

THE Harbison Shores Lifestyle



HARBISON SHORES
SENIOR LIVING AT EASE

Like Us!



ASSISTED LIVING 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 she 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 3rd: John Wrisley
 May 21st: Mary Nash

Fun Upcoming Holidays

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

Calendar

Locations

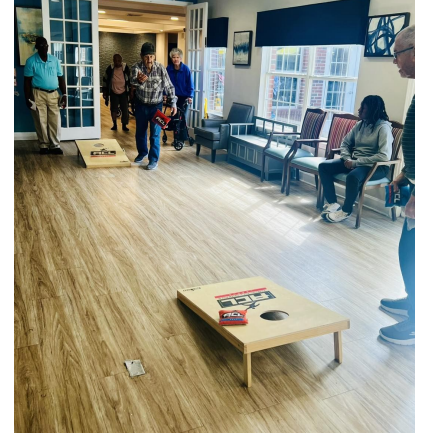
TR = Theater Room
 DR = Dining Room

Buttoned Up

Many folks have memories of opening up a box or tin at Grandma's house and finding a bunch of buttons! These little accessories are popular items to collect, not only to use in sewing and crafting, but also for their window into history. Like jewelry, buttons were often status symbols, and both the material and style of button can indicate what era it's from and who might have worn it. With buttons in every size, shape and color, plus endless ways to display them, button collecting is a hobby anyone can pick up.

**"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 - MC 10:30 AM Snacks and Hydration - DR 2:00 Exercise - TR 3:00 Bingo Marathon - DR 6:00 Movie in Theater Room	2 10:00 Morning Yoga - TR 10:30 AM Snacks and Hydration - DR 2:00 Music With Ryan - DR 3:00 Bible Study with Jim - TR	3 10:00 Morning Walk 10:30 AM Snacks and Hydration - DR 2:00 Happy Hour - DR 3:00 Afternoon Social On the Porch	4 10:00 Morning Stretches - TR 10:30 AM Snacks and Hydration - DR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
5 10:00 Current Events Social - DR 10:30 AM Snacks and Hydration - DR 1:00 Sports On Television - TR 3:00 Church Service - DR	6 10:00 Morning Meditation - DR 10:30 AM Snacks and Hydration - DR 1:00 Group Jigsaw Puzzle - TR 2:00 Chair Exercises - TR 3:00 Bingo Marathon - DR	7 10:30 AM Snacks and Hydration - DR 1:30 Exercise - TR 2:00 Pictures for the Newsletters - DR 2:30 Arts and Crafts - DR 4:00 Local History Chat - DR	8 10:00 John Gibbons Performs - MC 10:30 AM Snacks and Hydration - DR 11:00 Baking Club - DR 2:00 Exercise - TR 3:00 Bingo Marathon - DR 6:00 Movie in Theater Room	9 10:00 Morning Yoga - TR 10:30 AM Snacks and Hydration - DR 2:00 Music With Ryan - DR 3:00 Bible Study with Jim - TR	10 10:00 Morning Walk 10:30 AM Snacks and Hydration - DR 2:00 Happy Hour - DR 3:00 Afternoon Social On the Porch	11 10:00 Morning Stretches - TR 10:30 AM Snacks and Hydration - DR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
12 10:00 Current Events Social - DR 10:30 AM Snacks and Hydration - DR 1:00 Sports On Television - TR 3:00 Church Service - DR	13 10:00 Morning Meditation - DR 10:30 AM Snacks and Hydration - DR 1:00 Group Jigsaw Puzzle - TR 2:00 Chair Exercises - TR 3:00 Bingo Marathon - DR	14 10:00 Pet Therapy - Lobby 10:30 AM Snacks and Hydration - DR 1:30 Gardening With Renee - DR 2:30 Arts and Crafts - DR 4:00 Reminiscing on the Porch	15 10:00 John Gibbons Performs - MC 10:00 Lunch Outing - Sign Up 10:30 AM Snacks and Hydration - DR 2:00 Exercise - TR 3:00 Bingo Marathon - DR 6:00 Movie in Theater Room	16 10:00 Morning Yoga - TR 10:30 AM Snacks and Hydration - DR 2:00 Music With Ryan - DR 3:00 Bible Study with Jim - TR	17 10:00 Morning Walk 10:30 AM Snacks and Hydration - DR 2:00 Happy Hour - DR 3:00 Afternoon Social On the Porch	18 10:00 Morning Stretches - TR 10:30 AM Snacks and Hydration - DR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
19 10:00 Current Events Social - DR 10:30 AM Snacks and Hydration - DR 1:00 Sports On Television - TR 3:00 Church Service - DR	20 10:00 Morning Meditation - DR 10:30 AM Snacks and Hydration - DR 1:00 Group Jigsaw Puzzle - TR 2:00 Chair Exercises - TR 3:00 Bingo Marathon - DR	21 10:30 AM Snacks and Hydration - DR 1:30 Exercise - TR 2:30 Resident Council Meeting - DR 4:00 Local History Chat - DR	22 10:00 John Gibbons Performs - MC 10:30 AM Snacks and Hydration - DR 2:00 Exercise - TR 3:00 Bingo Marathon - DR 6:00 Movie in Theater Room	23 10:00 Morning Yoga - TR 10:30 AM Snacks and Hydration - DR 2:00 Music With Ryan - DR 3:00 Bible Study with Jim - TR	24 10:00 Morning Walk 10:30 AM Snacks and Hydration - DR 2:00 Happy Hour - DR 3:00 Afternoon Social On the Porch	25 10:00 Morning Stretches - TR 10:30 AM Snacks and Hydration - DR 1:30 Sports On Television - TR 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
26 10:00 Current Events Social - DR 10:30 AM Snacks and Hydration - DR 1:00 Sports On Television - TR 3:00 Church Service - DR	27 Memorial Day 10:00 Morning Meditation - DR 10:30 AM Snacks and Hydration - DR 1:00 Group Jigsaw Puzzle - TR 2:00 Chair Exercises - TR 3:00 Bingo Marathon - DR	28 10:30 AM Snacks and Hydration - DR 1:30 Gardening With Renee - DR 2:30 Arts and Crafts - DR 4:00 Reminiscing on the Porch	29 10:00 John Gibbons Performs - MC 10:30 AM Snacks and Hydration - DR 2:00 Exercise - TR 3:00 Bingo Marathon - DR 4:00 Bring Your Best Jokes - DR 6:00 Movie in Theater Room	30 10:00 Morning Yoga - TR 10:30 AM Snacks and Hydration - DR 2:00 Music With Ryan - DR 3:00 Bible Study with Jim - TR	31 10:00 Morning Walk 10:30 AM Snacks and Hydration - DR 2:00 Monthly Birthday Celebration - DR 3:00 Afternoon Social On the Porch	



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!

