

TRULY A MELTING POT

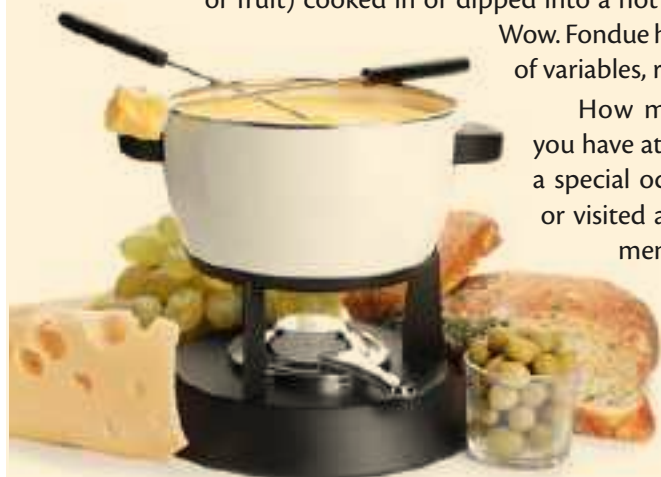
Merriam Webster tells us that fondue is “a dish similar to a soufflé usually made with cheese and bread crumbs,” “a preparation of melted cheese (such as Swiss cheese and Gruyère) usually flavored with white wine and kirsch,” as well as “a dish that consists of small pieces of food (such as meat or fruit) cooked in or dipped into a hot liquid.”

Wow. Fondue has a lot of variables, right?

How many of you have attended a special occasion, or visited a family member or

friend, where fondue was served? It’s a fun and elegant addition to parties and gatherings that stays warm as it simmers over a nice little flame. So, what’s its origin story? Fondue dates back as far as the 800 B.C. era with stories of philosophers enjoying cheesy, gooey concoctions of sheep and/or goat milk. Later, it became commonplace. Peasants in the Swiss and French Alps in the 1800s would sit near an open flame, mix the area’s aged cheese with herbs, flour and wine and celebrate. They didn’t have fresh foods during winter, but they had bread and fondue, and that was enough.

It made its way across continents and quickly became an American fixture. The cheese-loving states picked it up and then it entered a new experimental dessert phase. The delightfully sinful chocolate fondue was a 1960s New York (by way of Switzerland) chef’s vision that’s now a staple sweet treat.



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*Celebrating
Senior Living*

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June 2022

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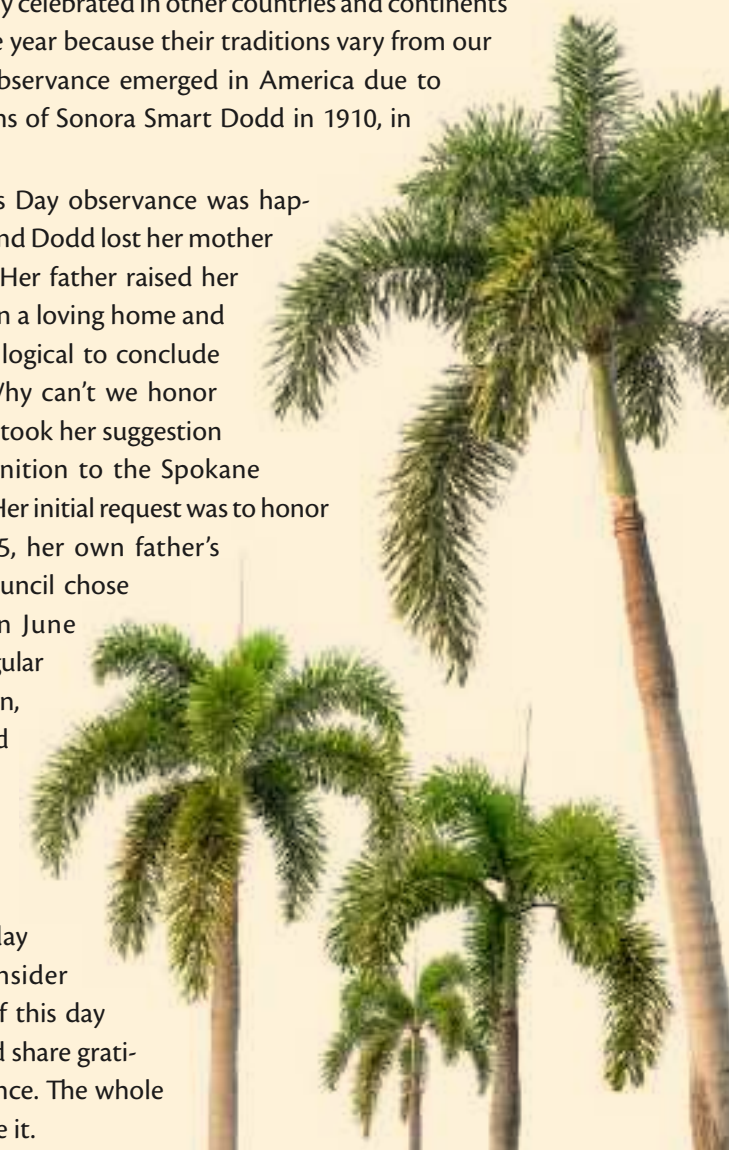
Director of Resident Care

