

## Mardi Gras Main Event

We, the managers and staff at Harbison Shores, had such a fun time planning and putting on our Murder Mystery dinner production in March! Thank you all for coming out and laughing with us while we solved who killed Pierre..Some of us are not actors, ahem, some of us have a thing about being in front of a group of people and some of us just couldn't quite get that N'awhlns accent down just right, but because of our great love for our residents, family members and community, we rose to the occasion. That is what made it so much fun! We all thank you all for helping us celebrate Mardi Gras together!



## Meet Our Administrative Assistant

Kathy Gannon started in January 2020. She came to us with over 20 years of experience in a wide variety of settings. From 1991-1997, she served as a military police officer in the United States Army. She worked at a rehabilitation nursing center prior to moving to South Carolina in June of last year. Her background is primarily working in finance and admin roles, yet she began working in a concierge role just prior to moving down here, and she found such enjoyment getting to know the residents and acting as a liaison between residents and family members. Kathy grew up in a suburb of New York City and currently resides in Lexington with her husband and son.



**THE**  
**Harbison**  
**Shores** *Lifestyle*

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**HARBISON SHORES**  
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**APRIL 2020**

## Dear Residents, Family & Friends of Harbison Shores

Oh, my goodness, spring is here already! I love spring, with its accompanying warmer weather and green grass. I can hardly believe it has been three months since I started in my capacity as Executive Director for Harbison Shores. They say time flies when you're having fun. I truly believe that's the case because I am having an absolute blast! Why wouldn't I? My privilege is to work with some of the absolute best managers and caregivers in the business. I would be nowhere without them! I shudder to even think. In turn, what good would any of the management and staff be without residents to care for? We have some awesome residents. As I continue to learn more about these wonderful individuals, I remain in awe at the diversity amongst our residents, as well as the incredible experiences they share. We try to illuminate and hopefully educate all our readers on this fact and urge you to take notice. Someone once said to me, "All that we are or ever hope to be, we will owe to angels that cross our paths." In this short time, I have certainly crossed paths with many angels. Our residents are now in the "golden" years of their lives. They have gone from the nurturers to the nurtured. It is my number one mission to see they are taken care of the way they deserve to be and they have the best quality of life possible. As always, please let us know if there is anything we can do to better make that happen. Thank you for allowing me to be blessed with your loved one, and I look forward to many years to come.

Tammy Mullins, Executive Director



## Employee of the Month

Yasmeen Naji began her career with us as a caregiver and progressed to a med tech. She came to the U.S. from the middle east, where her background was in the operating room, primarily in anesthesia. She is such a blessing to all she interacts with, and you will rarely see her without a smile on her face. Yasmeen enjoys her job at Harbison Shores and is always willing to go the extra mile. She is loved by the residents and families, and we are so grateful to have her on our team!



ASSISTED LIVING  
AL# CRC-2083

## APRIL 2020

### Locations

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

### Birthdays

Kay Cross, 5th  
Thomasene Davis, 8th  
Jimmy Watkins, 14th  
Elizabeth Drinnon, 17th  
Donald Wood, 23rd

### 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 Thursday of month)  
Harbison Community Center

Thursday, 11:30 a.m.  
Lunch Bunch: 2nd & 4th Thursdays  
Friday, 10:15 a.m.  
Shopping Trip: Walmart

