

# NEWSLETTER

## November 2023

Harmony Hall 6336 Cedar Lane Columbia, MD 21044 410-531-6000



### IN THIS ISSUE

Directory .....	2
Armchair Travel .....	3
October in Review .....	5
Upcoming Events .....	7
Regular Events .....	8
November Birthdays ....	9
A Poem to Share .....	10
Noticeboard .....	11
Laughing Matters .....	12
Spotlight .....	13
Word Search .....	14

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# Armchair Travel

Utah is a state that is often overlooked, but it is full of surprises! It's a haven for outdoor enthusiasts, with stunning national parks like Zion, Arches, and Bryce Canyon. But it's not just for the nature-lovers, as Utah also boasts a vibrant urban scene with Salt Lake City being the largest city in the state. The city offers a mix of modern skyscrapers,



historic landmarks, and cultural attractions. Plus, Utah has some of the best skiing and snowboarding in the world with iconic resorts like Park City and Alta. And let's not forget about the unique food scene, with fry sauce being a Utah staple and the famous Jell-O salad being a must-try. With its stunning landscapes, diverse cities, and unique culture, Utah is definitely a state that should be on your radar!

Utah is also home to a rich history and heritage, with evidence of human presence dating back over 10,000 years. The state is also known for its strong connection to the Mormon religion, with Salt Lake City serving as the headquarters for the Church of Jesus Christ of Latter-day Saints. Visitors can explore the Temple Square, which features the impressive Salt Lake Temple and other iconic buildings. Additionally, Utah is a great destination for adventure-seekers, with opportunities for hiking, biking, rafting, and rock climbing. The state also has a thriving arts and culture scene, with numerous museums, performing arts venues, and festivals. From the stunning natural beauty to the vibrant cities, Utah truly has something for everyone.

## Utah Facts

<b>Nickname</b>	The Beehive State
<b>Statehood</b>	1896; 45th state
<b>Capital City</b>	Salt Lake City
<b>Population</b>	3.42 million
<b>State Bird</b>	California gull
<b>State Flower</b>	Sego lilly
<b>State Animal</b>	Rocky Mountain Elk
<b>State Tree</b>	Quaking Aspen
<b>State Song</b>	Utah...This is the Place
<b>State Motto</b>	Industry
<b>Famous People</b>	Roseanne Barr, Philo Farnsworth, Marie and Donny Osmond, James Wood
<b>Major Industries</b>	Coal mining, cattle ranching, salt production, government services.

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

### **Armchair Travel to Utah**

Monday, November 6<sup>th</sup>

10:00am Movie Theater

### **Utah Trivia**

Wednesday, November 15<sup>th</sup>

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

### **Documentary – Unspoken**

Monday, November 20<sup>th</sup>

10:00am Movie Theater

### **The Tabernacle Choir: O' Holy Night**

Wednesday, November 29<sup>th</sup>

10:00am Movie Theater

# October in Review



## Friendly Visitor

In early October, a friendly visitor was spotted by the residents in the courtyard. The pigeon stayed for a few days and seemed to be at ease with the surroundings. With the help of the employees, the visitor's information was retrieved from his yellow leg band. A few phone calls led to the International Federation American Pigeon Fanciers Inc. website where the pigeon's name was identified as Perth Amboy, and he belonged to the Perth Amboy Club from New Jersey. Upon contacting the club, it was discovered that Perth Amboy was participating in a race and was taking a brief rest before heading back home. The club advised to provide some rice and water for him, and he would soon be on his way.



## Fall Foliage Trip

The residents and family members of Harmony Hall had an absolutely wonderful time during their autumn leaf-peeping excursion through Western Howard County. The scenery was simply stunning, with an array of vibrant and colorful foliage that was truly breathtaking.



# Upcoming Events

## **Do Re Mi Project Concert**

Monday, November 20<sup>th</sup>

3:00pm Lobby

## **Coffee with a Cop presented by the Men's Club**

Monday, November 21<sup>st</sup>

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

## **Special Days**

### **Nachos Day**

*November 6*

### **Candy Day**

*November 7*

### **World Freedom Day**

*November 9*

### **Veterans Day**

*November 11*

### **Diwali**

*November 12*

### **Rock Your Mocs Day**

*November 15*

### **International Men's Day**

*November 19*

### **Thanksgiving**

**NEW!**

## **Evening Activities with Family and Friends Starting November 13<sup>th</sup>**

Get ready to have some fun with your loved ones! Beginning Monday, November 13<sup>th</sup> we are introducing new evening activities that will delight both you and your family. Don't forget to check out the backside of the monthly calendar to see a full schedule of events. Take advantage of this wonderful opportunity to create unforgettable memories with those who mean the most to you.

# Regular Events

## Women's Bible Study

Every Monday 10:30am Parlor

## Movement Exploration

Every Tuesday & Thursday 10:00am  
Lobby

## Ice Cream Social

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

## Jewish Services

Every Friday 10:45am Parlor

## Bingo!

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



Calling all Bridge Players. Join Us!

If you're interested in playing Bridge, please reach out to Danny or our Activities Department.