DEAR OLD DAD

It’s the third Sunday in June – a holiday we celebrate annually known as Father’s Day. This holiday is actually celebrated in other countries and continents a different day of the year because their traditions vary from our own. This holiday observance emerged in America due to the influential actions of Sonora Smart Dodd in 1910, in Spokane, WA.

Talk of Mother’s Day observance was happening at the time, and Dodd lost her mother much earlier in life. Her father raised her and several siblings in a loving home and she adored him. It’s logical to conclude she might think, “Why can’t we honor fathers, too?” So she took her suggestion of patriarchal recognition to the Spokane Ministerial Alliance. Her initial request was to honor all fathers on June 5, her own father’s birthday. But the council chose the third Sunday in June instead. It’s been a regular occurrence since then, after it slowly picked up in popularity.

If you’re a father, grandfather or great-grandfather, how does this holiday make you feel? Consider how a celebration of this day unites the family and share gratitude for the experience. The whole family will appreciate it.





HarborChase.com

June 2022

HarborChase of South Portland - Assisted Living



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:30 Catholic Service ¹ 10:30 Piano With Mike McCarthy 1:00 Art Therapy 2:30 Bus Trip ~ Fielder's Choice 3:00 Marilyn Monroe Day Trivia! 4:00 Marilyn Monroe Champagne Cocktails 6:00 The Mystery of Marilyn	10:00 Daily Chronicles ² 11:00 Zumba With Sara 1:00 Outdoor Four In A Row 2:00 Piece it Together Jigsaw Puzzles 3:00 Knitting Circle 4:00 Sangria & Fruit Skewers 6:00 Romantic Comedy Movie	10:00 Sunshine Strolls ³ 11:00 National Donut Day! 1:00 Shut The Box 2:00 History of Donuts 3:00 Donut Eating Contest 4:00 Fusion Drinks 6:00 Comedy Movie	10:00 Morning Meditation ⁴ 11:00 Coffee Talk 1:00 Crafting On The Cove 2:00 Book Club ~ Short Stories 3:00 Corn Hole 4:00 Red Sox vs. Athletics 6:00 Rosary Group
Fishing & Boating Week ⁵ 10:00 Scenic Drive 11:00 Virtual Church Service 1:00 Matinee Movie 2:00 Pool Tournament 3:00 Weekly Round Up 3:00 Catch & Release Trivia 6:00 Chess Games	10:00 Sunrise Strolls ⁶ 11:00 Tenzi Dice 1:00 Lighthouse Tour & Ice Cream at Reds 2:00 Funniest Home Videos 3:00 Getting To Know You 4:00 Margarita Monday 6:00 Drive-In Movie Night On The Patio!	10:00 Bands of Resistance ⁷ 11:00 Family Feud 1:00 Racket Ball 2:00 LCR Dice 3:00 Gone Fishin' 4:00 Fish Bowl Cocktails & Mocktails 6:00 Bust A Gut Comedy Movie	9:30 Catholic Service ⁸ 11:00 Casco Bay Mail Boat Cruise 1:00 Shuffle Down Shuffle Board 2:00 Independent Art 3:00 Men's Group With Zac ~ Corn Hole 4:00 Wine Down 6:00 Poetry Club	10:00 Coffee Catch Up ⁹ 11:00 Zumba With Sara 1:00 Funniest Home Videos 2:00 Wild Card 3:00 Corn Hole 4:00 Cocktail Creations 6:00 Poetry Circle	10:30 Gardening With Jenalee ¹⁰ 11:30 Coffee Catch Up 1:00 Shuffle On Down Shuffle Board 2:00 Art Therapy 3:00 Yardzee 4:00 Spring Spritzers 6:00 Master Mind Clue	10:00 Morning Stretches ¹¹ 11:00 Gardening Group 1:00 Crafting On The Cove 2:00 8 Ball 3:00 Corn Hole Tournament 4:00 BuzzTime Trivia 6:00 Rosary Group
