

# Be Inspired

HARBOUR SENIOR LIVING OF SOUTH HILLS | a Senior Lifestyle community | PITTSBURGH, PA 15220 | 412-571-1300

## THIS MONTH'S *silver star*

IRVING N.

We would like to take this time to say congratulations to Mr. Irving! He was chosen by residents and staff to be the next bright shining star. Mr. Irving, a proud born New Yorker from the heart of Brooklyn, has been a part of the Harbour family for six years. Mr. Irving happens to also be one of our Harbour Navy veterans.

He enjoys participating in many of the fun programs such as: Friday Find a Word, "Jeopardy," outdoor socials, trivia, and has taken on the role of leading the Saturday movie matinee. If there's one favorite activity that we all know about Mr. Irving, he enjoys discussing wonderful classic movies and joining in on the Name That Movie game. Two fun facts you should know: Mr. Irving enjoys watching all the classic James Bond films and also takes pleasure in reading mystery books told by talented British narrators. At times, Mr. Irving will also sit back in his cozy recliner as he listens to a audio recording version mystery checked out by the local library.

We are so excited for our Harbour friend and all his daily accomplishments. We are forever grateful to continue creating pleasant days for you.



## IT'S OUR PLEASURE TO SERVE YOU ... *word from your leadership team*

MAY IS CREATIVE

May is the month of flower blooming and various forms of art. In addition, this is the month we look to awaking the creative side of everyone. We believe that everyone is creative in their own way.

What we have discovered over time, is many older adults have pushed being creative aside because they either lose interest or simply feel they don't have the mobility to do so. They also ask themselves, "Why even bother?" But here at Harbour, we believe in continuing teaching the benefits of creativity.

1. Residents can express themselves.
2. Can expend the sense of time that will help residents encounter their creative zone.
3. A time to enhance friendships among each other.
4. Building up self-esteem; it's all about the connection of color and emotions.

So for this month, we will channel in on quite a few fun opportunities. Residents will have the chance to explore the meaning of colors, outdoor flower painting, canvas art splash, meet and create with Pittsburgh's finest artist Tess, learn and demonstrate creative cooking with John, and much more.

As we provide our residents with a variety of creative outlets this month, we want all of you to explore your creative side as well.

What are some of your creative talents? Share on our Facebook social media how you will be creative this spring. We'd love to hear from you.

TRAIN  
YOUR  
BRAIN  
*search  
for young  
animals*

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| D | H | E | I | F | E | R | B | U | N | N | Y |
| U | F | I | L | L | Y | G | D | G | G | E | W |
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| Bunny    |
| Calf     |
| Chick    |
| Colt     |
| Cub      |
| Duckling |
| Eaglet   |
| Fawn     |
| Filly    |
| Gosling  |
| Foal     |
| Heifer   |
| Joey     |
| Kid      |
| Kitten   |
| Owlet    |
| Piglet   |
| Tadpole  |
| Whelp    |
| Yearling |

BE INSPIRED

- CONNECT    ● GROW
- CONTRIBUTE    ● MOVE
- FEEL    ● REFLECT

LOCATIONS

- 1ST FLOOR FIREPLACE — 1FP
- ACTIVITY ROOM — AR
- ALL FLOORS — AF
- BACK PORCH — BP
- BISTRO — BST
- DINING ROOM — DR
- FAMILY ROOM — FR
- FIRST FLOOR — 1st FL
- FRONT PORCH — FP
- GROUND FLOOR — GF
- MEET IN BISTRO — MIB
- ON GROUNDS — GR
- PRIVATE DINING ROOM — PD
- SECOND FLOOR — 2nd FL
- SOLARIUM — SL
- THIRD FLOOR LEGACY COURT — 3rd FL LC

