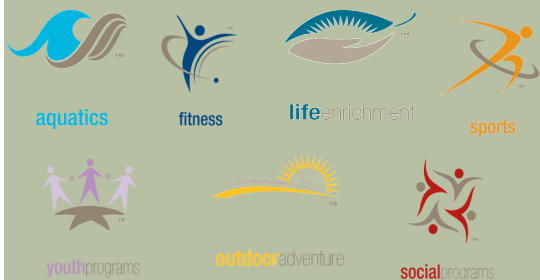


Harmony Lifestyle Guide

August 2011

DATES TO REMEMBER

8/1	Teen Night
8/2	National Night Out
8/3	Kindermusik
8/3	Afternoon Cards
8/4	Crafty Ladies
8/4	Relay For Life Meeting
8/5	First Friday Fishing
8/6	Coffee Social
8/6	Boater Orientation
8/9	Teen Night
8/9	Ice Cream Pool Party
8/9	Dominoes
8/10	Kids Summer Crafts
8/11	Kids Afternoon Hangout
8/12	Dean Martin Celebrity Roast
8/13	Resident Airboat Trip
8/15	Bridge/Canasta
8/16	Book Club
8/17	Fire Station Tour
8/18	Crafty Ladies
8/19	Parents Night Out
8/20	Back To School Party
8/20	Blood Drive
8/22	Conservation Café
8/23	Photography Club
8/26	Shuffleboard Tournament
8/27	Poker Tournament
8/28	Sunday Fun Day
8/28	BBQ Tournament
8/30	Creative Writing
10/14-10/16	Harvest Festival

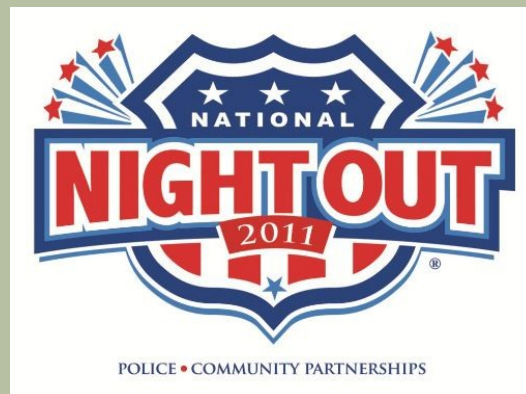


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It's America's Night Out Against Crime!

The "28th Annual National Night Out" (NNO), a unique crime/drug prevention event sponsored by the National Association of Town Watch (Nationaltownwatch.org), has been scheduled for **Tuesday, August 2, 2011 for the Town of Harmony**. The event will be held at Harmony's Lakeshore Park, 3300 Schoolhouse Rd, from 6:00pm-8:30pm.

Last year's National Night Out campaign involved citizens, law enforcement agencies, civic groups, businesses, neighborhood organizations and local officials from over 15,000 communities from all 50 states, U.S. territories, Canadian cities and military bases worldwide. In all, over **37 million** people participated in National Night Out 2010.

NATIONAL NIGHT OUT is designed to:

- ◆ Heighten crime and drug prevention awareness;
- ◆ Generate support for, and participation in, local anticrime programs;
- ◆ Strengthen neighborhood spirit and police-community partnerships; and
- ◆ Send a message to criminals letting them know that neighborhoods are organized and fighting back.

NNO has proven to be an effective, inexpensive and enjoyable program to promote neighborhood spirit and police-community partnerships in our fight for a safer nation. Plus, the benefits your community will derive from NNO will most certainly extend well beyond the one night.

(Continued page 2)



Recipe of the Month

Fiery Grilled Peach and Habanero Salsa

Grilling the peaches caramelizes their natural sugar. Serve with grilled pork, fish—like striped bass—or chicken. Refrigerate for up to three days.

