

NEWSLETTER

November 2024



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Directory

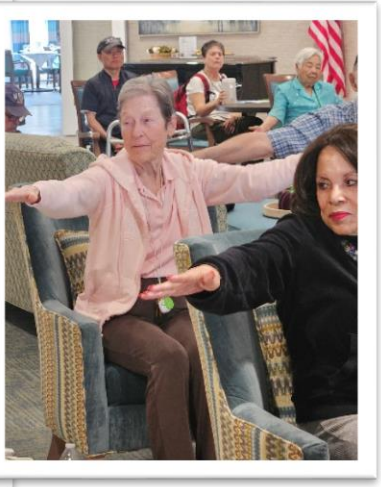
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These extensions are exclusively available for in-house phones. If you're calling from a cell phone or from outside the building, please dial 410-531-6000 and request the desired extension.

October in Review

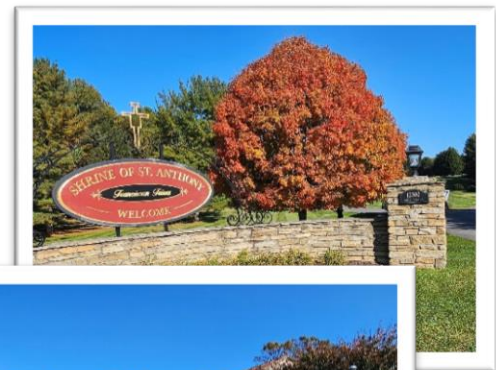
Tai Chi/Yoga

Exciting news! Paul and his adorable pup will be leading a tai chi and yoga class every Wednesday at 10:30 AM. Join us to experience the wonderful benefits of increased muscle strength, balance, flexibility, and an uplift in your mental well-being.



Fall Foliage Trip

The residents took a delightful drive around town to admire the stunning autumn foliage. They even made a stop at the Shrine of St. Anthony, where they learned a bit of history while enjoying the beautiful scenery.



Upcoming Events

Men's Club

Thursday, November 7 11:30am, 2nd Floor

Ladies Tea Party

Thursday, November 14 2:30pm, 2nd Floor

Veterans Day Program

Tuesday, November 12 2:00pm, Lobby

Full Circle A Capella Group

Wednesday, November 13 6:00pm, Lobby

Harmonica Performance

Monday, November 25 2:30pm, Lobby

November Trivia

November is considered a transitional month around the globe. Depending on where you live, you might begin to welcome hints of winter...or of summer.

Zodiac signs: **Scorpio & Sagittarius**
Birthstone: **Topaz & Citrine**
Flower: **Chrysanthemum**

Celebrating November

Extra Mile Day
November 1

Traffic Directors Day
November 4

National Love Your Red Hair Day
November 5

Veteran's Day
November 11

World Kindness Day
November 13

International Men's Day
November 19

National Jukebox Day
November 27

Thanksgiving
November 28

Regular Events



Women's Bible Study

Every Monday 10:30am Parlor

Bayada Talk

Every 2nd Monday 10:30am Movie Theater

Movement Exploration

Every Tuesday & Thursday 10:00am Lobby

Ice Cream Social

Every Tuesday 1:30pm 2nd Floor

Just Bead It

Every 4th Tuesday 11:00am 2nd Floor

Tai Chi/Yoga

Every Wednesday 10:30am, Lobby

Music Appreciation

Every Wednesday 1:00pm, Movie Theater

Q & A

Every 4th Thursday 3:00pm 2nd Floor

Dr. Lazris

Every 3rd Wednesday, 10:00am 2nd Floor

Catholic Communion and Prayer

Every Thursday 2:00pm Parlor

Catholic Communion

Every Sunday 9:00am Parlor

Happy Hour

Every Friday 2:00pm Lobby

Jewish Services

Every Friday 10:45am Parlor

Bingo!