BIRTHDAYS THIS MONTH

- SYLVIA C. — 2nd
- DAVE K. — 6th (Employee)
- RENEE L. — 7th
- BEATRICE W. — 7th
- SYDNEY LIEB — 9th (Employee)
- MANDY S. — 19th (Employee)
- TC C. — 19th (Employee)
- FATHER FRED PASQUINELLI — 31st

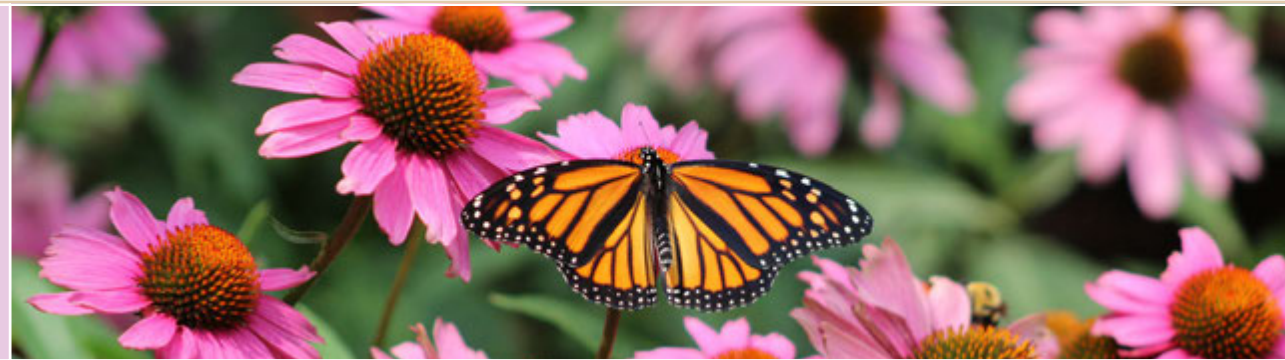
CONCIERGE

DAILY  
9 a.m.-5 p.m.

www.SeniorLifestyle.com  
Activities are subject to change

“We’re all different. That’s what makes us special.”

—Carrie Underwood



MAY DAY 1

- 10:30 ● Rise and Shine Coffee Mingle | BST
- 10:45 ● Jazz Ambiance | BST
- 2:00 ● May Day: Leis and Lemonade | FP
- 3:00 ● Movie Matinee with Irving | AR
- 5:30 ● Relax with the Sounds of Billy Holiday | AR