**“Life isn’t about waiting for the storm to pass; it’s about learning to dance in the rain.”**

—Vivian Greene

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>PALM SUNDAY</b> 5 <b>National Dandelion Day</b> 9:30 Coffee & Cookies, VUGP 10:00 Morning News, VUGP 11:00 TV Church Service, Chan 9, VUGP 2:00 Real Life Church Communion, ARMC 2:00 Afternoon Puzzles, Games & Cards, VDR 3:00 Columbia Lay Speakers, ARMC 6:00 Cinema Sunday, VUGP	10:00 What’s the Buzz?, ARMC 6 10:15 Chair Exercise, ARMC 10:30 Manicures, ARMC 11:00 Hymns and Devotion w/David, ARMC 1:15 Exercise w/Linda, VDR 1:45 Bingo w/Linda, VDR 3:30 Crosswords & Word Searches, VUGP	<b>National Beer Day</b> 7 10:00 Zumba Exercise, VDR 10:30 Kroger Shopping Trip, O 11:00 Pinching Pennies Game, VDR 2:00 Comedy Hour, VUGP 2:30 Baking Club, VDR 3:30 Rummy Cards, VUGP	<b>April Fools’ Day</b> 1 10:00 Strength Training, ARMC 10:00 Worship w/Riverland Hills Baptist, ARMC 11:00 Scenic Drive, O 1:30 Bowling, ARMC 2:00 Trish & Furry Friends Visit, VUGP 3:30 Bingo, VDR <b>PASSOVER BEGINS AT SUNSET</b> 8 10:00 Strength Training, ARMC 10:00 Sing w/Martha & Friends, ARMC 11:30 Lunch Bunch, O 1:30 Bowling, ARMC 2:00 Trish & Furry Friends Visit, VUGP 3:30 Bingo, VDR	10:00 Yoga Exercise, VDR 2 <b>10:15 Harbison Community Center Trip, O</b> 10:30 DIY Art w/Roy, ARMC 11:15 Finish that Old Timey Phrase, ARMC 1:30 Scripture w/Jill, VUGP 3:00 Getting to Know You, VUGP 3:30 Afternoon Games, VUGP 10:00 Yoga Exercise, VDR 9 10:30 DIY Art w/Roy, ARMC 11:15 Finish that Old Timey Phrase, ARMC 1:30 Scripture w/Jill, VUGP 3:00 Getting to Know You, VUGP 3:30 Afternoon Games, VUGP	10:00 Morning Stretch, VDR 3 10:30 Walmart Trip, O 11:00 Word Searches & Crossword Puzzles, VUGP 2:00 Happy Hour, ARMC 3:30 Trivia, VDR <b>GOOD FRIDAY</b> 10 <b>Good Friday</b> 10:00 Morning Stretch, VDR 10:30 Walmart Trip, O 11:00 Word Searches & Crossword Puzzles, VUGP 2:00 Happy Hour, ARMC 3:30 Trivia, VDR	9:30 Coffee & Cookies, VDR 4 10:15 Walking Club, VDR 11:00 Current Events, VDR 1:30 Table Talk, VDR 3:00 BINGO, VDR 6:00 Story of My Life, VDR 9:30 Coffee & Cookies, VDR 11 10:15 Walking Club, VDR 11:00 Current Events, VDR 11:00 Games w/Ruth & Friends, ARMC 1:30 Table Talk, VDR 3:00 BINGO, VDR 6:00 Story of My Life, VDR
<b>EASTER</b> 12 9:30 Coffee & Cookies, VUGP 10:00 Morning News, VUGP 11:00 TV Church Service, Chan 9, VUGP 2:00 Afternoon Puzzles, Games & Cards, VDR 3:00 Columbia Lay Speakers, ARMC 6:00 Cinema Sunday, VUGP	10:00 What’s the Buzz?, ARMC 13 10:15 Chair Exercise, ARMC 10:30 Manicures, ARMC 1:15 Exercise w/Linda, VDR 1:45 Bingo w/Linda, VDR 3:30 Crosswords & Word Searches, VUGP	10:00 Zumba Exercise, VDR 14 11:00 Pinching Pennies Game, VDR 2:00 Comedy Hour, VUGP 2:30 Baking Club, VDR 3:30 Rummy Cards, VUGP	10:00 Strength Training, ARMC 15 10:00 Sing w/Martha & Friends, ARMC 11:00 Scenic Drive, O 1:30 Bowling, ARMC 2:00 Trish & Furry Friends