

# THE Harbison Shores Lifestyle



HARBISON SHORES  
SENIOR LIVING AT EASE

Like Us!



ASSISTED LIVING COMMUNITY  
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## Hello From the Executive Director

As we look forward to daylight saving time on March 10th and the warmer days of this month, our residents are looking forward to spending more time outside.

We are proud of our courtyard in memory care. It blocks those March winds and is a quiet sanctuary for spending time in the sun or sitting under umbrellas, enjoying the warmth of March while listening to the water fountain. We have patio tables where families can visit and enjoy a meal with their loved ones. The patio doors can be opened into our hallways.

For those residents that may not prefer the courtyard we have a screened porch that overlooks our beautiful landscaped yard, with bird feeders, azaleas, and other flowering trees. We also have patio furniture in the screened porch area where families and residents can socialize in private.

For those residents in our Villa, each apartment has a patio where residents can enjoy the beautiful spring weather. The Villa also has an attached courtyard with patio furniture and flowering trees and plants.

We are excited for all the upcoming outside activities this month.

Elaine M. Till, NHA, CRCA  
Executive Director

## America's Barn Quilts

An emblem of Americana, bright and colorful quilt blocks are cropping up across the country—on the sides of barns! Painted on wooden or aluminum squares, barn quilts are large-scale versions of traditional patterns used in fabric quilting. Preserving history and heritage while beautifying the landscape, these unique works of art invite travelers to discover them on one of the many barn quilt trails throughout the U.S.

## MARCH 2024



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## March Birthdays

There are no March birthdays.

## Fun Upcoming Holidays

March 6th: National Oreo

Cookie Day

March 12th: Plant a Flower Day

March 14th: Popcorn Lover's Day

March 19th: Tea for Two Tuesday

## Calendar Locations

TR = Theater Room  
 DR = Dining Room

## Reading Challenge: The Chosen Letter

Sometimes our to-be-read piles seem a mile long, or we struggle to find a new novel to pick up. Make the decision a little easier by choosing a title beginning with the first letter of your name.

**"Life is a painting, and you are the artist. You have on your palette all the colors in the spectrum."**  
 —Paul J. Meyer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 4:00 Bible Study with Jim - TR	2 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
3 10:00 Morning Yoga - TR 11:00 Church Service On Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	4 10:00 Morning Exercise - TR 10:30 Gospel Music - DR 1:30 Group Jigsaw Puzzle - TR 3:00 Bingo Marathon - DR	5 10:00 Morning Stretches - TR 1:30 Gardening With Renee - DR 2:00 Pictures for the Newsletters - DR 4:00 This is Your Life, Discussion - DR	6 10:00 John Gibbons Performs - MC 10:00 Morning Exercise - TR 1:30 Table Games - TR 3:00 Bingo Marathon - DR 6:00 A Movie With John Wayne - TR	7 10:00 Morning Yoga - TR 2:30 Painting and Mimosa - DR 3:30 Kings in the Corner - TR	8 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 4:00 Bible Study with Jim - TR	9 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
10 10:00 Morning Yoga - TR 11:00 Church Service On Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	11 10:00 Morning Exercise - TR 10:30 Gospel Music - DR 1:30 Group Jigsaw Puzzle - TR 3:00 Bingo Marathon - DR	12 10:00 Dogs Come To Be Petted - Lobby 10:00 Morning Stretches - TR 2:30 Technology Class - DR 4:00 Local History Chat - DR	13 10:00 John Gibbons Performs - MC 10:00 Morning Exercise - TR 11:00 Baking Club - DR 3:00 Bingo Marathon - DR 6:00 A Movie With John Wayne - TR	14 10:00 Morning Yoga - TR 2:30 Painting and Mimosa - DR 3:30 Kings in the Corner - TR	15 10:00 Morning Exercise - TR 12:30 St. Patrick's Day Luncheon - DR 2:00 Happy Hour - DR 4:00 Bible Study with Jim - TR	16 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
17 10:00 Morning Yoga - TR 11:00 Church Service On Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	18 10:00 Morning Exercise - TR 10:30 Gospel Music - DR 1:30 Group Jigsaw Puzzle - TR 3:00 Bingo Marathon - DR	19 10:00 Morning Stretches - TR 1:30 Gardening With Renee - DR 2:30 Resident Council Meeting - DR 4:00 This is Your Life, Discussion - DR	20 10:00 John Gibbons Performs - MC 10:00 Mall and Lunch Outing - Sign Up 10:00 Morning Exercise - TR 1:30 Table Games - TR 3:00 Bingo Marathon - DR 6:00 A Movie With John Wayne - TR	21 10:00 Morning Yoga - TR 2:30 Painting and Mimosa - DR 3:30 Kings in the Corner - TR	22 10:00 Morning Exercise - TR 2:00 Happy Hour - DR 4:00 Bible Study with Jim - TR	23 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
24 10:00 Morning Yoga - TR 11:00 Church Service On Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR	25 10:00 Morning Exercise - TR 10:30 Gospel Music - DR 1:30 Group Jigsaw Puzzle - TR 3:00 Bingo Marathon - DR	26 10:00 Morning Stretches - TR 2:30 Technology Class - DR 4:00 Local History Chat - DR	27 10:00 John Gibbons Performs - MC 10:00 Morning Exercise - TR 3:00 Bingo Marathon - DR 4:00 Bring Your Best Jokes - DR 6:00 John Wayne Pajama Party - TR	28 10:00 Morning Yoga - TR 2:30 Painting and Mimosa - DR 3:30 Kings in the Corner - TR	29 10:00 Morning Exercise - TR 2:00 Easter Celebration - DR 4:00 Bible Study with Jim - TR	30 10:00 Morning Stretches - TR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
31 10:00 Morning Yoga - TR 11:00 Church Service On Television - TR 1:00 Sports On Television - TR 4:00 Current Events Social - DR						

