

# 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](http://www.carolina-gardens.com)

## Hello From the Executive Director



With the Holiday season approaching, the question came to mind,

What is a gift?

A gift is an item given to someone who is not already the owner without the expectation of payment or anything in return.

For many of our residents, the greatest gift is a hug.

It has been proven that hugs can lower your heart rate and blood sugar, proving that hugging is beneficial.

Let's all remember to give the gift of a hug this holiday season to those special people in our lives.

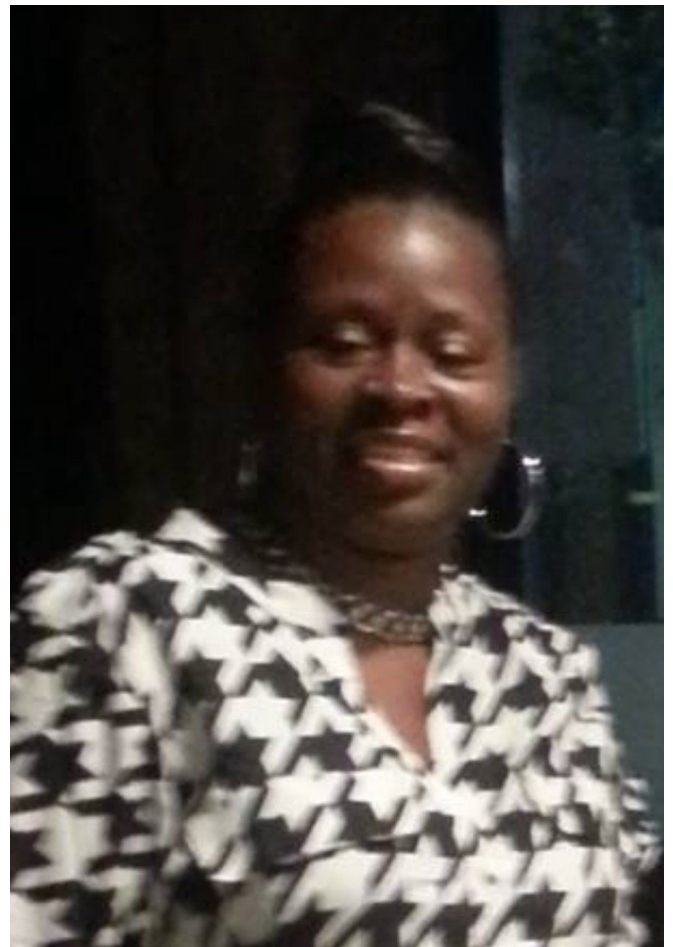
Merry Christmas and Happy Holidays,  
Elaine M. Till, CRCA, NHA

Executive Director

## DECEMBER 2024

### Director of the Year

Brenda is the definition of a team player. She's always looking out for the residents' interest as well as having her coworkers' backs. Brenda has many talents including culinary skills and event planning. Thank you, Brenda, for being part of our Harbison Shores team.



# DECEMBER 2024

## December Birthdays

Betty Mckee - December 2nd  
 Geneva Geiger - December 7th  
 Sandra Stegbauer - December 9th  
 Laura Hulst - December 22nd  
 Bill Kanthak - December 22nd

## Upcoming Holidays

December 4th: National Cookie Day  
 December 9th: Christmas Card Day  
 December 25th: Christmas  
 December 31st: New Year's Eve

## Calendar Locations

TR = Theater Room  
 DR = Dining Room

## A Handy Tip

Winter's cold, dry air combined with frequent hand-washing can be hard on your hands. Wash with a mild soap and warm water—not hot—and dry your hands well, then apply a thick moisturizer afterward.

*"The more positivity, love and light you reflect, the more light is mirrored your way."*  
 —Suzy Kassem

