 1915, interior padding was added to the caps to help absorb the shock from tackles, and putting holes in the ear flaps made communicating on the field easier.

Plastic football helmets were introduced in 1939. John T. Riddell Sr. modernized the coverings with the new synthetic material and also invented the chin strap. The Riddell company still makes official NFL helmets today.

In 1948, the original Los Angeles Rams became the first pro team to put a logo on their helmets. To inspire his teammates, Rams player Fred Gehrke, who had an art degree, hand painted all 75 team helmets dark blue with yellow horns on the sides.

Face masks on helmets evolved from a single tubular bar to today's cage-like coverings. Attached visors became an option in the 1980s.

When it was first used, the radio helmet was quickly banned, but since 1994, they've been standard, allowing a coach to relay plays to the quarterback.

Manufacturers are now applying more technology to helmets, such as embedded warning sensors, in an effort to protect football players from on-field head injuries.

# Stealthy Chuckles

Q: What's a ninja's favorite type of shoe?

A: Sneakers!

# Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

*Wear red.* Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

*Know your numbers.* Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

*Get fit with a friend.* Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

*Set a nutritious example.* Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

*Give back.* Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.

# 'Hint' Is One

How many words can you come up with using the letters in "date night"?