

by Marie Palmer, Service Coordinator

Love

*By Wally Durant,
Rose Morin Apartments*



*Beginning in our early years
Puppy love I believe it's called.
Boys and girls discovering
Heart fluttering emotions.
Void of sexual content -
Yet having content feelings.*

*Soon many new suitors evolve.
Companions -
Scholastic interests -
Careers.*

*Also many new forms of love.
Nuptials -
Family -
Parental -
Divinity -
All interwoven in a lifetime.*

*And as the years abate
We ponder our fate
Adhering to the testament
"Tis better to have loved and lost
Than never to have loved at all"*

Upcoming Local Events

Falmouth Eats Together – February Schedule

This wonderful, family style meal, sponsored by the Falmouth Service Center, is open to the public to enjoy together as a community. February 1st from 4-6 PM at the John Wesley United Methodist Church, and February 15th from 4-6 PM at the First Congregational Church on the Town Green in Falmouth.

Cape Cod Boat Builders' Show

February 2-4, 2018; Friday 2-7 p.m., Saturday 10 AM- 6 PM, and Sunday 10 AM- 4 PM

Where: Resort & Conference Center at Hyannis, 35 Scudder Avenue, Hyannis

Admission: \$5/adult, 12 and under free, plenty of free parking

For avid boaters, this is one of the first Cape Cod events of the year to remind us that boating season will be here before we know it. Whether you're in the market for a new boat, or just like to ogle the newest and nicest watercraft to come on the market, you won't want to miss the 8th Annual Boat Builders' Show in Hyannis where more than 50 talented exhibitors showcase their custom and limited-production fiberglass and wooden creations.

FCTV Falmouth in Focus

Falmouth Cable Television will air its program "Falmouth in Focus", featuring local people and local stories, this month on Friday February 2nd and 16th at 8:00 on Channel 13.

Falmouth High School Boys & Girls Hockey

Military appreciation

Saturday, February 3, 2018

Free Admission to All Veterans and Active Duty Military

Game schedule: Jr. Varsity vs. Barnstable 3:30 pm

Girls Varsity vs. Barnstable 5:00 pm

Boys Varsity vs. Barnstable 7:00 pm

Falmouth Residents Live Survey

Saturday, February 3rd from 8:30 am to 10:30 am

Falmouth High School Auditorium

The Board of Selectmen is inviting Falmouth residents to participate in a first of its kind Live Survey. The Board is seeking input and civic engagement from community members to generate ideas for strategic planning and to encourage citizen action outside of the bounds of local government to make Falmouth an even better place to live and work. No presentations, just dialog among community members.

The Moonlighters Band

“The very best 60's, 70's and 80's dance band around.”

Saturday, February 10th from 8:00 pm to 11:30pm

At Oysters Too on East Falmouth Hwy

This event is free

Falmouth Public Library Adult Drop In Device Sessions

Monday, February 5, from 10:00 - 11:30 AM

Bring your questions and learn how to use your device (tablet/laptop) to it's potential!

Drop in or stay for the whole session.

No Registration Required.

Living Fit for You! Cancer Wellness Program

Free 6-week exercise program for cancer survivors

Tuesdays and Thursdays 9:30-11:00 AM or 1:30-3:00 PM

Wednesdays 4:00-5:30 PM

At Falmouth Hospital

Overall wellness is an essential component of cancer recovery and quality survivorship!

The goal of this program is to improve energy levels, preserve strength, and reduce the severity of treatment side effects. Join before, during, or after treatment.

Medical Clearance is required for exercise classes.

First Citizens' Federal Credit Union

FIRST@WORK

F@W is a program that offers unique and specialized services to the employees of a company partnered with First Citizens' Federal Credit Union. First Citizens' Bank is willing to offer our tenants the opportunity to receive exclusive benefits of this package, which include: No minimum balance, No ATM withdrawal fee, Custom Visa CheckCard, Earn Dividends and Bonus Dividends, Free online and Mobile Banking, Waived Overdraft Maintenance Fees, and Free Money Orders.

Ask for Matt, at the Falmouth Branch ([352 Main St. Falmouth, MA](#)), and tell him you're a tenant at the Falmouth Housing Authority.

Harborview Tenant Meeting with Bobbi Richards

A meeting with Harborview Tenants has been scheduled for Friday, February 16th at 2:00 PM, with our Director Bobbi Richards. Meeting will be held in the Harborview Community room and we will be discussing the following topics: the proposed clinic, building safety (inside and out), parking, laundry room and machines, as well as chairs in the lobby. Harborview tenants, we hope to see you there!

