

THE Harbison Shores Lifestyle



HARBISON SHORES
SENIOR LIVING AT EASE

Like Us!



ASSISTED LIVING COMMUNITY
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Hello From the Executive Director



The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts, to more casual family gatherings and barbecues.

(From the Internet)

As we celebrate July 4th, let's all remember the history and meaning of Independence Day. And while speaking of independence, we take Pride at Harbison Shores in our residents' independence.

We wish each of you a happy and safe July 4th.

Elaine M. Till, NHA, CRCA
Executive Director

JULY 2023



Harbison Cosmetologist

My name is Liz Blume and I am a native to Lexington, South Carolina. I graduated from the University of South Carolina with a degree in Fashion Merchandising. I have three beautiful daughters that are growing up into lovely young ladies and I attribute my desire to become a cosmetologist to them. I decided to go to hair school because I love people and I love serving others through this trade. I have several elderly clients at my salon and just felt this growing desire to expand past the walls of my salon and into retirement and assisted living homes. This has definitely been the highlight of my career thus far because I get to bring what I love to do to those who may have a harder time receiving my services. Thank you to each person I get to serve directly and indirectly through loving your family member. It is an honor and a privilege to work with each generation, but I find my time with my elders as a blessing.

JULY 2023

July Birthdays

Elizabeth Stewart: July 6th
 George Magruder: July 22nd
 Adrian Puleo: July 24th
 Ruth Laroche: July 26th
 Carol Kolb: July 30th

Fun Upcoming Holidays

July 7th: Chocolate Day
 July 16th: National Ice Cream Day
 July 20th: Space Exploration Day
 July 31st: National Watermelon Day

Calendar Locations

TR = Theater Room
 DR = Dining Room

Early Riser or Night Owl?

Many of us know that “the early bird gets the worm,” but if you’re not a morning person, don’t fret! “The second mouse gets the cheese,” and no matter your schedule, the idea is to find what works best for you. Just strive for at least seven hours of sleep a night.

“I don’t need a fancy party to be happy. Just good friends, good food and good laughs. I’m happy. I’m satisfied. I’m content.”
 —Maria Sharapova

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
2 10:00 Morning Yoga - TR 11:00 Church Service On Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	3 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 1:00 Independence Day Celebration 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	4 Independence Day 10:00 Morning Stretches - TR 2:00 Pictures for the Newsletters - DR 4:00 Local History Chat - DR	5 10:00 Morning Exercise - TR 1:30 Gardening With Renee - DR 2:30 Bingo Marathon - DR 3:30 Broadway Movie and Discussion - TR	6 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	7 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 4:00 Bible Study with Jim - TR	8 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
9 10:00 Morning Yoga - TR 11:00 Church Service On Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	10 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	11 10:00 Dogs Come To Be Petted - Lobby 10:00 Exercise With Darlene - TR 2:30 Table Games - DR 2:30 Technology Class - DR 4:00 This is Your Life, Discussion - DR	12 10:00 Morning Exercise - TR 11:00 Baking Club - DR 2:30 Bingo Marathon - DR 3:30 '40s Movie - TR	13 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	14 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 4:00 Bible Study with Jim - TR	15 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
16 10:00 Morning Yoga - TR 11:00 Church Service On Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	17 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	18 10:00 Morning Stretches - TR 11:00 CV Fashion Store Sets Up - Lobby 2:30 Resident Council Meeting - DR 4:00 Local History Chat - DR	19 10:00 Morning Exercise - TR 10:00 Scenic Drive Outing - Sign Up 1:30 Gardening With Renee - DR 2:30 Bingo Marathon - DR	20 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	21 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 4:00 Bible Study with Jim - TR	22 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
23 10:00 Morning Yoga - TR 11:00 Church Service On Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	24 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	25 10:00 Exercise With Darlene - TR 10:00 Morning Stretches - TR 2:30 Table Games - DR 2:30 Technology Class - DR 4:00 This is Your Life, Discussion - DR	26 10:00 Morning Exercise - TR 2:00 Watermelon Social - DR 2:30 Bingo Marathon - DR 3:30 '50s Movie - TR	27 10:00 Morning Yoga - TR 2:30 Watercolor Painting - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	28 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 4:00 Bible Study with Jim - TR	29 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
30 10:00 Morning Yoga - TR 11:00 Church Service On Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	31 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR					



Tourist Treasure: Arc de Triomphe

Paris, the capital city of France, contains many lovely wonders that attract travelers from all over the world. One of these is the Arc de Triomphe, or "Arch of Triumph." Commissioned in 1806 and finished in July 1836, this 162-foot tall, 150-foot wide limestone arch was built to honor heroes who fought in the French Revolution and Napoleonic Wars. An eternal flame burns beneath the monument, where veterans place wreaths every night to remember fallen soldiers. The fire hasn't been extinguished since its first lighting on Nov. 11, 1923.

Chase Your Dreams

"You can't just sit there and wait for people to give you that golden dream. You've got to get out there and make it happen for yourself." —Diana Ross

