

Celebrating New Year's Eve

The final night of the year is coming up. Count down with some festive facts about the revelry of New Year's Eve.

- Ringing out the old year and ushering in a new one is a custom that goes back at least 4,000 years to the ancient Babylonians.
- The first places on the globe to greet the new year are the island nations of Kiribati, Samoa and Tonga, located in the South Pacific Ocean.
- Just across the international date line, American Samoa, a U.S. territory, is the world's last inhabited locale to welcome in the year.
- New York City's Times Square ball drop is a celebration that began in 1907.
- Singing "Auld Lang Syne" at midnight has grown into a worldwide tradition. The words roughly translate to "times gone by."
- Puckering up for a New Year's Eve kiss is said to bring good luck to a relationship and has roots in German and English folklore.
- Those novelty eyeglasses with frames shaped into the numbers of the coming year were invented in 1990 by two friends in Seattle.
- Causing a ruckus with noisemakers began as a way to chase off bad luck.
- Some don't stay up to celebrate; in a survey, over 10% of people said they fall asleep before midnight.
- That cute little guy decked out in a diaper, top hat and sash is known as Baby New Year. He's been a symbol of the holiday since the days of ancient Greece.

Bingo Tips and Tricks (Continued)

Play multiple cards: Playing more than one card is the best way to improve your chances of winning a game of bingo. However, avoid dividing your attention among too many cards, which can cause you to miss marking the correct squares.

Bring tape: A roll of masking tape or painter's tape comes in handy to stick your cards to the table, preventing them from sliding around.

Be alert: If you're slow to call out "Bingo!" and the next number is announced, you'll be known as a "sleeper"—and you'll miss out on the prize!

Have fun: This is the most important rule of a bingo game! Use breaks to socialize with other players. Be a good sport and cheer on others when they win.

Walk to End Alzheimer's

Our residents and staff members enjoyed participating in the Virtual Walk to End Alzheimer's on Oct. 24. Everyone walked together — as a team we put in enough steps to be in the top 10 teams in Columbia! We also enjoyed raising money and raised more than \$1,000 for the Alzheimer's Association. It was a beautiful day to support a beautiful cause. We can't wait for next year!



THE

Harbison Shores Lifestyle

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DECEMBER 2020

Spooky Fun for Everyone!

Our residents and our staff had so much fun celebrating Halloween with scary movies, fun games, pumpkin decorating and even a candy bar! Everyone danced to Halloween music like "Thriller" and "The Monster Mash." They had the best moves! Later on, we enjoyed revisiting classic spooky movies like "The Addams Family." Our candy and treats were enjoyed by everyone, whether they liked chocolate, toys, fruity or chewy candy. The painted pumpkins helped to decorate the space. Even the management team joined in the fun, proving that there's no place like Harbison Shores!



Bingo Tips and Tricks

A favorite pastime, bingo is largely a game of chance. But there are a few ways to increase your odds of winning and ensure a fun time for all.

- Arrive early:** Aim to arrive at a bingo game 10 minutes before it's set to start. This gives you time to choose your seat, get your cards and a beverage or snack, and chat with friends.
- Pick a prime spot:** Sitting near the caller can help you clearly hear the numbers the first time, allowing you to mark your cards faster.

(Continued on back.)

DECEMBER 2020

Locations

Activity Room, Memory Care, ARMC

Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering Place, VUGP

Villas, Dining Room, VDR

“Time together as a family is a gift.”

—Joanna Gaines

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Practice Social Distancing 1 9:30 Current Events: Self-Directed, VUGP 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Afternoon Snack	Practice Social Distancing 2 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Dining Experience w/Phil, VDR 3:00 Bingo, VDR	Practice Social Distancing 3 10:00 Christmas Wreath Making, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack	Practice Social Distancing 4 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 5 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
Practice Social Distancing 6 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	Practice Social Distancing 7 10:30 Individual Snack Social 10:45 Morning Yoga, VDR 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 8 9:30 Current Events: Self-Directed, VUGP 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Afternoon Snack	Practice Social Distancing 9 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Dining Experience w/Phil, VDR 3:00 Bingo, VDR	HANUKKAH BEGINS AT SUNSET Practice Social Distancing 10 9:30 Morning Stretches, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack	Practice Social Distancing 11 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 1:30 Holiday Ornament Making, VDR 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 12 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
Practice Social Distancing 13 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	Practice Social Distancing 14 10:30 Individual Snack Social 1:00 Zumba Class, VDR 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 15 9:30 Current Events: Self-Directed, VUGP 10:30 Individual Snack Social 10:30 Gingerbread Men, VDR 2:00 Book Club, VUGP 2:30 Afternoon Snack	Practice Social Distancing 16 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Dining Experience w/Phil, VDR 3:00 Bingo, VDR	Practice Social Distancing 17 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack	Practice Social Distancing 18 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 10:30 Country Drive w/Ramon, O 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 19 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
Practice Social Distancing 20 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	WINTER BEGINS Practice Social Distancing 21 10:30 Individual Snack Social 10:45 Disco Dance Party, VDR 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 22 9:30 Current Events: Self-Directed, VUGP 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Afternoon Snack	Practice Social Distancing 23 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Dining Experience w/Phil, VDR 3:00 Bingo, VDR	Practice Social Distancing 24 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack 6:00 Holiday Movie, VUGP	CHRISTMAS DAY Practice Social Distancing 25 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 26 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
Practice Social Distancing 27 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	Practice Social Distancing 28 9:45 Holiday Yoga, VDR 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	Practice Social Distancing 29 9:30 Current Events: Self-Directed, VUGP 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Afternoon Snack	Practice Social Distancing 30 9:30 Town Hall Meeting, VDR 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Dining Experience w/Phil, VDR 3:00 Bingo, VDR	NEW YEAR'S EVE Practice Social Distancing 31 9:30 2020 Year in Review, VUGP 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack		