

## Judy Garland's Greatest Films

On Judy Garland's 100th birthday on June 10, celebrate her talent and legacy by watching one of her many beloved movies:

### "The Wizard of Oz" (1939) —

It's the film that made Garland a star and features her most iconic role, that of Kansas farmgirl Dorothy Gale, who travels over the rainbow to the land of Oz, making whimsical friends along the way.

### "For Me and My Gal" (1942) —

This musical marked Garland's first steps into more mature roles, casting her as a vaudeville performer alongside Gene Kelly in his screen debut.

### "Meet Me in St. Louis" (1944) —

This warm, sentimental film about the close-knit Smith family has become a holiday classic. Garland named the musical as one of her favorites, and she shines as the family's kind, protective teen daughter.

### "Summer Stock" (1950) —

This lighthearted movie matches Garland with Kelly again, with the cast balancing farm chores with producing a musical in a barn. One of Garland's most famous numbers, her performance of "Get Happy" while wearing a tuxedo jacket and fedora, ends the film on a high note.

### "A Star Is Born" (1954) —

Garland earned a best actress Oscar nomination for her turn as a rising starlet married to a devoted, yet troubled, former actor.

## Our Harbison Family



## Savor Some Soul Food

June is National Soul Food Month, a time to celebrate this delicious and unique variety of cuisine that originated in the African American culture of the South.

The main staples of soul food cooking are beans, greens (collards, mustard and kale), cornmeal and pork. In addition to common cuts of pork, soul food recipes may call for pigs' feet, ham hocks or pig ears. Common soul food flavorings are garlic, onions, thyme and bay leaves.

Widely known soul food dishes include fried chicken and fried fish; ham and ribs; garden vegetables such as sweet potatoes, okra and butter beans; and grits, cornbread and biscuits.

Hoppin' John, a mixture of black-eyed peas and rice seasoned with onions and bacon or ham hocks, is often served on New Year's Day for good luck.

A soul food meal wouldn't be complete without dessert, which typically comes in the form of fruit cobblers or pies such as pecan or sweet potato.

# THE Harbison Shores Lifestyle



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JUNE 2022

## Dear Harbison Shores Family

Hello from the Executive Director!

June always makes me think back of my daddy and how we celebrated him on Father's Day.

The nation's first Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972, 50 years after President Woodrow Wilson made Father's Day official, that the day honoring fathers became a nationwide holiday in the United States. Father's Day 2022 will occur on Sunday, June 19, 2022.

Father's Day is an opportunity to tell the men in your life how much you appreciate them. Father's Day is not meant for your dad alone. It is a day to celebrate every man who has been there to guide, support or influence your life in one way or the other.

We are so blessed to have so many fathers at Harbison Shores. Happy Father's Day from our Harbison Shores Family!

Elaine M. Till, NHA CRCA  
Executive Director



## Employee of the Month

Merlynn Jano is one of our assisted living attendants, and we are so grateful to have her at our community. Merlynn loves to play volleyball, and she has worked with us for over two years. Thank you for all you do, Merlynn!



ASSISTED LIVING  
AL# CRC-2083

# JUNE 2022

## Locations

Activity Room, Memory Care, ARMC  
Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering Place, VUGP

Villas, Dining Room, VDR

## Birthdays

George Brown, 17th  
Kay Cowan, 20th

“If you’re grateful, you can find happiness in everything.”

