

# NEWSLETTER

## September 2023

Harmony Hall

September is  
Classical Music  
Month



### IN THIS ISSUE

Armchair Travel.....	3
August in Review .....	5
Upcoming Events .....	6
Regular Events .....	7
September Birthdays ...	8
A Poem to Share .....	9
Noticeboard .....	10
Laughing Matters .....	11
Employee Spotlight .....	12
Word Search .....	13

## September Trivia

More people are born in September than any other month! Which means that September babies were conceived in the December holiday period... 😊

Zodiac signs: **Virgo & Libra**  
Birthstone: **Sapphire**  
Flower: **Morning Glory**

## Quote of the Day

*Without music, life is a journey through a desert.*

*- Pat Conroy*



WOW!

### September in History: Teenagers Unearth Stunning Prehistoric Art

In September 1940, a group of teenagers stumbled upon the awe-inspiring Lascaux Cave paintings in France. These ancient artworks, dating back around 17,000 years, showcase a mesmerizing array of animals and intricate details.

# Armchair Travel



Wisconsin is a state in the Midwest region of the United States that is known for its natural beauty, rich history, and vibrant culture. Its tourism industry is one of the most robust in the region and attracts millions of visitors each year. From the rolling hills of the Driftless Area to the shimmering waters of Lake Michigan, Wisconsin offers something for every traveler.

One of the most popular tourist destinations in Wisconsin is Door County, a picturesque peninsula that juts out into Lake Michigan. Door County is known for its charming small towns, scenic shoreline, and numerous outdoor activities, including hiking, biking, fishing, and kayaking. Another popular destination is Wisconsin Dells, a resort town that is home to a variety of water parks, amusement parks, and other family-friendly attractions.

In addition to its outdoor recreation opportunities, Wisconsin is also known for its rich cultural heritage. Visitors can explore the state's history at numerous museums and historic sites, including the Harley-Davidson Museum in Milwaukee, the Wisconsin Maritime Museum in Manitowoc, and the Circus World Museum in Baraboo. Foodies will also love Wisconsin, which is famous for its cheese, bratwurst, and beer.

Whether you're looking for outdoor adventures, cultural experiences, or simply a relaxing getaway, Wisconsin has something to offer. With its friendly people, beautiful scenery, and rich culture, it's no wonder that Wisconsin is such a popular destination for tourists from all over the world.

Wisconsin Facts	
<b>Nickname</b>	The Badger State
<b>Statehood</b>	1848: 30 <sup>th</sup> state
<b>Capital City</b>	Madison
<b>Population</b>	5.92 million
<b>State Bird</b>	American Robin
<b>State Flower</b>	Wood Violet
<b>State Animal</b>	Badger
<b>State Tree</b>	Sugar Maple
<b>State Song</b>	On Wisconsin!
<b>State Motto</b>	Forward
<b>Famous People</b>	Georgia O'Keefe, Laura Ingalls Wilder, Frank Lloyd Wright, Danica Patrick
<b>Major Industries</b>	Agriculture, manufacturing, and tourism

So come along and enjoy the following activities planned for this month.

### **Armchair Travel to Wisconsin**

Thursday, September 7<sup>th</sup>

10:00am Movie Theater

### **Frank Lloyd Wright: Murder, Myth and Modernism**

Monday, September 18<sup>th</sup>

10:00am Movie Theater

### **Wisconsin Trivia**

Wednesday, September 23<sup>rd</sup>

10:00am 2<sup>nd</sup> Floor

### **Make Your Own Charcuterie Board**

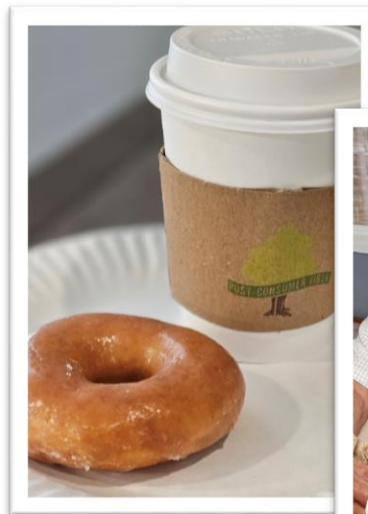
Thursday, September 28<sup>th</sup>

10:00am Movie Theater

# August in Review

## Donuts & Coffee

We traveled to North Carolina last month as part of our armchair travel. Residents enjoyed Krispy Kreme donuts and coffee. Krispy Kreme was started in 1937 in Winston-Salem, NC.



