

THE Harbison Shores Lifestyle



HARBISON SHORES
SENIOR LIVING AT EASE

Like Us!



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

Hello From the Executive Director



As spring approaches, it came to mind the benefits of sunshine.

How does sunshine help us?

- * Improves sleep- Sunshine helps regulate our circadian rhythm by telling our bodies when to increase and decrease our melatonin levels.
- * Reduces stress- Melatonin lowers stress.
- * Maintains strong bones- Vitamin D is produced when we are exposed to sunlight.
- * Helps keep the weight off.
- * Strengthens our Immune System- Vitamin D is critical for our immune system.
- * Fights off depression- Sunlight boosts our body's serotonin.

From Internet- Amberlee

Brenda Pinckney, Director of Dining Services, has recently taken over the Activities department.

Our spring activities will include outside events to incorporate sunshine and wellbeing.

Let's all enjoy the pretty days and embrace the sunshine.

Happy Mother's Day to all the moms and others who serve in the Mom's role.

Elaine M. Till, NHA, CRCA
Executive Director

MAY 2024

Director Spotlight

This month we would like to put our spotlight on Amy Humphries, our Sales Director at Harbison Shores. A Gaffney, SC native prior to graduating from the University of South Carolina, but then decided to make the Midlands her home. She enjoys working with the elderly and educating their families, as well as being an advocate for the senior population. Her background is Real Estate, but this career came to her as a calling from above many years ago. Her hobbies include working out, cooking, and anything related to being on the water. She has a Boykin Spaniel named Camden, as you can see in her photo. Amy is an asset to our Harbison Shores team with her bubbly personality!



MAY 2024

May Birthdays

May 14th: Brother Pitts
May 26th: Ellen Hill

Holidays We Will Celebrate

Cinco de Mayo: May 5th
Mother's Day: May 12th
Memorial Day: May 27th

Calendar

Locations

TVR = TV Room
AR = Activity Room
DR = Dining Room

Journalism in Film

Each year on May 3, World Press Freedom Day honors the role that media plays in our lives, as journalists investigate issues and make information known to the public. Pay tribute with a movie about the topic. Take note of a few top choices:

- "His Girl Friday" (1940)
- "Citizen Kane" (1941)
- "All the President's Men" (1976)
- "Absence of Malice" (1981)
- "Good Night and Good Luck" (2005)

