

November 2019

Harmony Hall



Celebrating November

**Inspirational Role Models
Month**

Alzheimer's Disease Month

**American Indian Heritage
Month**

Author's Day
November 1

Men Make Dinner Day
November 7

Veterans Day: U.S.
November 11

World Kindness Day
November 13

Rock Your Mocs Day
November 15

Thanksgiving: U.S.
November 28

Bread for Breaking and Baking

This November, there are a variety of holidays that encourage the gathering of families and friends: Día de Muertos in Mexico, Diwali in India, Thanksgiving in the United States, Saint Andrew's Day in Scotland, and many others. These holidays offer the perfect opportunity to "break bread" with loved ones. While many will literally be breaking bread at their feast tables, the expression "break bread together" denotes sharing more than just food, but also feelings of love, trust, and togetherness.

Many believe that the phrase "breaking bread" originated in the New Testament of the Bible, where Jesus broke bread and shared it with his apostles during the Last Supper. It was this Scriptural sharing of bread that provides the basis for the Eucharist, or "Holy Communion." However, the ritual breaking of bread dates back to before the Last Supper and has a long Jewish history, a history with which Jesus, as a Jew, was familiar. The Jewish ritual of Shabbat involves breaking bread. Indeed, according to laws given to Moses by God, 12 breads were supposed to be placed in the Tabernacle each Sabbath. It is from these Jewish traditions that we get the expression "breaking bread."

As luck would have it, Homemade Bread Day falls on November 17, offering a chance for novice and expert bakers alike to try baking their own bread. When we think of bread, we mostly think of yeast breads, which must be allowed to rise and rest before baking. Quick breads, on the other hand, rise with the help of leavening agents like baking powder or baking soda, so there is no need to wait for the yeast to work. Regardless of your leaven, baking homemade bread fills the house with wonderful smells that are bound to attract a crowd. Challah is the traditional Jewish Sabbath loaf, a portion of which was separated as a gift for the *kohanim*, or priests. A yeast bread with honey-sweetened and egg-enriched dough, challah makes a light, tender loaf that is golden brown. The braided loaf looks like intertwined arms, symbolizing love or the interlocked principles of peace, truth, and justice. Its 12 humps recall the 12 ritual breads meant for the Tabernacle and the 12 tribes of Israel. With such a storied history, it is easy to see how sharing bread has come to symbolize a nourishing meal for both the body and the spirit.



Music Appreciation

November 6th: Music Appreciation Class with David: TBA

November 13th: Music Appreciation Class with Mike: The Genius of Dr. Donald Shirley.

November 20th: Music Appreciation Class with David: TBA

November 27th: Music Appreciation Class with Mike: Sergei Prokofiev; Piano Concerto No.3

Opera

November 1st: Giuseppe Verdi's "I Due Foscari."

November 8th: W.A. Mozart's "The Magic Flute."

Broadway

November 2nd: "Liza with a Z"

November 9th: " Sweeney Todd the Demon Barber of Fleet Street."

November 16th: The Last Ship

November 23rd: TBA

November 30th: "Try to Remember - the story of 'The Fantasticks.' "

UPCOMING Events

November 1st

Q & A with Debbie, Danny & Cherie – 10:00am
2nd Floor

November 11th

Veteran's Day Entertainment – 2pm 1st Floor

November 20th

Jazz Piano Concert – 2pm 1st Floor

November 21st

Just Bead It – 10:30am 2nd Floor

November 27th

Dr. Lazris Talk – 10:00am 2nd Floor

November 28th

Thanksgiving Buffet – 11am Carmella's
Thanksgiving Entertainment with Danny &
Maria – 2pm 2nd Floor

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.lorienhealth.com/locations/harmony-hall

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.

Meet Your Neighbor



Meet Ulysses Chester! Ulysses was born and raised in New Orleans, Louisiana. At the age of 18, he moved to California where he spent most of his adult life in Los Angeles. He served for 3 years in the US Army and retired from the US Post Office with 35 years. He had 2 children, 1 boy and 1 girl. He moved to Maryland in 2016 and moved into Harmony Hall. With his warm smile and kind personality, he quickly became a favorite of all.

Transportation Trips

1st Monday – Walmart

2nd Monday – Target

3rd Monday – The Dollar Store

4th Monday – The Mall in Columbia
10:30am to 12:30pm

Giant

Tuesday at 2pm (1 hour)

Friday at 11:15am (1/2 hour)

- 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

The Queen of Queens

On November 17, 1558, Queen Mary I died, and her 25-year-old half-sister Elizabeth ascended the throne to become Queen Elizabeth I. Queen Mary was Catholic and had spent much of her reign trying to restore the supremacy of the Pope to England. Upon her death, Queen Elizabeth I, a Protestant, was heartily welcomed by lords and laypersons alike. Queen Elizabeth's reign was



one of peace and prosperity and has been called by historians both the "English Renaissance" and England's "Golden Age." Indeed, the period of Queen Elizabeth's reign is known in history books as the Elizabethan Era.

Much of England's prosperity was due to trade across the Atlantic, especially the slave trade. This new wealth combined with a strong government and the establishment of a religious doctrine known as the Elizabethan Religious Settlement (which made Protestantism the law of the land) created stability that allowed England to flourish. Perhaps the era's most notable achievements were in literature, poetry, and drama, led by writers William Shakespeare, Christopher Marlowe, and Ben Jonson. The court of Elizabeth watched the same plays as the commoners, and so drama became a unifying art form for the country.

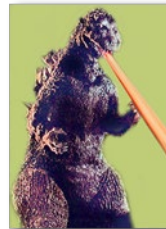
While England remained unified at home, it expanded its interests abroad. Queen Elizabeth's favorite explorer was Sir Francis Drake, a sea captain who turned pirate at the queen's behest, raiding rivals from Spain and France. When Drake returned to England after his circumnavigation of the globe in 1580, he was celebrated as a national hero and as a symbol of England's power. Queen Elizabeth never married, which led commoners to nickname her the "Virgin Queen," and also helped her consolidate her power. She was celebrated and idealized in poetry, portraiture, and pageantry. Even today, she remains an icon of majesty and perfection, and her continued worship is known as the cult of Queen Elizabeth.

November Birthdays

In astrology, those born November 1–22 are the scorpions of Scorpio. Scorpions are passionate and assertive, yet they are also known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends. Those born between November 23–30 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure.

Burt Lancaster (actor) – November 2, 1913
Art Garfunkel (singer) – November 5, 1941
Alfre Woodard (actress) – November 8, 1952
Carl Sagan (scientist) – November 9, 1934
Whoopi Goldberg (comedian) – Nov. 13, 1955
Georgia O'Keeffe (painter) – November 15, 1887
Alan Shepard (astronaut) – November 18, 1923
George Eliot (author) – November 22, 1819
Charles Schulz (cartoonist) – November 26, 1922
Mark Twain (writer) – November 30, 1835

Japan's Movie Monster



On November 3, 1954, the movie *Godzilla* was released throughout Japan. The tale of a giant dinosaur-like monster awoken by an atomic bomb was not an instant hit. Many critics believed that the filmmakers were exploiting Japanese fears of nuclear devastation, fears that were still fresh in the minds of many Japanese less than 10 years after the bombing of Hiroshima and Nagasaki. When the film was released in America two years later, critics had a different view. They believed that the movie accurately captured the horrors of nuclear war. Soon, even Japanese critics were praising *Godzilla* for its social commentary. Today, *Godzilla* remains an enduring part of Japanese pop culture. The movie spawned 32 more films, as well as a bevy of comic books and toys. According to Guinness, *Godzilla* is the longest-running film franchise in history.