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Current Events Social - DR 10:30 AM Snacks and Hydration - DR 1:00 Sports On Television - TR 3:00 Church Service - DR	2 10:00 Morning Meditation and Exercise - TR 10:30 AM Snacks and Hydration - DR 1:00 Group Jigsaw Puzzle - TR 3:00 Bingo Marathon - DR	3 10:30 AM Snacks and Hydration - DR 11:00 Spa Time - DR 1:30 Exercise - TR 2:30 Snacks and Hydration - DR 3:00 Arts and Crafts - DR	4 10:00 Exercise - TR 10:00 John Gibbons Performs - MC 10:30 AM Snacks and Hydration - DR 3:00 Bingo Marathon - DR 6:00 Movie in Theater Room	5 10:00 Morning Yoga - TR 10:30 AM Snacks and Hydration - DR 2:00 Arts and Crafts - DR 3:00 Bible Study with Jim - TR	6 10:00 Morning Matinee - TR 10:30 AM Snacks and Hydration - DR 2:00 Happy Hour - DR 3:00 Afternoon Social - DR	7 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
8 10:00 Current Events Social - DR 10:30 AM Snacks and Hydration - DR 1:00 Sports On Television - TR 3:00 Church Service - DR	9 10:00 Morning Meditation and Exercise - TR 10:30 AM Snacks and Hydration - DR 1:00 Group Jigsaw Puzzle - TR 3:00 Bingo Marathon - DR	10 10:30 AM Snacks and Hydration - DR 11:00 Spa Time - DR 1:30 Gardening Club - DR 3:00 Arts and Crafts - DR 4:00 Social Hour - DR	11 10:00 John Gibbons Performs - MC 10:30 AM Snacks and Hydration - DR 11:00 Baking Club - DR 3:00 Bingo Marathon - DR 6:00 Movie in Theater Room	12 10:00 Morning Yoga - TR 10:30 AM Snacks and Hydration - DR 2:00 Arts and Crafts - DR 3:00 Bible Study with Jim - TR	13 10:00 Morning Walk 10:30 AM Snacks and Hydration - DR 2:00 Happy Hour - DR 3:00 Afternoon Social - DR	14 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
15 10:00 Current Events Social - DR 10:30 AM Snacks and Hydration - DR 1:00 Sports On Television - TR 3:00 Church Service - DR	16 10:00 Morning Meditation and Exercise - TR 10:30 AM Snacks and Hydration - DR 1:00 Group Jigsaw Puzzle - TR 3:00 Bingo Marathon - DR	17 10:30 AM Snacks and Hydration - DR 11:00 Spa Time - DR 1:30 Exercise - TR 2:30 Resident Council Meeting - DR	18 10:00 Exercise - TR 10:00 John Gibbons Performs - MC 10:30 AM Snacks and Hydration - DR 3:00 Bingo Marathon - DR 6:00 Movie in Theater Room	19 10:00 Morning Yoga - TR 10:30 AM Snacks and Hydration - DR 2:00 Arts and Crafts - DR 3:00 Bible Study with Jim - TR	20 10:00 Morning Matinee - TR 10:30 AM Snacks and Hydration - DR 2:00 Happy Hour - DR 3:00 Afternoon Social - DR	21 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
22 10:00 Current Events Social - DR 10:30 AM Snacks and Hydration - DR 1:00 Sports On Television - TR 3:00 Church Service - DR	23 10:00 Morning Meditation and Exercise - TR 10:30 AM Snacks and Hydration - DR 1:00 Group Jigsaw Puzzle - TR 3:00 Bingo Marathon - DR	24 10:30 AM Snacks and Hydration - DR 11:00 Spa Time - DR 1:30 Gardening Club - DR 2:30 Meet the Chef - DR 3:30 Music With Steve McFaddin - DR	25 Christmas 10:00 John Gibbons Performs - MC 10:30 AM Snacks and Hydration - DR 11:00 Baking Club - DR 3:00 Bingo Store - DR 4:00 Bring Your Best Jokes - DR 6:00 Movie in Theater Room	26 10:00 Morning Yoga - TR 10:30 AM Snacks and Hydration - DR 2:00 Arts and Crafts - DR 3:00 Bible Study with Jim - TR	27 10:00 Morning Walk 10:30 AM Snacks and Hydration - DR 2:00 Monthly Birthday Celebration - DR 3:00 Afternoon Social - DR	28 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
29 10:00 Current Events Social - DR 10:30 AM Snacks and Hydration - DR 1:00 Sports On Television - TR 3:00 Church Service - DR	30 10:00 Morning Meditation and Exercise - TR 10:30 AM Snacks and Hydration - DR 1:00 Group Jigsaw Puzzle - TR 3:00 Bingo Marathon - DR	31 10:30 AM Snacks and Hydration - DR 11:00 Spa Time - DR 1:30 Exercise - TR				



