



Notable Quotable

“The older I get, the greater power I seem to have to help the world; I am like a snowball- the further I am rolled the more I gain.”

~ Susan B. Anthony,
Feb 15, 1820 –
March 13, 1906



Have you utilized the card box in the library yet? Take one or leave one as needed!

February Horoscopes and Birthdays

In astrology, those born between February 1–18 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity. Those born between February 19–29 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, creative dreamers, they are charitable helpers who go with the flow.

Tommy Smothers – Feb. 2, 1937
Hank Aaron – Feb. 5, 1934
Lana Turner – Feb. 8, 1921
Susan B. Anthony – Feb. 15, 1820
Hugh Downs – Feb. 14, 1921
Sidney Poitier – Feb. 20, 1927
Steve Jobs – Feb. 24, 1955
Jimmy Dorsey – Feb. 29, 1904
Dinah Shore – Feb. 29, 1916



Happy
birthday



Leona H – 3
Terry J – 8
Barb M – 9
Linda S – 11
Bobbi O – 13
Jim D – 14
Donna G – 14
Pat C – 17
Tony R – 17
Raymond J – 18
Kay B - 20
Audrey B – 22
Phyllis T – 23
Doug S – 26
Shirley S - 27



The Long Sleep

Karolina Olsson of Sweden became known as the “Sleeping Beauty of Oknö” at the age of 14 when she fell into a deep sleep on February 22, 1876, and did not awake for 32 years. How did she survive? Family members diligently spoon-fed her sweetened milk each day. Over the years, they sometimes observed her sleepwalking or crawling. Her family and much of her small remote village believed the girl bewitched.

When Olsson finally awoke, she looked in the mirror and burst into tears. She hardly recognized herself, yet she seemed to have aged only to her mid-20s. Doctors examined her to find no lasting physical or mental damage, only that her mind was still that of a 14-year-old. She had amazingly, inexplicably “hibernated,” though today’s doctors suggest she might have been in a state of catatonia.

Oak Terrace Living

February 2026

Our Events

2/2 Vine Music
2/5 Allen Carlson
Music
2/10 Podiatry
2/12 Hoover Kids
2/19 Craig Blackstad
Music
2/21 Piano and
Violin Performance
2/22 Hosanna
Volunteers
2/24 Jim Kozan
Music
2/26 Hoover Kids
2/26 Therapy Dogs

Celebrating February

Time Management
Month

Spunky Old Broads
Day
February 1

Groundhog Day
February 2

Valentine’s Day
February 14

Random Acts of
Kindness Week
February 15–21

Chinese New Year
(Year of the Horse)
February 17

Mardi Gras
February 17

East, West and Autumn Lane
1575 Hoover Dr
387-8358 | Activities Department



Chasing Winter Glory

The 2026 Winter Olympics are headed to the stunning landscapes of northern Italy, bringing together athletes and fans for a celebration of winter sports, culture, and camaraderie. Set across Milan and Cortina d’Ampezzo, the Games promise a picturesque backdrop of snow-capped Dolomite peaks, charming Alpine villages, and historic cities bursting with Italian flair. Visitors can expect not only thrilling competitions but also the chance to savor local traditions—from hearty mountain cheeses and cured meats to rich pastries and steaming bowls of polenta. Northern Italy’s cuisine, hospitality, and vibrant markets offer a unique flavor to the global event, making the Olympics more than just an athletic spectacle.

For winter sports enthusiasts, the 2026 Olympics also carry a strong sense of nostalgia. Fans will relive the thrill of skiing down glittering slopes, the elegance of figure skating routines, and the exhilaration of sledding through icy tracks. From alpine skiing and snowboarding to speed skating and bobsled, the Games celebrate the full spectrum of winter sports, each steeped in history and tradition.



At the heart of the Games are the timeless Olympic values: teamwork, perseverance, and friendly rivalry. Whether athletes are coordinating flawless passes on the ice or supporting teammates in grueling downhill runs, the Olympics showcase how dedication and collaboration turn individual effort into shared achievement.

The Milan-Cortina Olympics offer a rare combination: breathtaking scenery, rich cultural experiences, and the universal language of sport. As nations gather to compete, cheer, and share in this global festival, the event promises to leave lasting memories for athletes and spectators alike. The 2026 Winter Olympics are shaping up to be a heartwarming celebration of skill, spirit, and wintertime joy.

