

Harmony Hall



Celebrating August

Happiness Happens Month

Read a Romance Novel Month

Watermelon Day
August 3

Farmers' Market Week
August 5–11

Garage Sale Day
August 11

Mail Order Catalog Day
August 18

Senior Citizens Day
August 21

Toasted Marshmallow Day
August 30

An Indian Thanksgiving

Around the world, August heralds the start of annual harvest festivals, when farmers begin to reap the delicious rewards of the summer growing season. Perhaps there is no place that celebrates the harvest with more joy and enthusiasm than the state of Kerala on India's Malabar Coast. For 10 days each August, Kerala celebrates *Onam* and gives thanks for the return of the god king Mahabali.

Hindu legend states that under Mahabali's rule, Kerala flourished with great prosperity, and he was beloved by all. He was so popular that the other gods became jealous and decided to overthrow him. However, when Mahabali showed reverence to the gods, they granted him one wish, that once a year he could return to his kingdom of Kerala. This is why, during Onam, the people of Kerala prepare for Mahabali's return and enjoy the prosperity of the harvest.

The first day of Onam, known as *Atham*, involves visiting temples and preparing for the arrival of Mahabali. One of the most significant preparations is the *Pookalam*, a beautiful and elaborate carpet made out of multicolored flowers, a sort of Mahabali welcome mat. Each day flowers are added to the Pookalam, and it grows and grows. On the fourth day, known as *Visakam*, families begin their preparation of the grand feast that is held on the last day. For the next five days, locals engage in various merriments. Snake boat races are held on the river Pampa. Each massive boat is oared by hundreds of paddlers while massive crowds line the river. Men play various traditional games known as *Onakalikal*. Competitors vie for archery and wrestling titles, while others play a game similar to dodgeball, except that players use their feet to move the ball. On the tenth and final day, King Mahabali arrives for the feast of *Onasadya*, which requires the preparation of a nine-course meal including 13 essential dishes. This is the culmination of a 10-day cultural tour-de-force, the ultimate expression of Kerala's blessed history.



Music Appreciation

Aug 1: Music Appreciation with David: Music for flute and harp - Saint-Saens, Petrini et al.

Aug 8: Music Appreciation with Mike: Leif Ove Andsnes "Pictures Reframed;" the Andsnes innovative approach to Mussorgsky's "Pictures at an Exhibition."

Aug 15: Music Appreciation with David: Reflections in Brass; Bach, Holborne and Gabrieli: Performed by the Annapolis Brass Quintet.

Aug. 22 Music Appreciation with Mike: The Lighter side of Peter Tchaikovsky: Symphony No.2 ("Little Russian") , Piano Concerto No.1

Aug. 29: Music Appreciation with Mike: Bedrich Smetana's "Ma Vlast" (My Fatherland) Revisited.

Opera

Aug 3: Giuseppe Verdi's "Otello."
Shakespeare's tragic Moorish general - a story of racial hatred, jealousy and betrayal. Jonas Kaufmann takes on the title role for the first time.

Aug 10: Joyce Di Donato: "In War and Peace."
America's premiere mezzo Soprano performs Baroque arias

Aug 17: Jake Heggie's "Moby Dick

Aug 24: Giuseppe Verdi's "Requiem."
A work which Verdi called "My greatest opera." although framed as an ecclesiastical service it was written for the concert stage.

Aug .31: Richard Wagner's "die Walkure." (The Valkyrie)act 3 - in which we discover how Brunnhilde ended up asleep on a mountaintop surrounded by fire.

Make Me a Match

The last day in August, Matchmaker Day, honors those who have mastered the art and science of finding love. While matchmaking is considered a long-lost tradition, marriages arranged by matchmakers are still common in India, Pakistan, China, and Japan. About 60% of all marriages in India are arranged, and out of these, less than 4% get divorced. And in these arranged marriages, as times goes on, spouses report feeling more love for their partners. Compare that to the 40% divorce rate in the United States, and you might want to rethink the role of matchmakers. Their job has become more of a science, gathering data on potential couples that includes financial and health histories, shared values, and key personality traits. Modern matchmakers are more likely to sit in front of a computer analyzing data than they are to be found in the village square gathering the latest gossip.

August Upcoming Events

August 3rd

Q&A with Debbie, Cherie & Danny – 10:30am 2nd Floor

August 14th

Resident Association Meeting – 2:00pm Movie Theater

August 16th

Just Bead It – 10:30am 2nd Floor

August 22nd

Catholic Mass with Father Gene – 2:30pm Parlor

August 23rd

Resident Trip TBD - 10:30am Lobby

August 29th

Dr. Lazris Discussion – 10:00am 2nd Floor

August 31st

Crab Feast – 11am to 1:00pm Carmella's
Birthday Party – 2:00pm Lobby

Religious Services & Events:

Tuesdays & Thursdays: Rosary Communion Service - Located in the Parlor at 3:00pm

Sundays: Catholic Communion Service- Parlor at 9:00am

4th Wednesdays: Catholic Mass Services at 2:30- Located in the Parlor

Sundays: Grace Christian Church - Located on 3rd Floor at 11:00am

2nd Sundays: St. John's Baptist Church at 2:30pm - Located on 3rd Floor

2nd and 4th Fridays: Jewish Services with Rabbi Baron at 11:00am - Located in the Parlor

On our updated website you can find the month's activity calendar, newsletter, and movie listings!

www.liveharmonyhall.com

New Schedule for Trips

- **Giant Trips every Tuesday at 2pm (1 hour) and every Friday at 11am (30 minutes)**
- **Walmart/Target every Monday at 10:30am (1 hour) – at least 3 people must attend**
- **Recreational trips are subject to time changes and cancellations when deemed necessary by Transportation**
- **If you need to schedule a transportation appointment, ask the Front Desk for more information**

Health Concerns

For Questions regarding Audiology, Dental, Eye Care and Podiatry services – please call HEALTHDRIVE AT (888) 964-6681, Option 3. If you want to sign up for any of these services contact Claro or Gimly at ext. 4026/4032.