10:00 Mindful Meditation ¹² 10:30 Mimosas & Fruit Skewers 11:00 Virtual Church Service 1:00 Ten Pin 2:00 75 Lotto 3:00 Weekly Round Up 4:00 Red Sox vs. Mariners 6:00 Piece it Together Puzzles	10:00 Zaney Zumba ¹³ 11:00 Morning Mocha 1:30 Mini Golf & Martels Ice Cream 2:00 Wheel Of Fortune 3:00 Ten Pin 4:00 Red Gallager 6:00 Blub Club ~ Short Stories	10:00 Bands Of Resistance ¹⁴ 11:00 Morning Mocha 1:00 Flag Day Garden Decorating 1:00 Ten Pin 2:00 Resident Council 3:00 75 Lotto 4:00 Cocktail Creations 6:00 Aroma Therapy	9:30 Catholic Service ¹⁵ 10:30 Superstitions Presentation 1:00 Ten Pin 2:00 South Portland Library 3:00 75 Lotto 4:00 Wine Down 6:00 Book Club Short Stories 7:00 Red Sox vs. Athletics	10:00 What's Happening South Portland? ¹⁶ 11:00 Zumba With Sara 1:00 LCR Dice 1:30 Red Sox vs. Athletics 2:00 Wheel of Fortune 3:15 Music With Anne Sparling 4:00 Tall Tales & Ales 6:00 Mindful Meditation	10:00 Sunshine Strolls ¹⁷ 10:30 Spa Day With Tracy 1:00 Planning Committee 2:00 Wild Card 3:00 Knitting Circle 4:00 Mojitos & Mingle 6:00 Poetry Circle 7:00 Red Sox vs. Cardinals	10:00 Mindful Meditation ¹⁸ 11:00 Patio Games 1:00 Crafting On The Cove 2:00 Poker Games 3:00 BuzzTime Trivia 4:00 Wine Down 6:00 Rosary Group 7:00 Red Sox vs. Cardinals
Father's Day ¹⁹ 10:00 Java & Juice 11:00 Virtual Church Service 12:00 "Pop," You're The Real Thing 1:30 Red Sox vs. Cardinals 3:00 Rootbeer Floats 3:00 Weekly Round Up 6:00 Comedy Movie	10:30 Shopping Trip ²⁰ 11:00 Family Feud 1:00 Who Wants To Be A Millionaire 2:00 Worldly Travles 3:00 Live Saxophone Concert 4:00 Tall Tales & Ales 6:00 Bust A Gut Comedy Movie 7:20 Red Sox vs. Tigers	10:00 Sunshine Strolls ²¹ 11:00 Today in History 1:00 Racket Ball 2:00 Paws For a Cause Blankets 3:00 Bakers Bunch ~ Dog Cookies 4:00 Creamsicle Floats 7:00 Red Sox vs Tigers	9:30 Catholic Service ²² 10:00 Scenic Drive 11:00 Coffee Catch Up 1:00 LCR Dice 2:00 Sparks Ark Animal Show 3:00 Name That Tune 4:00 Throwback Music Videos 6:00 Poetry Circle	Pink Day ²³ 10:00 Flamingo Ring Toss 11:00 Zumba With Sara 1:00 Matinee Movie "Pink Panther" 2:00 Creative Corner 4:00 The Maine Marimba Band! 5:00 Bubbles & Cue 6:00 Mindful Meditation	10:00 Sunrise Stretches ²⁴ 11:00 Morning Mocha 1:00 Cribbage Groups 2:00 Tricky Trivia 3:00 Corn Hole Tournament 4:00 Mocktails & Cocktails 6:00 Knitting Circle 7:00 Red Sox vs. Guardians	10:00 Aroma Therapy ²⁵ 11:00 Shake 'em Up Dice 1:00 Crafting On The Cove 2:00 America's Funniest Home Videos 3:00 Corn Hole 4:00 Weekly Wine Down 6:00 Rosary Group
10:00 Today In History ²⁶ 11:00 Virtual Church Service 1:40 Red Sox vs. Guardians 2:00 Shut The Box 3:00 Weekly Round Up 3:00 Jeopardy! 4:00 Cocktail Creations 6:00 America's Funniest Home Videos	10:30 Memory Lane ²⁷ 11:30 Lunch Bunch 1:00 Cribbage Group 2:00 Scrabble 3:00 Getting to Know You 4:00 Martinis & Munchies 7:00 Red Sox vs. Blue Jays	10:00 Bands Of Resistance ²⁸ 11:00 Today In History 11:30 Lunch Bunch 1:00 Bananagrams 2:00 Art Therapy ~ Bird Feeders 3:00 Piggy Bankers 4:00 Wine & Cheese Pairings 6:00 Knitting Circle 7:00 Red Sox vs. Blue Jays	9:30 Catholic Service ²⁹ 10:30 Michael Perry~Lighthouses of Maine 1:00 Gardening Group 2:00 Yahtzee! 3:00 Matinee Movie 4:00 Break The Ice Happy Hour 5:00 Seadogs Game!	10:00 Daily Chronicles ³⁰ 11:00 Zumba With Sara 1:30 Color Me Mine 2:00 Love On a Leash 3:00 Jeopardy! 4:00 Outdoor Happy Hour 6:00 Deal or No Deal		