Every Monday, Wednesday, Saturday & Sunday 1:00pm 2nd Floor

November Birthdays

In November, we celebrate birthdays with:

- **Helga Schmidt** 11/03
- **Lucia Limbach** 11/03
- **Bonnie Sarf** 11/04
- **Mary O'Neill** 11/08
- **Samuel Serio** 11/10
- **Si Shin** 11/12
- **Owen Weddell** 11/15
- **George Schultz** 11/16
- **Jae Boon Lee** 11/19
- **Jane Wallberg** 11/19
- **Rakesh Vinayek** 11/19
- **Chang Yang** 11/20
- **Hyun Park** 11/25
- **Karen Feagin** 11/26
- **George Reagle** 11/30



Vivien Leigh, Actress, 5th November 1913
Richard Burton, Actor, 10th November 1925
Grace Kelly, Actress, 12th November 1929
Charles, Prince of Wales, 14th November 1948
Rock Hudson, Actor, 17th November 1925
Bo Derek, Actress, 20th November 1956
Goldie Hawn, Actress, 21st November 1945
Bruce Lee, Actor & Martial Artist, 27th November 1940
Winston Churchill, Prime Minister, 30th November 1874
Mark Twain, Writer, 30th November 1835

Scorpio (Nov 23 – Nov 22)

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

Sagittarius (Nov 23 - Dec 21)

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

Poem to Share

Hope is the thing with feathers

Emily Dickinson

Hope is the thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all,

And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That kept so many warm.

I've heard it in the chilliest land,
And on the strangest sea;
Yet, never, in extremity,
It asked a crumb of me.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Edward McCord**
- **Richard Fautleroy**
- **John & Priscilla Argyle**
- **Mi Kim**
- **Jin & Si Shin**

We hope that you enjoy your time here!

IN MEMORIAM

We remember and celebrate the lives of those who have departed from our community. May they rest in peace.

- **Nancy Burkard**
- **Jim Noonan**

RESIDENT TRIPS

10:45am

- 1st Tuesday of the month – Walmart
- 2nd Tuesday of the month – Giant (30 minutes)
- 3rd Tuesday of the month – Target
- 4th Tuesday of the month – Resident's Choice

1:00 – 2:00pm

Friday – Giant

FAMILY NIGHTS

Gather your family and friends to enjoy some quality time together. Join your loved ones on Mondays for Game Night and on Thursdays for Bingo at 6:30pm on the 2nd Floor!



CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to the activities department.

Thank you!

Noticeboard



BEAUTY SALON

The hairdresser is available every Tuesday, Wednesday and Thursday from 10am to 2pm.



EVENING HAPPY HOUR

6:00PM LOBBY

Tuesday November 5th & 12th
Larry & Bill

Tuesday November 19th & 26th
Empty Ecstasy

LIBRARY

Step into a world of imagination and knowledge on the 2nd floor library! Whether you're a fan of epic tales, intriguing mysteries, or factual accounts, our fiction and non-fiction collections have something for everyone. Plus, challenge your mind with our selection of puzzles.



CRAFTY CREATIONS

Come and join in the fun with this month's craft at 11:00am on the 2nd Floor.

Thursday, November 21st
Wooden Decoupage Christmas Trees



Laughing Matters



The Missing Socks Mystery

Two men were discussing the greatest mysteries in life.

One of them said, "You know what I can't figure out? Where do all the missing socks go after doing laundry? I've never seen a single missing sock reappear!"

The other man nodded thoughtfully and replied, "You know, I think they come back as Tupperware lids that don't fit any of your containers!"

The Break-in

George was ready to go to sleep when he noticed he had forgotten to switch off the garage light.

When he went back, there were burglars in the garage. Wisely, he retreated to the house and called the police. The police told him to lock himself in and wait because all patrols were busy.

George counted to 30 and called the police again: "Hi, I just called you a few minutes ago because there were suspicious people in my garage. Well, you don't have to hurry anymore because I've just shot all the good-for-nothing scoundrels!"

Within four minutes three police cars, an armed response unit and an ambulance showed up and caught the burglars red-handed.

The policeman said to George: "I thought you shot them" and he replied: "I thought you said there were no patrols available!"

Employee of the Month



Meet Jameson Simon

Jameson was born and raised in Haiti, where he also received his education. In 2009, he relocated to Maryland. He is married and has three children: two daughters and one son. He began his career at Harmony Hall in 2010, initially working in EVS before transitioning to a caregiver role. His hobbies include playing soccer and basketball. What he enjoys most about working at Harmony Hall is the strong relationships he has built with the residents and their families. If you haven't had the chance to meet Jameson yet, I encourage you to take a moment to get acquainted with him.

Word Search

MAN CAVE



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

Man
Hockey
Beer
Whiskey
Pool
Basement

Boy
Baseball
Ale
Rum
Poker
Den

Fraternity
Football
Stout
Cars
Cards
Gentlemen

Sports
Darts
Lager
Beer Pong
Horses
Club