

Meet Our New Dining Services Director

Zachary Wildman, "Zack," began his career with Carolina Gardens at Harbison on Dec. 30, 2019. He has already brought many transformations to our Kitchen and Dining experience for our residents. Zack has been in health care for about 6 years now, but has been working in the Kitchen since the age of 16. He brings so much to our Kitchen, not only in terms of experience but his motivational abilities. Zack is excited and optimistic about moving forward with the team we have, and says there are great things to come! He enjoys giving back to previous generations. In his free time, Zack enjoys being on the lake, woodworking, and pulling for the Gamecocks!



Fancy Footwork

A highlight of many St. Patrick's Day festivities is the fast footwork and lively music of Irish dancing.

Step dancing is the most well-known form of Irish dance. In the 1700s, this pastime became more structured with the emergence of dance masters, teachers who traveled from village to village to give dance lessons. These teachers also formalized the choreography of traditional step dances and inspired dance competitions that continue today.

Jigs, reels, slips and hornpipes are all types of step dances, and while styles differ between them, the emphasis is always on the feet. The dancer's upper body usually remains rigid, arms loose at the sides, with quick movements by the legs and feet. Traditional Irish music, featuring fiddles, hand drums and Irish bagpipes, accompanies the dancing. When dancers wear hard-soled shoes, their stepping creates a powerful sound that adds to the music's rhythm.

The popularity of Irish step dancing soared worldwide after the debut of the stage show "Riverdance" in 1995.

Fireside Chats With FDR

Throughout his presidency, Franklin D. Roosevelt led Americans through the historic challenges of the Great Depression and World War II by coming into their homes with his radio fireside chats.

In March 1933, just over a week into his first term as president, Roosevelt delivered a nationwide radio broadcast from the White House, offering reassurance about the banking crisis. It was the first of what became known as fireside chats, so named by a radio executive due to their calm, down-to-earth style.

Occurring several times a year, the fireside chats grew to be a hallmark of Roosevelt's time in office and drew tens of millions of listeners. In a conversational tone and using simple analogies to explain policies and global events, the president spoke for 10 to 40 minutes, informing the public and offering encouragement through the difficulties. Many of the chats began with FDR addressing the nation personally as "My friends," and at the end of every broadcast, "The Star-Spangled Banner" was played.

Roosevelt gave some 30 fireside chats, the last one airing in June 1944. The original recordings have been selected for preservation by the National Recording Registry at the Library of Congress.

Carolina Gardens at Harbison Lifestyle



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MARCH 2020

Dear Residents, Family and Friends of Carolina Gardens

As a Management team, we are very excited about the many transformations taking shape within our amazing community! For starters, much of our team is brand new and we have hit the ground running to make things better for our community. We are excited to be getting a facelift with some upcoming improvements made to our buildings and grounds, complete with a new name now that we are under Tarantino Properties. The Dietary Department has undergone some improvements with the addition of fresh, local foods, produce and soups. We have begun adding more outings and varied activities that are being carried out by our amazing staff, Caregivers, Volunteers and new Activities Director. We are excited about the future of being able to provide the best service and care to our treasured residents and family members.



Employee of the Month

Christopher Dickerson, "Chris," is a dynamic part of our Kitchen! He brought over 10 years of experience when he joined Carolina Gardens at Harbison last fall. Zack tells how Chris has an excellent work ethic, great attitude, and is always willing to go the extra mile for residents and team members! Thank you Chris, for being such a great Cook and asset to our team!



ASSISTED LIVING
AL# CRC-2083

MARCH 2020

Locations

Activity Room, Memory Care, ARMC
Outing, O
TV Room, Memory Care, TVMC
Villas, Upstairs Gathering Place, VUGP
Villas, Dining Room, VDR

Birthdays

Lillie Gill, 3rd
Dixie Wright, 8th
Constance Bloom, 12th
Catherine Ebling, 27th

Transportation Schedule

Tuesday, 10:15 a.m.
Shopping Trip: Varies

Wednesday, By Appt.
Doctor Appointments

Wednesday, 11 a.m.
Scenic Drive: 1st & 3rd Wednesdays

Thursday, Leave 10 a.m., class at 10:45 a.m. (1st Thursdays of month)
Harbison Community Center

Thursday, 11:30 a.m.
Lunch Bunch: 2nd & 4th Thursdays

Friday, 10:15 a.m.
Shopping Trip: Walmart

“Great art picks up where nature ends.”