HELLO, JUNE

O L L A B R I A T O H A S P O L F P I L F P R
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BEACH CRUISER
 CANCER
 FATHER'S DAY
 FIREFLIES
 FLAG DAY

FLIP FLOPS
 GEMINI
 HOT AIR BALLOON
 ICE CREAM
 JUNE BUG

JUNETEENTH
 JUNO
 LONGEST DAY
 PEARL
 ROAD TRIP

ROSES
 SAND CASTLES
 SUMMER SOLSTICE
 SWIMMING
 TENNIS

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DIFFICULT

All the Summer Things

Summer begins on June 20 and ends on Sept. 22. There is a great deal to do during those long, hot, humid, sweltering months. What are your summer favorites? Below is a list of notable summer stats, memorables and favorites.

- The most popular summer Olympic sport is gymnastics.
- The most popular summer sports for non-Olympians include baseball, soccer and tennis.
- The sounds most reminiscent of summer include crickets, fireworks and the squeaky chains of swing sets.
- According to Rolling Stone magazine, “Dancing in the Street” by Martha & The Vandellas and “Summertime Blues” by Eddie Cochran rank among the top most memorable summer songs of all time.
- Corn on the cob and watermelon are two of America’s favorite summer foods.
- The activities you’ll find many people doing in summer months include catching “lightning bugs” or fireflies and swimming.
- The most popular summer vacation destination spots, according to U.S. News & World Report, are Yellowstone National Park, with San Diego in second place. Ranked top among U.S. beach vacation spots are the Outer Banks of North Carolina and Destin, Florida.
- The garden vegetables that top the summer growing list are cucumbers, green beans, peppers and tomatoes.
- The summer sun-soaking flowers that you’ll see on display include zinnias, daisies and bougainvilleas.
- Candles and birdhouses are two tiers of crafts you’ll often find among summer creations.

Juneteenth

June 19, also known as Juneteenth, is the day we commemorate the abolition of slavery in the United States from the Civil War era. The holiday initially took shape in Galveston, TX, in 1865 following the slaves’ receipt of the news that President Abraham Lincoln had issued a decree ending slavery in the Confederate states two years prior. The Emancipation Proclamation freed more than 3 million African-Americans forced into slavery. But it wasn’t until 1865 that the liberation of the slaves in Texas occurred.

The first celebration on record of Juneteenth, also known as Emancipation Day, happened the following year, in 1866. Typical aspects of these festivities at the time included lots of singing and dancing, prayer and food. Now, the same occurs, but with more activities, speeches and educational events. A reading of the Emancipation Proclamation takes place as well in many areas, even on public news radio outlets.

Officially, Juneteenth became a holiday in Texas in 1980. Other states soon followed the Texas exemplar, and now it’s observed annually by all 50 states as of July 2021. Other countries take part in the festivities of Juneteenth, as well, and offer special appreciation to the holiday, commemorating the end of slavery and celebrating various achievements of African-Americans simultaneously.

In the Eye of a Storm

At the center of a mature tropical cyclone (aka hurricane), air sinks rather than rises. For a sufficiently strong storm, air may sink over a layer deep enough to suppress cloud formation, thereby creating a clear “eye”. Weather in the eye is normally calm and free of convective clouds, although the sea may be extremely violent. The eye is normally circular and is typically 19–40 miles in diameter, though eyes as small as 1.9 miles and as large as 230 miles have been observed.

The cloudy outer edge of the eye is called the “eyewall.” The eyewall typically expands outward with height, resembling an arena football stadium; this phenomenon is sometimes referred to as the “stadium effect.” The eyewall is where the greatest wind speeds are found, air rises most rapidly, clouds reach their highest altitude and precipitation is the heaviest. The heaviest wind damage occurs where a tropical cyclone’s eyewall passes over land.

In a weaker storm, the eye may be obscured by the central dense overcast, which is the upper-level cirrus shield that is associated with a concentrated area of strong thunderstorm activity near the center of a tropical cyclone.

The eyewall may vary over time in the form of eyewall replacement cycles, particularly in intense tropical cyclones. Outer rainbands can organize into an outer ring of thunderstorms that slowly moves inward, which is believed to rob the primary eyewall of moisture and angular momentum. When the primary eyewall weakens, the tropical cyclone weakens temporarily. The outer eyewall eventually replaces the primary one at the end of the cycle, at which time the storm may return to its original intensity.

https://en.wikipedia.org/wiki/Tropical_cyclone