

NEWSLETTER

October 2026



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Directory

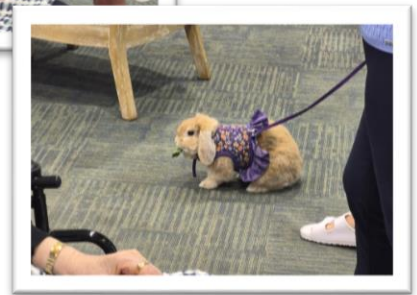
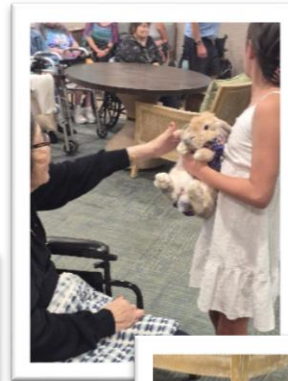
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These extensions are exclusively available for in-house phones. If you're calling from a cell phone or from outside the building, please dial 410-531-6000 and request the desired extension.

September in Review

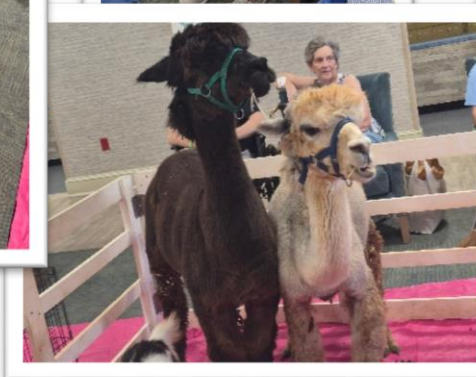
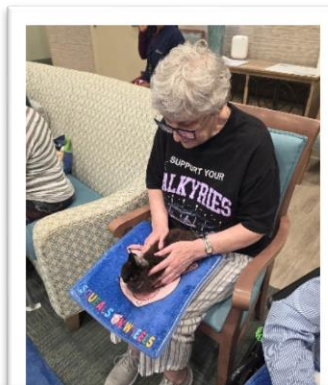
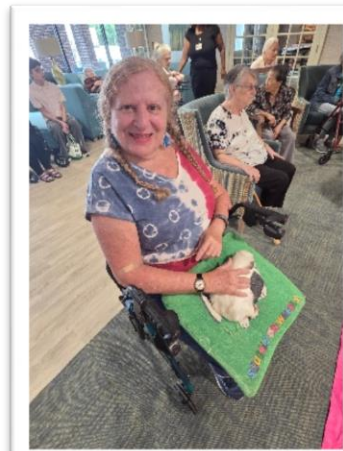
Labor Day

We kicked off September with a celebration filled with music and a very special furry visitor! Residents enjoyed a performance of Korean music and were able to meet an adorable bunny.



Petting Zoo Fun

Harmony Hall welcomed Squeals on Wheels with their very special friends! Residents enjoyed spending time with guinea pigs, baby bunnies, a pig and alpacas for an afternoon filled with smiles and lots of cuddles.



October Spotlight

A Little History of October

October is the tenth month of the year, but its name comes from the Latin word *octo*, meaning “eight.” In the ancient Roman calendar, October was actually the eighth month. When January and February were later added to the beginning of the calendar, October became the tenth month but kept its original name.

For centuries, October has been closely connected with the harvest season. Before modern farming equipment and grocery stores, autumn was an important time for families and communities to gather crops and prepare food for the colder months ahead. Harvest festivals, fairs, apple picking, preserving foods, and community gatherings became traditions that many families still enjoy today.

October is also known for its brilliant fall colors. As daylight hours grow shorter and temperatures cool, leaves stop producing chlorophyll—the substance that gives them their green color. This allows the beautiful yellows, oranges, and reds of autumn to appear.

October Then & Now

For many families, October once meant putting away summer clothes, preparing the home for colder weather, preserving the last vegetables from the garden, attending school and church harvest festivals, raking leaves, visiting apple orchards, and preparing homemade Halloween costumes.

