

EVENTS AT HARMONY

October 2011 Lifestyle Guide

On Friday, October 14, Saturday, October 15, and Sunday, October 16, 2011 the Town of Harmony will be hosting their 7th Annual Harvest Festival at the corner of US 192 and Five Oaks Drive. The festival will be open from 3PM-9PM on Friday, 10AM-9PM on Saturday, and 12PM-6PM on Sunday. Admission to the event is free and open to the public.

The festival will host a carnival, family activities, craft and food vendors, and live music which will be available all three days of the festival, antique farm equipment and demonstrations on Friday and Saturday, a car show on Sunday, and more. The Harvest Festival aims to build community in Harmony and the surrounding areas while providing a fun, fall activity for families in area. All aspects of the event are family-friendly and enjoyable for all ages and pets too.

For more information on the event, please contact the Harmony Lifestyle Staff at activities@harmonyfl.com or visit the website at www.harmonyharvestfestival.com.



HARVEST FESTIVAL
at
HARMONY

OCTOBER 14-16, 2011

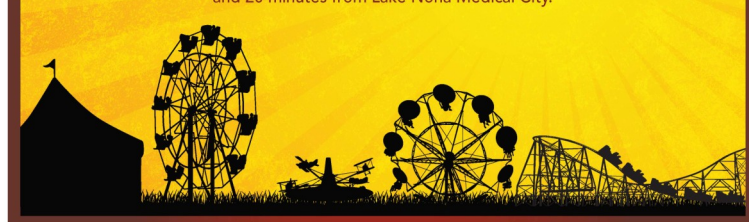
Rides, Rockin' and Rollin'
Public Welcome - Corner of US 192 and Five Oaks Drive

Enjoy three days of fun carnival rides, a car show, crafts, family activities, farm exhibits and demonstrations, live music, food and more.

FRIDAY: 3-9PM
SATURDAY: 10AM-9PM
SUNDAY: 12-6PM

To view full weekend schedule and to purchase carnival tickets visit HarmonyHarvestFestival.com.

Harmony is located on US 192, 30 minutes from Disney and Melbourne, and 20 minutes from Lake Nona Medical City.



aquatics



fitness



life enrichment



sports



youth programs



outdoor adventure



social programs

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Recipe of the Month

Pumpkin Pie Cake

If you like pumpkin pie, you'll love this cake's subtle spice flavors and velvety cream cheese frosting. The slightly sweet and mild pecans add a pleasant crunch to the smooth frosting. Pumpkin-pie spice is a combination of warm spices: cinnamon, ginger, nutmeg, allspice, cloves, and mace. Use it to enliven applesauce, vanilla ice cream, or tea. Yield: 16 servings (serving size: 1 slice)

Ingredients

Cake:

- Cooking spray
- 2 tablespoons all-purpose flour
- 1 cup granulated sugar
- ½ cup packed brown sugar
- ¼ cup canola oil
- ½ cup egg substitute
- 2 large eggs
- 1 (15-ounce) can unsweetened pumpkin
- 2 cups all-purpose flour (about 9 ounces)
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons pumpkin-pie spice
- ½ teaspoon salt

Frosting:

- 2 tablespoons butter, softened
- 1 (8-ounce) package 1/3-less-fat cream cheese
- 3 cups powdered sugar
- 2 teaspoons fresh orange juice
- ¼ cup chopped pecans, toasted
- Orange slices (optional)

Preparation

1. Preheat oven to 350°.
2. To prepare cake, coat 2 (8-inch) round cake pans with cooking spray. Dust pans evenly with 2 tablespoons flour. Combine 1 cup granulated sugar, brown sugar, and oil in a large bowl; beat with a mixer at medium speed 2 minutes or until well blended. Add egg substitute and eggs; beat until well blended. Add pumpkin, beating until blended.
3. Lightly spoon 2 cups flour into dry measuring cups; level with a knife. Combine flour, baking powder, and next 3 ingredients (through salt) in a medium bowl. Gradually add flour mixture to pumpkin mixture, beating just until blended. Spoon batter into prepared pans. Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack. 4. Remove cake from pans; cool completely on wire rack.
5. To prepare frosting, beat butter and cream cheese at medium speed until creamy. Gradually add powdered sugar, beating until blended (do not overbeat). Add juice, stirring until blended.
6. Place 1 cake layer on a serving plate. Spread 1 cup frosting over layer, and top with remaining cake layer. Spread remaining frosting over top of cake. Sprinkle with pecans, and garnish with orange slices, if desired.

