

THE Harbison Shores Lifestyle



HARBISON SHORES
SENIOR LIVING AT EASE

Like Us!

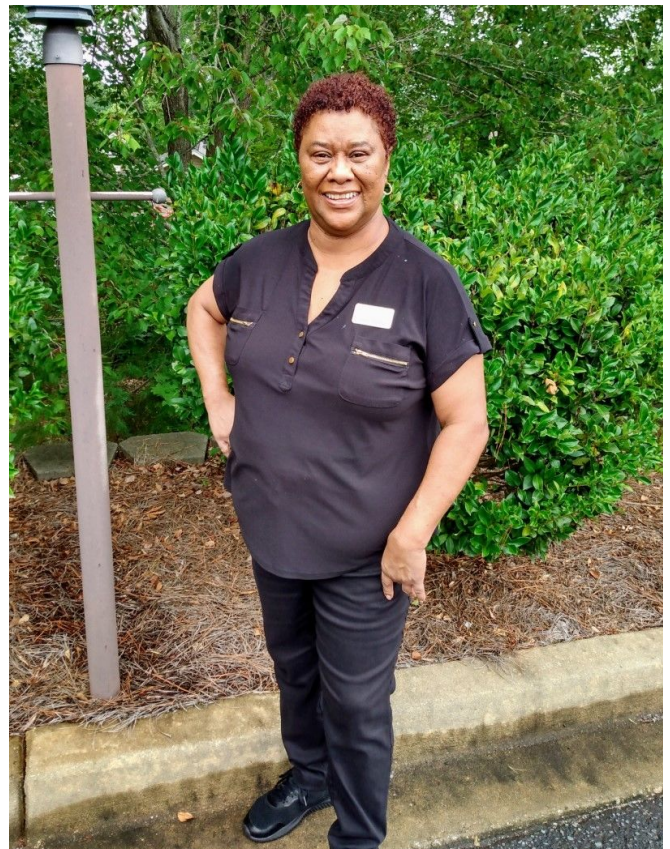


MEMORY CARE COMMUNITY
990 Columbia Avenue · Irmo, SC 29206 · (803) 749-7889 · www.carolina-gardens.com

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

Soups in Summer

Usually a cozy winter meal, soup can be a great choice for summer, too. Popular selections for the season include cold soups like gazpacho or creamy cucumber soup, as well as recipes starring summer produce, such as corn chowder or vegetable stew with zucchini, okra and bell peppers.

AUGUST 2022

August Birthdays

Linda Steppe 8/08
 Victoria Schiff 8/10
 Dorothy Johnson 8/12

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

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

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"

