

THE Harbison Shores Lifestyle



HARBISON SHORES
SENIOR LIVING AT EASE

Like Us!



ASSISTED LIVING COMMUNITY
990 Columbia Avenue · Irmo, SC 29206 · (803) 749-7889 · www.carolina-gardens.com

AUGUST 2022

Employee of the Month

This month, Lisa is our employee of the month. Lisa is a vital part of our dietary staff, and she has been working in the community since February. She enjoys dancing, listening to music, walking, and helping people. Lisa is a hard worker, gets along great with others, and is excellent at her job. She believes it is super important to do what she can for others in life. Thank you, Lisa, for all of your hard work!



Hello From the Executive Director

As I write this article, it is hard to believe August is here. I hope that you all have gone on vacations and visited loved ones.

August brings the nostalgia of the end of summer and reminds us that Autumn is coming.

Many families are preparing for School time and Retailers are planning for Christmas.

National Simplify Your Life Week falls in August. I hope that Harbison Shores can be included in simplifying your life, as we take care of your loved ones.

Elaine M. Till, NHA, CRCA
Executive Director

Fur-nancial Advice

Q: Why did the Labrador retriever beg his master to invest in tennis balls?

A: Because they have such a high rate of return!

AUGUST 2022

August Birthdays

Ronald Finney 8/27
 Shirley Heath 8/18

Fun Upcoming Holidays

August 3rd - Watermelon Day
 August 9th - Book Lover's Day
 August 21st - Senior Citizens Day
 August 25th - National Banana Split Day

Calendar Locations

TR = Theater Room
 DR = Dining Room

Playing With Sand

Just like building a sandcastle on a beach can evoke happiness, so can playing with sand as a form of sensory therapy. Sand has a long history of use in counseling sessions, and therapists say working with both wet and dry sand can ease feelings of anxiety and help a busy mind focus.

"There wouldn't be a sky full of stars if we were all meant to wish on the same one."
 —Frances Clark

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 2:30 Table Games - DR 4:00 Trivia Time and Snacks - DR	3 10:00 Morning Exercise - TR 2:30 Bingo Marathon - DR 3:30 '50s Movie, in the Theater Room	4 10:00 Morning Yoga - TR 2:30 Music With Carolyn - TR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	5 10:00 Morning Exercise - TR 2:30 Happy Hour - DR 4:00 Bible Study - TR	6 10:00 Morning Stretches - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
7 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 2:30 Current Events Social - DR 4:00 Sports Television - TR	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 Exercise With Darlene - TR 2:30 Trivia Time - DR 4:00 This is Your Life Discussion - DR	10 10:00 Morning Exercise - TR 11:00 Chef's Corner Dining Chat With Brenda - DR 2:30 Bingo Marathon - DR	11 10:00 Morning Yoga - TR 2:30 Music With Carolyn - TR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	12 10:00 Morning Exercise - TR 2:30 Happy Hour - DR 3:30 Family Feud Trivia Games - DR	13 10:00 Morning Stretches - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
14 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 2:30 Current Events Social - DR 4:00 Sports Television - TR	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 2:30 Table Games - DR 4:00 This is Your Life Discussion - DR	17 10:00 Morning Exercise - TR 11:00 Baking Club With Brenda - DR 2:30 Bingo Marathon - DR	18 10:00 Morning Yoga - TR 12:30 Lunchtime Luau in the Dining Room 2:30 Music With Carolyn - TR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	19 10:00 Morning Exercise - TR 2:30 Happy Hour - DR 4:00 Bible Study - TR	20 10:00 Morning Stretches - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
21 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 2:30 Current Events Social - DR 4:00 Sports Television - TR	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 2:30 Technology Class - TR 4:00 This is Your Life Discussion - DR	24 10:00 Morning Exercise - TR 2:30 Resident Council Meeting - DR 3:30 Broadway Movie and Discussion - TR	25 10:00 Morning Yoga - TR 2:30 Music With Carolyn - TR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	26 10:00 Morning Exercise - TR 2:30 Happy Hour - DR 3:30 Family Feud Trivia Games - DR	27 10:00 Morning Stretches - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
28 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 2:30 Current Events Social - DR 4:00 Sports Television - TR	29 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 '40s Movie - TR			



Brain teaser

Question: What has 13 hearts but no other organs?

Answer: A deck of cards.



Sounds of Summer

When you step outside during the summer, you're likely to hear the buzzing, chirping and humming of insects. It's their way of communicating. Get the buzz on some sounds of the season:

Cicadas. One of the loudest insects, cicadas are known for their distinctive buzzing during the heat of the day. Males make this mating call by vibrating membranes on their abdomens. Cicadas are often mistaken for locusts, but locusts are a type of grasshopper and much quieter than cicadas.

Crickets. When darkness falls, crickets begin their symphony of chirps, made by rubbing their wings together. The bugs will vary the pattern and speed of the chirps; for example, the warmer the temperature, the faster they chirp.

Katydid. Named after their repetitive calls of "Katy did, she did," these green, leaf-shaped insects are most active at night.

Bees. Their familiar buzzing is the rapid beating of their wings, which creates a disturbance in the air, resulting in the hum. Larger bee species, and their cousins the wasp and hornet, beat their wings more slowly, which produces a lower pitch.

Dogs in the Movies

Go fetch some "pupcorn" and enjoy one of these flicks starring man's best friend:

- "Benji"
- "Beethoven"
- "Homeward Bound"
- "Best in Show"
- "Marley & Me"