— Pharrell Williams

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30 Morning Exercise, VUGP 10:00 John Gibbons Musical Moment, TVMC 2:00 Table Games, VDR 3:00 Bingo, VDR	2 9:30 Morning Exercise, VUGP 2:00 Word Games, VUGP 3:00 Afternoon Movie, VUGP	3 9:30 Morning Exercise, VUGP 2:00 Table Games, VDR 3:00 Bingo, VDR	4 9:30 Morning Exercise, VUGP 2:00 Word Games, VUGP 3:00 Bingo, VDR
5 9:30 Morning Exercise, VUGP 10:00 Church on Television, VUGP 2:00 Word Games, VUGP 3:00 Afternoon Movie, VUGP	6 9:30 Morning Exercise, VUGP 2:00 Table Games, VDR 3:00 Bingo, VDR	7 9:30 Morning Exercise, VUGP <b>11:00 Mrs. Da Queeta's Beauty/Barbershop</b> 2:00 Word Games, VUGP 3:00 Afternoon Movie, VUGP	8 9:30 Morning Exercise, VUGP 10:00 John Gibbons Musical Moment, TVMC 2:00 Table Games, VDR 3:00 Bingo, VDR	9 9:30 Morning Exercise, VUGP 2:00 Word Games, VUGP 3:00 Afternoon Movie, VUGP	10 9:30 Morning Exercise, VUGP 2:00 Table Games, VDR 3:00 Bingo, VDR	11 9:30 Morning Exercise, VUGP 2:00 Word Games, VUGP 3:00 Bingo, VDR
12 9:30 Morning Exercise, VUGP 10:00 Church on Television, VUGP 2:00 Word Games, VUGP 3:00 Afternoon Movie, VUGP	13 9:30 Morning Exercise, VUGP 2:00 Table Games, VDR 3:00 Bingo, VDR	14 FLAG DAY 9:30 Morning Exercise, VUGP <b>11:00 Mrs. Da Queeta's Beauty/Barbershop</b> 2:00 Word Games, VUGP 3:00 Afternoon Movie, VUGP	15 9:30 Morning Exercise, VUGP 10:00 John Gibbons Musical Moment, TVMC 2:00 Table Games, VDR 3:00 Chef's Corner (Food and Dining Discussion), VDR	16 9:30 Morning Exercise, VUGP 2:00 Word Games, VUGP 3:00 Summer Sock Hop Party, VDR	17 9:30 Morning Exercise, VUGP 2:00 Table Games, VDR 3:00 Bingo, VDR	18 9:30 Morning Exercise, VUGP 2:00 Word Games, VUGP 3:00 Bingo, VDR
19 FATHER'S DAY 9:30 Morning Exercise, VUGP 10:00 Church on Television, VUGP 2:00 Word Games, VUGP 3:00 Afternoon Movie, VUGP	20 9:30 Morning Exercise, VUGP 2:00 Table Games, VDR 3:00 Bingo, VDR	21 SUMMER BEGINS 9:30 Morning Exercise, VUGP <b>11:00 Mrs. Da Queeta's Beauty/Barbershop</b> 2:00 Word Games, VUGP 3:00 Afternoon Movie, VUGP	22 9:30 Morning Exercise, VUGP 10:00 John Gibbons Musical Moment, TVMC 2:00 Table Games, VDR 3:00 Resident Council Meeting, VDR	23 9:30 Morning Exercise, VUGP 2:00 Word Games, VUGP 3:00 Afternoon Movie, VUGP	24 9:30 Morning Exercise, VUGP 2:00 Table Games, VDR 3:00 Bingo, VDR	25 9:30 Morning Exercise, VUGP 2:00 Word Games, VUGP 3:00 Bingo, VDR
26 9:30 Morning Exercise, VUGP 10:00 Church on Television, VUGP 2:00 Word Games, VUGP 3:00 Afternoon Movie, VUGP	27 9:30 Morning Exercise, VUGP 2:00 Table Games, VDR 3:00 Bingo, VDR	28 9:30 Morning Exercise, VUGP <b>11:00 Mrs. Da Queeta's Beauty/Barbershop</b> 2:00 Word Games, VUGP 3:00 Afternoon Movie, VUGP	29 9:30 Morning Exercise, VUGP 10:00 John Gibbons Musical Moment, TVMC 2:00 Table Games, VDR 3:00 Bingo, VDR	30 9:30 Morning Exercise, VUGP 2:00 Word Games, VUGP 3:00 Afternoon Movie, VUGP		