"Winter Remembered"

*By Sandra L. Emery,
Tataket Apartments*

*On a cold winter's day
Snow would beckon us to come
out and play*

*Sledding down the hill
Was such a thrill*

*Cold fingers and toes
Happy with no woes*

*Our dog chasing us
Barking, making such a fuss!*

*Mornings that turned into late
afternoons
Winter sunsets full of white, pinks
and blues*

*Tucked in bed, warm and content
Dreams of another snowy event*

Super Bowl 52

Sunday, February 4th at 3:30PM on NBC

The Patriots did it again; they're headed to Minnesota to face off with the Philadelphia Eagles for the 52nd Super Bowl!

The Pats are the first franchise in history to appear in 10 Super Bowls (1985, 1996, 2001, 2003, 2004, 2007, 2011, 2014, 2016, and 2017), and eight of these appearances have been with the dynamic duo; head coach Bill Belichick and quarterback Tom Brady. *So far* the Pat's have won 5 Super Bowls (2001, 2003, 2004, 2014, and 2016).

Most Super Bowl wins by NFL teams:

- Pittsburgh Steelers - 6
- New England Patriots - 5
- San Francisco 49ers - 5
- Dallas Cowboys - 5
- New York Giants - 4
- Green Bay Packers - 4

Go Pats!!



“Life is what you make it”

*By John Mendoza,
Tataketa Apartments*

*Life is what you make it
Life can be a struggle to survive
A struggle to live, Love and
thrive*

*Have an attitude of gratitude
Accept your situation
And don't be discouraged
By daily fluctuation*

*But don't give up the ship!
Our Golden years
Can be the best part of the trip*

*Soon you'll find life is kind
And that you're not going out
of your mind!!*

Savory Pineapple Meatballs

One package frozen meatballs	1 ^{1/2} teaspoons yellow mustard
1 cup light brown sugar	1 cup ketchup
1 ^{1/2} teaspoons Worcestershire sauce	1 (14 oz) can pineapple
2 tablespoons cornstarch	

Combine all the ingredients and pour sauce over frozen meatballs, cook low and slow in a crock pot for 6 to 8 hours.

Joke of the Month

A husband and wife had been married for 60 years and had no secrets except for one: The woman kept in her closet a shoe box that she forbade her husband from ever opening. But when she was on her deathbed—and with her blessing—he opened the box and found a crocheted doll and \$95,000 in cash.

“My mother told me that the secret to a happy marriage was to never argue,” she explained. “Instead, I should keep quiet and crochet a doll.”

Her husband was touched. Only one doll was in the box—that meant she'd been angry with him only once in 60 years. “But what about all this money?” he asked.

“Oh,” she said, “that's the money I made from selling the dolls.”

Love Actually, Redefined

By Michelle Maros

“When we think of February holidays, we think of pink hearts and red roses. We think of Valentine’s Day: a holiday to celebrate love. Yes, if you are in a relationship, it’s wonderful to take the time to cherish your partner. In theory, this is the best holiday of the year. In reality, it can be an utter doomsday.

I think it’s time we redefined Valentine’s Day and the love that is celebrated every February 14th. Let’s widen the spectrum. Let’s punch the boundaries of love and step out of our comfort zones. Love should be our instinctual emotion, our “go to” for how we treat people. Let love overshadow every negative emotion in your life. Let’s use this day to serve as a reminder for who we really are as human beings, and what we’re really capable of. So, how can we show our love on this day? How can we shift our focus from the love we are getting to the love we can give?

Let’s take a look at some alternative ways of sharing love this month:

Love yourself. How can we even begin to fully share the love within us if we don’t truly love ourselves? If this is something you think you’ve been struggling with, treat yourself to a day of self-care. Cook yourself a delicious meal, take yourself on a shopping spree, or do your favorite yoga class. Appreciate yourself. You are a magnificent being; find a way to love yourself a little more!

Gratitude. This lovely holiday can sometimes force us to focus on what we don’t have, instead of what we do have. Let this day serve as reminder for all the love that is currently in your life. There are people in our hearts. Give thanks!

Service. One of the more wonderful ways to give love is through selfless service. Volunteer at a local organization, donate to your favorite charity, or even simply give a smile to a stranger passing by. Show compassion for all living creatures and lead by example. Love spreads like wildfire when we give with an open heart to those we don’t even know.”

How are you going to show your love on this day?

Happy Valentine’s Day from all of us at the Falmouth Housing Authority!