

Easy, Breezy Springtime Crafts

Spring has arrived, so get in the swing of things and celebrate the new season with these fun and simple crafts.

Festive florals — Whether fresh or faux, nothing says spring like flowers. Dress up a plain vase or a clean, empty jar to display them in. Add stripes or other geometric designs with patterned tape, or glue on a piece of colored tissue paper or a swatch of fabric.

Rainy day welcome — Fill a pair of brightly colored rain boots with artificial flowers or greenery, then set the display by the door to welcome in spring.

Yarn-wrapped eggs — Eggs are popular as a symbol of the season. Wrap strands of yarn or embroidery floss around wooden, plastic or foam eggs, then display them in a bowl or tray.

Spring garland — Use watercolors to paint several sheets of blank paper, letting the colors swirl together to create a marbled pattern. Once the paper dries, cut raindrop, egg or flower shapes out of the paper, then punch a hole in each shape and loop them all on a string. Hang the garland above a doorway or across a shelf.

St. Patrick's Day Fun!

We had a blast celebrating St. Patrick's Day and learning all about the history of Ireland!



The Vinyl Revival

After decades of playing second fiddle to cassettes, CDs and music streaming services, vinyl records are once again climbing the charts to the top. Vinyl sales recently beat CD sales for the first time in nearly 40 years.

Streaming platforms are still the No. 1 way most of us listen to music. But more and more people are getting into the groove of vinyl for a truly special, immersive listening experience. It's the reason why current artists now release new albums as well as their early work on vinyl, and why acclaimed albums from classic bands and singers continue to be bestsellers.

Many music fans say vinyl records have a fuller, warmer sound than songs that have been compressed into a digital file. And often, playing a record feels like a beloved ritual that encourages mindful, attentive listening. Buying a record is also part of the experience, from searching store bins for a hidden gem to admiring an album's artwork and reading the liner notes.

THE Harbison Shores Lifestyle



ASSISTED LIVING COMMUNITY
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APRIL 2021

Meet the Executive Director

Talonya McCullough was born and raised in Hartsville, S.C. She attended Morris College in Sumter, S.C., where she graduated with a Bachelor of Science in Health Science. She then attended Webster University in Columbia, S.C., where she graduated with a Master's in Health Administration. Talonya began her long journey to Executive Director after holding the position of Business Office Manager at a Skilled Nursing Center and then as Director of Business Operations in an Assisted Living Community. She then realized working in Senior Living was her passion, so she decided to grow her career. Talonya enjoys traveling with her husband and her four-legged baby, and spending time with her family.



Simple Moves To Stay Fit

Along with tried-and-true forms of low-impact physical activities, such as walking, water aerobics and chair yoga, there are quick and simple exercises you can do throughout your day to stay fit and flexible. Incorporate these moves into your routine.

Head turns: Say yes to this easy neck stretch that just involves shaking your head no! Stand or sit up straight. Turn your head slowly to the right until you feel a slight stretch and hold it. Then turn to the left.

Shoulder rolls: Seated or standing, gently rotate your shoulders up toward the ceiling, then to the back, and lastly down again. Switch and roll your shoulders forward.

Marching in place: Boost your balance by high-stepping it! Stand up straight, lift your right knee as high as you can, lower it, then lift your left knee. Repeat 20 times.

Toe lifts: This move strengthens your legs and improves balance. Stand behind a chair or counter, holding on to it for support. Raise yourself up on your tiptoes, hold, then lower your heels back to the floor. Aim for 10 to 15 reps.

Ankle rolls: These help improve circulation while sitting in a chair. Lift your right foot off the floor and rotate your ankle to the right five times, then rotate it to the left five times. Repeat with your left foot.

Go to the National Institute on Aging's website, NIA.NIH.gov, to find more guidance on exercises for older adults. Check with a health care professional before starting new physical activities.



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 AL# CRC-2083

APRIL 2021

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
 Elizabeth Drinnon, 17th
 Donald Wood, 23rd

“Try to leave the Earth a better place than when you arrived.”

—Sidney Sheldon

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				8:00 The Art of the Prank, VUGP 9:30 Swing Dancing, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack	1 GOOD FRIDAY 2 9:00 Gardening w/ Planters, VDR 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 10:30 Easter Egg Hunt, O 2:30 Afternoon Snack 3:00 Bingo, VDR	3 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
EASTER 4 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	5 9:00 Morning Gardening, VUGP 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	6 10:30 Individual Snack Social 1:00 Zumba Fitness 2:00 Book Club, VUGP 2:30 Afternoon Snack	7 10:15 Morning Yoga 10:30 Individual Snack Social 11:00 Disco Dance Party 2:30 Afternoon Snack 3:00 Bingo, VDR	8 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack 3:00 Musical Chairs	9 9:30 Some Good News: Self-Directed 10:00 Springtime Trivia 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	10 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
11 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	12 10:30 Individual Snack Social 10:30 Go Fish Tournament, VDR 2:30 Afternoon Snack 3:00 Bingo, VDR	13 8:30 Morning Gardening, VDR 10:30 Individual Snack Social 1:00 Painting w/ Bob Ross, VDR 2:00 Book Club, VUGP 2:30 Afternoon Snack	14 10:15 Morning Yoga 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Dining Experience w/Phil, VDR 3:00 Bingo, VDR	15 10:00 Armchair Volleyball, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack	16 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 11:00 Name the Song, VUGP 2:30 Afternoon Snack 3:00 Bingo, VDR	17 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
18 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	19 9:00 Find the Bunny 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	20 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Afternoon Snack 3:30 Music Making, VUGP	21 10:15 Morning Yoga 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR 5:30 Ballpark Picnic, VDR	22 EARTH DAY 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack 3:00 Casino Games, VDR	23 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 11:00 This or That, VUGP 2:30 Afternoon Snack 3:00 Bingo, VDR	24 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
25 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	26 9:00 Jersey Day, VDR 9:45 Drawing the Past, VDR 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	27 9:00 Disney Day, VUGP 10:30 Individual Snack Social 1:00 Puzzling, VDR 2:00 Book Club, VUGP 2:30 Afternoon Snack	28 9:00 Decades Day, VDR 10:15 Morning Yoga 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Dining Experience w/Phil, VDR 3:00 Bingo, VDR	29 9:00 Heritage Day, VDR 10:30 Individual Snack Social 10:30 Travel To: Italy, VDR 1:30 Bible Study, VUGP 2:30 Afternoon Snack	30 9:00 Casual Friday, VDR 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	