

NEWSLETTER

March 2025



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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.

March Trivia

March Trivia

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus.

Zodiac signs: **Pisces & Aries**
Birthstone: **Aquamarine**
Flower: **Daffodil**

What is Lucky in March?

Lucky Color: **Green**
Lucky Animal: **Rabbit**
Lucky Letters: **Z and E**
Lucky Day: **Saturday**
Lucky Plant: **Fuchsia**

The Full Worm Moon

March's full moon, the Worm Moon, reaches peak illumination on the morning of Friday, March 14. Look for it on the evening of Thursday, March 13, as the moon rises above the horizon!



WOW!

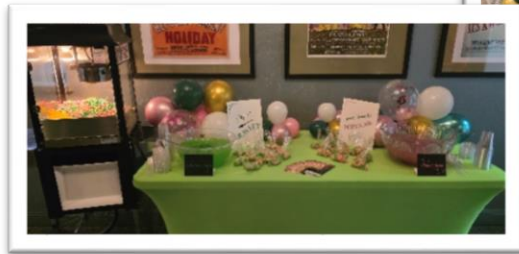
Historical Events in March: The Telephone

In March 1876, Alexander Graham Bell made history by making the first successful telephone call. His words, "Mr. Watson, come here, I want to see you," marked the beginning of a communication revolution. The telephone connected people across distances, transforming how we share ideas, emotions, and everyday conversations.

Life in Our Community

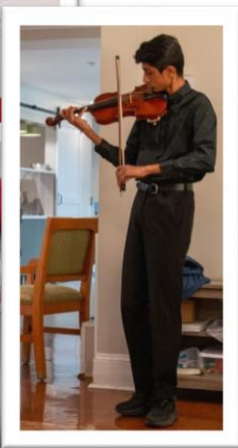
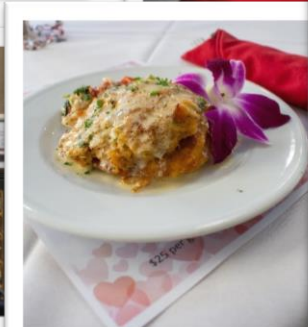
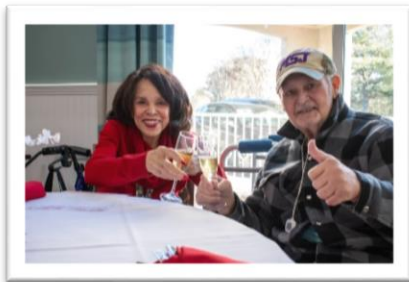
Wicked Movie Premiere!

The red carpet was rolled out for our premier of the movie Wicked. Everyone had a great time enjoying the movie while savoring the pink and green snacks and drinks. We now have to wait an entire year for Part 2 to discover what unfolds for Elphaba and Glinda.



Valentine's Day

The residents enjoyed a delightful Valentine's Day dinner, which featured champagne and live music, including an accordionist in the main dining room and a violinist in our additional dining spaces.



Marching to a Healthy Beat



March is Nutrition Month, a month to ditch the junk food, add exercise, and take on healthier habits. An easy place to start is to eat more fruits, whole grains, and vegetables.

Having fresh fruit and vegetables in your home is a simple way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in reasonable portions, as well as eating a variety of foods.

A daily exercise routine, even something as simple as a daily walk, increases fitness. Studies show that as fitness increases, mood improves, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best. Perhaps it is no coincidence that March is also Quinoa Month (pronounced *KEEN-wah*). This ancient seed, harvested high in the Andes Mountains, is one of nature's most perfect foods. In 1955, researcher Philip White wrote, "While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom." That's high praise for an often-overlooked food.

Quinoa is called a grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten free, and rich in potassium. The ancient Incas called it the "mother of all grains" and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It's a nutritive powerhouse.



Upcoming Events

Play Reading Circle

Monday March 3rd 6:00pm, 2nd Floor

Mardi Gras Party with Danny & Maria

Tuesday March 4th 1:30pm, Lobby

Mardi Gras Party Candy Dice

Tuesday March 4th 6:00pm, 2nd Floor

The History of Santa Claus with Santa Ezra

Monday March 10th 2:30pm, Movie Theater

Men's Club

Thursday March 13th 12:00pm, 2nd Floor

Bagpipe Performance

Monday March 17th 2:30pm, Lobby

Irish Dancers

Monday March 17th 6:00pm, Lobby

Ladies Tea Party

Thursday March 20th 2:30pm, 2nd Floor

Piano Concert with Andrew Gordon

Monday March 24th 6:00pm, Lobby

Play Reading Circle

Monday March 31st 6:00pm, 2nd Floor

Celebrating March

Mardi Gras

March 4

International Women's Day

March 8

World Plumbing Day

March 11

The Ides of March

March 15

St. Patrick's Day

March 17

First Day of Spring

March 20

Quirky Country Music Song Titles Day

March 27

Regular Events

Women's Bible Study

Every Monday 10:30am Parlor

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

Dr. Lazris

Every 3rd Wednesday, 10:00am 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