This recipe goes with Grilled Chicken Breast, Grilled Striped Bass, Roasted Pork Tenderloin

Yield: 15 servings (serving size: 1/4 cup)

Ingredients

For the Sauce:

4 large peeled peaches, halved and pitted (about 1 pound)
2 (1/4-inch-thick) slices red onion
Cooking spray
2 tablespoons chopped fresh cilantro
1 tablespoon fresh lime juice
1 teaspoon sugar
1 teaspoon grated orange rind
1 teaspoon finely chopped seeded habanero pepper
1/2 teaspoon salt 1 1/2-inch piece ginger, peeled
2 tablespoons rice wine vinegar
1 tablespoon toasted sesame oil
1 tablespoon low-sodium soy sauce
Pinch of sugar
Kosher salt and freshly ground pepper

Preparation

1. Prepare grill to medium-high heat.
2. Lightly coat peaches and onion with cooking spray. Place peaches and onion on grill rack coated with cooking spray; grill peaches 2 minutes on each side. Cool and chop peaches. Grill onion 3 minutes on each side. Cool and chop onion. Combine peaches, onion, cilantro, and remaining ingredients in a medium bowl; toss well. Let stand 15 minutes.

Nutritional Information.

Calories: 20
Fat: 0.1g (sat 0.0g, mono 0.0g, poly 0.0g)
Protein: 0.4g
Carbohydrate: 5g
Fiber: 0.7g
Cholesterol: 0.0mg
Iron: 0.1mg
Sodium: 78mg

National Night Out (Cont.)

Many great activities and demonstrations are planned for the Harmony national Night Out happening on August 2nd:

- ◆ Members of the Osceola Sheriff's K9 Unit, SWAT, Mounted Patrol, Motorcycle, and Aviation Unit
- ◆ Osceola County Sheriff's Helicopter
- ◆ Osceola Fire Department
- ◆ Commissioner Fred Hawkins
- ◆ Kids Activities
- ◆ Refreshments
- ◆ Community Pot Luck Dinner
- ◆ And much more

For more information on the Harmony National Night Out, please email activities@harmonyfl.com or visit the "Harmony Neighborhood Watch Group" on Facebook.

Healthy Tips

FOR AUGUST

Eating Fast

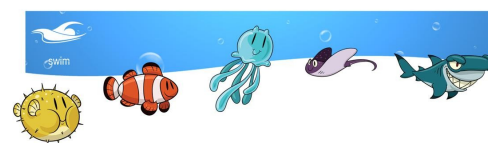
Eating too fast causes you to eat more. Learn to eat more slowly and drink water with your meals, so that the feeling of satisfaction will register better.

Dessert

If your calories for the day do not allow you to eat an entire piece of cheesecake or something else for dessert at a restaurant, eat half of it. Then pour salt on the rest to avoid temptation.

Cravings

Make your diet suit your cravings. If you know that evening is when you usually binge, save your calories for that time of day.



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**

Lifestyles

August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar Subject to Change. www.eventsat.harmony.com for last minute changes.</p>	<p>1 Teen Night 8:00-11:00pm Enrichment Center</p>	<p>2</p> 	<p>3 Kindermusik 11:30am Enrichment Center</p> <p>Afternoon Cards 5:00pm Enrichment Center</p>	<p>4 Crafty Ladies 11:00am Enrichment Center</p> <p>Relay For Life Meeting 6:00pm Enrichment Center</p>	<p>5 Aqua Aerobics 11:00am Swim Club</p> <p>First Friday Fishing 7:00pm Buck Lake</p> <p>Poker Tournament 7:00pm Enrichment Center</p>	<p>6 Coffee Social 9:00am Enrichment Center</p> <p>Boater Orientation 10:00am Buck Lake</p>
<p>7</p>	<p>8</p>	<p>9 Ice Cream Pool Party 2:00pm Ashley Park Pool</p> <p>Teen Night 8:00-11:00pm Enrichment Center</p>	<p>10 Kids Summer Crafts 11:00am Enrichment Center</p> <p>Afternoon Cards 5:00pm Enrichment Center</p>	<p>11 Kids Afternoon Hangout 2:00pm Enrichment Center</p>	<p>12 Aqua Aerobics 11:00am Swim Club</p> <p>Dean Martin Celebrity Roasts 7:30pm Enrichment Center</p>	<p>13 Parents Night Out 6:00-10:00pm Enrichment Center</p>
<p>14</p>	<p>15 Teen Night 8:00-11:00pm Enrichment Center</p>	<p>16 Ice Cream Pool Party 2:00pm Ashley Park Pool</p> <p>Book Club 7:00pm Enrichment Center</p>	<p>17 Toddler Time Fire Station Tour 11:00am Harmony Fire Station</p> <p>Afternoon Cards 5:00pm Enrichment Center</p>	<p>18 Crafty Ladies 11:00am Enrichment Center</p> <p>Kids Afternoon Hangout 2:00pm Enrichment Center</p>	<p>19 Aqua Aerobics 11:00am Swim Club</p>	<p>20 Back To School Party 11:00am Swim Club Pool</p> <p>Blood Drive 10am-4pm Town Square</p>
<p>21</p>	<p>22 First Day of School</p> <p>Conservation Café 6:30pm</p>	<p>23 After School Hangout 2:00-5:00pm Ages 9-14 Enrichment Center</p> <p>Photography Club 7:00pm Enrichment Center</p>	<p>24 After School Hangout 1:00-5:00pm Ages 9-14 Enrichment Center</p> <p>Afternoon Cards 5:00pm Enrichment Center</p>	<p>25 After School Hangout 2:00-5:00pm Ages 9-14 Enrichment Center</p>	<p>26 Shuffleboard Tournament 9:00am Enrichment Center</p> <p>Aqua Aerobics 11:00am Swim Club</p>	<p>27 Resident Airboat Trip Email activities @harmonyfl.com to RSVP</p>
<p>28 Sunday Fun Day 1:00-4:00pm Swim Club Pool</p> <p>BBQ Club 5:00pm Enrichment Center</p>	<p>29</p>	<p>30 After School Hangout 2:00-5:00pm Ages 9-14 Enrichment Center</p> <p>Creative Writing 7:00pm Enrichment Center</p>	<p>31 After School Hangout 1:00-5:00pm Ages 9-14 Enrichment Center</p> <p>Afternoon Cards 5:00pm Enrichment Center</p>			

