

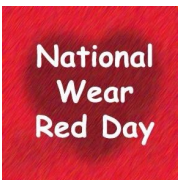
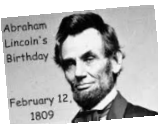








FEBRUARY 2020

1503 Fourth Street NW Albuquerque NM 87102
 Hours of Operation 8:30– 3:30 Monday thru Friday
 1-844-366-2472



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 	3 Life Skills with Crystal 1:00-2:00pm	4	5 11am-1pm Retrain Your Brain 12-1p gentle chair Yoga w/ Stephanie	6	7 	8
9 	10	11	12 11am-1pm Retrain Your Brain 	13	14 	15 
16	17 12:30-2:30 Paint, Coffee & Conversation NO TARDIES ALLOWED	18	19 11am-1pm Retrain Your Brain	20	21 Guided Workbook with Crystal 1:00pm-2:00pm	22 
23  Tootsie Roll Day	24	25 	26 11am-1pm Retrain Your Brain	27	28	29 

February 2- Groundhog Day is celebrated in the U.S. each year on on this day in mid-winter,. The groundhog awakens from a long winter's nap, and goes outside of his den to see if he sees his shadow. This tradition is big, on an otherwise cold and dreary mid-winter's day. According to legend, if the groundhog sees his shadow (a sunny morning), there will be six more weeks of winter. He then returns to his den and goes back to sleep. If however, he does not see his shadow (cloudy days), he plays around outside of his hole for a while. If he does not see his shadow, spring is just around the corner.

This is also Super Bowl Sunday– This year the game will be between the San Francisco 49ers and the Kansas City Chiefs in Miami Florida. Game Time begins at 4:30pm and can be viewed on your local Fox station.

Feb 3– Come get some tools from Crystal, your brain injury information specialist. This hour is for those who are needing help with understanding the ways to navigate the world around them.

Feb 7th– National Wear Red Day- As it states in the name "National Wear Red Day" people are to wear the color red to bring about more awareness to heart disease and its dangerous threat to our health. National Wear Red Day is not a national holiday but is an observance.

Feb 9th- Today's the perfect day to get one as the country celebrates National Pizza Day. It's the unofficial holiday of everything pizza.

February 14– Happy Valentines Day for your New Mexico Brain Injury Resource Center

Feb. 15th- In response to the huge push by retailers for us to buy all of their candy, flowers and greeting cards February 15 has been declared Singles Awareness Day! This is the day that all of the single people can proudly stand up and show that it is OKAY to be single! Sure, some people would prefer to have their February celebration on February 14, but the rest of us appreciate the break from the commercialism. The goal of Singles Awareness Day is to let singles have celebrations, get-togethers, etc. and to exchange gifts with their single friends. The awareness day was established by single people who were just sick of feeling left out on Valentine's Day, and support of the day is growing every year.

Feb 21– Your brain injury information specialist will lead a guided workbook session for those who are interested in improving their cognitive processing skills! This is the 2nd class in this series, so if you plan on attending please schedule an appointment with Crystal by calling 505-243-3835 or email ccantu@arcaspirit.org to make arrangements to catch up on the first class.

Feb 25th- Mardi Gras, or Fat Tuesday, refers to events of the Carnival celebration, beginning on or after the Christian feasts of the Epiphany and culminating on the day before Ash Wednesday. Mardi Gras is French for "Fat Tuesday", reflecting the practice of the last night of eating rich, fatty foods before the ritual fasting of the Lenten season.

Feb 29th- A leap year (also known as an intercalary year or bissextile year) is a calendar year containing an additional day (or, in the case of lunisolar calendars, a month) added to keep the calendar year synchronized with the astronomical or seasonal year. Because seasons and astronomical events do not repeat in a whole number of days, calendars that have the same number of days in each year drift over time with respect to the event that the year is supposed to track. By inserting (also called intercalating) an additional day or month into the year, the drift can be corrected. A year that is not a leap year is called a common year