Nutritional Information

Calories: 318 (30% from fat) Fat: 10.6g (sat 3.5g, mono 3.8g, poly 1.8g) Protein: 5.2g Carbohydrate: 51.8g Fiber: 1.4g Cholesterol: 40mg Iron: 1.6mg Sodium: 284mg Calcium: 42mg

Happy Halloween

Adult Halloween Party

Fri, Oct 28th 7-11PM Estates Entrance
(there will be supervised kids activities during this time at the Enrichment Center)

Haunted House

Sat, Oct 29th 7:00PM Enrichment Center

Pre-Trick or Treat Party

Mon, Oct 31st 5:00PM Lake Shore Park



Healthy Tips for October

Make sure immunizations are up to date. Review your child's immunization record with your pediatrician. Make sure your child is current on recommended immunizations.

Budget your food as you do your money. A rough guideline for daily caloric intake: Multiply your ideal body weight by 10 (i.e., 1,200 calories if you want to weigh 120 pounds) and then add another 600 calories if you're moderately active, a few hundred more if you're very active. Divide those calories out across the day to keep yourself well fed

Lifestyles

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
E.C.= Enrichment Center						1 Coffee Social 9am E.C. Boater Orientation 10am Buck Lake
2	3	4 After School Hangout 3:00-5:00pm E.C. Genealogy Club 5:00pm E.C. Relay For Life Committee Meeting 6:30pm E.C.	5 Toddler Story Time 11:30am E.C. After School Hangout 2:00-5:00pm E.C. Evening Trail Hike 5:30pm	6 After School Hangout 3:00-5:00pm E.C. Canasta 7:00pm E.C.	7 First Friday Fishing 6:30pm Buck Lake Dean Martin Celebrity Roasts 7:00pm E.C.	8 Community Scavenger Hunt RSVP to activi- ties@harmonyfl.com Ping Pong Tournament 6:00pm E.C.
9 Pool Party 1:00-4:00pm Swim Club Pool Basketball 5:00pm Lakeshore Park	10	11 After School Hangout 3:00-5:00pm E.C. Book Club 7:00pm E.C.	12 After School Hangout 2:00-5:00pm E.C.	13 Crafty Ladies 1:00pm After School Hangout 3:00-5:00pm E.C. Canasta 7:00pm EC	14 Harvest Festival 3pm-9pm 	15 Harvest Festival 10am-9pm 
16 Harvest Festival 12pm-6pm 	17 Conservation Café 6:30pm	18 After School Hangout 3:00-5:00pm E.C. Relay For Life Kickoff Party 	19 Toddler Time 11:30am E.C. After School Hangout 2:00-5:00pm E.C.	20 After School Hangout 3:00-5:00pm E.C. Canasta 7:00pm E.C.	21 Kids Day Camp 8:30am-5:30pm	22 Canoe-o-rama 3:00pm Buck Lake Campfire 6:00pm
23 Soccer 5:00pm Lakeshore Park Teen Night 7-11pm E.C.	24 Kids Day Camp 8:30am-5:30pm	25 After School Hangout 3:00-5:00pm E.C. Creative Writing 7:00pm E.C.	26 After School Hangout 2:00-5:00pm E.C.	27 Crafty Ladies 1:00pm E.C. After School Hangout 3:00-5:00pm E.C. Canasta 7:00pm E.C.	28 Adult Halloween Party 7-11pm Kids Party 7-11pm	29 Haunted House Enrichment Center
30 Pool Party 1:00-4:00pm Swim Club Pool	31 Halloween Pre-Trick or Treat Party 5:00pm Lakeshore Park					

Program Descriptions



<http://www.eventsatharmony.com>



Facebook.com/
harmonyfl



@HarmonyFL

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

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

Campfire: Smores and more at our monthly campfire for Harmony residents.

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.

Dean Martin Celebrity Roasts: Do you remember watching the Celebrity Roasts of the 70s and 80s? Come join us as we re-live the classics.

Evening Bike Ride: Join a group of Harmony residents on a leisurely ride through Harmony

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.

October Kids Camp: A full day of fun activities for kids while school is out on October 21 and October 24. Cost is \$25.00 a child per day which includes lunch and snack. 8:30am-5:30pm. Email activities@harmonyfl.com to RSVP

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

Ping Pong Tournament: A fun challenge for Harmony residents. Do you have what it takes to win it all?

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

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

Sunset Trail Hike: Join Harmony residents on a relaxing walk on one of the natural trails of Harmony.

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.

Sudoku

Level: Easy

		7	9	8	2		1	
5					6			
	2	3	5	4			6	
	4		8	3			7	
6	5						8	1
	3			1	5		4	
	9			6	3	1	2	
			1					9
	1		2	9	7	8		