# November Birthdays

In November, we celebrate birthdays with:

- **Helga Schmidt** 11/3
- **Suzanne Ley** 11/8
- **Mary O'Neill** 11/8
- **Mildred Lawson** 11/10
- **Owen Weddell** 11/15
- **George Schultz** 11/16
- **Jean Appollon** 11/17
- **Jae Boon Lee** 11/19
- **Hyun Pak** 11/25
- **Jannis Warren** 11/30



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

WOW!

### Birthday Spotlight: **Music Was Never the Same**

On November 6, 1854, American conductor John Philip Sousa was born in Washington, D.C.

Sousa was best known for his rousing marches, forever changing the music scene.

Perhaps you have heard of a few of his tunes, like *Stars and Stripes Forever* or *El Capitan*.

# Poem to Share

## Perhaps the World Ends Here

*Joy Harjo*

The world begins at a kitchen table. No matter what, we must eat to live.

The gifts of earth are brought and prepared, set on the table. So it has been since creation, and it will go on.

We chase chickens or dogs away from it. Babies teethe at the corners. They scrape their knees under it.

It is here that children are given instructions on what it means to be human. We make men at it, we make women.

At this table we gossip, recall enemies and the ghosts of lovers.

Our dreams drink coffee with us as they put their arms around our children. They laugh with us at our poor falling-down selves and as we put ourselves back together once again at the table.

This table has been a house in the rain, an umbrella in the sun.

Wars have begun and ended at this table. It is a place to hide in the shadow of terror. A place to celebrate the terrible victory.

We have given birth on this table, and have prepared our parents for burial here.

At this table we sing with joy, with sorrow. We pray of suffering and remorse. We give thanks.

Perhaps the world will end at the kitchen table, while we are laughing and crying, eating of the last sweet bite.

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Jae Boon Lee**
- **Haeng Ja Finley**

We hope that you enjoy your time here!

## ARTS & CRAFTS

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

**Tuesday, November 28<sup>th</sup>**

Candy Cane Wreath



## RESIDENT TRIPS

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**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?

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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



A little old lady sold pretzels on the street corner for fifty cents each. Every day, a young lawyer would exit his office building at lunch, and as he passed her pretzel stand, he'd leave two quarters. However, he never took a pretzel.

This went on for nearly five years.

Even though they never spoke, every day he'd leave fifty cents, they'd make eye contact, and she would nod her gratitude as he walked away without a pretzel.

Finally one day, as the lawyer passed her stand and laid down his two quarters, the pretzel woman spoke to him.

"Sir, I appreciate your business. You are my best customer, but you need to know something. The price of pretzels has gone up to seventy-five cents."

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A man goes to a job interview and presents himself well. The interviewers are really impressed by how professional he is.

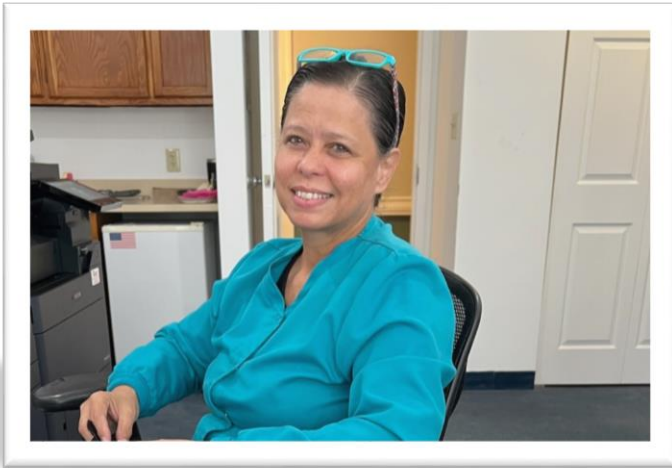
"Wow! You have an amazing resume and you present yourself fantastically but you seem to be missing 5 years on this part of your resume, what happened there?" asked an interviewer.

"Oh that's when I went to yale" says the man and the interviewers are even more impressed and offer him a job on the spot.

The man shows his gratitude by saying "Thank you for the job!"

# Employee Spotlight

## Meet Marie Vega



Marie, a native of Hartford, Connecticut, received her BA in Secondary Education with a minor in English from Mayagüez University in Puerto Rico after completing high school. She is a proud mother of one son and grandmother to three lovely grandchildren. In 2001, Marie relocated to Maryland in 2001 and joined Harmony Hall as a Med Tech in 2013. In her free time, Marie loves to indulge in cooking, sewing, and outdoor activities. Her fondness for the residents at Harmony Hall is evident from her dedicated work and passion for caring for them. Marie's commitment to her co-workers and residents is commendable and we encourage you to learn more about her. A heartfelt thank you to Marie for her unwavering devotion to our residents.

# Word Search

## CLASSIS TV SERIES WORD SEARCH



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

Bewitched

Happy Days

Alf

Golden Girls

Get Smart

Brady Bunch

Star Trek

Dallas

Macgyver

Lassie

Waltons

Matlock

Cheers

Seinfeld

Mister Ed

Mash

Simpsons

Full House

Roseanne

Jetsons