

# NEWSLETTER

## May 2025



*Happy Mother's Day*

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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.

# May Fun Facts

## May Trivia

- ❖ May is named for the Roman goddess Maia, who oversaw the growth of plants.
- ❖ The Eiffel Tower officially opened to the public on May 6, 1889. It was intended to be temporary but has become one of the most iconic landmarks in the world!
- ❖ The first-ever postage stamp, the “Penny Black,” was issued in May 1840 in Great Britain.
- ❖ The Golden Gate Bridge in San Francisco, California, opened on May 27, 1937. At the time, it was the longest suspension bridge in the world!
- ❖ Zodiac signs: **Taurus & Gemini**  
Birthstone: **Emerald**  
Flower: **Lily of the Valley**



WOW!

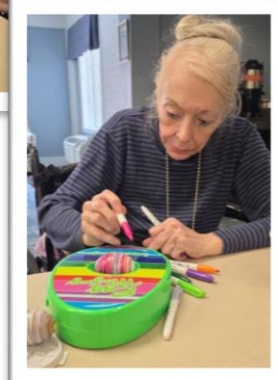
### The Invention of the Telegraph

On May 24, 1844, Samuel Morse sent the first telegraph message, “What hath God wrought?”, revolutionizing communication. This invention paved the way for instant messaging, proving that big ideas can change the world!

# What We Have Been Up To

## Easter

Easter at Harmony Hall was filled with excitement. The residents kicked off the festivities by decorating Easter eggs. They even enjoyed an Easter egg hunt, featuring appearances by the Easter Bunny and his companion, Bunny Egg.



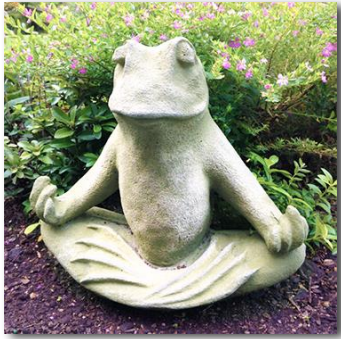
## Car Show

The residents enjoyed the sunshine at a car show with a mix of vintage beauties and sleek modern rides. There were also delicious hot dogs and refreshing sno-cones from the Kona Ice truck.





# Breath into Balance



Sometimes, contrary to our best interests, the mind has a mind of its own. It is constantly wandering off, distracted, fixated on things that do not calm or soothe us. Like so many things that improve with practice—playing an instrument, passing a football, doing your taxes—maintaining a calm and clear mind takes practice, too. Just how does one train the mind to remain calm and focused? One way is meditation. As luck would have it, May is also Meditation Month.

What is the goal of meditation? For some, meditation is an important part of spirituality. A calm and open mind creates a space for divine influence, prayer, and worship. For others, meditation reduces stress, builds confidence, and even supports success of personal goals at work or in the home. Still others use meditation for pain relief.

There are a variety of meditation techniques. One method is to repeat a mantra or sound. Some chant the Sanskrit syllable *om*, while others choose to repeat another meaningful phrase. The goal is to be comfortable, focus on the sound, and shut off the intellectual side of our brains. Other varieties, such as Zen Buddhist meditation, focus on the breath. Practitioners may practice in a seated position or lie flat on their backs, breathing deeply and focusing on individual body parts. Yoga, as opposed to exercise, blends breathing with stretching, gentle movement, and sometimes visualization. With “guided visualization,” participants concentrate on a peaceful environment, such as a grassy field or a waterfall.

These are just a few of the many forms of meditation. For anyone interested, it’s important to both check with your physician and, once approved for this activity, try a variety of types to find the one that works best for you. Luckily, there are 31 days in May to explore the options.

# Upcoming Events

## **Learn Bridge with Karen**

Thursday, May 1 2:30pm, 2<sup>nd</sup> Floor  
Thursday, May 29 2:30pm, 2<sup>nd</sup> Floor

## **Spring Handbell Concert**

Saturday, May 3 10:30am, Lobby

## **Whack-a-Piñata**

Monday, May 5 3:00pm, Lobby

## **Ladies Tea Party**

Monday, May 8 2:30pm, 2<sup>nd</sup> Floor

## **Historical Impressionist: Theodore Roosevelt**

Thursday, May 15 2:00pm, 2<sup>nd</sup> Floor

## **Dr. Lazris Talk**

Monday, May 19 10:00am, 2<sup>nd</sup> Floor

## **S'mores Social**

Monday, May 19, 2:30pm, Fountain Courtyard

## **Memorial Day Service**

Monday, May 26 10:00am, Lobby

## **Men's Club**

Thursday, May 29 12:00pm, 2<sup>nd</sup> Floor

## **Girl Scout Spring Concert**

Saturday, May 31 10:30am, Lobby

## **Celebrating May**

### **Military Appreciation Month**

#### **May Day**

*May 1*

#### **Kentucky Derby**

*May 3*

#### **Cinco De Mayo**

*May 5*

#### **Wildflower Week**

*May 4–10*

#### **Windmill Day**

*May 10*

#### **Mother's Day**

*May 11*

#### **Biographer's Day**

*May 16*

#### **Memorial Day**

*May 26*

#### **World No-Tobacco Day**

*May 31*

# Regular Events

## **Women's Bible Study**

Every Monday 10:30am Parlor

## **Bayada Talk**

Every 2<sup>nd</sup> Tuesday 11:00am Movie Theater

## **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

## **Tai Chi/Yoga**

Every Wednesday 10:30am, Lobby

## **Music Appreciation**

Every Wednesday 1:00pm, Movie Theater

## **Q & A**

Every 4<sup>th</sup> Thursday 3:00pm 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 1:00pm 2<sup>nd</sup> Floor