Program Descriptions



<http://www.eventsatharmony.com>



Facebook.com/
harmonyfl



@HarmonyFL

Afternoon Cards: Join other Harmony residents at the Harmony Enrichment Center for a fun time of Bridge and Canasta

After School Hangout: Music, board games, video games, movies, friends, and more. This afterschool hangout is designed for ages 9-14.

Airboat Trip: resident trip: email activities@harmonyfl.com for more information

Back to School Party: Music, prizes, free food and more. Come out and celebrate the last weekend before school starts.

BBQ Club: Do you like to cook, smoke, eat and talk BBQ?? Then come out and join the Harmony "BBQ Buddies". The only neighborhood club where you can eat your projects!

"Give man some BBQ and he will eat it and take a nap. Teach man to BBQ and he will feed you forever"

Book Club: Do you enjoy reading? Come out and discover new books. Club sponsored by Osceola Library.

Boater Orientation: Come learn the basics of using one of the electric boats in Harmony. This class is needed for any resident that wants to check out the boats in Harmony

Coffee Social: A great way to start your morning with coffee and talking with fellow Harmony residents.

Conservation Cafe: Join us every third Monday evening of the month at 6:30pm. We have guest speakers, nature walks, and more

Crafty Ladies: Let's create something together while spending time with other ladies in Harmony.

Creative Writing Class: Do you like to write poetry, short stories, etc? If so, come out and join this resident led group that will help you brainstorm, critique, or inspire you with a variety of ideas.

First Friday Fishing: Join us at Buck Lake the first Friday of every month for a fun evening of fishing. Bring your own pole or you can borrow one from Thomas, the Dock Master.

Ice Cream Pool Party: Join us every Tuesday for free ice cream and a pool party at the Ashley Park pool area.

Kids Summer Crafts: Each week we have a different fun craft for kids to work on. From birdhouses, painting, food, and much more.

Parents Night Out: Drop off your kids for a night of games, movies, and fun. Cost is \$8.00 a child and includes dinner and a snack. RSVP to activities@harmonyfl.com Space is limited.

Photography Club: Photographers needed to be a part of this exciting new club. Learn new techniques, about new equipment, and much more.

Shuffleboard Tournament: Come and show off your skills at the 1st annual Harmony shuffleboard Tournament.

Summer Fishing: Thursdays at 8:30am. Bring your own fishing pole or we have some for you to borrow.

Summer Pool Fun: Every Friday is a pool party at the Swim Club pool. Music, games, and more.

Sunday Fun Day: Join us on Sundays for a pool party at the Swim Club pool.

Teen Night : A chance for all the teens in the community to get together with friends.

Toddler Time: A great opportunity for toddlers to play and grow with other children their age through dances, crafts, story time, and other group activities.

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