

# 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

This month I decided to write about The Importance of Friendship and Human Connection.

One of the best prescriptions for loneliness and depression is social connection.

Daily we see friendships develop between our residents, families and staff. For those residents living in an assisted living community, mental stimulation, connection to others, a good nutritional diet and exercise helps prevent isolation, loneliness and depression.

Friendship makes life more enjoyable and enriches one's everyday experiences.

At Harbison Shores Staff, Residents and Families connect, which creates that Harbison Shores family bond.

Elaine Till, CRCA, NHA

Executive Director



## AUGUST 2025

## Director Spotlight

Clay Cokley has been the Harbison Shores maintenance director for many many years. A few years ago he retired, but a time later came when we needed a maintenance director, so we called Clay, and he graciously came back to work with us. He has an awesome personality, and he knows this community so well. He is excellent at his job. Because of Clay's retirement situation, we won't be seeing him for some time, but we are hoping he will be with us again in the near future.



AUGUST 2025

August Birthdays

Louise Long 8/5  
Ardell Morissey 8/13  
Dolly Phillips 8/21

Upcoming Holidays

August 3rd: National Watermelon Day  
August 9th: Book Lovers Day  
August 16th: National Tell a Joke Day  
August 20th: National Radio Day

Calendar Locations

TR = Theater Room  
DR = Dining Room

A Welcome to Our New Residents

A Tall Flower

Bright yellow sunflowers are a cheerful sight in summer. While most varieties are 5 to 8 feet tall, a world-record specimen grew to a whopping 30 feet.

“Life is like riding a bicycle. To keep your balance, you must keep moving.”  
—Albert Einstein

