
John Robert Pro, Generations Program Director

Alexzander Dean Tilseth, Generations Vibrant Life Coordinator

Generations Newsletter

February: NOUN the second month of the year, in the northern hemisphere usually considered the last month of winter.



John Robert Pro, Generations Program Director

Alexzander Dean Tilseth, Generations Vibrant Life Coordinator

Save the date! Hi All Please remember that our “NEVER STOP EXPLORING TRIP” will be on February 21st. We will go to The Walt Disney Family Museum in San Francisco! Admission fee is 20 dollars per resident. All interested parties please have fee paid into Alex or John by Feb 14th.

Thank You,

Alex Tilseth, Generations Vibrant Life Coordinator



February Special Dates!

Groundhog Day or **Ground-Hog Day**, **ground-hog's day**, etc., (**Pennsylvania German**: *Grund'sau dåk*, *Grundsaudaag*, *Grundsow Dawg*, *Murmeltiertag*; **Nova Scotia**: **Daks Day**) is a popular tradition celebrated in the **United States** and **Canada** on February 2. It derives from the **Pennsylvania Dutch** superstition that if a **groundhog** (**Deutsch**: *Grundsau*, *Grunddax*, *Dax*) emerging from its burrow on this day sees a shadow due to clear weather, it will retreat to its den and **winter** will persist for six more weeks, and if he does not, due to cloudiness, **spring season** will arrive early.

Valentine's Day, also called **Saint Valentine's Day** or the **Feast of Saint Valentine** is an annual **holiday** celebrated on February 14. It originated as a **Western Christian liturgical** feast day honoring one or

John Robert Pro, Generations Program Director

Alexander Dean Tilseth, Generations Vibrant Life Coordinator

more early **saints** named *Valentinus*, and is recognized as a significant cultural and commercial celebration in many regions around the world, although it is not a **public holiday** in any country. The day first became associated with **romantic love** within the circle of **Geoffrey Chaucer** in the 14th century, when the tradition of **courtly love** flourished. In 18th-century England, it evolved into an occasion in which **lovers** expressed their love for each other by presenting flowers, offering **confectionery**, and sending **greeting cards** (known as "*valentines*").

Washington's Birthday is a United States **federal holiday** celebrated on the third Monday of February in honor of **George Washington**, the first President of the United States, who was born on February 22, 1732. It can occur on the 15th through the 21st of February inclusive. Colloquially, the day is also now widely known as **Presidents' Day** and is often an occasion to honor the incumbent president and all persons who have served as **president**, not just George Washington.

Resident Birthdays:

Youssef Numeir 2/5

Heidi Gillies 2/9

GENERATIONS FAMILY MEETING

with John and Alex

Every first Sunday of the Month @1PM.

6th Floor Sky Lounge

John Robert Pro, Generations Program Director

Alexzander Dean Tilseth, Generations Vibrant Life Coordinator