**"Wherever you go, no matter what the weather, always bring your own sunshine."
—Anthony J. D'Angelo**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 John Gibbons Performs - AR 10:30 Snacks and Hydration 2:30 Craft Club - AR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR 3:30 Walking Club	2 10:00 Drawing Class - AR 10:30 Snacks and Hydration 11:00 Sing-along - AR 2:00 Bible Study with Jim - AR 2:30 Manicures - TVR 2:30 Snacks and Hydration 3:30 Walking Club	3 10:30 Snacks and Hydration 11:00 Reminiscing on the Porch/Trivia 1:30 Music With Will Parker - TVR 2:00 Happy Hour - TVR 2:30 Snacks and Hydration 4:00 Afternoon '40s Movie - TVR	4 10:00 Walk in the Villa Courtyard 10:30 Snacks and Hydration 11:00 Pastor Matt Comes To Visit - TVR 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:30 Ball Toss - TVR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR
5 10:00 Morning Yoga - TVR 10:30 Snacks and Hydration 11:00 Worship Service - TVR 1:30 Sports on Television - TR 2:30 Snacks and Hydration 3:00 Manicures - TVR	6 10:00 Cornhole - AR 10:30 Snacks and Hydration 11:00 Arts and Crafts - AR 2:30 Snacks and Hydration 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR 3:30 Walking Club	7 10:00 Morning Art - AR 10:30 Snacks and Hydration 11:00 Reminiscing in the Courtyard 2:30 Music Program - TVR 2:30 Snacks and Hydration 3:30 Afternoon Bingo - AR	8 10:00 John Gibbons Performs - AR 10:30 Snacks and Hydration 2:30 Craft Club - AR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR 3:30 Walking Club	9 10:00 Drawing Class - AR 10:30 Snacks and Hydration 11:00 Sing-along - AR 2:00 Bible Study with Jim - AR 2:30 Manicures - TVR 2:30 Snacks and Hydration 3:30 Walking Club	10 10:30 Snacks and Hydration 11:00 Reminiscing on the Porch/Trivia 2:00 Happy Hour - DR 2:30 Snacks and Hydration 4:00 Afternoon '40s Movie - TVR	11 10:30 Snacks and Hydration 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:30 Ball Toss - TVR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR
12 10:00 Morning Yoga - TVR 10:30 Snacks and Hydration 11:00 Worship Service - TVR 1:30 Sports on Television - TR 2:30 Snacks and Hydration 3:00 Manicures - TVR	13 10:00 Cornhole - AR 10:30 Snacks and Hydration 11:00 Arts and Crafts - AR 2:30 Snacks and Hydration 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR 3:30 Walking Club	14 10:00 Morning Art - AR 10:00 Pet Therapy - TVR 10:30 Snacks and Hydration 11:00 Reminiscing in the Courtyard 2:30 Music Program - TVR 2:30 Snacks and Hydration 3:30 Afternoon Bingo - AR	15 10:00 John Gibbons Performs - AR 10:30 Snacks and Hydration 2:30 Craft Club - AR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR 3:30 Walking Club	16 10:00 Drawing Class - AR 10:30 Snacks and Hydration 11:00 Sing-along - AR 2:00 Bible Study with Jim - AR 2:30 Manicures - TVR 2:30 Snacks and Hydration 3:30 Walking Club	17 10:30 Snacks and Hydration 11:00 Reminiscing on the Porch/Trivia 1:30 Music With Will Parker - TVR 2:00 Happy Hour - TVR 2:30 Snacks and Hydration 4:00 Afternoon '40s Movie - TVR	18 10:00 Walk in the Villa Courtyard 10:30 Snacks and Hydration 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:30 Ball Toss - TVR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR
19 10:00 Morning Yoga - TVR 10:30 Snacks and Hydration 11:00 Worship Service - TVR 1:30 Sports on Television - TR 2:30 Snacks and Hydration 3:00 Manicures - TVR	20 10:00 Cornhole - AR 10:30 Snacks and Hydration 11:00 Arts and Crafts - AR 2:30 Snacks and Hydration 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR 3:30 Walking Club	21 10:00 Morning Art - AR 10:30 Snacks and Hydration 11:00 Reminiscing in the Courtyard 2:30 Music Program - TVR 2:30 Snacks and Hydration 3:30 Afternoon Bingo - AR	22 10:00 John Gibbons Performs - AR 10:30 Snacks and Hydration 2:30 Craft Club - AR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR 3:30 Walking Club	23 10:00 Drawing Class - AR 10:30 Snacks and Hydration 11:00 Sing-along - AR 2:00 Bible Study with Jim - AR 2:30 Manicures - TVR 2:30 Snacks and Hydration 3:30 Walking Club	24 10:30 Snacks and Hydration 11:00 Reminiscing on the Porch/Trivia 2:00 Happy Hour - DR 2:30 Snacks and Hydration 4:00 Afternoon '40s Movie - TVR	25 10:30 Snacks and Hydration 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:30 Ball Toss - TVR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR
26 10:00 Morning Yoga - TVR 10:30 Snacks and Hydration 11:00 Worship Service - TVR 1:30 Sports on Television - TR 2:30 Snacks and Hydration 3:00 Manicures - TVR	27 Memorial Day 10:00 Cornhole - AR 10:30 Snacks and Hydration 11:00 Arts and Crafts - AR 2:30 Snacks and Hydration 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR 3:30 Walking Club	28 10:00 Morning Art - AR 10:30 Snacks and Hydration 11:00 Reminiscing in the Courtyard 2:30 Music Program - TVR 2:30 Snacks and Hydration 3:30 Afternoon Bingo - AR	29 10:00 John Gibbons Performs - AR 10:30 Snacks and Hydration 2:30 Craft Club - AR 2:30 Snacks and Hydration 3:30 Afternoon Movie - TVR 3:30 Walking Club	30 10:00 Drawing Class - AR 10:30 Snacks and Hydration 11:00 Sing-along - AR 2:00 Bible Study with Jim - AR 2:30 Monthly Birthday Celebration - AR 2:30 Snacks and Hydration 3:30 Walking Club	31 10:30 Snacks and Hydration 11:00 Reminiscing on the Porch/Trivia 2:00 Happy Hour - TVR 2:30 Snacks and Hydration 4:00 Afternoon '40s Movie - TVR	



Employee of the Month

Lisa Jones is an amazing employee in our dietary department. She is hard-working and faithful, and she loves to help out with activities when she has the time. We are so grateful to have her as an important part of our community. Lisa loves to walk, to exercise, to learn new things. She also loves to travel, and her favorite place she's travelled to is Washington, D.C. Thank you for all you do, Lisa!