—Marc Chagall

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30 Coffee & Cookies, VUGP 1</p> <p>10:00 Morning News, VUGP</p> <p>11:00 TV Church Service, Chan 9, VUGP</p> <p>2:00 Real Life Church Communion, ARMC</p> <p>3:00 Columbia Lay Speakers, ARMC</p> <p>5:00 Cinema Sunday, VUGP</p>	<p>10:00 What's the Buzz?, ARMC 2</p> <p>10:15 Chair Exercise, ARMC</p> <p>10:30 Manicures, ARMC</p> <p>11:00 Hymns and Devotion w/David, ARMC</p> <p>1:15 Exercise w/Linda, VDR</p> <p>1:45 Bingo w/Linda, VDR</p>	<p>Peach Blossom Day 3</p> <p>10:00 Zumba Exercise, VDR</p> <p>10:30 Kroger Shopping Trip, O</p> <p>11:00 Pinching Pennies Game, VDR</p> <p>2:00 Comedy Hour, VUGP</p> <p>2:30 Baking Club, VDR</p> <p>3:30 Rummy Cards, VUGP</p>	<p>10:00 Strength Training, ARMC 4</p> <p>10:00 Worship w/Riverland Hills Baptist, ARMC</p> <p>11:00 Scenic Drive, O</p> <p>2:00 Trish & Furry Friends Visit, VUGP</p> <p>3:00 Bingo, VDR</p>	<p>10:00 Yoga Exercise, VDR 5</p> <p>10:15 Harbison Community Center Trip, O</p> <p>10:30 DIY Art w/Roy, ARMC</p> <p>11:15 Finish that Old Timey Phrase, ARMC</p> <p>1:30 Scripture w/Jill, VUGP</p> <p>3:00 Getting to Know You, VUGP</p> <p>3:30 Afternoon Games, VUGP</p>	<p>10:00 Morning Stretch, VDR 6</p> <p>10:30 Walmart Trip, O</p> <p>11:00 Word Searches & Crossword Puzzles, VUGP</p> <p>2:00 Happy Hour, ARMC</p> <p>3:30 Trivia, VDR</p>	<p>9:30 Coffee & Cookies, VDR 7</p> <p>10:15 Walking Club, VDR</p> <p>11:00 Current Events, VDR</p> <p>1:30 Table Talk, VDR</p> <p>3:00 BINGO, VDR</p>
<p>DAYLIGHT SAVING TIME BEGINS 8</p> <p>9:30 Coffee & Cookies, VUGP</p> <p>10:00 Morning News, VUGP</p> <p>11:00 TV Church Service, Chan 9, VUGP</p> <p>3:00 Columbia Lay Speakers, ARMC</p> <p>5:00 Cinema Sunday, VUGP</p>	<p>10:00 What's the Buzz?, ARMC 9</p> <p>10:15 Chair Exercise, ARMC</p> <p>10:30 Manicures, ARMC</p> <p>1:15 Exercise w/Linda, VDR</p> <p>1:45 Bingo w/Linda, VDR</p>	<p>10:00 Zumba Exercise, VDR 10</p> <p>11:00 Pinching Pennies Game, VDR</p> <p>2:00 Comedy Hour, VUGP</p> <p>3:30 Rummy Cards, VUGP</p> <p>5:30 St. Paddy's Family Night, ARMC</p>	<p>Johnny Appleseed Day 11</p> <p>10:00 Strength Training, ARMC</p> <p>10:00 Sing w/Martha & Friends, ARMC</p> <p>11:30 Lunch Bunch, O</p> <p>2:00 Trish & Furry Friends Visit, VUGP</p> <p>3:00 Bingo, VDR</p>	<p>Popcorn Lovers Day 12</p> <p>10:00 Yoga Exercise, VDR</p> <p>10:30 DIY Art w/Roy, ARMC</p> <p>11:15 Finish that Old Timey Phrase, ARMC</p> <p>1:30 Scripture w/Jill, VUGP</p> <p>3:00 Getting to Know You, VUGP</p> <p>3:30 Afternoon Games, VUGP</p>	<p>10:00 Morning Stretch, VDR 13</p> <p>10:30 Walmart Trip, O</p> <p>11:00 Word Searches & Crossword Puzzles, VUGP</p> <p>2:00 Happy Hour, ARMC</p> <p>3:30 Trivia, VDR</p>	<p>9:30 Coffee & Cookies, VDR 14</p> <p>10:15 Walking Club, VDR</p> <p>11:00 Current Events, VDR</p> <p>1:30 Table Talk, VDR</p> <p>3:00 BINGO, VDR</p>
