

# THE Harbison Shores Lifestyle



HARBISON SHORES  
SENIOR LIVING AT EASE

Like Us!



ASSISTED LIVING COMMUNITY  
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## Hello From the Executive Director



Mother's Day falls on Sunday May 14th this year. The world is filled with Mother figures. This Mother's Day is an opportunity to celebrate all the mothers in your life, biological and elected, the blood and chosen. We are blessed at Harbison Shores to celebrate all the ladies this Mother's Day. Happy Mother's Day from the Staff at Harbison Shores. Elaine Till, NHA, CRCA  
Executive Director

## MAY 2023

## Memorial Day

This U.S. federal holiday is observed on the last Monday of May to honor the men and women who have died while serving in the military.

Memorial Day was originally known as Decoration Day, starting with the American Civil War. It's believed that the tradition of honoring the dead was inspired by the way Southern states decorated the graves of both Confederate and Union soldiers with flowers, wreaths, and flags.

Several cities and towns across the country lay claim as the first to observe Decoration Day. On May 5, 1866, Waterloo, New York, hosted its own community-wide event that, in 1966, led to President Lyndon Johnson declaring the town as the birthplace of Decoration Day. ([almanac.com](http://almanac.com))



## MAY 2023

### May Birthdays

John Wrisley: May 3rd  
Elizabeth Rook: May 7th

### Fun Upcoming Holidays

May 4th: Bird Day  
May 13th: National Train Day  
May 28th: National Hamburger Day  
May 31st: National Macaroon Day

### Calendar Locations

TR = Theater Room  
DR = Dining Room

### Seat Switch-Up

Sitting too long can cause discomfort and potentially lead to other health issues. Doctors recommend changing your position every 30 minutes. If possible, stand up and take a short walk, even if it's just across the room and back, to loosen your muscles and get your blood pumping.

**"Keep a green tree in your heart and perhaps the singing bird will come."**  
—Chinese proverb

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	2 10:00 Morning Stretches - TR 2:00 Jubilant Singers Perform - MC Activity Room 2:30 Table Games - DR 4:00 This is Your Life, Discussion - DR	3 10:00 Morning Exercise - TR 2:30 Bingo Marathon - DR 3:30 Broadway Movie and Discussion - TR	4 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	5 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 3:00 Bible Study with Jim - TR	6 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
7 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	8 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	9 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	10 10:00 Morning Exercise - TR 10:00 Strawberry Farm Outing - Sign Up 1:30 Gardening With Renee - DR 2:30 Bingo Marathon - DR 3:30 '40s Movie - TR	11 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	12 10:00 Flower Table Decorations Making - DR 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 3:00 Bible Study with Jim - TR	13 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
14 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 12:30 Mother's Day Lunch 1:00 Sports On Television - TR 4:00 Current Events Social - DR	15 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	16 10:00 Morning Stretches - TR 11:00 CV Fashion Store Sets Up - Lobby 2:30 Table Games - DR 4:00 This is Your Life, Discussion - DR	17 10:00 Morning Exercise - TR 11:00 Baking Club - DR 2:30 Bingo Marathon - DR 3:30 '50s Movie - TR	18 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR 4:30 Spring Fling Party - DR	19 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 3:00 Bible Study with Jim - TR	20 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
21 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	22 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	23 10:00 Exercise With Darlene - TR 10:00 Morning Stretches - TR 2:30 Technology Class - DR 4:00 Local History Chat - DR	24 10:00 Morning Exercise - TR 1:30 Gardening With Renee - DR 2:30 Bingo Marathon - DR 2:30 Resident Council Meeting - DR	25 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	26 10:00 Morning Exercise - TR 2:00 Memorial Day Ceremony - DR 3:00 Bible Study with Jim - TR	27 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
28 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	29 Memorial Day 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	30 10:00 Morning Stretches - TR 2:30 Table Games - DR 4:00 This is Your Life, Discussion - DR	31 10:00 Morning Exercise - TR 2:30 Bingo Marathon - DR 3:30 '50s Movie - TR			



## Employee of the Month

This month, we chose to honor our awesome housekeeper, Andrea Sygit, as our employee of the month. Andrea is a vital part of our team. She often goes above and beyond to keep our community beautiful, she is faithful to her job, and she loves the residents. Andrea, thank you so much for doing the wonderful job that you do!

## Journal Prompt: Creativity

Creative works, like movies, books and games, keep the world interesting and fun! Try this creative exercise: Think of a dream you had recently and write or draw something inspired by it.

