

# NEWSLETTER

## October 2025



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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 Fun Facts


 October is derived from the Latin word 'octo', meaning eight. It was originally the eighth month in the Roman calendar.


 Halloween, celebrated on October 31st, has roots in the ancient Celtic festival of Samhain.


 October is National Pizza Month in the United States. 🍕


 Did you know that National Costume Day also falls in October?


 October's full moon is traditionally called the Hunter's Moon.

 October is often associated with bats and spiders 🕸 because of their connection to Halloween.

 The leaves change color in October due to shorter days and cooler temperatures, resulting in beautiful autumn foliage.

 National Dessert Day is celebrated in October, encouraging everyone to enjoy a sweet treat. 🍰

 Pumpkins are harvested in October and are a popular symbol of autumn and Halloween. 🎃

 October is Breast Cancer Awareness Month, dedicated to raising awareness and funds for research.

## Zodiac Signs

Libra & Scorpio

## Birthstones

Opal & Tourmaline

## Flower

Calendula

WOW!

### October Spotlight: [The X-Ray](#)

In October 1895, Wilhelm Röntgen accidentally discovered the X-ray, allowing doctors to see inside the body without surgery. Still vital in healthcare today, it's a powerful reminder that curiosity - like on Curious Events Day - can lead to life-changing breakthroughs.

# September Highlights

## Labor Day

The residents and staff had a delightful Labor Day cookout. It was wonderful to see everyone enjoying quality time together.



# Upcoming Events

## **Duo Ameliora**

Saturday, October 18 3:00pm Lobby

## **Vocal Performance by Michael Brown**

Monday, October 20 2:30pm Lobby

## **Oktoberfest**

Monday, October 20 5:30pm Lobby

## **Dr. Lazris Talk**

Monday, October 27 10:00am 2<sup>nd</sup> Floor



## **COVID-19 Clinic**

We have partnered with Giant to offer the Covid-19 shot on Thursday, October 30<sup>th</sup> in the parlor.

## **Celebrating October**

### **International Coffee Day**

*October 1*

### **World Smile Day**

*October 3*

### **World Day of Architecture**

*October 6*

### **Pet Peeve Week**

*October 12–18*

### **Columbus Day**

*October 13*

### **Chemistry Week**

*October 19–25*

### **Count Your Buttons Day**

*October 21*

### **Grandparents Day**

*October 29*

### **Halloween**

*October 31*

# Regular Events

Bible Study  
Every Monday 10:30am 2<sup>nd</sup> Floor

Bayada Talk  
Every 2nd Tuesday 11:00am 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

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





# October Birthdays

In October, we celebrate birthdays with:

- **Barbara Jones** 10/06
- **Alice Gunner** 10/07
- **Janet Atkins** 10/08
- **Keun Ho** 10/08
- **Lois Boyko** 10/09
- **Barbara Dye** 10/09
- **Kyung Ko** 10/11
- **Midge Singer** 10/12
- **Clarence Kaylor** 10/13
- **Natalie Rosolio** 10/15
- **Priscilla Argyle** 10/18
- **Robert Perkins** 10/25



## 😊 World Smile Day

Smiles are more powerful than we often realize. Research shows that smiling can lift your mood, reduce stress, and even boost your immune system.

Best of all, smiles are contagious - when you share one, you brighten not only your own day but someone else's too.

On World Smile Day, let's remember that the simplest gift we can give is free, universal, and always welcome: a smile.

## Libra (Oct 23 - Oct 22)

Librans are often considered the nicest and most charming personality in the world!

## Scorpio (Nov 23 – Nov 22)

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

# Poem to Share

## The Little Things

Margaret Lindsay

It's the little things we do and say,  
That make or mar the livelong day;  
It's not the thing we do once in a while,  
But the little things that tell the mile.

The little acts of kindness done,  
The smiles that greet the rising sun,  
The words of cheer to those we meet,  
That make this life so bright and sweet.

## Smiling is Infectious

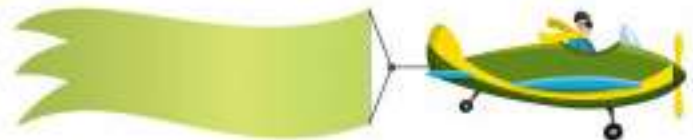
Spike Milligan

Smiling is infectious, you catch it like the flu,  
When someone smiled at me today, I started smiling too.  
I passed around the corner and someone saw my grin—  
When he smiled I realized, I'd passed it on to him.

