

# THE Harbison Shores Lifestyle



HARBISON SHORES  
SENIOR LIVING AT EASE

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MEMORY CARE 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 Birthday

Margaret Jones: July 22nd

## 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

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

## Gotta Have Gooseberries

Tiny and tart, the gooseberry is one of America's native fruits. The berries come in many colors, including yellow, red, purple and black, but the most famous are green, the sourest of all. Like rhubarb, gooseberries are commonly enjoyed cooked into a pie, where their tartness is tempered by sugar and butter.

**"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

*Activities Subject to Change*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 Walk in the Villa Courtyard 11:00 Pastor Matt Comes To Visit - TVR 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:00 Snacks and Hydration 2:30 Ball Toss - TVR 3:30 Movie With Lawrence Welk - TVR
2 10:00 Morning Yoga - TVR 11:00 Worship Service - TVR 1:30 Sports on Television - TR 2:00 Snacks and Hydration 3:00 Methodist Church Service - TVR	3 10:00 Cornhole - AR 11:00 Sing-along - AR 1:00 Independence Day Celebration 2:00 Snacks and Hydration 3:30 Afternoon Ball Toss - TVR 3:30 Walking Club	4 Independence Day 10:00 Giant-Sized Jenga - AR 11:00 Piano and Singing With Carolyn - AR 2:00 Snacks and Hydration 2:30 Music Program - TVR 3:30 Afternoon Bingo - AR	5 10:00 Morning Exercise - TVR 2:00 Snacks and Hydration 2:30 Craft Club - AR 3:30 Afternoon Western Movie - TVR 3:30 Walking Club	6 10:00 Drawing Class - AR 11:00 Sing-along - AR 2:00 Snacks and Hydration 2:30 Music Program - TVR 2:30 Walking Club 3:30 Afternoon Bingo - AR	7 10:00 Morning Exercise - TVR 11:00 Reminiscing on the Porch/Trivia 1:30 Music With Will Parker - TVR 2:00 Happy Hour - TVR 2:00 Snacks and Hydration 3:00 Bible Study with Jim - TVR 4:00 Afternoon '40s Movie - TVR	8 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:00 Snacks and Hydration 2:30 Ball Toss - TVR 3:30 Movie With Lawrence Welk - TVR
9 10:00 Morning Yoga - TVR 11:00 Worship Service - TVR 1:30 Sports on Television - TR 2:00 Snacks and Hydration 3:00 Methodist Church Service - TVR	10 10:00 Cornhole - AR 11:00 Sing-along - AR 2:00 Snacks and Hydration 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR 3:30 Walking Club	11 10:00 Dogs Come In To Be Petted - TVR 10:00 Giant-Sized Jenga - AR 11:00 Piano and Singing With Carolyn - AR 2:00 Snacks and Hydration 2:30 Music Program - TVR 3:30 Afternoon Bingo - AR	12 10:00 Morning Exercise - TVR 2:00 Snacks and Hydration 2:30 Craft Club - AR 3:30 Afternoon Western Movie - TVR 3:30 Walking Club	13 10:00 Drawing Class - AR 11:00 Sing-along - AR 2:00 Snacks and Hydration 2:30 Music Program - TVR 2:30 Walking Club 3:30 Afternoon Bingo - AR	14 10:00 Morning Exercise - TVR 11:00 Reminiscing on the Porch/Trivia 2:00 Happy Hour - TVR 2:00 Snacks and Hydration 3:00 Bible Study with Jim - TVR 4:00 Afternoon '40s Movie - TVR	15 10:00 Walk in the Villa Courtyard 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:00 Snacks and Hydration 2:30 Ball Toss - TVR 3:30 Movie With Lawrence Welk - TVR
16 10:00 Morning Yoga - TVR 11:00 Worship Service - TVR 1:30 Sports on Television - TR 2:00 Snacks and Hydration 3:00 Methodist Church Service - TVR	17 10:00 Cornhole - AR 11:00 Sing-along - AR 2:00 Snacks and Hydration 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR 3:30 Walking Club	18 10:00 Giant-Sized Jenga - AR 11:00 CV Fashion Store Sets Up - AL Lobby 11:00 Piano and Singing With Carolyn - AR 2:00 Snacks and Hydration 2:30 Music Program - TVR 3:30 Afternoon Bingo - AR	19 10:00 Morning Exercise - TVR 10:00 Scenic Drive Outing - Sign Up 2:00 Snacks and Hydration 2:30 Craft Club - AR 3:30 Afternoon Western Movie - TVR 3:30 Walking Club	20 10:00 Drawing Class - AR 11:00 Sing-along - AR 2:00 Snacks and Hydration 2:30 Music Program - TVR 2:30 Walking Club 3:30 Afternoon Bingo - AR	21 10:00 Morning Exercise - TVR 11:00 Reminiscing on the Porch/Trivia 1:30 Music With Will Parker - TVR 2:00 Snacks and Hydration 3:00 Bible Study with Jim - TVR 4:00 Afternoon '40s Movie - TVR	22 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:00 Snacks and Hydration 2:30 Ball Toss - TVR 3:30 Movie With Lawrence Welk - TVR
23 10:00 Morning Yoga - TVR 11:00 Worship Service - TVR 1:30 Sports on Television - TR 2:00 Snacks and Hydration 3:00 Methodist Church Service - TVR	24 10:00 Cornhole - AR 11:00 Sing-along - AR 2:00 Snacks and Hydration 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR 3:30 Walking Club	25 10:00 Giant-Sized Jenga - AR 11:00 Piano and Singing With Carolyn - AR 2:00 Snacks and Hydration 2:30 Music Program - TVR 3:30 Afternoon Bingo - AR	26 10:00 Morning Exercise - TVR 2:00 Watermelon Social - DR 2:30 Craft Club - AR 3:30 Afternoon Western Movie - TVR 3:30 Walking Club	27 10:00 Drawing Class - AR 11:00 Sing-along - AR 2:00 Snacks and Hydration 2:30 Music Program - TVR 2:30 Walking Club 3:30 Afternoon Bingo - AR	28 10:00 Morning Exercise - TVR 11:00 Reminiscing on the Porch/Trivia 2:00 Happy Hour - TVR 2:00 Snacks and Hydration 3:00 Bible Study with Jim - TVR 4:00 Afternoon '40s Movie - TVR	29 10:00 Walk in the Villa Courtyard 11:00 Puzzle Club - AR 1:30 Sports on Television - TVR 2:00 Snacks and Hydration 2:30 Ball Toss - TVR 3:30 Movie With Lawrence Welk - TVR
30 10:00 Morning Yoga - TVR 11:00 Worship Service - TVR 1:30 Sports on Television - TR 2:00 Snacks and Hydration 3:00 Methodist Church Service - TVR	31 10:00 Cornhole - AR 11:00 Sing-along - AR 2:00 Snacks and Hydration 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR 3:30 Walking Club					



