

THE Harbison Shores Lifestyle



HARBISON SHORES
SENIOR LIVING AT EASE

Like Us!



ASSISTED LIVING COMMUNITY
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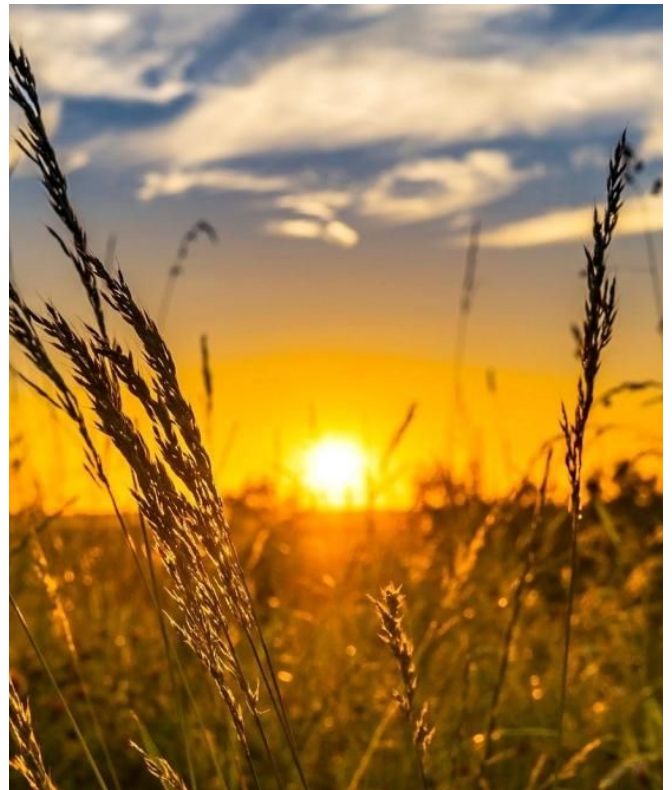
Hello From the Executive Director



Father's Day falls on Sunday, June 18, 2023. As we prepare to celebrate Father's Day, I did some research on this holiday. Sonora Smart Dodd of Spokane, Washington, is credited for originating Father's Day in 1909. President Calvin Coolidge gave his public support to Father's Day in 1924, and legislation signed by President Richard Nixon established this day as a national holiday in 1972. (From internet article) Father's Day is for all the men in our lives who are also father figures. We are excited to be celebrating all the father figures, in June at Harbison Shores.

Elaine M. Till, NHA, CRCA
Executive Director

JUNE 2023



The Beginning of Summer

The June solstice occurs on **Wednesday, June 21, 2023, at 10:58 A.M.** This solstice marks the official beginning of summer in the Northern Hemisphere, occurring when Earth arrives at the point in its orbit where the North Pole is at its maximum tilt toward the Sun, resulting in the **longest day** and **shortest night** of the calendar year. On the day of the June solstice, the Northern Hemisphere receives sunlight at the most direct angle of the year. (Almanac.com)

JUNE 2023

June Birthdays

George Brown: June 17th
 Kay Cowan: June 20th
 Edith Wessinger: June 26th

Fun Upcoming Holidays

June 6th: National Chocolate Ice Cream Day
 June 17th: World Juggler's Day
 June 22nd: World Rainforest Day
 June 28th: Paul Bunyan Day

Calendar Locations

TR = Theater Room
 DR = Dining Room

Journal Prompt: What Speaks to You

Do you have a favorite quote? Write it down and follow it with whatever thoughts come to mind when you read it. If you can't come up with a favorite, then find any quote and complete the task anyway!

"The lemon is the symbol of tart refreshment; its color and fragrance lift our spirits before we even taste it."
 —Lori Longbotham

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	2 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 4:00 Bible Study with Jim - TR	3 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
4 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	5 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	6 10:00 Morning Stretches - TR 2:00 Pictures for the Newsletters - DR 4:00 Local History Chat - DR	7 10:00 Morning Exercise - TR 1:30 Gardening With Renee - DR 2:30 Bingo Marathon - DR 3:30 Broadway Movie and Discussion - TR	8 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	9 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 4:00 Bible Study with Jim - TR	10 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
11 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	12 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	13 10:00 Dogs Come To Be Petted - Lobby 10:00 Exercise With Darlene - TR 2:30 Technology Class - DR 4:00 This is Your Life, Discussion - DR	14 10:00 Morning Exercise - TR 11:00 Baking Club - DR 2:30 Bingo Marathon - DR 3:30 '40s Movie - TR	15 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR 5:00 Father's Day Breakfast Supper - DR	16 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 4:00 Bible Study with Jim - TR	17 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
18 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	19 Juneteenth 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	20 10:00 Morning Stretches - TR 11:00 CV Fashion Store Sets Up - Lobby 2:30 Resident Council Meeting - DR 4:00 Local History Chat - DR	21 10:00 Morning Exercise - TR 10:00 Scenic Drive Outing - Sign Up 1:30 Gardening With Renee - DR 2:30 Bingo Marathon - DR	22 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	23 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 4:00 Bible Study with Jim - TR	24 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
25 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	26 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	27 10:00 Exercise With Darlene - TR 10:00 Morning Stretches - TR 2:30 Table Games - DR 2:30 Technology Class - DR 4:00 This is Your Life, Discussion - DR	28 10:00 Morning Exercise - TR 2:30 Bingo Marathon - DR 3:30 '50s Movie - TR	29 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	30 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 4:00 Bible Study with Jim - TR	



Jump Into Adventure

"Any time something worthwhile has happened in my life, it's been because I did the thing I was afraid of." —Ariana DeBose

Joke Time

I was going to tell you a joke about boxing, but I forgot the punch line.

