

# THE Harbison Shores Lifestyle



HARBISON SHORES  
SENIOR LIVING AT EASE

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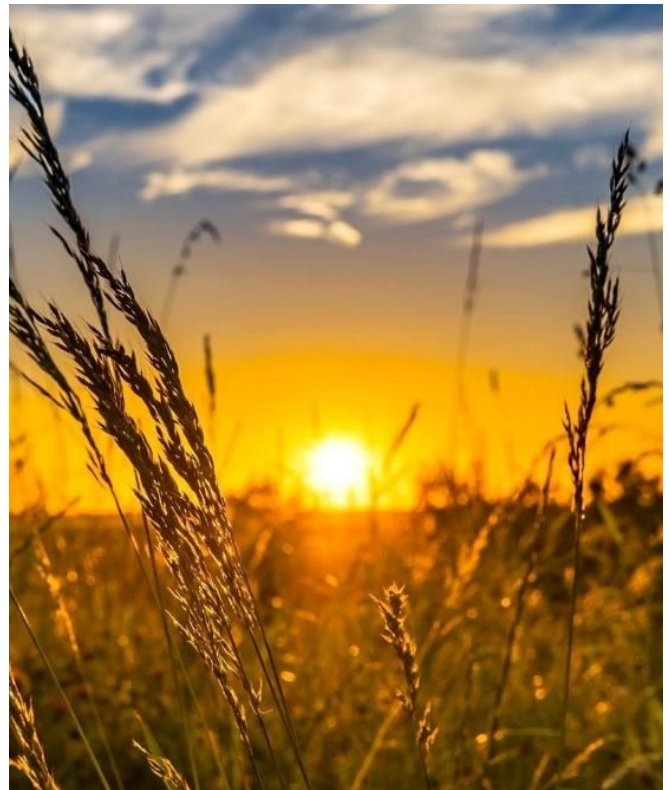
## Hello From the Executive Director



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 Birthday

Susie Mance: June 24th

## 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

TVR = TV Room

AR = Activity Room

DR = Dining Room

## DIY Rug Ideas

Rugs are a wonderful way to add texture and color to your home, and there are lots of budget-friendly methods to make your own. Inexpensive materials like rags, twine, pompoms or yarn can be woven, tied or stitched together in various shapes and sizes. You can also create the design of your dreams by stenciling a pattern onto a plain piece of carpet.