## Korean Community Event

Recently the Korean community hosted an event. The highlight of the event was undoubtedly the traditional homemade rice cakes that were served. It was a great opportunity for everyone to socialize and get to know one another better. In addition to the delicious food, we also had an interesting discussion about how we can make our own decisions as we age.





# Upcoming Events

## Fun with Mary Kay

Thursday, September 15<sup>th</sup>

11:00am 2<sup>nd</sup> Floor

## Men's Club

Thursday, September 21<sup>st</sup>

12:00pm 2<sup>nd</sup> Floor

## Pay to Play Bingo

Every Wednesday starting September 13<sup>th</sup>

6:00pm 2<sup>nd</sup> Floor



Looking for a fun and exciting way to spend your Wednesday evenings?

Come join us for Pay to Play Bingo! This event is open to families and friends, and we would love for you to be a part of it.

For just \$1 per card (2 card max), you can enjoy a fun-filled night of socializing and gaming.



## Special Days

- 7<sup>th</sup> Brazilian Independence
- 10<sup>th</sup> Assisted Living Week
- 12<sup>th</sup> Chocolate Milkshake Day
- 15<sup>th</sup> Rosh Hashanah
- 16<sup>th</sup> Mexican Independence
- 16<sup>th</sup> Oktoberfest
- 19<sup>th</sup> Talk Like a Pirate Day
- 21<sup>st</sup> International Peace Day
- 21<sup>st</sup> World Gratitude Day
- 22<sup>nd</sup> Native American Day
- 25<sup>th</sup> Comic Book Day
- 28<sup>th</sup> Confucius' Birthday
- 30<sup>th</sup> World Maritime Day

# Regular Events

---

## **Movement Exploration**

Every Tuesday & Thursday 10:00am  
Lobby

## **Ice Cream Social**

Every Tuesday 1:30pm 2<sup>nd</sup> Floor

## **Bridge**

Every Tuesday 2:30pm 2nd Floor

## **Just Bead It**

Every 4<sup>th</sup> Tuesday 11:00am 2<sup>nd</sup> Floor

## **Music Appreciation**

Every Wednesday 1:00pm, Movie  
Theater

## **Dr. Lazris**

Every 3<sup>rd</sup> Wednesday, 10:00am 2<sup>nd</sup> Floor

## **Catholic Communion and Prayer**

Every Thursday, 2:00pm Parlor

## **Catholic Communion**

Every Sunday, 9:00am Parlor

## **Happy Hour**

Every Friday 2:00pm Lobby

## **Q & A**

Every 4<sup>th</sup> Friday 10:00am 2<sup>nd</sup> Floor

## **Jewish Services**

Every Friday 10:45am Parlor

## **Bingo!**

Every Monday, Wednesday, Saturday &  
Sunday 1:30pm 2<sup>nd</sup> Floor

# September Birthdays

In September, we celebrate birthdays with:

- **Barbara Neilon**
- **Mary Arber**
- **Edith Parlette**
- **Grace White**
- **Joan Carter**
- **Joyce Litteral**
- **Hui Choi**
- **Richard Kidwell**
- **Carol Bozyk**
- **Charlotte Blandford**
- **Brenda Simon**
- **Goodrich Brame**



Freddie Mercury, Musician, 5<sup>th</sup> September, 1946

Buddy Holly, Musician, 7<sup>th</sup> September 1936

Peter Sellers, Actor, 8<sup>th</sup> September 1925

Agatha Christie, Writer, 15<sup>th</sup> September 1890

Lauren Bacall, Actor, 16<sup>h</sup> September 1924

Lance Armstrong, Cyclist, 18<sup>th</sup> September 1971

Stephen King, Author, 21<sup>st</sup> September 1947

Andrea Bocelli, Singer, 22<sup>nd</sup> September, 1958

Bruce Springsteen, Singer, 23<sup>rd</sup> September 1949

Michael Douglas, Actor, 25<sup>th</sup> September 1944

## **Virgo (Aug 22 - Sep 22)**

Logical, practical, and systematic in their approach to life. Perfectionists at heart.

