

The Path to Liberty

The 13 Colonies' fight for independence began in Boston over two centuries ago. Today, visitors can step into history by walking the Freedom Trail through the city.

The 2.5-mile red brick path links 16 historic sites, famous for their role in the American Revolution and the nation's early days. Here are some notable stops:

Boston Common — The south end of the trail starts here, at America's oldest public park, founded in 1634. Hundreds of Redcoats camped on its 45 acres during the British occupation.

Faneuil Hall — Called the Cradle of Liberty, this building was the site for town meetings and public protests of royal decrees. The structure was named for Peter Faneuil, a merchant who built it as the city marketplace.

Old South Meeting House — Over 5,000 Colonists packed Boston's largest public building at the time to rally against the tea tax, a protest that led to the Boston Tea Party.

Bunker Hill Monument — A 221-foot-tall granite pillar commemorates the 1775 Battle of Bunker Hill, which was the Revolution's first major clash.

The USS Constitution warship, Massachusetts State House, Paul Revere House, the Old North Church and other churches and cemeteries are included on the trail. For a virtual tour, go to TheFreedomTrail.org.

Little Berries, Big Benefits

Called nature's candy, blueberries are proof of the saying, "A little goes a long way." A lot of health benefits are packed into these small fruits.

Blueberries have grown to be a top food pick over the past decade for two main reasons: their sweet taste and nutrition. On their own, they're an easy-to-eat, fresh snack, and when added to yogurt, cereal, pancakes and salads, they deliver a punch of color, flavor and nutrients.

The superfood is a low-calorie, high-fiber fruit. But this berry gets its biggest health boost from its deep-blue color. That comes from anthocyanin, a powerful antioxidant that research suggests may provide protection from heart disease, cancer and cognitive decline.

Blueberries are a good source of vitamin C, which supports healthy immunity; vitamin K, essential for bone health; and manganese, a mineral needed for metabolism.

If you've bitten into a blueberry, you know that it's a juicy fruit. Since the berries contain mostly water, they fill you up fast and are hydrating.

Now is the prime time for fresh blueberries, but the fruits are available year-round. Dietitians say their potential benefits make eating them a habit you can feel good about.



THE Harbison Shores Lifestyle

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JULY 2021

Welcome Our New Staff Members!

We are so excited to have new team members join our Harbison Shores family! We'd like to welcome four new members of our management team:

Elaine Till has been with us since December but has now stepped into the full time administrator role. We are so lucky to have her!

Jessica Maxheimer is our new Business Director, and we're so lucky to have her keeping us all organized!

Brenda Pinckney is our new Dining Director! We're happy to have the benefit of her years of cooking in the kitchen!

Amy Humphries is joining us in the sales and marketing department! She is so friendly to everyone and has done great things for our team already!

Please say hi to any of them whenever you see them around our community and welcome them to Harbison Shores. We are so proud of our awesome management team and our whole Harbison Shores family!



Live It Up on the Lawn!

Friends, fresh air and fun games. What could be better? Celebrate summer with these classic outdoor activities:

Cornhole — Scoring is simple for this laid-back beanbag toss: one point for landing a bag on the board and three for making it in. The first to score 21 points is the winner.

Horseshoes — The stakes are a little higher when you're pitching horseshoes, since landing a perfect ringer — when the horseshoe encircles the target — is a challenging goal.

Lawn bowling — Take advantage of sunny weather and go bowling outside! All you need is 10 plastic bottles to use as pins and a ball that's easy to roll, such as a beach ball or kickball. Fill the bottles with water, set 'em up and start bowling!

Bocce — An Italian variation of lawn bowling, bocce uses nine balls: four for each team, and one smaller target ball, called the jack. The jack is thrown first, then each team's players try to roll or bounce their balls to land closest to it. A makeshift bocce set can be made with a golf ball as the jack and eight tennis balls marked with colored tape to distinguish the teams from each other.



JULY 2021

Locations

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

“To be a champion you must act like one.”
 — Lou Ferrigno

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
INDEPENDENCE DAY 4						
9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	8:15 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 1:30 Animal Therapy, VDR 2:30 Afternoon Snack 3:00 Board Games and Bingo, VDR	8:15 Morning Exercise, VDR 10:30 Individual Snack Social 10:30 Knitting Circle, VUGP 2:00 Book Club, VUGP 2:30 Hymns and Snacks, VDR	10:15 Morning Yoga 10:30 Individual Snack Social 1:30 Animal Therapy, VDR 2:30 Afternoon Snack 2:30 Cooking w/Chef Brenda, VDR 2:30 Meditation, VUGP 3:00 Board Games and Bingo, VDR	8:15 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack 3:00 Board Games and Bingo, VDR	8:15 Morning Exercise, VDR 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 History of the Hawaiian Islands, VUGP 3:00 Happy Hour	10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Afternoon Snack 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP
11	12	13	14	15	16	17
9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	8:15 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 1:30 Animal Therapy, VDR 2:30 Afternoon Snack 3:00 Board Games and Bingo, VDR	8:15 Morning Exercise, VDR 10:30 Individual Snack Social 10:30 Lima Bean Auction, VDR 2:00 Book Club, VUGP 2:30 Hymns and Snacks, VDR	10:15 Morning Yoga 10:30 Individual Snack Social 1:30 Animal Therapy, VDR 2:30 Afternoon Snack 2:30 Cooking w/Chef Brenda, VDR 2:30 Meditation, VUGP 3:00 Board Games and Bingo, VDR	8:15 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack 3:00 Board Games and Bingo, VDR	8:15 Morning Exercise, VDR 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 History of the Hawaiian Islands, VUGP 3:00 Happy Hour	10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Afternoon Snack 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP
18	19	20	21	22	23	24
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25	26	27	28	29	30	31
9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	8:15 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 1:30 Animal Therapy, VDR 2:30 Afternoon Snack 3:00 Board Games and Bingo, VDR	8:15 Morning Exercise, VDR 10:30 Individual Snack Social 10:30 Town Hall Meeting, VDR 2:00 Book Club, VUGP 2:30 Hymns and Snacks, VDR	10:15 Morning Yoga 10:30 Individual Snack Social 1:30 Animal Therapy, VDR 2:30 Afternoon Snack 2:30 Cooking w/Chef Brenda, VDR 2:30 Meditation, VUGP 3:00 Board Games and Bingo, VDR	8:15 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack 3:00 Board Games and Bingo, VDR	8:15 Morning Exercise, VDR 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 History of the Hawaiian Islands, VUGP 3:00 Happy Hour	10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Afternoon Snack 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP