

Harmony Hall



Celebrating July

Parks and Recreation Month

Women's Motorcycle Month

Ice Cream Month

Canada Day

July 1

Independence Day (U.S.)

July 4

Strawberry Sundae Day

July 7

Ventriloquism Week

July 18–21

Tell an Old Joke Day

July 24

**International Day
of Friendship**

July 30

The Robotic Future Is Here

Robotics and artificial intelligence (AI) are now two of the most exciting fields in science. Some say that the marriage of AI and robotics will usher in an entirely new way of life for us on Earth. Others worry that this change is going to be too dramatic. The great debate over the future of robotics will continue at the World Conference on Robotics and Artificial Intelligence in Barcelona, Spain, on July 26–27.

While some robots look like mechanical people with two arms, two legs, and a talking head, most robots look nothing like humans. Robots are usually controlled by computers, such as those found in a manufacturing facility. Artificial intelligence refers to a machine or robot that can learn from its surroundings and adapt to them.

Machines are starting to learn in similar ways to human beings. They are able to receive signals from their environment, store those signals as vital information, and modify their behaviors. Both self-driving cars and robot vacuums use this technology. Cars simultaneously sense their environment and use electronic maps and traffic data. They know when to stop and go, what route is the fastest, and what speed is the most energy efficient. The Roomba vacuum also uses sensors to know when to stop and go, which parts of the floor are dirtiest, and when cleanliness has been achieved. Additionally, the Roomba can identify whether it's vacuuming a hardwood floor or plush carpet and adjust accordingly.

Do these robots spell the end of work for cabbies and janitors? Some say that half the world's jobs will be done by robots by the middle of the century. One such robot is "Flippy," the mechanical burger flipper, which debuted at a California burger joint last March. Another is Kiva, a robot designed to retrieve goods from the vast warehouses of the online seller Amazon. Whatever your feelings for robots, in many ways they are already working among us.



Music Appreciation

July 4: TBA.

July 11: Music Appreciation with Mike: Leif Ove Andsnes plays Franz Liszt,

July 18: Music Appreciation with David: TBA.

July 25: Ottorino Respighi's Rome (Excerpts from his Roman Trilogy).

Opera

July 6: Leo Delibes' "Lakme

July 13: Gioachino Rossini's "Barbiere di Siviglia."

July 20: Giacomo Puccini's "Il Tabarro."

Give a Little, Get a Lot

Most people live with a certain amount of clutter in their lives. July 15, Give Something Away Day, is the perfect opportunity to repurpose some of your clutter by giving it away to those in need. Philosophers and holy people have long contended that giving is beneficial not just to the receiver of gifts but also to the giver. Scientists now have proof. Scans of the brain show that acting charitably toward others stimulates our brain's reward system. This shows that humans are biologically hard-wired to give to others rather than to act selfishly, perhaps due to our highly social natures. After all, our large society requires cooperation and mutual aid. Better yet, other studies show that when helping others, the helpers heal both emotionally and physically. Somehow, giving not only makes us feel good but actually makes our lives healthier. St. Francis of Assisi was right when he said, "For it is in giving that we receive."

July Upcoming Events

July 4th

4th of July Cookout – 11:00am to 1:00pm Courtyard
Entertainer: Paul Jude – 2:00pm Lobby

July 6th

Q&A with Debbie, Cherie & Danny – 10:30am 2nd Floor

July 14th

Atholton SDA Children's Choir – 2:30pm Lobby

July 19th

Just Bead It – 10:30am 2nd Floor

July 25th

Dr. Lazris Discussion – 10:00am 2nd Floor
Catholic Mass with Father Gene – 2:30pm Parlor

July 26th

Resident Trip to Casino Live! Arundel Mills –
10:00am to 1:00pm
Facials with Mary Kay – 2:00 to 3:00pm – 2nd Floor

July 27th

Birthday Party – 2:00pm Lobby

Religious Services & Events:

Tuesdays & Thursdays: Rosary Communion Service - Located in the Parlor at 3:00pm

Sundays: Catholic Communion Service- Parlor at 9:00am

4th Wednesdays: Catholic Mass Services at 2:30- Located in the Parlor

Sundays: Grace Christian Church - Located on 3rd Floor at 11:00am

2nd Sundays: St. John's Baptist Church at 2:30pm - Located on 3rd Floor

2nd and 4th Fridays: Jewish Services with Rabbi Baron at 11:00am - Located in the Parlor

On our updated website you can find the month's activity calendar, newsletter, and movie listings!

www.liveharmonyhall.com

New Schedule for Trips

- **Giant Trips every Tuesday at 2pm (1 hour) and every Friday at 11am (30 minutes)**
- **Walmart/Target every Monday at 10:30am (1 hour) – at least 3 people must attend**
- **Recreational trips are subject to time changes and cancellations when deemed necessary by Transportation**
- **If you need to schedule a transportation appointment, ask the Front Desk for more information**

Health Concerns

For Questions regarding Audiology, Dental, Eye Care and Podiatry services – please call HEALTHDRIVE AT (888) 964-6681, Option 3. If you want to sign up for any of these services contact Claro or Gimly at ext. 4026/4032.

Thank You

Please do not hesitate to call the Recreation Office at 410-531-6000 x 4022, and we will be happy to sign you up for the events you wish to attend.

Can't Buck the Truth

Rugged men wearing chaps and cowboy hats with six-shooters on their hips, sitting high in the saddle, driving cattle across wild landscapes—it is an image as American as apple pie but also one perpetuated by Hollywood. Enjoy these interesting cowboy facts for the Day of the Cowboy on July 28.

Cowboys actually did not originate in America at all, but in Mexico. Two hundred years before the first American set foot out west, Mexican *vaqueros* were honing their roping, riding, and herding talents and becoming expert ranchers. When Americans ventured westward, they modeled their habits and dress on the *vaqueros* found in modern-day Texas, New Mexico, and Arizona. The Wild West also wasn't as wild as the movies lead us to believe. Bank robberies were uncommon. Settlers did not circle their wagons and were not under constant threat of attack from Native Americans. And half of all cowboys were either Mexican *vaqueros* or former slaves. In fact, many believe that the character of the Lone Ranger was based on Bass Reeves, a former slave from Arkansas turned U.S. marshal. On the Day of the Cowboy, take in a Hollywood western, but also celebrate the real Wild West.

To Kiss or Not to Kiss?



Is there any act more romantic than a kiss? World Kiss Day may fall on July 6, but not everyone around the world believes that a kiss is an expression of love or friendship. Americans reserve kisses for special loved ones, but in Europe it is common for friends to greet each other with kisses on the cheek. Researchers have also found kissing to be common in both the Middle East and Asia. However, in Central America, kissing has no place in romance. Similarly, kissing is not common in sub-Saharan Africa, and in some parts of Brazil kissing is considered just plain gross. It seems that kissing is not a universally accepted human practice, so be careful where and how you celebrate World Kiss Day.

Cleri-who?



The cleriheW may not be the most well-known form of poetry, but it does enjoy its own holiday on July 10, Clerihew Day. Edmund Clerihew Bentley, English writer and humorist born on July 10, 1875, invented the cleriheW in 1905 when his first book of poetry

was published. What is a cleriheW? It's a short, four-line poem, made up of two rhyming couplets. What makes the cleriheW so popular is that its subject is often a whimsical take on a celebrity. What inspired E.C. Bentley to invent the cleriheW? Rumor has it that he wrote his first as a teenager in high school:

Sir Humphrey Davy
Abominated gravy.
He lived in the odium
Of having discovered sodium.

Where most kids would be content to doodle in the margins of their notebooks during a boring chemistry lecture, Bentley instead invented an art form. His success may have been helped by his close friendship with the renowned British author, philosopher, and poet G.K. Chesterton, who helped popularize the cleriheW. Other famous writers also experimented with the form, including poet W.H. Auden, but the beauty of the cleriheW lies in the fact that anyone can write one. All you have to do is choose a famous person and rhyme the first and last two lines, like this:

Cher
(To compare)
Has more money
Than Sonny.

While Bentley is remembered for the cleriheW, he should also be given his due as a crime novelist. His mystery *Trent's Last Case*, published in 1931, is widely considered the first modern mystery. This original cleriheW is for him:

Trent's Last Case was a mystery
That made literary history.
But we remember Bentley's cleriheW
More than his tales of derring-do.

July Birthdays

In astrology, those born between July 1–21 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle. Those born between July 22–31 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause.

Carl Lewis (Olympian) – July 1, 1961
Ann Landers (advice columnist) – July 4, 1918
Ed Ames (singer) – July 9, 1927
E. B. White (author) – July 11, 1899
Woody Guthrie (folk singer) – July 14, 1912
Ginger Rogers (actress) – July 16, 1911
John Glenn (astronaut) – July 18, 1921
Ernest Hemingway (writer) – July 21, 1899
Don Drysdale (ballplayer) – July 23, 1936
Mick Jagger (singer) – July 26, 1943
Beatrix Potter (author) – July 28, 1866
J. K. Rowling (author) – July 31, 1965

The World in Watercolor



July is World Watercolor Month in appreciation of this wonderful art form. In watercolor painting, colored pigments are suspended in water. Watercolor painting may be the first type of painting ever done by humans on cave walls. Watercolor was also used in East Asia, the Middle East, ancient Egypt, Italy, and Ethiopia. Watercolor techniques were initially used for mere sketches or copies. Oil was considered a superior medium. However, as the technique was perfected by masters of the Renaissance and beyond, watercolor became a renowned and complicated medium. While it appears to be an easy method of painting, it takes years to become accomplished. Luckily, the low cost of watercolors allows most anyone the chance to paint with this enduring art form.