Visit, VUGP 3:30 Bingo, VDR	10:00 Yoga Exercise, VDR 16 10:30 DIY Art w/Roy, ARMC 11:15 Finish that Old Timey Phrase, ARMC 1:30 Scripture w/Jill, VUGP 3:00 Getting to Know You, VUGP 3:30 Afternoon Games, VUGP <b>5:30 Denim &amp; Diamonds Main Event, VDR</b>	10:00 Morning Stretch, VDR 17 10:30 Walmart Trip, O 11:00 Word Searches & Crossword Puzzles, VUGP 1:30 Men’s Club w/Ramon, VUGP 2:00 Happy Hour, ARMC 3:30 Trivia, VDR	9:30 Coffee & Cookies, VDR 18 10:15 Walking Club, VDR 10:30 Music & Devotions w/Edith & Pr. Lance, VDR 11:00 Current Events, VDR 1:30 Table Talk, VDR 3:00 BINGO, VDR 6:00 Story of My Life, VDR
9:30 Coffee & Cookies, VUGP 19 10:00 Morning News, VUGP <b>10:00 Church Service w/ Pr. Brett, ARMC</b> 11:00 TV Church Service, Chan 9, VUGP 2:00 Afternoon Puzzles, Games & Cards, VDR 3:00 Columbia Lay Speakers, ARMC 6:00 Cinema Sunday, VUGP	10:00 What’s the Buzz?, ARMC 20 10:15 Chair Exercise, ARMC 10:30 Manicures, ARMC <b>10:30 Library Trip, O</b> 11:00 Piano Favorites w/Becky, ARMC 1:15 Exercise w/Linda, VDR 1:45 Bingo w/Linda, VDR 3:30 Crosswords & Word Searches, VUGP	10:00 Zumba Exercise, VDR 21 10:30 Dollar Store Shopping Trip, O 11:00 Pinching Pennies Game, VDR 2:00 Comedy Hour, VUGP 2:30 Baking Club, VDR 3:30 Rummy Cards, VUGP	<b>EARTH DAY</b> 22 <b>National Jelly Bean Day</b> 10:00 Strength Training, ARMC 10:00 Sing w/Martha & Friends, ARMC 11:30 Lunch Bunch, O 1:30 Bowling, ARMC 2:00 Trish & Furry Friends Visit, VUGP 3:30 Bingo, VDR	10:00 Yoga Exercise, VDR 23 10:30 DIY Art w/Roy, ARMC 11:15 Finish that Old Timey Phrase, ARMC 1:30 Scripture w/Jill, VUGP 3:00 Getting to Know You, VUGP 3:30 Afternoon Games, VUGP	<b>Pig in a Blanket Day</b> 24 10:00 Morning Stretch, VDR 10:30 Walmart Trip, O 11:00 Word Searches & Crossword Puzzles, VUGP 2:00 Happy Hour, ARMC 3:30 Trivia, VDR	9:30 Coffee & Cookies, VDR 25 10:15 Walking Club, VDR 11:00 Current Events, VDR 1:30 Table Talk, VDR 3:00 BINGO, VDR 6:00 Story of My Life, VDR
9:30 Coffee & Cookies, VUGP 26 10:00 Morning News, VUGP 11:00 TV Church Service, Chan 9, VUGP 2:00 Afternoon Puzzles, Games & Cards, VDR 3:00 Columbia Lay Speakers, ARMC 6:00 Cinema Sunday, VUGP	<b>Babe Ruth Day</b> 27 10:00 What’s the Buzz?, ARMC 10:15 Chair Exercise, ARMC 10:30 Manicures, ARMC 1:15 Exercise w/Linda, VDR 1:45 Bingo w/Linda, VDR 3:30 Crosswords & Word Searches, VUGP	10:00 Zumba Exercise, VDR 28 11:00 Pinching Pennies Game, VDR 11:00 Hymn Sing w/Anne, ARMC 2:00 Town Hall Meeting, VDR 2:00 Comedy Hour, VUGP 2:30 Baking Club, VDR 3:30 Rummy Cards, VUGP	10:00 Strength Training, ARMC 29 10:00 Sing w/Martha & Friends, ARMC 11:00 Scenic Drive, O 1:30 Bowling, ARMC 2:00 Trish & Furry Friends Visit, VUGP 3:30 Bingo, VDR	<b>Hairstyle Appreciation Day</b> 30 10:00 Yoga Exercise, VDR 10:30 DIY Art w/Roy, ARMC 11:15 Finish that Old Timey Phrase, ARMC 1:30 Scripture w/Jill, VUGP 3:00 Getting to Know You, VUGP 3:30 Afternoon Games, VUGP		