## **Libra (Sep 23 - Oct 22)**

Often considered the nicest and most charming personality in the world!



# Poem to Share



---

## Music

When music sounds, gone is the earth I know,  
And all her lovely things even lovelier grow;  
Her flowers in vision flame, her forest trees  
Lift burdened branches, stilled with ecstasies.

When music sounds, out of the water rise  
Naiads whose beauty dims my waking eyes,  
Rapt in strange dreams burns each enchanted face,  
With solemn echoing stirs their dwelling-place.

When music sounds, all that I was I am  
Ere to this haunt of brooding dust I came;  
And from Time's woods break into distant song  
The swift-winged hours, as I hasten along.

- *Walter de la Mare*

---



# Noticeboard



## NEW RESIDENTS

---

A very warm welcome to:

- **Carla Stearman**
- **Carlos & Amalia Parra**
- **Robert & Sue Choy**
- **Mary Arber**
- **Janet Gross**
- **Ruth Paine**
- **Jean Plants**

We hope that you enjoy your time here!

## ARTS & CRAFTS

---

Come and join in the fun with this month's crafts at 2:30pm on the 2<sup>nd</sup> Floor.

**Thursday, September**

Create Your Own Charcuterie Board



## RESIDENT TRIPS

---

**10:45am**

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

**1:00 – 2:00pm**

Friday – Giant

## 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!

# Laughing Matters



**Here's a few music-inspired jokes to keep you laughing...  
or groaning!**

How do you fix a broken tuba?  
*With a tuba glue!*

What musical key do cows sing in?  
*Beef flat.*

What's the difference between a piano and a fish?  
*You can't tuna fish!*

Why did the pianist keep banging his head against the keys?  
*He was playing by ear!*

What type of music are balloons afraid of?  
*Pop music!*

What key do you get when you drop a piano down a mine shaft?  
*A flat miner.*

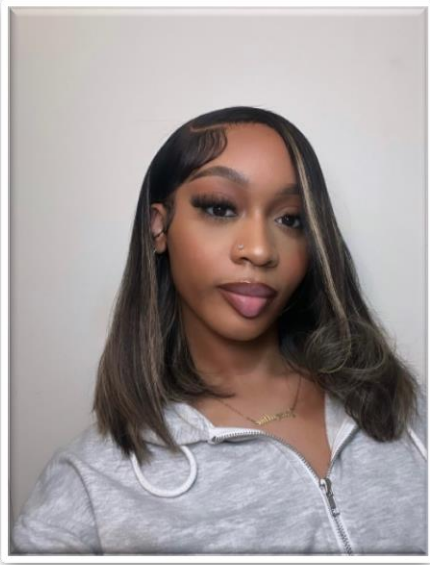
What type of songs do planets sing?  
*Nep-tunes!*

Why did the singer climb a ladder?  
*To reach higher notes!*

What do you get when you cross a sweet potato and a jazz musician?  
*A yam session!*

Why was the musician arrested?  
*Because she got in treble!*

# Employee Spotlight



## Meet Jacquie Aka

Jacquie is a Maryland native who has spent most of her life in the state, aside from a seven-year stint living in Nigeria. Her nationality is Nigerian, and she graduated from Wilde Lake High School in 2020. Currently, Jacquie is pursuing a degree in Education at Anne Arundel Community College.

Jacquie joined the Harmony Hall team in February of 2023 as an activity assistant, and she has been an invaluable asset to the organization ever since. Although her official role is that of an activity assistant, Jacquie has demonstrated a willingness to help out wherever she is needed. Her favorite part of working at Harmony Hall is interacting with the residents. Jacquie has developed strong relationships with the residents and genuinely considers them to be her family members.

Jacquie enjoys painting, poetry and cosmetics. If you have not yet had the pleasure of meeting Jacquie, we strongly encourage you to do so. Her friendly and helpful demeanor make her a joy to be around, and her dedication to the residents makes her an invaluable member of the Harmony Hall team. Congratulations to Jacquie on her achievements thus far!

# Word Search

## CLASSICAL MUSIC



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

Violin

Flute

Adagio

Quartet

French Horn

Timpani

Clarinet

Fanfare

Beethoven

Concerto

Piano

Tempo

Ensemble

Vivaldi

Melody

Cello

Forte

Largo

Harp

Mozart