

# 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



February is the month that we celebrate Valentine's Day. We will be thinking about flowers, chocolate candy in heart shaped boxes and thoughts of love. February is also celebrated as American Heart Month in the United States. And the first week of February is celebrated as Women's Heart Week. It is a federally designated event that encourages Americans to focus on their heart health and get their families, friends and communities involved. At Harbison Shores we will be wearing red in honor of Valentine's Day and recognizing Heart Health. From All of Us at Harbison Shores Happy Heart Health Month.  
Elaine M. Till, NHA, CRCA  
Executive Director

## FEBRUARY 2024

### Director Spotlight

This month, we wanted to shine our spotlight on Brenda, our dining director. There are so many good things that can be said about Brenda, as she has a joyful personality, an excellent quality in her work, faithfulness to her job, a love for the residents, and she is a great team-worker. Brenda always goes above and beyond her job, and is regularly seen putting together parties for the community. Brenda, we are so thankful for you!



## FEBRUARY 2024

### February Birthdays

February 11th: James Rogers  
 February 16th: Maxine Ackerman

### Fun Upcoming Holidays

February 2nd: National River Day  
 February 9th: National Pizza Day  
 February 16th: National Caregivers Day  
 February 25th: National Chocolate Covered Nut Day

### Calendar Locations

TR = Theater Room  
 DR = Dining Room

### Year of the Dragon

Happy Lunar New Year! The Year of the Dragon begins on Feb. 10. Of the 12 animals in the Chinese zodiac, the dragon is the only mythological creature, and it's associated with power, intelligence, confidence and prosperity.

**"Connecting our hearts through love yields a nectar so sweet we are forever full."**  
 —Amy Leigh Mercree

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 3:30 Kings in the Corner - TR	2 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 4:00 Bible Study with Jim - TR	3 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
4 10:00 Morning Yoga - TR 11:00 Church Service On Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	5 10:00 Morning Exercise - TR 10:30 Gospel Music - DR 1:30 Group Jigsaw Puzzle - TR 3:00 Bingo Marathon - DR	6 10:00 Morning Stretches - TR 1:30 Gardening With Renee - DR 2:00 Pictures for the Newsletters - DR 4:00 This is Your Life, Discussion - DR	7 10:00 John Gibbons Performs - MC 10:00 Morning Exercise - TR 1:30 Table Games - TR 3:00 Bingo Marathon - DR 4:00 Broadway Movie and Discussion - TR	8 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 3:30 Kings in the Corner - TR	9 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 4:00 Bible Study with Jim - TR	10 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
11 10:00 Morning Yoga - TR 11:00 Church Service On Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	12 10:00 Morning Exercise - TR 10:30 Gospel Music - DR 1:30 Group Jigsaw Puzzle - TR 3:00 Bingo Marathon - DR	13 10:00 Dogs Come To Be Petted - Lobby 10:00 Exercise With Darlene - TR 10:00 Morning Stretches - TR 2:30 Technology Class - DR 4:00 Local History Chat - DR	14 10:00 John Gibbons Performs - MC 10:00 Morning Exercise - TR 11:00 Baking Club - DR 3:00 Bingo Marathon - DR 5:00 A Special Valentine's Day Dinner	15 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 3:30 Kings in the Corner - TR	16 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 4:00 Bible Study with Jim - TR	17 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
18 10:00 Morning Yoga - TR 11:00 Church Service On Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	19 <b>Presidents Day</b> 10:00 Morning Exercise - TR 10:30 Gospel Music - DR 1:30 Group Jigsaw Puzzle - TR 3:00 Bingo Marathon - DR	20 10:00 Morning Stretches - TR 1:30 Gardening With Renee - DR 2:30 Resident Council Meeting - DR 4:00 This is Your Life, Discussion - DR	21 10:00 John Gibbons Performs - MC 10:00 Morning Exercise - TR 10:00 Scenic Drive Outing - Sign Up 1:30 Table Games - TR 3:00 Bingo Marathon - DR 4:00 '50s Movie - TR	22 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 3:30 Kings in the Corner - TR	23 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 4:00 Bible Study with Jim - TR	24 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
25 10:00 Morning Yoga - TR 11:00 Church Service On Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	26 10:00 Morning Exercise - TR 10:30 Gospel Music - DR 1:30 Group Jigsaw Puzzle - TR 3:00 Bingo Marathon - DR	27 10:00 Exercise With Darlene - TR 10:00 Morning Stretches - TR 2:30 Technology Class - DR 4:00 Local History Chat - DR	28 10:00 John Gibbons Performs - MC 10:00 Morning Exercise - TR 3:00 Bingo Marathon - DR 4:00 Bring Your Best Jokes - DR	29 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 3:30 Kings in the Corner - TR		