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<sup>1</sup> 10:00 Morning Matinee - TR 11:00 AM Snacks and Hydration - DR 11:00 Bible Study with Jim - DR 2:00 Happy Hour - DR 3:00 Afternoon Social - DR	<sup>2</sup> 10:00 Coffee Social - DR 11:00 AM Snacks and Hydration - DR 1:30 Independent Supplies Available - See Med Tech 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
<sup>3</sup> 10:00 Current Events Social - DR 11:00 AM Snacks and Hydration - DR 1:30 Afternoon Movie - TR 3:00 Church Service - DR	<sup>4</sup> 10:30 Morning Meditation and Exercise - TR 11:00 AM Snacks and Hydration - DR 1:00 Group Jigsaw Puzzle - TR 1:30 Care Group - TR 3:00 Bingo Marathon - DR	<sup>5</sup> 11:00 AM Snacks and Hydration - DR 11:00 Music With Ron Rogers - TVR 11:00 Spa Time - DR 1:30 Gardening Club - DR 2:30 Snacks and Hydration - DR 3:00 Arts and Crafts - DR 4:00 Social Hour - DR	<sup>6</sup> 10:00 John Gibbons Performs - MC 11:00 AM Snacks and Hydration - DR 2:00 Baking Club - DR 3:00 Bingo Marathon - DR 6:00 Movie in Theater Room	<sup>7</sup> 10:00 Morning Yoga - TR 11:00 AM Snacks and Hydration - DR 2:00 Arts and Crafts - DR	<sup>8</sup> 10:00 Morning Walk 11:00 AM Snacks and Hydration - DR 11:00 Bible Study with Jim - DR 2:00 Happy Hour - DR 3:00 Afternoon Social - DR	<sup>9</sup> 10:00 Coffee Social - DR 11:00 AM Snacks and Hydration - DR 1:30 Independent Supplies Available - See Med Tech 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
<sup>10</sup> 10:00 Current Events Social - DR 11:00 AM Snacks and Hydration - DR 1:30 Afternoon Movie - TR 2:00 Service With Bishop Edson From The Universal Church - TVR 3:00 Church Service - DR	<sup>11</sup> 10:30 Morning Meditation and Exercise - TR 11:00 AM Snacks and Hydration - DR 1:00 Group Jigsaw Puzzle - TR 1:30 Care Group - TR 3:00 Bingo Marathon - DR	<sup>12</sup> 11:00 AM Snacks and Hydration - DR 11:00 Spa Time - DR 1:30 Exercise - TR 3:00 Arts and Crafts - DR	<sup>13</sup> 10:00 John Gibbons Performs - MC 11:00 AM Snacks and Hydration - DR 11:00 Exercise - TR 3:00 Bingo Marathon - DR 6:00 Movie in Theater Room	<sup>14</sup> 10:00 Morning Yoga - TR 11:00 AM Snacks and Hydration - DR 2:00 Arts and Crafts - DR	<sup>15</sup> 10:00 Morning Matinee - TR 11:00 AM Snacks and Hydration - DR 11:00 Bible Study with Jim - DR 2:00 Happy Hour - DR 3:00 Afternoon Social - DR	<sup>16</sup> 10:00 Coffee Social - DR 11:00 AM Snacks and Hydration - DR 1:30 Independent Supplies Available - See Med Tech 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
<sup>17</sup> 10:00 Current Events Social - DR 11:00 AM Snacks and Hydration - DR 1:30 Afternoon Movie - TR 3:00 Church Service - DR	<sup>18</sup> 10:30 Morning Meditation and Exercise - TR 11:00 AM Snacks and Hydration - DR 1:00 Group Jigsaw Puzzle - TR 1:30 Care Group - TR 3:00 Bingo Marathon - DR	<sup>19</sup> 11:00 AM Snacks and Hydration - DR 11:00 Music With Ron Rogers - TVR 11:00 Spa Time - DR 1:30 Gardening Club - DR 2:30 Resident Council Meeting - DR 4:00 Social Hour - DR	<sup>20</sup> 10:00 John Gibbons Performs - MC 11:00 AM Snacks and Hydration - DR 2:00 Baking Club - DR 3:00 Bingo Marathon - DR 4:00 Bring Your Best Jokes - DR 6:00 Movie in Theater Room	<sup>21</sup> 10:00 Morning Yoga - TR 11:00 AM Snacks and Hydration - DR 2:00 Arts and Crafts - DR	<sup>22</sup> 10:00 Morning Walk 11:00 AM Snacks and Hydration - DR 11:00 Bible Study with Jim - DR 2:00 Happy Hour - DR 3:00 Afternoon Social - DR	<sup>23</sup> 10:00 Coffee Social - DR 11:00 AM Snacks and Hydration - DR 1:30 Independent Supplies Available - See Med Tech 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
<sup>24</sup> 10:00 Current Events Social - DR 11:00 AM Snacks and Hydration - DR 1:30 Afternoon Movie - TR 2:00 Service With Bishop Edson From The Universal Church - TVR 3:00 Church Service - DR	<sup>25</sup> 10:30 Morning Meditation and Exercise - TR 11:00 AM Snacks and Hydration - DR 1:00 Group Jigsaw Puzzle - TR 1:30 Care Group - TR 3:00 Bingo Marathon - DR	<sup>26</sup> 11:00 AM Snacks and Hydration - DR 11:00 Spa Time - DR 1:30 Exercise - TR 2:30 Meet the Chef - DR	<sup>27</sup> 10:00 John Gibbons Performs - MC 11:00 AM Snacks and Hydration - DR 11:00 Exercise - TR 2:45 Bingo Store - DR 4:00 Music With Skey - MC 6:00 Movie in Theater Room	<sup>28</sup> 10:00 Morning Yoga - TR 11:00 AM Snacks and Hydration - DR 2:00 Arts and Crafts - DR	<sup>29</sup> 10:00 Morning Matinee - TR 11:00 AM Snacks and Hydration - DR 11:00 Bible Study with Jim - DR 2:00 Monthly Birthday Celebration - DR 3:00 Afternoon Social - DR	<sup>30</sup> 10:00 Coffee Social - DR 11:00 AM Snacks and Hydration - DR 1:30 Independent Supplies Available - See Med Tech 3:00 Bingo Marathon - DR 4:00 Classic Movies - TR
<sup>31</sup> 10:00 Current Events Social - DR 11:00 AM Snacks and Hydration - DR 1:30 Afternoon Movie - TR 3:00 Church Service - DR						

