

# THE Harbison Shores Lifestyle



HARBISON SHORES  
SENIOR LIVING AT EASE

Like Us!



ASSISTED LIVING COMMUNITY  
990 Columbia Avenue · Irmo, SC 29206 · (803) 749-7889 · [www.carolina-gardens.com](http://www.carolina-gardens.com)

## Hello From the Executive Director



This month I decided to write about The Importance of Friendship and Human Connection. One of the best prescriptions for loneliness and depression is social connection. Daily we see friendships develop between our residents, families and staff. For those residents living in an assisted living community, mental stimulation, connection to others, a good nutritional diet, and exercise help prevent isolation, loneliness, and depression. Friendship makes life more enjoyable and enriches one's everyday experiences. At Harbison Shores, Staff, Residents, and Families connect which creates that Harbison Shores family bond.  
Elaine Till, CRCA, NHA  
Executive Director

## AUGUST 2024

### Our Awesome Volunteers

Our friends Renee Graham and Joann McDonald faithfully bring their doggies "Dizzy" and "Preston" to our community every month. It's great to see how much happiness they share and spread as everyone interacts with the doggies. We are so grateful for volunteers like you, Renee and Joann!



# AUGUST 2024

## August Birthdays

Ardell Morissey: August 13th  
 David Simon: August 18th  
 Ronald Finney: August 27th

## Upcoming Holidays

August 8th: Happiness Happens Day  
 August 9th: Book Lovers Day  
 August 26th: Dog Appreciation Day

## Calendar Locations

TR = Theater Room  
 DR = Dining Room

## Change Puzzles for a Challenge

Word games and number puzzles help boost your brain power. But researchers say brainteasers stop forming new neural connections in your mind once you've mastered them. So if it takes you no time to complete a crossword, it may be time to try cryptograms or sudoku.

*"It's never too late in life to have a genuine adventure."*  
 —Robert Kurson

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Morning Yoga - TR 10:30 AM Snacks and Hydration - DR 2:00 Arts and Crafts - DR 3:00 Bible Study with Jim - TR	2 10:00 Morning Matinee - TR 10:30 AM Snacks and Hydration - DR 2:00 Happy Hour - DR 3:00 Afternoon Social On the Porch	3 10:00 Morning Stretches - TR 10:30 AM Snacks and Hydration - DR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
4 10:00 Current Events Social - DR 10:30 AM Snacks and Hydration - DR 1:00 Sports On Television - TR 3:00 Church Service - DR	5 10:00 Morning Meditation and Exercise - TR 10:30 AM Snacks and Hydration - DR 1:00 Group Jigsaw Puzzle - TR 3:00 Bingo Marathon - DR	6 10:00 Spa Time - DR 10:30 AM Snacks and Hydration - DR 1:30 Gardening Club - DR 2:00 Pictures for the Newsletters - DR 2:30 Snacks and Hydration - DR 4:00 Reminiscing on the Porch	7 10:00 John Gibbons Performs - MC 10:30 AM Snacks and Hydration - DR 11:00 Baking Club - DR 3:00 Bingo Marathon - DR 6:00 Movie in Theater Room	8 10:00 Morning Yoga - TR 10:30 AM Snacks and Hydration - DR 2:00 Arts and Crafts - DR 3:00 Bible Study with Jim - TR	9 10:00 Morning Walk 10:30 AM Snacks and Hydration - DR 2:00 Happy Hour - DR 3:00 Afternoon Social On the Porch	10 10:00 Morning Stretches - TR 10:30 AM Snacks and Hydration - DR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
11 10:00 Current Events Social - DR 10:30 AM Snacks and Hydration - DR 1:00 Sports On Television - TR 3:00 Church Service - DR	12 10:00 Morning Meditation and Exercise - TR 10:30 AM Snacks and Hydration - DR 1:00 Group Jigsaw Puzzle - TR 3:00 Bingo Marathon - DR	13 10:00 Spa Time - DR 10:30 AM Snacks and Hydration - DR 1:30 Exercise - TR 2:30 Crocheting and Knitting Class - DR 4:00 Let's Be the Judge - DR	14 10:00 Exercise - TR 10:00 John Gibbons Performs - MC 10:30 AM Snacks and Hydration - DR 3:00 Bingo Marathon - DR 6:00 Movie in Theater Room	15 10:00 Morning Yoga - TR 10:30 AM Snacks and Hydration - DR 2:00 Arts and Crafts - DR 3:00 Bible Study with Jim - TR	16 10:00 Morning Matinee - TR 10:30 AM Snacks and Hydration - DR 2:00 Happy Hour - DR 3:00 Afternoon Social On the Porch	17 10:00 Morning Stretches - TR 10:30 AM Snacks and Hydration - DR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
18 10:00 Current Events Social - DR 10:30 AM Snacks and Hydration - DR 1:00 Sports On Television - TR 3:00 Church Service - DR	19 10:00 Morning Meditation and Exercise - TR 10:30 AM Snacks and Hydration - DR 1:00 Group Jigsaw Puzzle - TR 3:00 Bingo Marathon - DR	20 10:00 Spa Time - DR 10:30 AM Snacks and Hydration - DR 1:30 Gardening Club - DR 2:30 Resident Council Meeting - DR 4:00 Reminiscing on the Porch	21 10:00 John Gibbons Performs - MC 10:30 AM Snacks and Hydration - DR 11:00 Baking Club - DR 3:00 Bingo Marathon - DR 6:00 Movie in Theater Room	22 10:00 Morning Yoga - TR 10:30 AM Snacks and Hydration - DR 2:00 Arts and Crafts - DR 3:00 Bible Study with Jim - TR 4:00 Senior Prom	23 10:00 Morning Walk 10:30 AM Snacks and Hydration - DR 2:00 Happy Hour - DR 3:00 Afternoon Social On the Porch	24 10:00 Morning Stretches - TR 10:30 AM Snacks and Hydration - DR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
25 10:00 Current Events Social - DR 10:30 AM Snacks and Hydration - DR 1:00 Sports On Television - TR 3:00 Church Service - DR	26 10:00 Morning Meditation and Exercise - TR 10:30 AM Snacks and Hydration - DR 1:00 Group Jigsaw Puzzle - TR 3:00 Bingo Marathon - DR	27 10:00 Spa Time - DR 10:30 AM Snacks and Hydration - DR 1:30 Exercise - TR 2:30 Crocheting and Knitting Class - DR 4:00 Let's Be the Judge - DR	28 10:00 Exercise - TR 10:00 John Gibbons Performs - MC 10:30 AM Snacks and Hydration - DR 3:00 Bingo Store - DR 4:00 Bring Your Best Jokes - DR 6:00 Movie in Theater Room	29 10:00 Morning Yoga - TR 10:30 AM Snacks and Hydration - DR 2:00 Arts and Crafts - DR 3:00 Bible Study with Jim - TR	30 10:00 Morning Matinee - TR 10:30 AM Snacks and Hydration - DR 2:00 Monthly Birthday Celebration - DR 3:00 Afternoon Social On the Porch	31 10:00 Morning Stretches - TR 10:30 AM Snacks and Hydration - DR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR



Please Ask Us About:  
Memory Matters



## Employee of the Month

Jessica Smith works in our housekeeping department. Saying she is a hard worker is an understatement. It is amazing to see her strong work ethic and how much she contributes to making this community as clean and fresh as it is. Jessica is a native to South Carolina, she has four kids, and enjoys fishing. Thanks for all you do, Jessica!