I thought about that smile, then I realized its worth:  
A single smile, just like mine, could travel round the earth.  
So if you feel a smile begin, don't leave it undetected—  
Let's start an epidemic quick, and get the world infected!



# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Robert McDonough**
- **John Morse**
- **Yong Choe**
- **Sun Dutcher**
- **Jesse Watson**
- **Charlene Rimpson**
- **Lois Burns**
- **Francis Putnam**

We hope that you enjoy your time here!

## IN MEMORIAM

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We honor and cherish the memories of those who have left our community.

- **Karl Schoch**
- **Carolyn Smith**
- **Clyde Douglass**
- **Suzanne Waller**
- **Robert Addison**
- **Edward Mattis**

## TUESDAY EVENING HAPPY HOURS

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**6:00PM LOBBY**

October 7<sup>th</sup>  
***Larry & Bill***

October 14<sup>th</sup> & 28<sup>th</sup>  
***Empty Ecstasy***

## FRIDAY HAPPY HOURS 2:00PM LOBBY

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October 3<sup>rd</sup>  
***Steve Flynn***

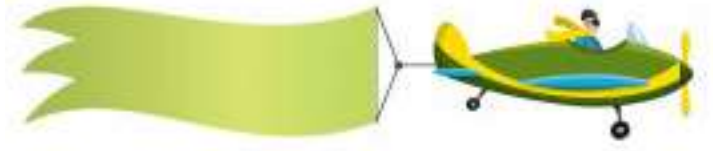
October 10<sup>th</sup>  
***Julie Hall***

October 17<sup>th</sup>  
***Vintage Entertainment***

October 24<sup>th</sup>  
***Paul Jude***

October 31<sup>st</sup>  
***Bonnie Jazz***

# 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

## 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

### Tuesdays at 10:45 AM

- 1st Tuesday of the Month: Walmart
- 2nd Tuesday of the Month: Resident's Choice
- 3rd Tuesday of the Month: Target
- 4th Tuesday of the Month: Giant

### Thursdays from 1:00 PM to 2:00 PM

- Every Thursday: Giant

## LIBRARY

Help us maintain an organized library. Please return books to the two designated book return bins. If you have donations of books or puzzles, reach out to Danny or Ann-Margaret in Activities. Please refrain from dropping them off at the library. Thank you.

# Laughing Matters



## No Dogs Allowed

Two friends are walking their dogs -- a Dalmatian and a Chihuahua -- when they smell something delicious coming from a nearby restaurant.

The guy with the Dalmatian says, "Let's get something to eat."

But the guy with the Chihuahua says, "We can't go in there, we have dogs with us."

So the first guy says, "Just follow my lead." He puts on a pair of sunglasses and walks into the restaurant.

"Sorry," says the owner, "no pets allowed."

"But this is my seeing-eye dog," the guy with the Dalmatian says.

"A Dalmatian?"

"Yes, they're using them now."

The owner says, "Very well, then, come on in."

The guy with the Chihuahua repeats the process and gets the same response from the owner: "Sorry, pal, no pets allowed."

"But this is my seeing-eye dog," says the second guy.

"A Chihuahua?" asks the incredulous owner.

"A Chihuahua?!", says the man in the dark glasses. "They gave me a Chihuahua?!"

# Employee of the Month

## Louis Mbu



Louis Mbu has been recognized as October's Employee of the Month. He hails from the south side of Cameroon, where he was born and raised. In April 2019, he relocated to Maryland.

Louis has one brother and three sisters.

He pursued his studies at Montgomery College and later earned his Bachelor's degree in Nursing from the University of Maryland. Louis began his journey at Harmony Hall as a CNA in January 2025 and transitioned to an RN role in February of the same year.

He appreciates the work-life balance that Harmony Hall offers and expresses joy in his role. He is always willing to take on extra shifts and assist where needed, demonstrating his commitment as a team player.

Outside of work, Louis enjoys playing soccer and going bowling.

# Word Search

## SMILE!



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

Happy Face  
Peace  
Patience  
Hug  
Grin  
Laugh

Joy  
Gratitude  
Blessing  
Family  
Smirk  
Believe

Cheerful  
Love  
Grace  
Cuddle  
Wink  
Trust

Gentle  
Kind  
Warm  
Smile  
Giggle  
Faith