|  |  |  |  |  |   |   |
|--|--|--|--|--|---|---|
| <p>10:00 ● Catholic Mass with Father Fred   AR 2</p> <p>10:45 ● Bistro Coffee Gathering   BST</p> <p>2:00 ● Solarium Word Searches   SL</p> <p>3:00 ● Middy Stroll   AF</p> <p>5:30 ● Try Me at Checkers!   AR</p>   | <p>10:30 ● Catholic Rosary   AR 3</p> <p>10:45 ● Noodle Aerobics   AR</p> <p>2:00 ● Creating a Stone Garden   AR</p> <p>3:00 ● Pittsburgh Millionaire Row   AR</p> <p>5:30 ● Movie Monday: “Little Women” (2019)   AR</p>  | <p>9:45 ● Route 66 Walking Club with Mary Ann   MIB 4</p> <p>10:30 ● Hepburn Movie Trivia   AR</p> <p>2:00 ● Bingo   BST</p> <p>3:00 ● Scrapbooking   AR</p> <p>5:30 ● Stationary Browsing   AR</p>                                    | <p>10:30 ● Catholic Rosary   AR 5</p> <p>10:45 ● Sit and Be Fit   AR</p> <p>2:00 ● Cinco De Mayo Fiesta   BST</p> <p>3:00 ● Mexican Folk Art Inspired Watercolor Painting   AR</p> <p>5:30 ● Movie Night: “Coco”   AR</p>          | <p>10:30 ● Amy’s Silver Sneakers   AR 6</p> <p>2:00 ● Sensory Zen Garden   AR</p> <p>3:00 ● Ladies’ Luxury Nail Salon   AR</p> <p>5:30 ● Outdoor Evening Stroll   MIB</p> <p>10:45 ● Motherly Humor   AR</p>                         | <p>10:30 ● Catholic Rosary   AR 7</p> <p>10:45 ● Find a Word   AR</p> <p>2:00 ● Move &amp; Groove with Genesis   AR</p> <p>3:00 ● Fine Wine and Good Times   BST</p> <p>5:30 ● Kings in the Corner!   BST</p> | <p>10:30 ● Wake Up to Oldies But Goodies!   AR 8</p> <p>10:45 ● Daily Chronicle   AR</p> <p>2:00 ● Design Postcards to Loved Ones   AR</p> <p>3:00 ● Movie Matinee with Irving   AR</p> <p>5:30 ● Puzzles with Friends   SL</p>       |
| <p>MOTHER’S DAY 9</p> <p>10:00 ● Catholic Mass with Father Fred   AR</p> <p>10:45 ● Bistro Coffee Gathering   BST</p> <p>2:00 ● Bingo with Laura!   BST</p> <p>3:00 ● Mother’s Day Word Search   BST</p> <p>5:30 ● Enjoy the Tunes of Dinah Shore   AR</p> | <p>10:30 ● Catholic Rosary   AR 10</p> <p>10:45 ● Noodle Aerobics   AR</p> <p>2:00 ● Let’s Be Pampered: Mother’s Day Spa Party   AR</p> <p>3:00 ● Mother’s Day Spa Party Continued   AR</p> <p>5:30 ● Movie Monday: “I Remember Mama”   AR</p>   | <p>10:30 ● Coffee and Cookie Baking   BST 11</p> <p>10:45 ● Route 66 Walking Club with Mary Ann   MIB</p> <p>2:00 ● Bingo   BST</p> <p>3:00 ● Virtual Tour of the Pittsburgh Zoo   AR</p> <p>5:30 ● Grab a Friend for Trouble   AR</p> | <p>10:30 ● Catholic Rosary   AR 12</p> <p>10:45 ● Chair Yoga   AR</p> <p>2:00 ● Men’s Mental Muscles   AR</p> <p>3:00 ● German Folk Art Painting   AR</p> <p>5:30 ● Vibrant Zen Coloring   AR</p>                                  | <p>10:30 ● Amy’s Silver Sneakers   AR 13</p> <p>10:45 ● Military Slang Trivia   AR</p> <p>2:00 ● Ladies’ Luxury Nail Salon   AR</p> <p>3:00 ● Appreciation Cards to Armed Forces   AR</p> <p>5:30 ● Outdoor Evening Stroll   MIB</p> | <p>10:30 ● Catholic Rosary   AR 14</p> <p>10:45 ● Find a Word   AR</p> <p>2:00 ● Move &amp; Groove with Genesis   AR</p> <p>3:00 ● Cocktail Time!   BST</p> <p>5:30 ● Old Maid!   AR</p>                      | <p>10:30 ● Rise and Shine Coffee Mingle   BST 15</p> <p>10:45 ● Bistro Cranium Crunches   BST</p> <p>2:00 ● Ocean Coloring and Sounds of the Sea   BST</p> <p>3:00 ● Movie Matinee with Irving   AR</p> <p>5:30 ● Uno Game!   BST</p> |