March Birthdays

In March, we celebrate birthdays with:

- **David Cunningham** 03/10
- **Adele Weber** 03/12
- **Trudy Buerger** 03/15
- **Paige Dennis** 03/15
- **Stephen Bershak** 03/16
- **John Kovarik** 03/17
- **Pat Frain** 03/19
- **Chung Kim** 03/22
- **Clyde Douglass** 03/23
- **Cecilia Cho** 03/24
- **Nancy Nicholson** 03/25
- **Robert Berlett** 03/27
- **Robert Addison** 03/29



March Fun Facts

The “Pi Day” Celebration: March 14 (3/14) represents the mathematical constant π (pi), approximately 3.14, which is used to calculate circles' properties.

The Eiffel Tower Debut: The Eiffel Tower was officially completed in March 1889, becoming an iconic symbol of Paris and innovation.

Longest Spacewalk: Astronauts James Voss and Susan Helms performed the longest spacewalk in history (8 hours, 56 minutes) on March 11, 2001.

Pisces (Feb 19 – Mar 20)

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

Aries (Mar 21 – Apr 20)

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

A Poem To Share

Don't Quit

By Edgar A. Guest

When things go wrong as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low, and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit—
Rest if you must, but don't you quit.

Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out;
Don't give up though the pace seems slow—
You may succeed with another blow.

Success is failure turned inside out—
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far;
So stick to the fight when you're hardest hit—
It's when things seem worst that you must not quit.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Wilfrod & Vesta Griffin**
- **Eleanor Sadler**
- **Joann Kandel**
- **Mary Dorsey**
- **Ronald Beck**
- **Carolyn Smith**

We hope that you enjoy your time here!

IN MEMORIAM

We honor and cherish the memories of those who have left our community. May they find eternal peace.

- **Joyce Bellis**
- **Gail Bradshaw**

FRIDAY HAPPY HOURS

2:00PM LOBBY

Friday March 7th

Julie Hall

Friday March 14th

Steve Flynn

Friday March 7th

Vintage Entertainment

Friday March 7th

Paul Jude

Join us for an enjoyable afternoon with music, beer, wine, sodas and appetizers.

EVENING HAPPY HOUR

6:00PM LOBBY

Tuesday March 18th

Larry & Bill

Tuesday March 11th & 25th

Empty Ecstasy

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.

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.

RESIDENT TRIPS

10:45am

1st Tuesday of the month – Walmart
2nd Tuesday of the month – Giant (30 minutes)
3rd Tuesday of the month – Target
4th Tuesday of the month – Resident's Choice

1:00 – 2:00pm

Friday – Giant

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!



CRAFTY CREATIONS

Thursday, March 13
2:30pm 2nd Floor

Spring Wreaths



Laughing Matters



MY RESUME...

My first job was working in an orange juice factory, but I got canned ...couldn't concentrate.

Then I worked in the woods as a lumberjack, but I just couldn't hack it, so they gave me the ax.

After that I tried to be a tailor, but I just wasn't suited for it ... mainly because it was a so-so job.

Next I tried working in a muffler factory but that was too exhausting.

I tried to be a chef - figured it would add a little spice to my life, but I just didn't have the thyme.

I attempted to be a deli worker, but any way I sliced it, I couldn't cut the mustard.

My best job was being a musician, but eventually I found I wasn't noteworthy.

I studied a long time to become a doctor, but I didn't have any patience.

Next was a job in a shoe factory; I tried but I just didn't fit in.

I became a professional fisherman, but discovered that I couldn't live on my net income.

I got a job working for a pool maintenance company, but the work was just too draining.

So then I got a job in a workout center, but they said I wasn't fit for the job.

After many years, I finally got a job as a historian until I realized there was no future in it.

My last job was working at Starbucks, but quit because it was always the same old grind.

SO I RETIRED AND I FOUND I AM PERFECT FOR THE JOB!

Employee of the Month

Beatrice Madiesse



Beatrice has been recognized as our Employee of the Month for March. Originally from Cameroon, Africa, she received her education there. Beatrice is a proud mother of three daughters: one who is 12 and twin girls who are 9. In July 2023, she relocated to Maryland with her children and began her role as a CNA at Harmony Hall in July 2024. Her interests include reading and expanding her knowledge in her field. She appreciates the strong teamwork at Harmony Hall and cherishes the family-like atmosphere with the residents.

Word Search

ST. PATRICK'S DAY



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

Clover
Rainbow
Irish
Pot Of Gold

Leprechaun
March
Shamrock
Limericks

Snakes
Patrick
Ireland
Blarney

Emerald
Pot
Lucky
Dance

Jig
Green
Celtic
Legend