

NEWSLETTER

February 2026



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Directory

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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.

Around Our Community

Winter Wonderland Tea Party

Our ladies enjoyed a Winter Wonderland Tea Party, complete with décor, sweet treats, and warm cups of tea. Conversation and a touch of winter sparkle filled the room and everyone relaxed and enjoyed the afternoon.



Echoes of Nature

We welcomed Echoes of Nature for a special indoor wildlife visit. Residents enjoyed meeting the animals – from bunnies and lizards to a live hawk – while enjoying fun facts and stories. If you missed it in Jan, they will be returning once a month, each time bringing a new lineup of animals.



Upcoming Events

Harmonica Performance

Tuesday February 3rd 2:30pm, Lobby

Andrew Gordon Piano Performance

Monday February 9th 6:00pm, Lobby

Lunar New Year Celebration

Wednesday February 11th 2:00pm, Lobby

Valentine's Day Dinner

Saturday February 14th 4-6pm Carmella's

Mardi Gras Party

Tuesday February 17th 1:30pm, Lobby

Echoes of Nature

Tuesday February 17th 2:30pm, Lobby

Duo Amerlora

Saturday February 21st 3:00pm, Lobby

Celebrating February

Black History Month

Spunky Old Broads Day

February 1

Groundhog Day

February 2

Superbowl Sunday

February 9

Valentine's Day

February 14

President's Day

February 16

Lunar New Year

February 17

Mardi Gras

February 17

Regular Events

Bible Study

Every Monday 10:30am 2nd Floor

Dr. Lazris Talk

Last Monday 10:00am 2nd 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, 2nd Floor

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 1st & 3rd Friday 10:45am, Parlor

Bingo!

Every Monday, Wednesday, Saturday and Sunday 1:00pm, 2nd Floor

February Highlights

February, the second month of the year, is often associated with love and celebration. It may be the shortest month, but it is filled with significant events and opportunities to connect with others. The most notable day in February is Valentine's Day on the 14th, a time when people express their affection through cards, flowers, and other tokens of love and appreciation. It's a wonderful opportunity to reach out to friends and family, reminding them of their importance in your life.

February also marks Black History Month, a time to honor and celebrate the achievements and contributions of African Americans throughout history. It's an excellent opportunity to learn more about the cultural and historical impact of African Americans and to engage in meaningful conversations about diversity and inclusion.

As winter continues, February often brings chilly temperatures, but it also invites the beauty of snowfall and the promise of spring just around the corner.

February Trivia

- February is the only month that can pass without a full moon, a rare and fascinating occurrence that doesn't happen in any other month.
- The month gets its name from "Februa," an ancient Roman celebration focused on reflection, renewal, and fresh beginnings.
- In the early days of the Roman calendar, February was the last month of the year, making it a time to pause and prepare for what lay ahead.
- Because of its shorter length, February always starts on the same day of the week as March in common (non-leap) years.
- The oldest known Valentine's Day message dates back to 1415, written by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London.

Zodiac signs: **Aquarius & Pisces**
Birthstone: **Amethyst**
Flower: **Primrose**

February Spotlight: The Telephone

In February 1876, Alexander Graham Bell patented the telephone, forever changing how people connect. For the first time, voices could travel across great distances, bringing families closer and shaping daily life - a connection many still treasure today.

The Winter Olympics are coming!

The excitement is building as the 2026 Winter Olympic Games approach. This world famous international event will be held in Italy, with competitions taking place in Milan and the beautiful mountain town of Cortina d'Ampezzo. The games will run from February 6-22, 2026, bringing together athletes from around the globe to compete in winter sports we all know and love.

❄️ About the Host Locations

- Milan is a vibrant city known for fashion, history and culture.
- Cortina d'Ampezzo, nestled in the Italian Alps, is famous for skiing and stunning mountain views.
- This will be the first time the Winter Olympics are hosted across multiple regions in Italy

🏂 Did You Know

- There will be 16 Olympic winter sports, including figure skating, alpine skiing, ice hockey, bobsled, curling and speed skating.
- Over 2,900 athletes from more than 90 countries are expected to participate.
- Cortina last hosted the Winter Olympics in 1956, making this a special return after 70 years.
- Italy is known for its passionate sports fans, delicious food, and rich traditions – making this an especially festive Olympics!

🏅 Let the countdown to the 2026 Winter Olympics begin – Go for the gold!

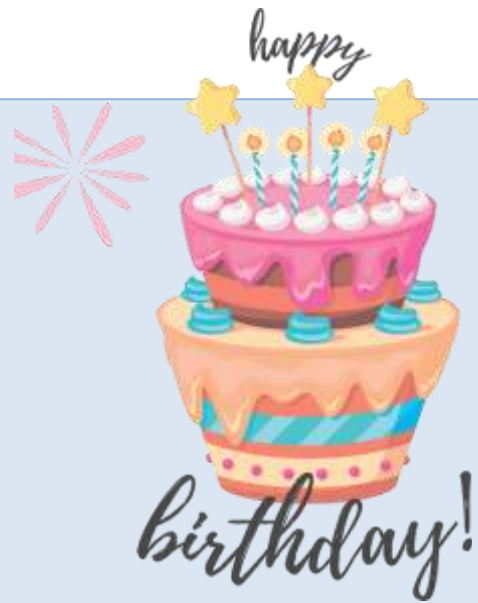
🏅 The game's mascots—Tina, Milo, and “The Flo”—each represent an important part of the experience. Milo, the iconic green mascot from Nestlé's Milo drink, has long symbolized energy, strength, and an active lifestyle. Tina, Milo's friendly companion, embodies encouragement, teamwork, and support. Together, they remind us that participation and connection matter at every age. “The Flo” isn't a character, but a feeling—an atmosphere of energy, confidence, and enjoyment that comes from moving, cheering, and being fully present in the moment. Inspired by the values of the Olympic Games, Tina and Milo celebrate doing your best while embracing the joy and flow of life.



