



Activities Calendar

Call Emily at 206-707-1865 if you would like to register for any of these activities!

<p><u>2/15 Monday</u> <u>*Presidents Day*</u> 11- Zoom Chair Yoga 12:30-1:30 Lunch- snow day</p>	<p><u>2/16 Tuesday</u> 11-Let's do art together</p>	<p><u>2/17 Wednesday</u> 10-Tai Chi 11:30-Umbrella Walk 12:30-1:30 Lunch 1:30 –Bingo</p>	<p><u>2/18 Thursday</u> 1:30- Watercolor Classes With Kathleen 2pm- Mindfulness Meditation</p>	<p><u>2/19 Friday</u> 10am-Spanish Class 12:30-1:30 Lunch</p>
<p><u>2/22 Monday</u> 11- Zoom Chair Yoga 12:30-1:30 Lunch</p>	<p><u>2/23 Tuesday</u> 11-Let's do art together</p>	<p><u>2/24 Wednesday</u> 10-Tai Chi 12:30-1:30 Lunch 1:30 –Bingo</p>	<p><u>2/25 Thursday</u> 1:30- Watercolor Classes With Kathleen 2pm- Mindfulness Meditation</p>	<p><u>2/26 Friday</u> 10am-Spanish Class 12:30-1:30 Lunch 2pm- Food Expiration Presentation</p>
<p><u>3/1 Monday</u> 11- Zoom Chair Yoga 12:30-1:30 Lunch 2- Fiber Arts Corner</p>	<p><u>3/2 Tuesday</u> 11-Let's do art together</p>	<p><u>3/3 Wednesday</u> 10-Tai Chi 12:30-1:30 Lunch 1:30 –Bingo</p>	<p><u>3/4 Thursday</u> 1:30- Watercolor Classes With Kathleen</p>	<p><u>3/5 Friday</u> 10am-Spanish Class 12:30-1:30 Lunch</p>
<p><u>3/8 Monday</u> 11- Zoom Chair Yoga 12:30-1:30 Lunch 2- Fiber Arts Corner</p>	<p><u>3/9 Tuesday</u> 11-Let's do art together</p>	<p><u>3/10 Wednesday</u> 10-Tai Chi 12:30-1:30 Lunch 1:30 –Bingo</p>	<p><u>3/11 Thursday</u> 1:30- Watercolor Classes With Kathleen</p>	<p><u>3/12 Friday</u> 1:30- Watercolor Classes With Kathleen</p>

Food Expiration



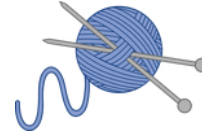
Have you ever wondered how long to keep food? Do you want to lower your food waste? Do you know what an expiration date on food means?

These can be tricky questions, so please join Emily for a Food Expiration presentation. She will go over ways on how to know if food is safe to eat, what the dates on your food mean, and how to reduce your food waste.

Friday February 26th at 2pm

Contact Emily at 206-707-1865 if you would like to attend.

Fiber Arts Corner



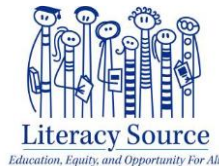
Do you sew, knit, crochet, cross stitch? Do you want to show off your work or be inspired to work on a current project? Join us for a social hour of stitching.

We have a stock pile of yarn at the office if you need some or want to look at what we have. This class will be held over Zoom and participants can call in as well.

Starting Monday's in March at 2:30pm

Contact Emily at 206-707-1865 to join.

Literacy Source Spring Classes



Literacy Source is offering FREE online or phone classes and tutoring for adults in Seattle.

They offer courses in reading and writing, GED preparation, Citizenship, Computers and more! They offer day time or night time classes, over the phone or zoom, they have tutors available and employment coaches as well.

New student registration call 206-782-2050 to sign up.

Spring term: March 22nd-April 1st 2021

More information at www.Literacysource.com

Open Art Time!



Join Path with Art every Monday for Open Studio!

This is a supportive space to work on individual creative projects, share artwork, and connect with peers. Optional prompts will be offered to get the creative juices flowing. Bring out your paints, pens, pencils, or whatever supplies you have on hand and let's make some art together!