# May Birthdays

In May, we celebrate birthdays with:

- **Robert Dobratz**                      **05/07**
- **Alice Hunter**                        **05/13**
- **Myron Taube**                        **05/14**
- **Howard Moran**                      **05/19**
- **Susan Thompson**                    **05/21**
- **Brenda Timmons**                   **05/21**
- **Rebecca Addison**                   **05/23**



## Quote of the Day

*You are never too old  
to set another goal  
or to dream a new  
dream.*

– C.S. Lewis

### **Pisces (Apr 20 – May 20)**

Taureans are dependable, logical, and overall peaceful beings

### **Gemini (May 21 – Jun 20)**

Geminis love to learn and they never stop wondering about the unexplained



# Poem to Share

## The Road Ahead

Anon

Life is a journey, a winding road,  
With stories untold and dreams to hold.  
Each step we take, both small and grand,  
Shapes our path, like waves on sand.

No road is straight, nor always bright,  
But hope will shine like morning light.  
With kindness shared and love so true,  
The road ahead brings joys anew.

So walk with faith, embrace the day,  
Let laughter guide you on your way.

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- Robert Innocentini
- Hee Soo Koo
- Robert & Ellen Dobratz
- Patricia Longnecker
- Keith Tanner

We hope that you enjoy your time here!

## IN MEMORIAM

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In honor of our beloved friends & family, their memories will always be cherished in our hearts.

- Jo Gail Henry

## FRIDAY HAPPY HOURS

2:00PM LOBBY

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May 2<sup>nd</sup>  
**Steve Flynn**

May 9<sup>th</sup>  
**Julie Hall**

May 16<sup>th</sup>  
**Vintage Entertainment**

May 23<sup>rd</sup>  
**Paul Jude**

May 30<sup>th</sup>  
**Bonnie Jazz**

## TUESDAY EVENING HAPPY HOURS

6:00PM LOBBY

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May 6<sup>th</sup>  
**Glory Daze Duo**

May 13<sup>th</sup> & 20<sup>th</sup>  
**Empty Ecstasy**

May 27<sup>th</sup>  
**Larry & Bill**

# Noticeboard



## BEAUTY SALON

The hairdresser is available every Tuesday, Wednesday and Thursday from 10am to 2pm. To reach Brenda, dial ext 4049. If your calling from a cell phone or outside the building please call 410-531-6000 and request ext. 4049.

## LAUNDRY ROOM HOURS

### Monday – Friday

2:00pm to 9:00pm

### Saturday & Sunday

All Day

## 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.

## FAMILY BINGO NIGHT

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



## 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

Thursday – Giant

# Noticeboard



## CRAFTY CREATIONS

**Monday, May 12  
6:00pm 2<sup>nd</sup> Floor**

### **DIY Beaded Bookmarks**



## S'MORES

**Monday, May 19  
2:30pm Fountain Courtyard**

Did you know that we have our very own fire pit in the fountain courtyard? Join us for an afternoon of making s'mores while enjoying the courtyard and great company!

## COURTYARD BEAUTIFICATION

**Monday, May 12  
2:30pm Lobby**

We are inviting all residents to join us in sprucing up our courtyards by planting flowers in the flower boxes. Let's come together to create a beautiful welcoming space for everyone to enjoy!



## LIBRARY TRIPS

Are you interested in joining us for a monthly visit to the local library? If so, please reach out to the Activities Department.

# Laughing Matters



## Dinner at Grandma's

Everyone was seated around the table as the food was being served. When little Johnny received his plate, he started eating straight away.

"Johnny, wait until we've said our prayer," his mother reminded him. "I don't have to." – the little boy replied.

"Of course you do." – his mother insisted. "We say a prayer before eating at our house."

"That's at our house," Johnny explained, "but this is Grandma's house and she knows how to cook."

## Lost & Found

A teenager lost his contact lens in the garden and after a fruitless search, he told his mother it was nowhere to be found. His mother went outside and within a few minutes found it.

"I really looked hard mum" said the youth, "How did you manage to find it?"

"We weren't looking for the same thing" said his mother, "You were looking for a small piece of plastic. I was looking for \$350 dollars!"

## Father & Son

Will was trying to teach his son about the evils of alcohol.

He put a worm in a glass of water & another in a glass of whiskey. The worm in the water lived while the one in the whiskey curled up & died.

"All right, son," Said Will, "what does that show you?"

"Well dad, it shows that if you drink alcohol you will not have worms."



# Employee of the Month

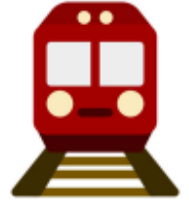
## Eric Epplin



Eric was born and raised in Southern Illinois. He graduated from Southern Illinois University in 2023. In June of the same year, he relocated to Maryland and began his role at the front desk at Harmony Hall in September. Currently, he resides in Rosedale with his partner. In his leisure time, Eric enjoys unwinding and spending time with family. What he appreciates most about working at Harmony Hall is the wonderful people—both co-workers and residents—and the warm, family-like atmosphere. Feel free to stop by the front desk and say hello to Eric; he is a fantastic addition to the Harmony Hall family!

# Word Search

## TRAIN TERMS



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

Bell  
Junction  
Tower  
Spikes  
Route

Track  
Engine  
Switch  
Speed  
Ticket

Electric  
Lights  
Train  
Cabin  
Crossing

Caboose  
Rails  
Whistle  
Power  
Station