| <p>10:00 ● Catholic Mass with Father Fred   AR 16</p> <p>10:45 ● Bistro Coffee Gathering   BST</p> <p>2:00 ● Shavout Cards and Word Puzzle   AR</p> <p>3:00 ● Window I Spy   SL</p> <p>5:30 ● Solarium Crossword Puzzles   SL</p>                          | <p>10:30 ● Catholic Rosary   AR 17</p> <p>10:45 ● Noodle Aerobics   AR</p> <p>2:00 ● Stained Glass Window Decorations   AR</p> <p>3:00 ● Pet Therapy?   AR</p> <p>5:30 ● Movie Monday: “Mamma Mia”   AR</p>  | <p>10:30 ● Cranium Crunches   AR 18</p> <p>10:45 ● Food Committee   BST</p> <p>2:00 ● Bingo   BST</p> <p>3:00 ● Route 66 Walking Club with Mary Ann   MIB</p> <p>5:30 ● Book Browsing   AR</p>   | <p>10:30 ● Catholic Rosary   AR 19</p> <p>10:45 ● Chair Boxing   AR</p> <p>2:00 ● Japanese Inspired Acrylic Paint Along   AR</p> <p>3:00 ● Men’s Club: Sports History Trivia   AR</p> <p>5:30 ● Evening Tea with Friends   BST</p> | <p>10:30 ● Amy’s Silver Sneakers   AR 20</p> <p>10:45 ● Ladder Words!   AR</p> <p>2:00 ● Packaging Gifts for Greentree Police   AR</p> <p>3:00 ● Ladies’ Luxury Nail Salon   AR</p> <p>5:30 ● Porch Chats with Friends   FP</p>      | <p>10:30 ● Catholic Rosary   AR 21</p> <p>10:45 ● Find a Word   AR</p> <p>2:00 ● Move &amp; Groove with Genesis   AR</p> <p>3:00 ● Wine and Unwind!   BST</p> <p>5:30 ● Checkers Challenge   AR</p>           | <p>10:30 ● Coffee Mingle   BST 22</p> <p>10:45 ● Daily Chronicle   BST</p> <p>2:00 ● Solarium Word Searches   AR</p> <p>3:00 ● Movie Matinee with Irving   AR</p> <p>5:30 ● Puzzles with Friends   SL</p>                             |
| <p>10:00 ● Catholic Mass with Father Fred   AR 23</p> <p>10:45 ● Bistro Coffee Gathering   BST</p> <p>2:00 ● Bingo with Laura!   BST</p> <p>3:00 ● Vibrant Mandala Coloring   AR</p> <p>5:30 ● Magazine Browsing   BST</p>                                 | <p>10:30 ● Catholic Rosary   AR 24</p> <p>10:45 ● Noodle Aerobics   AR</p> <p>2:00 ● “Who Am I” Trivia Game   AR</p> <p>3:00 ● Dazzling Jewelry Design   AR</p> <p>5:30 ● Movie Monday: “My Fair Lady”   AR</p>  | <p>10:30 ● “Who, What, When &amp; Where” Brain Game   AR 25</p> <p>10:45 ● Route 66 Walking Club with Mary Ann   MIB</p> <p>2:00 ● Bingo   BST</p> <p>3:00 ● Celebrate May Birthdays   BST</p> <p>5:30 ● Solarium Word Finds   BST</p> | <p>10:30 ● Catholic Rosary   AR 26</p> <p>10:45 ● Sit and Be Fit   AR</p> <p>2:00 ● Men’s Club: Paper Airplane Competition   AR</p> <p>3:00 ● Crafting Memorial Day Poppy Pins   AR</p> <p>5:30 ● Outdoor Evening Stroll   MIB</p> | <p>10:30 ● Amy’s Silver Sneakers   AR 27</p> <p>10:45 ● Wii Bowling   AR</p> <p>2:00 ● Ladies’ Luxury Nail Salon   AR</p> <p>3:00 ● Sensory Scent Guessing Game   FP</p> <p>5:30 ● Daily Chronicle   AR</p>                          | <p>10:30 ● Catholic Rosary   AR 28</p> <p>10:45 ● Resident Council   AR</p> <p>2:00 ● Move &amp; Groove with Genesis   AR</p> <p>3:00 ● Memorial Day Program   AR</p> <p>5:30 ● Uno Game!   AR</p>            | <p>10:30 ● Men’s Coffee &amp; News   BST 29</p> <p>10:45 ● Bistro Cranium Crunches   AR</p> <p>2:00 ● Book Browsing   AF</p> <p>3:00 ● Movie Matinee with Irving   AR</p> <p>5:30 ● Puzzles with Friends   SL</p>                     |
| <p>10:00 ● Catholic Mass with Father Fred   AR 30</p> <p>2:00 ● TV Land Classics   AR</p> <p>3:00 ● Bistro Coffee Gathering   BST</p> <p>3:00 ● Meet a Friend for Scrabble   BST</p> <p>5:30 ● Creating Prayer Cards   AR</p>                              | <p>MEMORIAL DAY 31</p> <p>10:30 ● Catholic Rosary   AR</p> <p>10:45 ● Memorial Day Solarium Word Search   AR</p> <p>12:00 ● Memorial Day Cookout   BP</p> <p>2:00 ● Creating American Flag Door Decorations   AR</p> <p>3:00 ● Bald Eagle Coloring   AR</p> <p>5:30 ● Movie Monday: “Max”   AR</p> |  |  |  |   |   |