Zoom Meeting ID: 948 7272 9885

Passcode: path

Phone call in: 253-215-8782

Monday's 3:30-5:00pm



Driver Safety

AARP Driver Safety™ is offering a pilot virtual Smart Driver Course via Zoom. This is the nation's foremost educational program designed to educate older drivers.

Washington State Department of Licensing has certified the AARP Smart Driver Course. If you are 55 or older, your automobile insurance company is required to give you a Safe Driver discount on your automobile policy once you complete the 8-hour course. A certificate will be issued at the end of the course to submit to your carrier for the discount.

Because WA State requires a full 8-hour course, the course will be four 2-hour sessions. The dates and times are:

- March 9, 2021 at 10:00AM-12:00PM
- March 11, 2021 at 10:00AM-12:00PM
- March 16, 2021 at 10:00AM-12:00PM
- March 18, 2021 at 10:00AM-12:00PM

Attendance is required at all four sessions, via Zoom, and will be monitored.

Fees for the course: \$15 for AARP members, \$20 for non-members.

Registration: Please email our Course Administrator at:

virtual-aarp@jkferguson.com.

The Course Administrator will contact you to give you specific details about registration and attendance requirements.

5		1	6		8		4
9		4	3				
3			9				1 6
6	4		5	3			
1				7		6	5 2
	9	5		6	1		7
	1			8	4	5	
4	2	3			6		1
						2	7 4

Black History Month Answers

1. California
2. Rotational Crops
3. Frederick Douglas's Birthday
4. Selma Civil Rights March
5. Black Lives Matter
- A. Barack Obama B. Kamala Harris C. John Lewis

8	5	6	1	9	3	2	7	4
4	2	3	7	5	6	9	8	1
7	1	9	2	8	4	5	6	3
2	9	5	8	6	1	4	3	7
1	3	8	4	7	9	6	5	2
6	4	7	5	3	2	1	9	8
3	8	2	9	4	5	7	1	6
9	6	4	3	1	7	8	2	5
5	7	1	6	2	8	3	4	9

Black History Month

The celebration of Black History Month began as "Negro History Week," which was created in 1926 by Carter G. Woodson, a noted African American historian, scholar, educator and publisher. It became a month-long celebration in 1976. The month of February was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.

Black History Month Quiz-

What state did Kamala Harris represent before she was elected vice president?

What was George Washington Carver famous for developing?

Why is Black History Month celebrated in February?

John Lewis led which historic event?

Which phrase that became a mass social movement was coined by activist Alicia Garza in 2013?

IN CELEBRATING BLACK HISTORY MONTH... WE CAN SEIZE THE OPPORTUNITY TO HONOR THE TOO-OFTEN NEGLECTED ACCOMPLISHMENTS OF BLACK AMERICANS IN EVERY AREA OF ENDEAVOR THROUGHOUT OUR HISTORY.

PRESIDENT GERALD R. FORD

"every corner called our country,
our people diverse and beautiful will
emerge,
battered and beautiful
When day comes we step out of the
shade,
afame and unafraid
The new dawn blooms as we free it
For there is always light,
if only we're brave enough to see it
If only we're brave enough to be it"

An excerpt of Amanda Gorman's poem,
the nation's first-ever youth poet
laureate, read the following poem
during the inauguration of President Joe
Biden on January 20.

FAMOUS BLACK AMERICANS



Who am I?

POLITICIANS

ListCaboodle.com

I was born in Honolulu, Hawaii. I worked as a community organizer in Chicago. The, I went from Illinois State Senator to U.S. Senator from Illinois. In my biggest role, I was the 44th President of the United States of America. Who am I?

I served as Attorney General of California for six years. I ran for president in 2020 as a Democrat but ended my campaign in December, 2019. I'm currently a United States Senator from California. Who am I?

Currently, I'm serving my 17th terms in the House of Representatives representing Georgia's 5th District. I'm also noted for my involvement in the 1960s Civil Rights movement. I was one of the "Big Six" leaders of groups who organized the 1963 March on Washington. Who am I?