

Little Berries, Big Benefits

Called nature's candy, blueberries are proof of the saying, "A little goes a long way." A lot of health benefits are packed into these small fruits.

Blueberries have grown to be a top food pick over the past decade for two main reasons: their sweet taste and nutrition. On their own, they're an easy-to-eat, fresh snack, and when added to yogurt, cereal, pancakes and salads, they deliver a punch of color, flavor and nutrients.

The superfood is a low-calorie, high-fiber fruit. But this berry gets its biggest health boost from its deep-blue color. That comes from anthocyanin, a powerful antioxidant that research suggests may provide protection from heart disease, cancer and cognitive decline.

Blueberries are a good source of vitamin C, which supports healthy immunity; vitamin K, essential for bone health; and manganese, a mineral needed for metabolism.

If you've bitten into a blueberry, you know that it's a juicy fruit. Since the berries contain mostly water, they fill you up fast and are hydrating.

Now is the prime time for fresh blueberries, but the fruits are available year-round. Dietitians say their potential benefits make eating them a habit you can feel good about.

Make Your Own Ice Pops

Summer is here, and it's time to cool off with an ice pop! Making these frozen treats at home is fun and easy.

Ice pops can be fruity, creamy or both. For purely fruity treats, combine fresh fruits with juice and a sweetener, such as a syrup made from sugar and water; honey; or a liquid sugar substitute. If you want a creamier pop, use milk, Greek yogurt, or a nondairy option such as coconut milk. You can then add fruit, cocoa powder, brewed coffee, or other mix-ins of your choice.

A blender is useful to puree the ingredients, or you can mash fruits with a fork and use a whisk to stir everything together. Very ripe fruits are ideal for ice pops, since they're easier to mash and taste sweeter. Sample the mix beforehand to make sure it's full of flavor, and remember that sweetness will be less intense after freezing.

Store-bought ice pop molds are handy, but all you need are some wooden craft sticks and small paper cups. You can also use a muffin tin or an ice cube tray. Spoon your mixture into the molds, leaving a 1/4-inch gap at the top, then insert the sticks into the molds and freeze for 5 to 8 hours.

Remove the frozen pops by dipping the molds into a bowl or sink of warm water for 30 seconds. Extra ice pops should be put into a zip-top bag or an airtight container and stored in the freezer.



THE Harbison Shores Lifestyle

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JULY 2021

Welcome Our New Team Members!

We are so excited to have new team members join our Harbison Shores family! We'd like to welcome four new members of our management team:

Elaine Till has been with us since December but has now stepped into the full time administrator role. We are so lucky to have her!

Jessica Maxheimer is our new Business Director, and we're so lucky to have her keeping us all organized!

Brenda Pinckney is our new Dining Director! We're happy to have the benefit of her years of cooking in the kitchen!

Amy Humphries is joining us in the sales and marketing department! She is so friendly to everyone and has done great things for our team already!

Please say hi to any of them whenever you see them around our community and welcome them to Harbison Shores. We are so proud of our awesome management team and our whole Harbison Shores family!



Live It Up on the Lawn!

Friends, fresh air and fun games. What could be better? Celebrate summer with these classic outdoor activities:

Cornhole — Scoring is simple for this laid-back beanbag toss: one point for landing a bag on the board and three for making it in. The first to score 21 points is the winner.

Horseshoes — The stakes are a little higher when you're pitching horseshoes, since landing a perfect ringer—when the horseshoe encircles the target—is a challenging goal.

Lawn bowling — Take advantage of sunny weather and go bowling outside! All you need is 10 plastic bottles to use as pins and a ball that's easy to roll, such as a beach ball or kickball. Fill the bottles with water, set 'em up and start bowling!

Bocce — An Italian variation of lawn bowling, bocce uses nine balls: four for each team, and one smaller target ball, called the jack. The jack is thrown first, then each team's players try to roll or bounce their balls to land closest to it. A makeshift bocce set can be made with a golf ball as the jack and eight tennis balls marked with colored tape to distinguish the teams from each other.

JULY 2021
Locations

Activity Room, Memory Care, ARMC

Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering Place, VUGP

Villas, Dining Room, VDR

“To be a champion you must act like one.”
—Lou Ferrigno

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
INDEPENDENCE DAY 4 9:15 Morning Exercise, TVMC 10:30 Snack Time, ARMC 11:00 Virtual Church Service, ARMC 1:30 Indoor Lawn Games, TVMC 2:30 Snack Time, ARMC	9:15 Morning Exercise, TVMC 5 10:00 Dancing Through the Decades, ARMC 10:30 Snack Time, ARMC 1:30 Daily Devotional, TVMC 2:30 Snack Time, ARMC 2:30 Cookie Baking, ARMC	9:15 Morning Exercise, TVMC 6 10:30 Snack Time, ARMC 10:30 Painting and Piano, ARMC 1:30 Bingo, ARMC 2:30 Snack Time, ARMC 3:00 Daily Devotional and Hymns, ARMC	9:15 Morning Exercise, TVMC 7 10:00 Dancing Through the Decades, ARMC 10:30 Snack Time, ARMC 1:30 Puzzles and Card Games, TVMC 2:30 Snack Time, ARMC 3:30 Bible Study, TVMC	9:15 Morning Exercise, TVMC 8 10:30 Snack Time, ARMC 10:30 Painting and Piano, ARMC 1:30 Bingo, ARMC 2:00 Art of the Islands, ARMC 2:30 Snack Time, ARMC	9:15 Morning Exercise, TVMC 9 10:30 Snack Time, ARMC 10:30 Painting and Piano, ARMC 1:30 Afternoon Carnival Games, ARMC 2:30 Snack Time, ARMC 3:00 Happy Hour, VDR	9:15 Morning Exercise, TVMC 10 10:30 Snack Time, ARMC 1:00 History of the Hawaiian Islands, TVMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
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