## RECAP: HOW WE STAYED CONNECTED THIS MONTH

# social gatherings and family visits

Are you as excited as we are?

The weather is warming up and with safety precautions, families are now able to visit with their loved ones. Seeing things become more familiar puts a smile on the residents' faces.

Please make sure to contact the Concierge desk at (412) 571-1300 to schedule your next visit. To continue promoting safety, we are still asking that families and friends wear their mask, sanitize your hands and practice social distancing.

We thank you all.



## WE'RE LOOKING FORWARD TO *a never-ending fun summer!*

GREETINGS, EVERYONE!

When was the last time our community planned a barbecue cookout? Geez, it's been quite some time since the world's pandemic. Well, since things are looking a little bit better, we have decided to take advantage of the outdoors again. For this month with all the fun holidays, our wonderful Executive Chef John and his staff will be hosting a barbecue cookout for the residents. John has teamed up with the Program Director to make this the best cookout Harbour has ever seen.

We know the residents and staff will enjoy the delicious taste of barbecue ribs, pulled pork, potato salad, grilled hamburgers and hot dogs, ice cream sundaes, flavored applesauce and much more. We also engage in super fun backyard activities with a game of Cornhole and Duck Racing.

Make sure to catch all the fun photos on our Facebook social media under Harbour Senior Living of South Hills.

## MANAGEMENT TEAM

Gloria Lewis, *Executive Director*  
Carl Paroda, *Business Office Manager*  
Marla Timms, *Director of Sales  
& Marketing*  
John Collin, *Dining Services Director*  
Johanna Ewing, *Memory Care Director*  
Diane Seltzer, *Health and Wellness Director*  
J'Nai Best, *Manager of Nursing*  
Abby Moran, *Resident Program Director*  
Dave Kostie, *Director of Maintenance*  
Patti Richards, *Housekeeping Supervisor*

## THIS MONTH'S *heart hero*

HOSPITALITY,  
EXCELLENCE,  
APPRECIATION,  
RESPECT, TEAMWORK

With new beginnings coming, we want to thank all the staff members from each department for making this community a place of fun, safety, compassion, care and good quality of life.

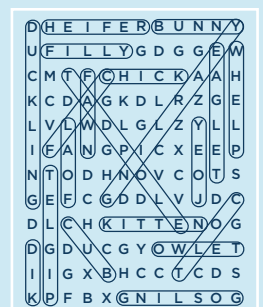
There is not one day that goes by that all your hard work goes unnoticed. We see the time you put into creating pleasant days for your residents. The little extra time you spend brushing their hair or just sitting down with them for a sip of coffee together goes a long way.

So with this, the Leadership team wants to say thank you to ALL our Harbour team members.

You are our HEART Heroes!



TRAIN  
YOUR  
BRAIN  
*solution*



SENIOR  
LIFESTYLE



PET  
FRIENDLY

your life, your style