February Birthdays

In February, we celebrate birthdays with:

- **George Knight** 2/2
- **Robert McDonough** 2/3
- **Eugenia Berry** 2/6
- **Rodney Michel** 2/7
- **Michael Sherman** 2/10
- **Portia Grantham** 2/14
- **Angela Walterhoefer** 2/15
- **Pam Baglieri** 2/18
- **Joe Wetherington** 2/19
- **Mary Lawson** 2/23
- **Michael Morris** 2/26
- **Edith Tenen** 2/28



Wherever
life plants
you, bloom
with grace.

Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

Pisces (Feb 19 – Mar 120)

Pisces are friendly and selfless. They are always willing to help others

Poem to Share

Friends

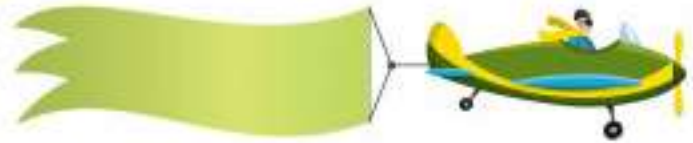
by Ella Wheeler Wilcox

Friends are like melons; shall I tell you why?
To find one good, you must a hundred try.
And when you find one good one of the lot,
You find it pays you well for all you've got.

Friends are like books; should you but own a few,
You'll find them far more useful than the true.
Choose carefully, for life is short indeed,
And time demands the very best we need.

A faithful friend is comfort in the day,
A guiding light when skies are dull and gray.
Through years that pass and changes yet unknown,
True friends remind us we're not alone.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Harvey Brook**
- **Richard Nordeck**
- **Bill Williams**

We hope that you enjoy your time here!

TUESDAY EVENING HAPPY HOURS

6:00PM LOBBY

February 6th & 20th
Larry & Bill

February 13th & 27th
Empty Ecstasy

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- **Joan “Butch” Carter**
- **Harry Neun**
- **Barbara Dye**
- **Dorothy Watson**
- **Steve Mitchell**
- **Alice Gunner**
- **Jean Kaylor**
- **Sook Ja Lee**
- **Mike Beck**
- **George Wicks**
- **Betty Thoreson**

FRIDAY HAPPY HOURS

2:00PM LOBBY

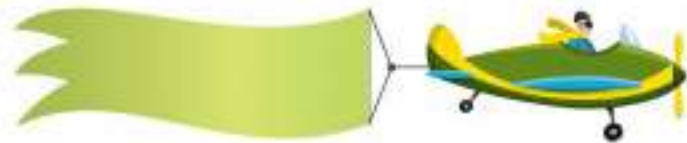
February 2nd
Vintage Entertainment

February 9th
Michael Brown

February 16th
Steve Flynn

February 23rd
Paul Jude

Noticeboard



BEAUTY SALON

The hairdresser is available for appointments every Monday and Wednesday from 10am to 4pm.

To book an appointment, please visit or call the concierge at extension 4000. If you are calling from a cell phone or outside the building, please dial 410-531-6000. They maintain a binder with available dates and time slots.

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



St. Peter & The Pearly Gates

A woman died and found herself standing outside the Pearly Gates, being greeted by St. Peter.

She asked him, "Oh, is this place what I really think it is? It's so beautiful. Did I really make it to heaven?"

To which St. Peter replied, "Yes, my dear, these are the Gates to Heaven. But you must do one more thing before you can enter."

The woman was very excited and asked St. Peter what she must do to pass through the gates.

"Spell a word," St. Peter replied.

"What word?" she asked.

"Any word," answered St. Peter. "It's your choice."

The woman promptly replied, "Then the word I will spell is love. L-o-v-e."

St. Peter congratulated her on her good fortune to have made it to Heaven and asked her if she would mind taking his place at the gates for a few minutes while he took a break.

"I'd be honored," she said, "but what should I do if someone comes while you are gone?"

St. Peter reassured her and instructed the woman simply have any newcomers to the Pearly Gates to spell a word as she had done.

So the woman is left sitting in St. Peter's chair and watching the beautiful angels soaring around her, when low and behold, a man approaches the gates, and she realizes it is her husband.

"What happened?" she cried, "Why are you here?"

Her husband stared at her for a moment, then said, "I was so upset when I left your funeral, I was in an accident. And now I am here? Did I really make it to Heaven?"

To which the woman replied, "Not yet. You must spell a word first."

"What word?" he asked.

The woman responded, "Czechoslovakia"

Employee of the Month



Daphnee Joseph

Daphnee Joseph has been named February's Employee of the Month. She was born and raised in Haiti and pursued her education in the Dominican Republic after high school, where she studied business administration in hotel and hospitality management. Additionally, she attended culinary school.

In December 2023, Daphnee moved to Columbia, MD. She is married and has one daughter who is currently attending college in New York. Daphnee has been working as a caregiver at Harmony Hall for the past eight months. Her choice to pursue this field was inspired by a personal tragedy, which fueled her passion to dedicate herself wholeheartedly to helping others. Daphnee's warm smile and genuine interest in the well-being of others have made her a beloved figure in the community.

Outside of her professional duties, Daphnee is a passionate chef who loves to cook. She also enjoys music, is actively involved in her church, and finds joy in engaging conversations with others.

Word Search

VALENTINE'S DAY



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

Lovers
Heart
Sweetheart
Valentine

Red
Hugs
Pink
Chocolate

Lace
Romance
Love
Friends

Kindness
February
Flowers
Forget-me-not

Happy
Cupid
Cards
Candy