

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.

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.



THE Harbison Shores Lifestyle

ASSISTED LIVING COMMUNITY
990 Columbia Avenue · Irmo, SC 29206 · (803) 749-7889 · www.carolina-gardens.com

HARBISON SHORES
SENIOR LIVING AT EASE

Like Us!
f

FEBRUARY 2021

Simple Ways To Show Yourself Some Love

Taking time for self-care doesn't have to be complicated or costly. There are many quick, simple habits that can help keep you happy and healthy.

Get a houseplant: Studies show that taking care of a plant creates a sense of calm, and being around green things boosts your mood.

Do a little dance: Find an opportunity to play a favorite tune and get your groove on—maybe while you're getting ready for the day or when you're cooking dinner. The physical action will get your blood flowing and put a smile on your face.

Unplug: Put down your phone, turn off the TV and close your eyes. For five minutes, focus on your breathing and forget about the outside world.

Engage in a hobby: Carving out 10 to 15 minutes a day to read, sketch, write, play music or work on a craft can help you find balance between work and play.

Help others: Showing kindness to others is a way of showing kindness to yourself, which is what self-care is all about. Holding the door for someone, giving compliments and sending out cards are ways to do good and feel good.

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."

FEBRUARY 2021

Locations

Activity Room,
Memory Care, ARMC
Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs
Gathering Place, VUGP
Villas, Dining Room, VDR

Birthdays

Joyce Wilkerson, 3rd
Ha Hoang Ton, 5th

**“We must absolutely
take care of one
another.”**

— Ruby Bridges

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Practice Social Distancing 9:30 TED Talk and Discussion, VUGP 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR</p>	<p>Practice Social Distancing 9:30 TED Talk and Discussion, VUGP 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR</p>	<p>Practice Social Distancing 10:00 Travel To: New York City, VDR 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Afternoon Snack</p>	<p>Practice Social Distancing 10:15 Morning Yoga 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Dining Experience w/Phil, VDR 3:00 Bingo, VDR</p>	<p>Practice Social Distancing 10:30 Individual Snack Social 10:30 Mardi Gras Mask Decorating, VDR 1:30 Bible Study, VUGP 2:30 Afternoon Snack</p>	<p>Practice Social Distancing 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR</p>	<p>Practice Social Distancing 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP</p>
<p>Practice Social Distancing 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack</p>	<p>Practice Social Distancing 10:30 Individual Snack Social 10:45 Fill in the Blank Game, VDR 2:30 Afternoon Snack 3:00 Bingo, VDR</p>	<p>Practice Social Distancing 10:30 Individual Snack Social 11:00 Mardi Gras Trivia, VDR 2:00 Book Club, VUGP 2:30 Afternoon Snack</p>	<p>Practice Social Distancing 10:15 Morning Yoga 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR</p>	<p>Practice Social Distancing 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack</p>	<p>Practice Social Distancing 9:30 Some Good News: Self-Directed 10:00 Valentine's Day Celebration, VDR 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR</p>	<p>Practice Social Distancing 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP</p>
<p>VALENTINE'S DAY Practice Social Distancing 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack</p>	<p>PRESIDENTS DAY Practice Social Distancing 9:45 Sewing Circle, VUGP 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR</p>	<p>Practice Social Distancing 10:00 Travel To: New Orleans, VDR 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Afternoon Snack</p>	<p>ASH WEDNESDAY Practice Social Distancing 10:15 Morning Yoga 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Dining Experience w/Phil, VDR 3:00 Bingo, VDR</p>	<p>Practice Social Distancing 9:30 Lent Discussion, VUGP 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack</p>	<p>Practice Social Distancing 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR</p>	<p>Practice Social Distancing 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP</p>
<p>Practice Social Distancing 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack</p>	<p>Practice Social Distancing 9:30 TED Talk and Discussion, VUGP 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR</p>	<p>Practice Social Distancing 10:30 Individual Snack Social 11:00 Black History Month Discussion, VUGP 2:00 Book Club, VUGP 2:30 Afternoon Snack</p>	<p>Practice Social Distancing 10:15 Morning Yoga 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR</p>	<p>Practice Social Distancing 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack 3:00 Tabletop Games, VDR</p>	<p>Practice Social Distancing 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR</p>	<p>Practice Social Distancing 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP</p>
<p>Practice Social Distancing 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack</p>						