

Harmony Lifestyle Guide

June 2011

DATES TO REMEMBER

- 6/1 Toddler Story Time
- 6/3 First Friday Fishing
- 6/4 Coffee Social
- 6/4 Boater Orientation
- 6/4 Silver Spurs Rodeo
- 6/5 Sunday Fun Day
- 6/6 Green Thumb Gardening
- 6/8 Neighborhood Watch
- 6/9 Crafty Ladies
- 6/9 End of School Year
- 6/10 Summer Pool Fun
- 6/11 Fishing Challenge
- 6/12 Sunday Fun Day
- 6/14 Ice Cream Pool Party
- 6/15 Kindermusik
- 6/16 Summer Fishing
- 6/17 Movie Night
- 6/18 Flag Day Festival
- 6/19 Sunday Fun Day
- 6/20 Conservation Café
- 6/21 Ice Cream Pool Party
- 6/22 Kids Summer Crafts
- 6/25 SCUBA Experience
- 6/29 Kids Summer Crafts
- 10/14-10/16 Harvest Festival



aquatics



fitness



lifeenrichment



sports



youthprograms



outdooradventure



socialprograms

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Summer Activities in Harmony

Besides the normal variety of activities and events happening for Harmony residents, kids will have a lot of things to do this summer:

Sundays starting June 5th

Sunday Fun Day

Swim Club Pool

1-4pm

Tuesdays starting June 14th

Ice Cream Pool Party

Ashley Park Pool

2-4pm

Wednesdays starting June 22nd

Kids Summer Crafts

Ashley Park Pool Area

11:00am

Thursdays starting June 16th

Summer Fishing

Buck Lake Dock

8:30am

Fridays starting June 10th

Summer Pool Fun

Swim Club Pool



SWIM LESSONS

**Infants, Toddlers, Child,
Teen, and Adult Swim Lessons
in Harmony**

**Group Classes as low as
\$10.00 a lesson**

**Private and Semi-private
lessons also available**

**<http://www.eventsatharmony.com>
For registration information**



June Recipe of the Month

Mediterranean Salmon Salad

Shorter pastas like orzo generally cook faster than the longer varieties. In a pinch, use canned drained wild sockeye salmon—and flake with two forks—in place of the sautéed fillets.

Yield: 4 servings (serving size: 1 cup)

Ingredients

- ½ cup uncooked orzo
- 2 (6-ounce) salmon fillets (about 1 inch thick)
- ¼ teaspoon salt
- ¼ teaspoon dried oregano
- 1/8 teaspoon black pepper
- Cooking spray
- 2 cups torn spinach
- ½ cup chopped red bell pepper
- ¼ cup chopped green onions
- 4 kalamata olives, pitted and chopped
- 3 tablespoons fresh lemon juice
- 2 Tablespoons crumbled Feta

Preparation

1. Preheat broiler.
2. Cook pasta according to package directions, omitting salt and fat.
3. Sprinkle salmon evenly with salt, oregano, and black pepper. Place on a broiler pan coated with cooking spray. Broil 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Let stand 5 minutes; break into bite-sized pieces with 2 forks.
4. Combine pasta, salmon, spinach, and remaining ingredients in a medium bowl; toss well.

Nutritional Information

Calories: 231 (30% from fat)
 Fat: 7.7g (sat 1.6g, mono 2.7g, poly 2.3g)
 Protein: 20.3g
 Carbohydrate: 19.3g
 Fiber: 1.8g
 Cholesterol: 49mg
 Iron: 1.3mg
 Sodium: 310mg
 Calcium: 56mg



FLAG DAY

FESTIVAL

at

HARMONY

Saturday, June 18th 11am-2pm
www.FlagDayFestival.com


WANTED

**Record Breaking Fish
 from Buck Lake**



**Saturday, June 11th
 \$100 Cash Prize
 to the first person to
 break a current
 weight record for a
 fish caught at
 Buck Lake**

Visit www.eventsatharmony.com for
 all of the rules

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar Subject to Change. www.eventsatharmony.com for last minute changes.</p>			<p>1 Toddler Story Time w/Osceola Library 11:30am</p> <p>Kids Imagination Station 3:00pm</p>	<p>2</p>	<p>3 First Friday Fishing 6:30pm Buck Lake</p>	<p>4 Coffee Social 9:00am</p> <p>Boater Orientation 10:00am</p> <p>Silver Spurs Rodeo 7:30pm</p>
<p>5 Sunday Fun Day Swim Club Pool 1-4pm</p>	<p>6 Green Thumb Gardening "Color for your Summer Garden" 6:30pm</p>	<p>7</p>	<p>8 Kids Imagination Station 3:00pm</p> <p>Neighborhood Watch Meeting 6:30pm</p>	<p>9 Crafty Ladies 11:00am</p> <p>End of School Year Celebration 3:00pm</p>	<p>10 Summer Pool Fun Games, Music, and more 11am-2pm Swim Club Pool</p>	<p>11 Fishing Challenge Can you get the \$100 cash prize?</p>
<p>12 Sunday Fun Day Swim Club Pool 1-4pm</p>	<p>13</p>	<p>14 Ice Cream Pool Party Music, Games, Free Ice Cream 2pm Ashley Park Pool</p>	<p>15 Kindermusik Toddler Summer Program 11:30am</p>	<p>16 Summer Fishing w/ Thomas 8:30am Buck Lake</p>	<p>17 Summer Pool Fun Games, Music, and more 11am-2pm Swim Club Pool</p> <p>Movie Night 8pm Golf Event Lawn</p>	<p>18</p>  <p>11am-2pm www.flagdayfestival.com</p>
<p>19 Sunday Fun Day Swim Club Pool 1-4pm</p>	<p>20 Conservation Café 6:30pm</p>	<p>21 Ice Cream Pool Party Music, Games, Free Ice Cream 2pm Ashley Park Pool</p>	<p>22 Kids Summer Crafts 11:00am Ashley Park Pool</p>	<p>23 Summer Fishing w/ Thomas 8:30am Buck Lake</p> <p>Crafty Ladies 11:00am</p>	<p>24 Summer Pool Fun Games, Music, and more 11am-2pm Swim Club Pool</p>	<p>25 Scuba Experience Ages 8+ Try Scuba Diving for FREE 11am-2pm Swim Club Pool</p>
<p>26 Sunday Fun Day Swim Club Pool 1-4pm</p>	<p>27</p>	<p>28 Ice Cream Pool Party Music, Games, Free Ice Cream 2pm Ashley Park Pool</p>	<p>29 Kids Summer Crafts 11:00am Ashley Park Pool</p>	<p>30 Summer Fishing w/ Thomas 8:30am Buck Lake</p>		