While many things have changed, October remains a month for enjoying the beauty of fall, gathering together, sharing traditions, and remembering autumns gone by.

October Symbols & Traditions

Birthstones: October has two birthstones—**opal and tourmaline**. Opals are famous for their beautiful rainbow-like flashes of color, while tourmaline occurs naturally in many different colors. Opal has traditionally been associated with hope and good fortune.

Birth Flowers: October's birth flowers are the **marigold and cosmos**. Marigolds are known for their brilliant gold, orange, and yellow colors and are often associated with warmth and creativity. Cosmos flowers traditionally symbolize harmony, peace, and balance.

Zodiac Signs: Those born from **September 23 through October 22** are generally under the sign of **Libra**, symbolized by the scales. Those born from **October 23 through November 21** are generally **Scorpio**, symbolized by the scorpion.

October Spotlight

This Month in History

- **October 1, 1908** – Henry Ford introduced the Model T automobile.
- **October 2, 1950** – The comic strip *Peanuts*, featuring Charlie Brown and Snoopy, was first published.
- **October 4, 1957** – The Soviet Union launched Sputnik 1, the first artificial satellite to orbit Earth.
- **October 5, 1947** – President Harry Truman delivered the first televised presidential address from the White House.
- **October 7, 1950** – The first color television broadcast was demonstrated to the public in the United States.
- **October 14, 1947** – Chuck Yeager became the first person to fly faster than the speed of sound.
- **October 15, 1951** – *I Love Lucy* premiered on television.
- **October 16, 1923** – Walt Disney and his brother Roy founded the company that would become The Walt Disney Company.
- **October 21, 1879** – Thomas Edison successfully tested a practical incandescent light bulb.
- **October 24, 1945** – The United Nations officially came into existence.
- **October 28, 1886** – The Statue of Liberty was dedicated in New York Harbor.
- **October 29, 1929** – “Black Tuesday” marked one of the most dramatic days of the 1929 stock market crash.
- **October 31, 1926** – Magician Harry Houdini died at age 52.



Tech Corner

Explore the World from Your Chair

You don't need a suitcase to visit someplace new! Your phone, tablet, computer, or smart TV can take you to museums, famous landmarks, national parks, and cities around the world.

Quick Tech Tips

Take a Virtual Tour

Many museums and historic sites offer online tours that let you explore exhibits and buildings from home.

Visit a Favorite Place

Use Google Maps or Google Earth to look at your childhood neighborhood, an old vacation spot, or a place you've always wanted to visit.

Watch a Live Camera

Live webcams can let you watch animals at a zoo, see the ocean at the beach, or check out what's happening in another part of the world.

Explore on YouTube

Search for walking tours of cities such as Paris, New York, London, Seoul, or Rome and enjoy the sights from your chair.

Did You Know?

With **Google Street View**, you can virtually "walk" down many streets around the world. Try looking up the house where you grew up, your old school, or a favorite vacation destination. It can be a fun way to bring back memories and start conversations.

Alexa / Google Tip of the Month

Take a little trip using your smart speaker! Try asking:

"Alexa, how far away is Paris?"

"Hey Google, tell me an interesting fact about Italy."

"Alexa, what time is it in London?"

"Hey Google, what language is spoken in Greece?"

Tech Challenge

Think of **one place that holds a special memory for you**—perhaps your childhood home, honeymoon destination, hometown, or favorite vacation spot.

Ask someone to help you find it on Google Maps or Google Earth and see what it looks like today!

