



Harrison Bay
SENIOR LIVING
A Lifespark Community

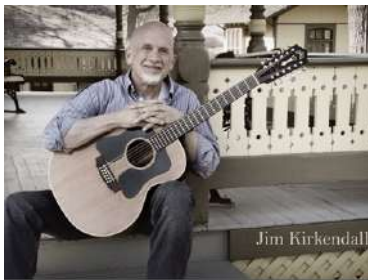
Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

“When we age we shed many skins: ego, arrogance, dominance, pessimism, rudeness, selfish, uncaring ... Wow, it's good to be old!” – Stephen Richards



Jim Kirkendall

JUNE BIRTHDAY BASH
with live entertainment!

Wednesday, June 12th

Time: 1:00

Location: Main Dining room



Marya's Salon
Tuesdays 12-6pm
(Flexible Scheduling)

Call to set up Appointment:

612-741-2472

New Residents:

- Dale K. #111
- Carolyn M. #322
- Russ F. #116

Resident June Birthdays:

- Marlene B. June 15
- Bernadine A. June 15
- Alan S. June 20
- Donald P. June 30



Inspirational Cinema: OVERCOMER

Date: Thursday, June 6
Time: 2:00
Location: PUB



Inspirational Cinema: HIDDEN FIGURES

Date: Thursday, June 20
Time: 2:00
Location: PUB



Come and enjoy watching the National Geographic LIVE: SAFARI

Date: Monday, June 10th & Thursday, June 13th
Time: 2:00
Location: Community Room

Gambia:



The Gambia is a small West African country, bounded by Senegal, with a narrow Atlantic coastline. It's known for its diverse ecosystems around the central Gambia River. Abundant wildlife in its Kiang West National Park and Bao Bolong Wetland Reserve includes monkeys, leopards, hippos, hyenas and rare birds. The capital, Banjul, and nearby Serrekunda offer access to beaches.



Health Benefits of Juicing

- Weight loss
- Boosting immunity
- Better digestion
- Sleep better
- Decrease allergies
- Help with chronic illness
- Balance skin conditions
- Healthier hair

- Improved nail strength
- Decrease in body odor
- Increase in energy
- Decreased need for medications
- Mental, emotional and spiritual health

FORKLIFT



THURSDAYS PRACTICE

Time: 9:30 am

**Where?
COMMUNITY ROOM**

or with PostleMyMail.com

Questions? See Michelle (Activities)

Come practice on the Forklifts every THURSDAY morning till 11:30am!

**Where?
Meet in Main Lobby
9:30 am**

**When?
Mon-Friday
9:30 AM**

Happy Feet Walkers

Info: Come join us in the main lobby to go for a walk outside (weather permitting) or inside.
Questions? see Activities Director

**Come join us for walks around the building to start our day off right!
Location: Main Lobby**

Garden CREW

AL Garden Patio

Mon- Sunday: Watering, weeding, and trimming!

Starts in June- ends September

***See sign up sheet at Activities Table to claim your week!**

Questions? see Activities Director

FATHERS DAY

w/ Root Beer Floats!

**Thursday, June 13th
1:00**

Location: Community Room

Come joins us to Celebrate all the fathers that have come into our lives and if your a father you deserve a root beer float to celebrate YOU!

Text

Peace In God's Country

By Ron Wipf

The sun is sinking below the horizon.
The evening shadows are growing.
Another day is coming to an end.
The evening breeze is gentle.
The sound of the whispering pines is music to my ears.
The fragrance of the pines excites my senses.
The crackling of the fire is music to my soul.
The colors of the burning coals bring delight to my eyes.
The fragrance of the burning wood is delightful.
The sound of the gentle waves is so peaceful.
Each wave washes the tension from my life.
Each wave brings life to my soul.
Mr. and Mrs. Loon call out to each other across the lake.
I am done fishing my Dear, and I am heading to our nest.
See you soon.
The night sky darkens.
Stars began to twinkle in the sky.
In the silence of the evening shadows God speaks.
I created everything.
Don't worry about anything.
I have got you covered.
The darkness brings a quietness to my heart.
Looking into the burning coals slows down my mind.
My heart rests in peace.