



**BLACK**  
HISTORY MONTH

### FEBRUARY HIGHLIGHTS

- Strength & Balance (1)
- Heath & Wellness (6)
- Magic Show (15)
- Dr. Arunga (16)
- Buffalo Soldiers (21)



### POETRY CORNER

FEBRUARY  
BY ANNETTE WYNNE

I am not just February with  
winds that blow  
All day, and piled-up snow;  
I'm Washington and Lincoln,  
too,  
Who kept our country's flag for  
you!  
I'm Valentine of airy grace—  
With golden hearts and hearts of  
lace  
And pretty cards that people  
send,  
Quite as a secret, to a friend.  
Though I am short of days and  
small,  
I'm quite a big month, after all!

### BLACK HISTORY MONTH

#### DR. ARUNGA

Dr. Marcia Tate Arunga, Dean of Evergreen College in Olympia and author, will be joining us on Friday, February 16th at 11:00am. She will be sharing her book *"The Stolen Ones and How They Were Missed"* and speaking on the history behind it. Please join us in welcoming her!

#### AFRICAN ATTIRE AND SOUL FOOD



Thursday, February 8 at 12:30pm, participants will

be dressing in African garments. In addition, they will be sharing their culinary skills with a Soul Food Pot Luck.

#### BUFFALO SOLDIERS

Let's give a warm welcome to

#### BUFFALO SOLDIERS CONT'D.

the Buffalo Soldiers who will be here on Wednesday, February 21st at 11:00am to speak about the history of this unique group of men. The Buffalo Soldiers were the United States Army Regiment primarily comprised of African Americans. They were formed during the 19th century to serve on the American frontier.

#### RIDDLE CENTRAL

What is a frog's favorite month?



#### BRING A FRIEND PROGRAM

Bring a friend to Beacon! If your friend becomes a participant both you and your friend will be entered into our monthly drawing to win a prize.

### BLACK HISTORY MONTH WORD SEARCH

O	I	A	S	N	M	G	L	D	J	P	M	R	O
I	D	M	E	O	M	G	A	K	E	H	U	E	D
R	E	A	T	S	B	H	N	A	S	E	H	K	I
U	N	L	N	D	A	T	G	M	S	N	A	A	V
B	T	C	E	O	R	G	S	A	E	O	M	B	E
Y	I	O	M	O	A	N	T	L	O	M	M	A	R
B	T	L	E	W	C	E	O	A	W	E	A	L	S
R	Y	M	V	G	K	R	N	H	E	N	D	L	I
I	M	X	O	R	O	T	H	A	N	A	A	E	T
D	L	T	M	E	B	S	U	R	S	L	L	A	Y
G	K	A	D	T	A	G	G	R	T	O	I	D	S
E	J	E	M	R	M	X	H	I	E	V	P	E	S
S	R	E	O	A	A	C	E	S	T	E	G	R	E
N	R	N	E	C	G	I	S	N	A	R	E	S	L

- LANGSTON HUGHES
- CARTER G WOODSON
- MLK JR
- JESSE OWENS
- MUHAMMAD ALI
- LOVE
- DIVERSITY
- BARACK OBAMA
- LEADERS
- MOVEMENT
- MALCOLM X
- RUBY BRIDGES
- STRENGTH
- KAMALA HARRIS
- IDENTITY
- PHENOMENAL
- ELLA BAKER



### 1 ~ THURSDAY

9:00 Card Games  
11:00 Yoga with Ed  
12:00 Lunch

1:00 Discussion Group

### 2 ~ FRIDAY

9:00 Card Games  
10:00 Beachball Volleyball  
12:00 Lunch  
12:30 Bingo

### 5~ MONDAY

9:00 Card Games  
10:00 Move & Popcorn  
"SELMA"  
11:00 Tai Chi w/Tim  
12:00 Lunch  
1:00 Crazy 7's

