

# 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



Valentine's Day for all is not just about how we can connect with others; it celebrates love in all its forms.

Some historians say that Valentine's Day cards emerged from the German tradition of friendship cards that friends exchanged on New Year's Day, birthdays, and other anniversaries.

Our Harbison Shores family would like to wish each of you a Happy Valentine's Day to you and your family. We are looking forward to celebrating our residents and staff on Valentine's Day.

Elaine M. Till, NHA, CRCA  
Executive Director

## FEBRUARY 2023

## Employee of the Month

This month, it pleases us to announce Tina Peterson as our employee of the month. Since Tina has started with us, she has been so faithful, diligent, and steadfast in her work at Harbison Shores. She is very dependable, a #1 team-player, and always has good character. As noted before in a previous newsletter, Tina is a South Carolina native, a Steelers fan, her favorite food is pizza, and she loves R&B. Tina, thank you for all you do!



FEBRUARY  
2023

February Birthdays

Charles Rivers 2/5  
James Rogers 2/11  
Maxine Ackerman 2/16

Fun,  
Upcoming  
Holidays

February 2nd: Groundhog Day  
February 12th: Super Bowl Sunday  
February 20th: Cherry Pie Day  
February 28th: National Chili Day

Calendar Locations

TR = Theater Room  
DR = Dining Room

From the Oval Office

Anyone celebrating a special achievement, from birthdays and graduations to weddings and anniversaries, can get a personal greeting from the U.S. president. You can fill out a form for yourself or someone else at [WhiteHouse.gov/presidential-greeting](https://www.whitehouse.gov/presidential-greeting).

“True friends are like diamonds—bright, beautiful, valuable and always in style.”  
—Nicole Richie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<div>1</div> 10:00 Morning Exercise - TR 1:30 Gardening With Renee - DR 2:30 Bingo Marathon - DR 3:30 Broadway Movie and Discussion - TR	<div>2</div> 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	<div>3</div> 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 3:00 Bible Study with Jim - TR	<div>4</div> 10:00 Morning Stretches - TR 1:30 NBA/NHL On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
<div>5</div> 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	<div>6</div> 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	<div>7</div> 10:00 Morning Stretches - TR 2:00 Pictures for the Newsletters - DR 2:30 Table Games - DR 4:00 This is Your Life, Discussion - DR	<div>8</div> 10:00 Morning Exercise - TR 2:30 Bingo Marathon - DR 3:30 '50s Movie - TR	<div>9</div> 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	<div>10</div> 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 3:00 Bible Study with Jim - TR	<div>11</div> 10:00 Morning Stretches - TR 1:30 NBA/NHL On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
<div>12</div> 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	<div>13</div> 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	<div>14</div> 10:00 Dogs Come In To Be Pets - Lobby 10:00 Exercise With Darlene - TR 10:00 Morning Stretches - TR 2:30 Technology Class - DR 5:00 Valentine’s Day Dinner - DR	<div>15</div> 10:00 Morning Exercise - TR 11:00 Baking Club - DR 1:30 Gardening With Renee - DR 2:30 Bingo Marathon - DR 3:30 '40s Movie - TR	<div>16</div> 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	<div>17</div> 10:00 Morning Exercise - TR 10:00 Target Shopping Outing (Sign Up in Dining Room) 2:00 Happy Hour - DR 3:00 Bible Study with Jim - TR	<div>18</div> 10:00 Morning Stretches - TR 1:30 NBA/NHL On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
<div>19</div> 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	<div>20</div> Presidents Day 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	<div>21</div> 10:00 Morning Stretches - TR 2:30 Table Games - DR 4:00 This is Your Life, Discussion - DR	<div>22</div> 10:00 Morning Exercise - TR 2:30 Bingo Marathon - DR 2:30 Resident Council Meeting - DR 3:30 '50s Movie - TR	<div>23</div> 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	<div>24</div> 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 3:00 Bible Study with Jim - TR	<div>25</div> 10:00 Morning Stretches - TR 1:30 NBA/NHL On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
<div>26</div> 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	<div>27</div> 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	<div>28</div> 10:00 Exercise With Darlene - TR 10:00 Morning Stretches - TR 2:30 Technology Class - DR 4:00 Local History Chat - DR				





Greeting Harbison Shores! I am your new Director of Dining Services, Sheila Maffio. I have a degree in Culinary Arts and am very passionate about food. My philosophy on life is "all you need is food, family, art, music, and the good Lord above." I have several hobbies that I like to do when I am not here with you. I paint, write children's books, tap dance, and garden. I have two wonderful daughters, two son-in-laws, and a beautiful granddaughter. I also have an English bulldog named Meatball. I love to make people smile, so if you ever need one, my office is open!