Upcoming Events

Painting with Carlotta

Thursday, October 8 2:30pm, 2nd Floor

Fidos for Freedom

Sunday, October 11 2:30pm, 2nd Floor

Bayada Talk on Brain Health

Tuesday, October 13 11:15am 2nd Floor

Garden Club

Thursday, October 15 2:30pm, 2nd Floor

Korean Thanksgiving Entertainment

Saturday, October 17 2:30pm Lobby

Echoes of Nature

Monday, October 19 2:30pm, 2nd Floor

You Be the Judge

Tuesday, October 20 2:30pm, Lobby

S'mores

Thursday, October 22 3:00pm Fountain Courtyard

Oktoberfest

Tuesday, October 20 5:30pm, Lobby



Celebrating October

International Coffee Day

October 1

World Animal Day

October 4

Do Something Nice Day

October 5

Random Acts of

Poetry Day

October 7

Columbus Day

October 12

Dictionary Day

October 16

Back to the Future Day

October 21

Grandparent's Day

October 25

Wild Foods Day

October 28

Halloween

October 31

Regular Events

Bible Study

Every Monday 10:30am Parlor

Korean Culture Connection

Every Monday 3:20pm Golden Living

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

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

Mahjong Basics

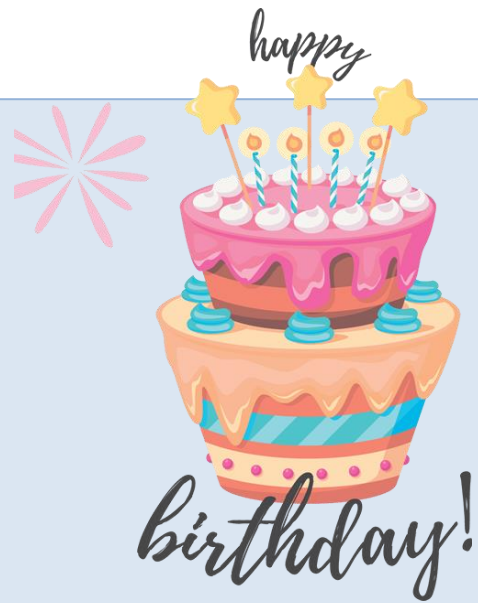
Every Monday and Wednesday
10:30am, 2nd Floor



October Birthdays

In October, we celebrate birthdays with:

- **Alfred Mattman** 10/5
- **Barbara Jones** 10/6
- **Janet Atkin** 10/8
- **Keun Ho Yu** 10/8
- **Lois Boyko** 10/9
- **Kyung Ko** 10/11
- **Clarence Kaylor** 10/13
- **Michael Wilson** 10/14
- **Robinette Gordon** 10/15
- **Robert Scozzari** 10/15
- **Joeeph Kunlo** 10/19
- **Richard Nordeck** 10/21
- **Beth Thomas** 10/23
- **Clara Collins** 10/25
- **Robert Perkins** 10/25
- **Susan Grace** 10/29



- Elephants can recognize themselves in a mirror.
- Octopuses have three hearts and blue blood.
- Giraffes have the same number of neck bones as humans - seven!
- Dolphins use unique whistles to identify one another.
- Owls can turn their heads up to 270 degrees.
- A group of hedgehogs is called an array.
- Goats have rectangular pupils, giving them a wider field of vision.

Libra (Sept 23 - Oct 22)

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

Scorpio (Oct 23 – Nov 22)

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

Poem to Share

Leisure

By W. H. Davies

What is this life if, full of care,
We have no time to stand and stare.

No time to stand beneath the boughs
And stare as long as sheep or cows.

No time to see, when woods we pass,
Where squirrels hide their nuts in grass.

No time to see, in broad daylight,
Streams full of stars, like skies at night.

No time to turn at Beauty's glance,
And watch her feet, how they can dance.

No time to wait till her mouth can
Enrich that smile her eyes began.

A poor life this if, full of care,
We have no time to stand and stare.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Ann Travis**
- **Weldon Park**
- **May Yeh**
- **Janet Bruns**
- **Mary Jo Deets**
- **Gino Dercola**
- **Beth Thomas**
- **Phyllis Costa**
- **Shelia McKenzie Licht**

We're so glad you're here and hope you feel right at home

CONTINUOUS IMPROVEMENT

Your voice matters at Harmony Hall! Our Community Feedback Box is located in Carmella's and is always available for your comments and suggestions.

The feedback box is a clear fishbowl with paper and pens nearby for your convenience. Whether you have a suggestion, praise, or concern, we welcome your input and value your feedback. Your thoughts help us continue to improve our community.

NEED A GREETING CARD?