February Aloha

For those dwelling in the northern hemisphere, February brings a chill to both the air and the spirit. Sure, spring is just a month away, but who can think of spring when the snow's still falling? Drive away the February chill on February 1 with Hula in the Coola Day.

Hula dancing is an integral part of Hawaii's Polynesian history and culture. The dance is far more than swaying the hips in a grass skirt; it's a ritual way to explain Hawaiian gods and goddesses, the history of the people, and the mysteries of natural phenomena through chanting, singing, and dancing. Hula has been performed during religious rituals, rites of passage, social gatherings, and even football games. If you're looking to warm your spirit this February 1 with a little *aloha*, find a real *kumu hula* teacher.

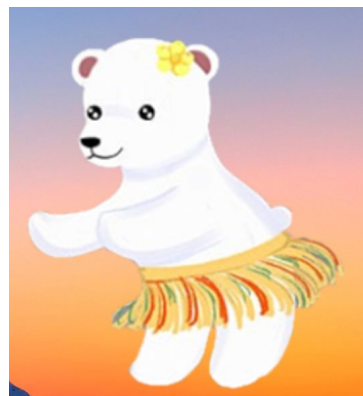
Then ditch the grass skirt for one made of *kapa*, a traditional fabric handcrafted from the bark of the paper mulberry tree.

Since hula is Hawaii's iconic dance, the ukulele must be Hawaii's iconic instrument. In the 1900s, the ukulele became part of the musical backdrop to hula dances, so it stands to reason that World Ukulele Day falls on February 2, the day after Hula in the Coola.

Perhaps no ukulele musician was as beloved as Israel "IZ" Kamakawiwo'ole. Raised in a musical family from Honolulu, he was exposed to entertainers like Don Ho and Palani Vaughan. His version of "Over the Rainbow" may rival Judy Garland's. It will, no doubt, be strummed the world over on World Ukulele Day.



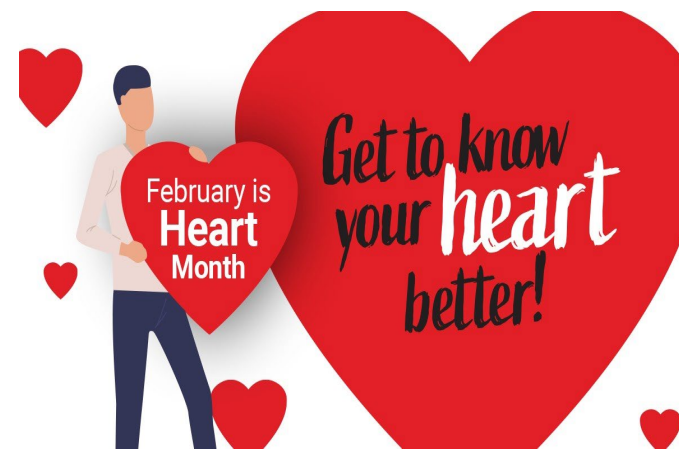
In hula, the hands and arms are the true storytellers, while the hips simply keep rhythm and flow.



Because their fur traps heat so effectively, polar bears are surprisingly hard to spot with thermal imaging.

You don't have to live in the Arctic to celebrate International Polar Bear Day on February 27. The polar bear is one of nature's most awesome beasts and is the world's biggest hunter. Polar bears spend much of their time lying in wait outside holes cut in the ice by ringed seals, which must return to the surface for air. A seal's survival depends on maintaining its series of breathing holes. That same survival instinct is what eventually provides the polar bear with its next meal.

As the Arctic warms and ice recedes, polar and brown bear habitats have begun to overlap, and hybrid offspring have appeared. Dubbed *nanulaks* by Canadian wildlife officials, the hybrid bears are whitish brown with long claws and a humped back. Offspring of a male polar bear and a female grizzly are called *pizzlies*; reverse the parentage and it's a *grolar bear*. However, as long as there is ice to roam and seals to hunt, a polar bear's home will always be the Arctic.



Wear RED every Friday this month to show your support for Heart Health.

February is National Heart Month, a time to focus on caring for our hearts at every age. Regular exercise helps strengthen the heart muscle, improve circulation, lower blood pressure, and maintain healthy cholesterol levels. Activities like walking, stretching, swimming, or gentle chair exercises can be safe and effective ways to stay active. Taking small steps each day helps keep your heart strong so you can continue enjoying the people and activities you love!