Thank You

Please do not hesitate to call the Recreation Office at 410-531-6000 x 4022, and we will be happy to sign you up for the events you wish to attend.

Great Balls of Fire

In Nejapa, El Salvador, August 31 brings what locals concede is a bizarre tradition, the Ball of Fire Festival. On that date in 1922, the local volcano erupted, forcing all the residents to evacuate the town. The eruption became legendary when it was reported that the hot flowing lava took the form of San Jeronimo, the local saint, and Jeronimo began hurling fireballs at the devil. Another legend states that as the lava flowed through the town, San Jeronimo appeared and halted the lava right before it consumed the church. To commemorate San Jeronimo and these miracles every August 31, daring residents soak rags in gasoline, light them on fire, and hurl them through the streets. It is tradition that two teams generally throw the fireballs at each other. Hurlers take precautions, such as wearing gloves and dousing their clothes in water, but the threat of burns is real. Participants are aware of the dangers and even embrace the possibility of injury. The church, too, has even sanctioned the tradition. Perhaps San Jeronimo is watching over the festival, for very few injuries have been reported in the many years it has been celebrated.

A Dream Improvised



On August 28, 1963, civil rights leader Martin Luther King Jr. delivered his famous "I Have a Dream" speech at the foot of the Lincoln Memorial before a crowd of 250,000 people during the March on Washington for

Jobs and Freedom. King's speech may be the most famous in American history, but he did not even write it until he arrived at his hotel room the night before. Indeed, he finished his final draft after midnight on the day it was to be delivered. In his speech, King synthesized themes from both the Bible and the U.S. Constitution, but he broke from his written remarks to ad-lib the "I have a dream" section that is so well-known today. It was gospel singer Mahalia Jackson, standing just behind King, who said, "Tell 'em about the 'dream,' Martin."

Mounting a Challenge



Everest. K2. Kilimanjaro. Why are humans so driven to climb to the highest places on Earth? When mountain climber George Mallory was asked why he dared to climb Mount Everest, he replied, "Because it's there." His answer seemed both childish and heroic,

a mixture of folly and fearlessness. Have you ever climbed a mountain? Consider why you did it on August 1, Mountain Climbing Day.

Mallory was one of the first to climb Mount Everest, the highest mountain peak on Earth. Today, more than 600 people every year complete that feat. Similarly, over 50,000 people climb yearly to the top of Mount Kilimanjaro in Kenya to see its famous snows. Obviously, these climbers are not trying to win any accolades for being the first to reach the summit. So if the challenge has been done so many times before, why do people still want to climb? The answer is that the challenge is not necessarily the mountain; climbers climb to challenge themselves. In this sense, the mountain is an innocent bystander.

Serious mountain climbing provides many life lessons. In order to succeed, climbers must have careful planning, teamwork, discipline, athleticism, risk management, and the ability to improvise in a split second. Survival is paramount when you are moving in some of the world's harshest conditions. Many times, people who climb together forge lifelong bonds born out of the cooperation necessary in order to survive.

And then there is the outdoor aspect of a climb. Climbs may be physically and mentally demanding, but they occur in some of the most beautiful natural places on our planet. For many climbers, an ascent is akin to meditation. Climbers are alone on a mountain, intensely aware of their environment in a manner that is transcendent. Mountain climbing allows one to escape civilization and focus only on the essentials of survival. This, for many, is reason alone to climb.

August Birthdays

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause. Those born between August 23–31 are Virgo Virgins. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice.

Herman Melville (author) – August 1, 1819
Tony Bennett (singer) – August 3, 1926
Lucille Ball (comedienne) – August 6, 1911
Dustin Hoffman (actor) – August 8, 1937
Alex Haley (author) – August 11, 1921
Julia Child (chef) – August 15, 1912
Roberto Clemente (ballplayer) – August 18, 1934
Al Roker (meteorologist) – August 20, 1954
Gene Kelly (actor) – August 23, 1912
Mother Teresa (humanitarian) – Aug. 26, 1910
Michael Jackson (musician) – August 29, 1958
Buddy Hackett (comedian) – August 31, 1924

Animal Kingdom



Lions, elephants, and orangutans, oh my! August celebrates all these wonderful animals with World Lion Day on August 10, World Elephant Day on August 12, and International Orangutan Day on the 19th. While all of these species are precious and majestic, why should we celebrate such animals? To celebrate animals is to celebrate our human relationship with the entire animal kingdom, of which we are a part. Humans have evolved from hunters and gatherers, to herders, to guardians and conservationists. We humans have made advances that have allowed us to populate the world, but we cannot do this at the expense of animals. Human health and animal health are interconnected. Only together, as a united animal kingdom, will we survive.