### 6~ TUESDAY

9:00 Card Games  
10:00 Yoga with Ed  
11:00 Strength & Balance  
12:00 Lunch  
12:30 Bingo

### 7~ WEDNESDAY

9:00 Card Games  
10:00 Bean Bag Toss  
11:00 Sing-a-long  
12:00 Lunch  
1:00 Spades

### 8 ~ THURSDAY

9:00 Card Games  
11:00 Yoga with Ed  
12:00 Lunch  
12:30 Potluck-Soul Food

### 9~ FRIDAY

9:00 Card Games  
10:00 Beachball Volleyball  
12:00 Lunch  
12:30 Bingo



### 12~ MONDAY

9:00 Card Games  
10:00 Movie & Popcorn  
"BUFFALO SOLDIERS"

### 12~ MONDAY (CONT'D)

11:00 Tai Chi w/Tim  
12:00 Lunch  
1:00 Crazy 7's

### 13 ~ TUESDAY

9:00 Spades  
10:00 Yoga w/Ed  
11:00 Strength & Balance  
12:00 Lunch  
12:30 Bingo

### 14 ~ WEDNESDAY

9:00 Card Games  
10:00 Bean Bag Toss  
11:00 Scrapbooking  
12:00 Lunch  
1:30 Beading Crafts



### 15 ~ THURSDAY

9:00 Spades  
11:00 Yoga w/Ed  
12:00 Lunch  
12:30 Magic Show by Gary

### 16~ FRIDAY

9:00 Card Games  
10:00 Beachball Volleyball  
11:00 Dr. Arunga : The Stolen Ones  
12:00 Lunch  
12:30 Bingo

### 19~ MONDAY



### 20 ~ TUESDAY

9:00 Yoga with Ed  
9:00 Card Games  
10:00 Birthday Dance  
12:00 Lunch  
12:30 Bingo



### 21 ~ WEDNESDAY

9:00 Card Games  
10:00 Bean Bag Toss

### 21 ~ WEDNESDAY CONT'D.

11:00 Buffalo Soldiers



12:00 Lunch  
1:00 Spades

### 22~ THURSDAY

9:00 Spades  
10:00 Movie & Popcorn  
"HIDDEN FIGURES"  
11:00 Yoga with Ed  
12:00 Lunch  
1:00 Discussion Group

### 23 ~ FRIDAY

9:00 Card Games  
10:00 Beachball Volleyball  
12:00 Lunch  
12:30 Bingo

### 26 ~ MONDAY

9:00 Card Games  
10:00 Movie & Popcorn  
"MISS JANE PITTMAN"  
11:00 Tai Chi w/Tim  
12:00 Lunch  
1:00 Crazy 7's

### 27 ~ TUESDAY

9:00 Card Games  
10:00 Yoga with Ed  
11:00 Strength & Balance  
12:00 Lunch  
12:30 Bingo

### 28 ~ WEDNESDAY

9:00 Card Games  
10:00 Bean Bag Toss  
11:00 Crafts  
12:00 Lunch  
1:00 Spades

### 29~ THURSDAY

9:00 Card Games  
11:00 Yoga with Ed  
12:00 Lunch  
12:30 Potluck

### RIDDLE ANSWER

February. It has a Leap Year!



### New Strength & Balance Class

Beginning on Tuesday, February 6th at 11am Peter Roderick will be offering his Strength and Balance Class. This is a wonderful way to get a little exercise, strengthen your muscles, and have fun doing it. This class can be done sitting or standing. Mark your calendars!

### Discussion Group

Do you ever need to talk, to share your experiences with someone? The Discussion Group was developed for just such an opportunity. This is your group, and it's your opportunity to seek advice or just share. Don't miss it!

### ABRACADABRA!!!

Join us for a spectacular Magic Show presented by Gee Willikers, February 15 at 12:30 PM.



*\*This calendar is subject to change. Please call to confirm your class or activity.*