<p>9:30 Coffee & Cookies, VUGP 15</p> <p>10:00 Morning News, VUGP</p> <p>10:00 Church Service w/ Pr. Brett, ARMC</p> <p>11:00 TV Church Service, Chan 9, VUGP</p> <p>3:00 Columbia Lay Speakers, ARMC</p> <p>5:00 Cinema Sunday, VUGP</p>	<p>10:00 What's the Buzz?, ARMC 16</p> <p>10:15 Chair Exercise, ARMC</p> <p>10:30 Manicures, ARMC</p> <p>10:30 Library Trip, O</p> <p>1:15 Exercise w/Linda, VDR</p> <p>1:45 Bingo w/Linda, VDR</p>	<p>ST. PATRICK'S DAY 17</p> <p>10:00 Zumba Exercise, VDR</p> <p>10:30 Dollar Store Shopping Trip, O</p> <p>11:00 Pinching Pennies Game, VDR</p> <p>2:00 Comedy Hour, VUGP</p> <p>2:30 Baking Club, VDR</p> <p>3:30 Rummy Cards, VUGP</p>	<p>18</p> <p>10:00 Strength Training, ARMC</p> <p>10:00 Sing w/Martha & Friends, ARMC</p> <p>11:00 Scenic Drive, O</p> <p>2:00 Trish & Furry Friends Visit, VUGP</p> <p>3:00 Bingo, VDR</p>	<p>FIRST DAY OF SPRING 19</p> <p>10:00 Yoga Exercise, VDR</p> <p>10:30 DIY Art w/Roy, ARMC</p> <p>11:15 Finish that Old Timey Phrase, ARMC</p> <p>1:30 Scripture w/Jill, VUGP</p> <p>3:00 Getting to Know You, VUGP</p> <p>3:30 Afternoon Games, VUGP</p>	<p>10:00 Morning Stretch, VDR 20</p> <p>10:30 Walmart Trip, O</p> <p>11:00 Word Searches & Crossword Puzzles, VUGP</p> <p>1:30 Men's Club w/Ramon, VUGP</p> <p>2:00 Happy Hour, ARMC</p> <p>3:30 Trivia, VDR</p>	<p>9:30 Coffee & Cookies, VDR 21</p> <p>10:15 Walking Club, VDR</p> <p>10:30 Music & Devotions w/Edith & Pr. Lance, VDR</p> <p>11:00 Current Events, VDR</p> <p>1:30 Table Talk, VDR</p> <p>3:00 BINGO, VDR</p>
<p>9:30 Coffee & Cookies, VUGP 22</p> <p>10:00 Morning News, VUGP</p> <p>11:00 TV Church Service, Chan 9, VUGP</p> <p>3:00 Columbia Lay Speakers, ARMC</p> <p>5:00 Cinema Sunday, VUGP</p>	<p>10:00 What's the Buzz?, ARMC 23</p> <p>10:15 Chair Exercise, ARMC</p> <p>10:30 Manicures, ARMC</p> <p>1:15 Exercise w/Linda, VDR</p> <p>1:45 Bingo w/Linda, VDR</p>	<p>10:00 Zumba Exercise, VDR 24</p> <p>11:00 Pinching Pennies Game, VDR</p> <p>2:00 Comedy Hour, VUGP</p> <p>2:30 Baking Club, VDR</p> <p>3:30 Rummy Cards, VUGP</p> <p>5:00 Main Event: Mad Hatter's Party, VDR</p>	<p>International Waffle Day 25</p> <p>10:00 Strength Training, ARMC</p> <p>10:00 Sing w/Martha & Friends, ARMC</p> <p>11:30 Lunch Bunch, O</p> <p>2:00 Trish & Furry Friends Visit, VUGP</p> <p>3:00 Bingo, VDR</p>	<p>10:00 Yoga Exercise, VDR 26</p> <p>10:30 DIY Art w/Roy, ARMC</p> <p>11:15 Finish that Old Timey Phrase, ARMC</p> <p>1:30 Scripture w/Jill, VUGP</p> <p>3:00 Getting to Know You, VUGP</p> <p>3:30 Afternoon Games, VUGP</p>	<p>10:00 Morning Stretch, VDR 27</p> <p>10:30 Walmart Trip, O</p> <p>11:00 Word Searches & Crossword Puzzles, VUGP</p> <p>2:00 Happy Hour, ARMC</p> <p>3:30 Trivia, VDR</p>	<p>9:30 Coffee & Cookies, VDR 28</p> <p>10:15 Walking Club, VDR</p> <p>11:00 Current Events, VDR</p> <p>1:30 Table Talk, VDR</p> <p>3:00 BINGO, VDR</p>
<p>9:30 Coffee & Cookies, VUGP 29</p> <p>10:00 Morning News, VUGP</p> <p>11:00 TV Church Service, Chan 9, VUGP</p> <p>3:00 Columbia Lay Speakers, ARMC</p> <p>5:00 Cinema Sunday, VUGP</p>	<p>Take a Walk in the Park Day 30</p> <p>10:00 What's the Buzz?, ARMC</p> <p>10:15 Chair Exercise, ARMC</p> <p>10:30 Manicures, ARMC</p> <p>11:15 Park Picnic, O</p> <p>1:15 Exercise w/Linda, VDR</p> <p>1:30 Music w/Faith Brothers, ARMC</p> <p>1:45 Bingo w/Linda, VDR</p>	<p>10:00 Zumba Exercise, VDR 31</p> <p>10:30 Food Lion Shopping Trip, O</p> <p>11:00 Pinching Pennies Game, VDR</p> <p>2:00 Town Hall Meeting, VDR</p> <p>2:00 Comedy Hour, VUGP</p> <p>2:30 Baking Club, VDR</p> <p>3:30 Rummy Cards, VUGP</p>				