

# THE Harbison Shores Lifestyle



HARBISON SHORES  
SENIOR LIVING AT EASE

Like Us!



ASSISTED LIVING COMMUNITY

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## Hello From the Executive Director

Thanksgiving is the first holiday of the end-of-the-year season that brings about togetherness, joy, and hope. As we all gather around the Thanksgiving table this year, please take a moment to reflect on what you are most grateful for.

I am thankful for the opportunity to serve as your Executive Director and for our wonderful residents.

In this Thanksgiving season, I want to express my appreciation for our loyal staff and family members. From our Harbison Shores family to yours, wishing you a day of feasting, laughing, and loving one another.

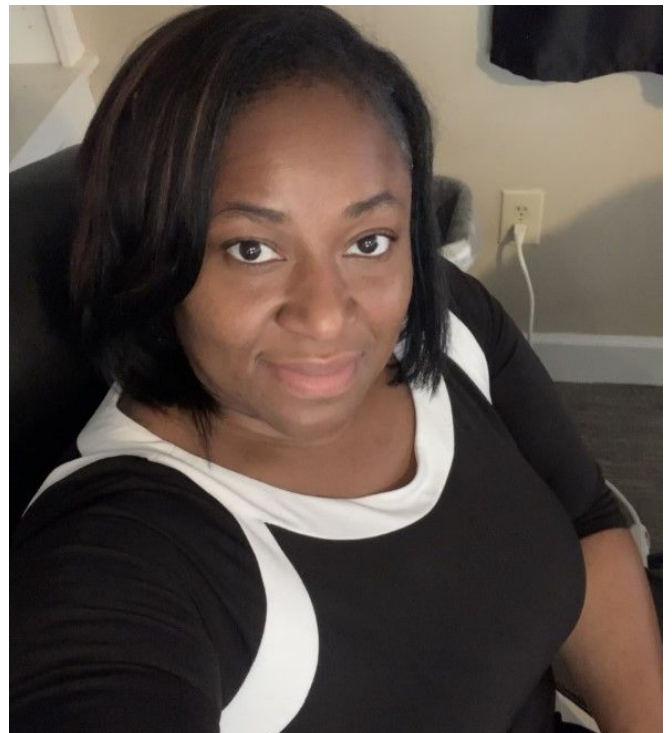
Elaine Till, NHA, CRCA  
Executive Director



## NOVEMBER 2022

## Employee of the Month

This month, Aeisha Woodard, our weekend concierge is our employee of the month. Aeisha is also the property manager of a manufactured home community in Cayce, South Carolina. She's worked in the property management industry for 15 years. Currently, she is attending Midlands Technical College to obtain an Associate Degree in business arts. Her future goal is to one day open her own manufactured home community. Aeisha is a South Carolina native. Her hobbies are traveling, gospel concerts, and shopping. Thank you for all you do, Aeisha!



# NOVEMBER 2022

## November Birthdays

 Sylvia Therrell 11/07  
 Peggy Ballentine 11/21

## Fun, Upcoming Holidays

 November 5th: Book Lovers' Day  
 November 12th: Chicken Soup for the Soul Day  
 November 18th: Apple Cider Day  
 November 23rd: National Jukebox Day

## Calendar Locations

 TR = Theater Room  
 DR = Dining Room

## Sage Advice

In several cultures, the herb sage is seen as a symbol of wisdom. There's truth to that ancient lore: Multiple studies have shown that the plant helps improve memory and cognitive ability, and researchers are studying sage as a preventive treatment for Alzheimer's disease and other brain conditions.

**"Care less for your harvest than for how it is shared, and your life will have meaning and your heart will have peace."**  
 —Kent Nerburn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Morning Stretches - TR 2:30 Table Games - DR 4:00 This is Your Life, Discussion - DR	2 10:00 Morning Exercise - TR 2:30 Bingo Marathon - DR 3:30 '50s Movie - TR	3 10:00 Morning Yoga - TR 2:30 Family Feud / Trivia Games - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	4 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 3:00 Bible Study with Jim - TR	5 10:00 Morning Stretches - TR 1:30 College Football On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
6 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 1:00 NFL Football On Television - TR 4:00 Current Events Social - DR	7 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	8 10:00 Exercise With Darlene - TR 2:30 Technology Class - DR 4:00 Chewing the Fat, Men's Chat - DR	9 10:00 Morning Exercise - TR 2:30 Bingo Marathon - DR 3:30 Broadway Movie and Discussion - TR	10 10:00 Morning Yoga - TR 2:30 Family Feud / Trivia Games - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	11 Veterans Day 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 2:30 Veterans Day Recognition - DR 3:00 Bible Study with Jim - TR	12 10:00 Morning Stretches - TR 1:30 College Football On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
13 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 1:00 NFL Football On Television - TR 4:00 Current Events Social - DR	14 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	15 10:00 Morning Stretches - TR 2:30 Table Games - DR 4:00 This is Your Life, Discussion - DR	16 10:00 Morning Exercise - TR 11:00 Baking Club With Brenda - DR 2:30 Bingo Marathon - DR 3:30 '50s Movie - TR	17 10:00 Morning Yoga - TR 2:30 Church Service With Pastor Paul - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR 6:00 A Thankful Family Night: Drink and Dessert Bar - DR	18 10:00 Morning Exercise - TR 10:00 Walmart Shopping Outing (Sign Up in Dining Room) 2:00 Happy Hour - DR 3:00 Bible Study with Jim - TR	19 10:00 Morning Stretches - TR 1:30 College Football On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
20 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 1:00 NFL Football On Television - TR 4:00 Current Events Social - DR	21 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Live Music With Skey - DR 3:30 Group Jigsaw Puzzle - TR	22 10:00 Exercise With Darlene - TR 2:30 Technology Class - DR 4:00 Chewing the Fat, Men's Chat - DR	23 10:00 Morning Exercise - TR 12:30 Thanksgiving Feast - DR 2:30 Resident Council Meeting - DR 3:30 '40s Movie - TR	24 Thanksgiving 10:00 Morning Yoga - TR 2:30 Family Feud / Trivia Games - DR 4:00 Card Club, Crossword Puzzles, and Word Searches - DR	25 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 3:00 Bible Study with Jim - TR	26 10:00 Morning Stretches - TR 1:30 College Football On Television - TR 2:30 Bingo Marathon - DR 4:00 Classic Movies - TR
27 10:00 Morning Yoga - TR 11:00 Church Service on Television - TR 1:00 NFL Football On Television - TR 4:00 Current Events Social - DR	28 10:00 Morning Exercise - TR 10:30 Gospel Music, With Clay - TR 2:30 Bingo Marathon - DR 3:30 Group Jigsaw Puzzle - TR	29 10:00 Morning Stretches - TR 2:30 Table Games - DR 4:00 This is Your Life, Discussion - DR	30 10:00 Morning Exercise - TR 2:30 Bingo Marathon - DR 3:30 '50s Movie - TR			



## Wild World: Emperor Tamarin

Have you ever seen a monkey with a mustache? That's what these tamarins, named after Emperor Wilhelm II of Germany, are best described as. The prominent white whiskers give them an uncanny resemblance to the historic leader, who ruled Germany and Prussia from 1888 to 1918. These dwarf monkeys live in the rainforests of Brazil, Peru and Bolivia, where they cling to tree branches with their claws. Like many primates, tamarins are quite noisy, and will hiss, trill and chirp to communicate. Emperor tamarins are also known to rapidly flick their tongue in and out—a silly-looking expression that actually means the monkey's not happy.

