

# THE Harbison Shores Lifestyle



HARBISON SHORES  
SENIOR LIVING AT EASE

Like Us!



MEMORY CARE COMMUNITY  
990 Columbia Avenue · Irmo, SC 29206 · (803) 749-7889 · 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

Joann Pickering: August 7th

## Upcoming Holidays

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

## Calendar Locations

 TVR = TV Room  
 AR = Activity 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 9:30 Morning Devotional With Joel - TR 10:00 Gardening 10:30 Snacks and Hydration 11:00 Sing-along - AR 2:00 Bible Study with Jim - AR 2:30 Manicures - TVR 2:30 Snacks and Hydration	2 9:30 Morning Devotional With Joel - TR 10:30 Snacks and Hydration 11:00 Reminiscing on the Porch/Trivia 2:00 Happy Hour - DR 2:30 Snacks and Hydration 4:00 Afternoon '40s Movie - TVR	3 10:30 Snacks and Hydration 11:00 Pastor Matt Comes To Visit - TVR 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:30 Ball Toss - TVR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR
4 10:00 Morning Yoga - TVR 10:30 Snacks and Hydration 11:00 Worship Service - TVR 1:30 Sports on Television - TR 2:30 Snacks and Hydration	5 9:30 Morning Devotional With Joel - TR 10:30 Snacks and Hydration 11:00 Arts and Crafts - AR 2:30 Snacks and Hydration 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR	6 9:30 Morning Devotional With Joel - TR 10:00 Morning Art - AR 10:30 Snacks and Hydration 11:00 Reminiscing in the Courtyard 2:30 Music Program - TVR 2:30 Snacks and Hydration 3:30 Afternoon Bingo - AR	7 9:30 Morning Devotional With Joel - TR 10:00 John Gibbons Performs - AR 10:30 Snacks and Hydration 2:30 Craft Club - AR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR 3:30 Manicures - TVR	8 9:30 Morning Devotional With Joel - TR 10:00 Gardening 10:30 Snacks and Hydration 11:00 Sing-along - AR 2:00 Bible Study with Jim - AR 2:30 Manicures - TVR 2:30 Snacks and Hydration	9 9:30 Morning Devotional With Joel - TR 10:30 Snacks and Hydration 11:00 Reminiscing on the Porch/Trivia 1:30 Music With Will Parker - TVR 2:30 Snacks and Hydration 4:00 Afternoon '40s Movie - TVR	10 10:00 Walk in the Villa Courtyard 10:30 Snacks and Hydration 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:30 Ball Toss - TVR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR
11 10:00 Morning Yoga - TVR 10:30 Snacks and Hydration 11:00 Worship Service - TVR 1:30 Sports on Television - TR 2:30 Snacks and Hydration	12 9:30 Morning Devotional With Joel - TR 10:30 Snacks and Hydration 11:00 Arts and Crafts - AR 2:30 Snacks and Hydration 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR	13 9:30 Morning Devotional With Joel - TR 10:00 Morning Art - AR 10:30 Snacks and Hydration 11:00 Reminiscing in the Courtyard 2:30 Music Program - TVR 2:30 Snacks and Hydration 3:30 Afternoon Bingo - AR	14 9:30 Morning Devotional With Joel - TR 10:00 John Gibbons Performs - AR 10:30 Snacks and Hydration 2:30 Craft Club - AR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR 3:30 Manicures - TVR	15 9:30 Morning Devotional With Joel - TR 10:00 Gardening 10:30 Snacks and Hydration 11:00 Sing-along - AR 2:00 Bible Study with Jim - AR 2:30 Manicures - TVR 2:30 Snacks and Hydration	16 9:30 Morning Devotional With Joel - TR 10:30 Snacks and Hydration 11:00 Reminiscing on the Porch/Trivia 2:00 Happy Hour - DR 2:30 Snacks and Hydration 4:00 Afternoon '40s Movie - TVR	17 10:30 Snacks and Hydration 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:30 Ball Toss - TVR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR
18 10:00 Morning Yoga - TVR 10:30 Snacks and Hydration 11:00 Worship Service - TVR 1:30 Sports on Television - TR 2:30 Snacks and Hydration	19 9:30 Morning Devotional With Joel - TR 10:30 Snacks and Hydration 11:00 Arts and Crafts - AR 2:30 Snacks and Hydration 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR	20 9:30 Morning Devotional With Joel - TR 10:00 Morning Art - AR 10:30 Snacks and Hydration 11:00 Reminiscing in the Courtyard 2:30 Music Program - TVR 2:30 Snacks and Hydration 3:30 Afternoon Bingo - AR	21 9:30 Morning Devotional With Joel - TR 10:00 John Gibbons Performs - AR 10:30 Snacks and Hydration 2:30 Craft Club - AR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR 3:30 Manicures - TVR	22 9:30 Morning Devotional With Joel - TR 10:00 Gardening 10:30 Snacks and Hydration 11:00 Sing-along - AR 2:00 Bible Study with Jim - AR 2:30 Manicures - TVR 2:30 Snacks and Hydration 4:00 Senior Prom	23 9:30 Morning Devotional With Joel - TR 10:30 Snacks and Hydration 11:00 Reminiscing on the Porch/Trivia 1:30 Music With Will Parker - TVR 2:30 Snacks and Hydration 4:00 Afternoon '40s Movie - TVR	24 10:00 Walk in the Villa Courtyard 10:30 Snacks and Hydration 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:30 Ball Toss - TVR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR
25 10:00 Morning Yoga - TVR 10:30 Snacks and Hydration 11:00 Worship Service - TVR 1:30 Sports on Television - TR 2:30 Snacks and Hydration	26 9:30 Morning Devotional With Joel - TR 10:30 Snacks and Hydration 11:00 Arts and Crafts - AR 2:30 Snacks and Hydration 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR	27 9:30 Morning Devotional With Joel - TR 10:00 Morning Art - AR 10:30 Snacks and Hydration 11:00 Reminiscing in the Courtyard 2:30 Music Program - TVR 2:30 Snacks and Hydration 3:30 Afternoon Bingo - AR	28 9:30 Morning Devotional With Joel - TR 10:00 John Gibbons Performs - AR 10:30 Snacks and Hydration 2:30 Craft Club - AR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR 3:30 Manicures - TVR	29 9:30 Morning Devotional With Joel - TR 10:00 Gardening 10:30 Snacks and Hydration 11:00 Sing-along - AR 2:00 Bible Study with Jim - AR 2:30 Manicures - TVR 2:30 Monthly Birthday Celebration - AR 2:30 Snacks and Hydration	30 9:30 Morning Devotional With Joel - TR 10:30 Snacks and Hydration 11:00 Reminiscing on the Porch/Trivia 2:00 Happy Hour - DR 2:30 Snacks and Hydration 4:00 Afternoon '40s Movie - TVR	31 10:30 Snacks and Hydration 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:30 Ball Toss - TVR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR



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!