"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 11:00 Morning Exercise - TVR 11:00 Trivia Time - TVR 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR	2 10:00 Morning Stretches - TVR 11:00 Piano and Singing With Carolyn - AR 2:30 Musical Program - TVR 3:30 Afternoon Bingo - AR	3 10:00 John Gibbons Performs - TVR 11:00 Morning Exercise - TVR 2:30 Snack Making - DR 3:30 Afternoon Western Movie - TVR	4 10:00 Art Class in the Activity Room 10:00 Morning Yoga - TVR 2:30 Musical Program - TVR 3:30 Afternoon Bingo - AR	5 10:00 Reminiscing on the Porch 11:00 Morning Exercise - TVR 2:30 Happy Hour With Will Parker - TVR 3:30 Afternoon '40s Movie - TVR	6 10:00 Morning Stretches - TVR 11:00 Puzzle Club - AR 2:30 Ball Toss - TVR 3:30 Movie With Lawrence Welk - TVR
7 10:00 Morning Yoga - TVR 11:00 Worship Service - TVR 2:30 Courtyard Current Events Chat 3:30 Afternoon '50s Movie - TVR	8 11:00 Morning Exercise - TVR 11:00 Trivia Time - TVR 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR	9 10:00 Morning Stretches - TVR 11:00 Piano and Singing With Carolyn - AR 2:30 Musical Program - TVR 3:30 Afternoon Bingo - AR	10 10:00 John Gibbons Performs - TVR 11:00 Morning Exercise - TVR 2:30 Crafters' Club - AR 3:30 Afternoon Western Movie - TVR	11 10:00 Art Class in the Activity Room 10:00 Morning Yoga - TVR 2:30 Musical Program - TVR 3:30 Afternoon Bingo - AR	12 10:00 Reminiscing on the Porch 11:00 Morning Exercise - TVR 2:30 Happy Hour - TVR 3:30 Afternoon '40s Movie - TVR	13 10:00 Morning Stretches - TVR 11:00 Puzzle Club - AR 2:30 Ball Toss - TVR 3:30 Movie With Lawrence Welk - TVR
14 10:00 Morning Yoga - TVR 11:00 Worship Service - TVR 2:30 Courtyard Current Events Chat 3:30 Afternoon '50s Movie - TVR	15 11:00 Morning Exercise - TVR 11:00 Trivia Time - TVR 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR	16 10:00 Morning Stretches - TVR 11:00 Piano and Singing With Carolyn - AR 2:30 Musical Program - TVR 3:30 Afternoon Bingo - AR	17 10:00 John Gibbons Performs - TVR 11:00 Morning Exercise - TVR 2:30 Crafters' Club - AR 3:30 Afternoon Western Movie - TVR	18 10:00 Art Class in the Activity Room 10:00 Morning Yoga - TVR 2:30 Musical Program - TVR 3:30 Afternoon Bingo - AR	19 10:00 Reminiscing on the Porch 11:00 Morning Exercise - TVR 2:30 Happy Hour With Will Parker - TVR 3:30 Afternoon '40s Movie - TVR	20 10:00 Morning Stretches - TVR 11:00 Puzzle Club - AR 2:30 Ball Toss - TVR 3:30 Movie With Lawrence Welk - TVR
21 10:00 Morning Yoga - TVR 11:00 Worship Service - TVR 2:30 Courtyard Current Events Chat 3:30 Afternoon '50s Movie - TVR	22 11:00 Morning Exercise - TVR 11:00 Trivia Time - TVR 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR	23 10:00 Morning Stretches - TVR 11:00 Piano and Singing With Carolyn - AR 2:30 Musical Program - TVR 3:30 Afternoon Bingo - AR	24 10:00 John Gibbons Performs - TVR 11:00 Morning Exercise - TVR 2:30 Crafters' Club - AR 3:30 Afternoon Western Movie - TVR	25 10:00 Art Class in the Activity Room 10:00 Morning Yoga - TVR 2:30 Musical Program - TVR 3:30 Afternoon Bingo - AR	26 10:00 Reminiscing on the Porch 11:00 Morning Exercise - TVR 2:30 Happy Hour - TVR 3:30 Afternoon '40s Movie - TVR	27 10:00 Morning Stretches - TVR 11:00 Puzzle Club - AR 2:30 Ball Toss - TVR 3:30 Movie With Lawrence Welk - TVR
28 10:00 Morning Yoga - TVR 11:00 Worship Service - TVR 2:30 Courtyard Current Events Chat 3:30 Afternoon '50s Movie - TVR	29 11:00 Morning Exercise - TVR 11:00 Trivia Time - TVR 2:30 Word Games - TVR 3:30 Afternoon Ball Toss - TVR	30 10:00 Morning Stretches - TVR 11:00 Piano and Singing With Carolyn - AR 2:30 Musical Program - TVR 3:30 Afternoon Bingo - AR	31 10:00 John Gibbons Performs - TVR 11:00 Morning Exercise - TVR 2:30 Crafters' Club - AR 3:30 Afternoon Western Movie - TVR			



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.

Green Gem

August's birthstone, peridot, is known for its lime-green color, which varies in intensity due to the amount of iron present. The Romans called it "the evening emerald," as the gem appeared dark green in lamplight.