**"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 Drawing Class - AR 11:00 Sing-along - AR 2:30 Music Program - TVR 2:30 Walking Club 3:30 Afternoon Bingo - AR	2 10:00 Morning Exercise - TVR 11:00 Reminiscing on the Porch/Trivia 1:30 Music With Will Parker - TVR 3:00 Bible Study with Jim - TVR 4:00 Afternoon '40s Movie - TVR	3 10:00 Walk in the Villa Courtyard 11:00 Pastor Matt Comes To Visit - TVR 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:30 Ball Toss - TVR 3:30 Movie With Lawrence Welk - TVR
4 10:00 Morning Yoga - TVR 11:00 Worship Service - TVR 1:30 Sports on Television - TR 2:00 Snacks and Hydration 3:00 Methodist Church Service - TVR	5 10:00 Cornhole - AR 11:00 Sing-along - AR 2:00 Snacks and Hydration 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR 3:30 Walking Club	6 10:00 Giant-Sized Jenga - AR 11:00 Piano and Singing With Carolyn - AR 2:00 Snacks and Hydration 2:30 Music Program - TVR 3:30 Afternoon Bingo - AR	7 10:00 Morning Exercise - TVR 2:00 Snacks and Hydration 2:30 Craft Club - AR 3:30 Afternoon Western Movie - TVR 3:30 Walking Club	8 10:00 Drawing Class - AR 11:00 Sing-along - AR 2:00 Snacks and Hydration 2:30 Music Program - TVR 2:30 Walking Club 3:30 Afternoon Bingo - AR	9 10:00 Morning Exercise - TVR 11:00 Reminiscing on the Porch/Trivia 2:00 Happy Hour - TVR 2:00 Snacks and Hydration 3:00 Bible Study with Jim - TVR 4:00 Afternoon '40s Movie - TVR	10 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:00 Snacks and Hydration 2:30 Ball Toss - TVR 3:30 Movie With Lawrence Welk - TVR
11 10:00 Morning Yoga - TVR 11:00 Worship Service - TVR 1:30 Sports on Television - TR 2:00 Snacks and Hydration 3:00 Methodist Church Service - TVR	12 10:00 Cornhole - AR 11:00 Sing-along - AR 2:00 Snacks and Hydration 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR 3:30 Walking Club	13 10:00 Dogs Come In To Be Petted - TVR 10:00 Giant-Sized Jenga - AR 11:00 Piano and Singing With Carolyn - AR 2:00 Snacks and Hydration 2:30 Music Program - TVR 3:30 Afternoon Bingo - AR	14 10:00 Morning Exercise - TVR 2:00 Snacks and Hydration 2:30 Craft Club - AR 3:30 Afternoon Western Movie - TVR 3:30 Walking Club	15 10:00 Drawing Class - AR 11:00 Sing-along - AR 2:00 Snacks and Hydration 2:30 Music Program - TVR 2:30 Walking Club 3:30 Afternoon Bingo - AR 5:00 Father's Day Breakfast Supper - DR	16 10:00 Morning Exercise - TVR 11:00 Reminiscing on the Porch/Trivia 1:30 Music With Will Parker - TVR 2:00 Snacks and Hydration 3:00 Bible Study with Jim - TVR 4:00 Afternoon '40s Movie - TVR	17 10:00 Walk in the Villa Courtyard 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:00 Snacks and Hydration 2:30 Ball Toss - TVR 3:30 Movie With Lawrence Welk - TVR
18 Father's Day 10:00 Morning Yoga - TVR 11:00 Worship Service - TVR 1:30 Sports on Television - TR 2:00 Snacks and Hydration 3:00 Methodist Church Service - TVR	19 Juneteenth 10:00 Cornhole - AR 11:00 Sing-along - AR 2:00 Snacks and Hydration 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR 3:30 Walking Club	20 10:00 Giant-Sized Jenga - AR 11:00 CV Fashion Store Sets Up - AL Lobby 11:00 Piano and Singing With Carolyn - AR 2:00 Snacks and Hydration 2:30 Music Program - TVR 3:30 Afternoon Bingo - AR	21 10:00 Morning Exercise - TVR 10:00 Scenic Drive Outing - Sign Up 2:00 Snacks and Hydration 2:30 Craft Club - AR 3:30 Afternoon Western Movie - TVR 3:30 Walking Club	22 10:00 Drawing Class - AR 11:00 Sing-along - AR 2:00 Snacks and Hydration 2:30 Music Program - TVR 2:30 Walking Club 3:30 Afternoon Bingo - AR	23 10:00 Morning Exercise - TVR 11:00 Reminiscing on the Porch/Trivia 2:00 Happy Hour - TVR 2:00 Snacks and Hydration 3:00 Bible Study with Jim - TVR 4:00 Afternoon '40s Movie - TVR	24 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:00 Snacks and Hydration 2:30 Ball Toss - TVR 3:30 Movie With Lawrence Welk - TVR
25 10:00 Morning Yoga - TVR 11:00 Worship Service - TVR 1:30 Sports on Television - TR 2:00 Snacks and Hydration 3:00 Methodist Church Service - TVR	26 10:00 Cornhole - AR 11:00 Sing-along - AR 2:00 Snacks and Hydration 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR 3:30 Walking Club	27 10:00 Giant-Sized Jenga - AR 11:00 Piano and Singing With Carolyn - AR 2:00 Snacks and Hydration 2:30 Music Program - TVR 3:30 Afternoon Bingo - AR	28 10:00 Morning Exercise - TVR 2:00 Snacks and Hydration 2:30 Craft Club - AR 3:30 Afternoon Western Movie - TVR 3:30 Walking Club	29 10:00 Drawing Class - AR 11:00 Sing-along - AR 2:00 Snacks and Hydration 2:30 Music Program - TVR 2:30 Walking Club 3:30 Afternoon Bingo - AR	30 10:00 Morning Exercise - TVR 11:00 Reminiscing on the Porch/Trivia 1:30 Music With Will Parker - TVR 2:00 Snacks and Hydration 3:00 Bible Study with Jim - TVR 4:00 Afternoon '40s Movie - TVR	

