



GRASP Newsletter

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Harnett County Happenings



- ◆ Wednesday, February 14th is **Valentine's Day**. Make sure you tell the special people in your life how much they mean to you.
- ◆ Monday, February 19th is **Presidents Day**.
- ◆ **The Volunteer Income Tax Assistance Program** will be offering free tax assistance for the elderly and disabled in Lillington, Erwin, and Coats. Please contact the Department on Aging at 910-893-7578 for more information about this program.
- ◆ **Go Red Lunch and Learn**-In recognition of American Heart Month, Harnett County Health Department and Harnett Health are partnering to offer a Go Red Lunch and Learn on Friday, February 2nd from 11:30am-1:00pm at the Governmental Complex Commons Area. This event is free, however registration is required. To register call 910-814-6298.

Savor a 'Snow Day'

"*Snow Day*" just might be a child's favorite phrase. Who wouldn't want a day free from responsibilities? No matter your age or the weather, it's time to treat yourself to a day off. You're perfectly free to sleep late, binge-watch your favorite TV show, eat junk food and take a nap, but if you want to do something a bit more constructive, here are some ideas.



Plan a trip. Even if travel isn't on the horizon, spend some time dreaming about and researching locations you would like to visit. Travel websites, books and magazines can take you almost anywhere. The mental escape will be refreshing, and you might decide you can plan some time away after all.

Play dress-up. First, go through your closet and pull out any items that are out of style or don't fit. Plan to donate or sell those. Next, take a look at what is left and come up with new ways to combine pieces and create fresh outfits. If you find you are missing an item that could really add versatility to your wardrobe, indulge in some online shopping.

Focus on food. Peruse your cookbooks or explore recipes online. Chose a cuisine new to you and create a special dinner.

Reconnect. Catch up with a fiend or family member via a phone call, Skype or FaceTime. For a more special surprise, compose a handwritten letter or card.

Next Meeting

Our next meeting will be held on **Tuesday, February 20, 2018 at 11:00am** at the Harnett County Division on Aging Kitchen Area. **Ricky Denning EMS Division Chief** with the Harnett County Emergency Services will provide information about the opioid epidemic and how it is affecting Harnett County. Light refreshments will be provided . If you have any questions please call me at 910-814-6075.