Did you know the Activities Department keeps a selection of **birthday, thank-you, sympathy, get-well, and thinking-of-you cards** available for residents?

If you would like to send a card to a family member or friend, simply let someone in the **Activities Department** know. We'll be happy to help you choose a card and, if needed, assist you with writing your message and addressing the envelope.

We're always happy to help you stay connected with the people who matter most!

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.

- **Daniel Bobowicz**
- **Priscilla Argyle**
- **Hyon Mun**

Noticeboard



BEAUTY SALON

The hairdresser is available for appointments every Monday and Wednesday from 10am to 3pm.

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

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!



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, please contact Danny or Ann-Margaret in Activities. Please refrain from dropping them off at the library. Thank you.



RESIDENT TRIPS

Tuesdays at 10:45 AM

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

Thursdays - Giant

- 1:00 PM weekly
- 4th Thursday: 2:00pm

Noticeboard



TUESDAY EVENING HAPPY HOURS

6:00PM LOBBY

October 6
Larry & Bill

October 13 & 27
Empty Ecstasy

FRIDAY HAPPY HOURS 2:00PM LOBBY

October 2
Vintage Entertainment

October 9
Michael Brown

October 16
Steve Flynn

October 23
Paul Jude

October 30
Julie Hall

CRAFTY CREATIONS

Fall Wood-Bead Garland

Wednesday, October 14 at 2:30pm - 2nd Floor.

Celebrate the colors of autumn as we create a beautiful fall wood-bead garland! Your finished garland will be perfect for adding a cozy touch of fall to your dresser, shelf, or table.



Cheesecloth Ghosts

Wednesday, October 28 at 2:30pm - 2nd Floor.

Help us get the 2nd Floor Activity Area ready for Halloween! Join us as we create fun and whimsical ghosts. We'll shape and decorate our ghosts together, and each one will become part of our spooky seasonal display.



Laughing Matters



The Husband's Friend

The doorbell rings, and a woman just out of the shower answers wearing only a towel. Her husband's friend Bob is at the door.

He says "I'll give you \$500 to drop that towel right now".

She thinks about it, then drops the towel. Bob hands her \$500.

Later that day her husband says "Hey, did Bob come by today?"

She nervously replies "Yes....?"

Her husband says "Did he give you the \$500 he owes me?"

The Sports Teacher

A woman got a job as a sports teacher for a group of 16 year old boys.

She notices a boy at the end of the field standing alone, while all the other kids are running around having fun kicking a ball.

She takes pity on him and decides to speak to him.

'You ok?' she says.

'Yes.' he says.

You can go and play with the other kids you know' she says.

'No, it's probably best I stay here.' he says.

'Why's that honey?' she asks.

The boy looks at her incredulously and says,

"Because I'm the Goalie!"

One Liners

What do you call a pony with a cough? A little horse.

What is a cat's favorite dessert? A bowl full of mice-cream.

Why did the teddy bear say no to dessert? Because she was stuffed.

Garden Club

Thursday, October 15 • 2:30 PM • 2nd Floor

Join Us for Our First Garden Club Meeting!

Come help us kick off our new Garden Club! Residents, family members, and employees are invited to join us as we share gardening memories, exchange ideas, and begin planning for spring.

When warmer weather arrives, we hope to grow **fresh vegetables, herbs, and colorful flowers**—and we want your help deciding what to plant!

No gardening experience is needed. Whether you have a green thumb or simply enjoy plants and flowers, we'd love to have you join us.

To kick off our first meeting, we'll enjoy a simple fall flower arranging activity together. Choose from seasonal flowers to create your own arrangements in a mason jar, finished with a fall ribbon. We'll also enjoy apple cider and cookies while we share ideas for our new garden.

Come grow with us!



Word Search

UNUSUAL CREATURES



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

Pangolin
Blobfish
Numbat
Quokka
Axolotl

Komodo Dragon
Natterjack
Manatee
Thorny Devil
Anglerfish

Marmoset
Tapir
Lemur
Lemming
Narwhal

Ocelot
Armadillo
Kakapo
Sea Angel
Caiman