



A Premier Memory Care Community

Life. Love. Legacy.™  
(770) 920-2273  
8847 Hospital Drive  
Douglasville, GA. 30134

YOUR LEADERSHIP TEAM



Becky Ballas  
Regional Director of  
Operations-Interim  
Executive Director



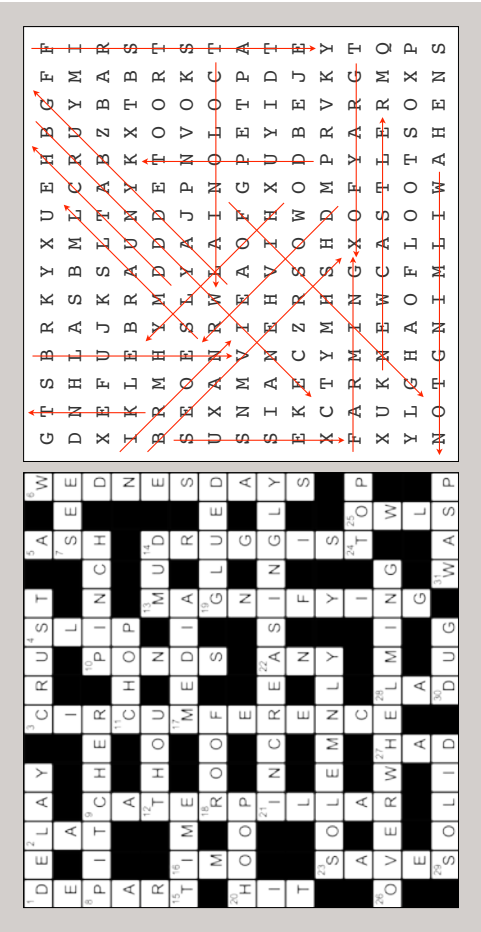
Gail Todd  
Life Enrichment  
Director



Aaron Roberts  
Maintenance  
Director



Lisa Bohanan  
Senior Business  
Office Manager



THE HARBOR AT DOUGLASVILLE

NEWSLETTER | DECEMBER 2025



A MESSAGE FROM YOUR REGIONAL DIRECTOR OF OPERATIONS



Christmas lights are twinkling, to-do lists seem to keep growing, and sometimes it feels like the whole world is rushing to do and buy “more.” But as December settles in, I find myself thinking about how the heart of the holidays isn’t found in all the hustle, but in the quiet, meaningful traditions we create and share.

It’s easy to be swept up by the season—big store displays, the pressure to have the perfect gift, the calendar that fills itself. Yet when I look back on holidays past, what stands out aren’t the gifts themselves, but the memories shaped by time spent together. We remember the homemade jar of jam given and received, the laughter at the kitchen table while baking cookies or making cards, and the small, thoughtful acts that showed care and connection.

This season, I encourage us all to find moments to return to those simpler joys. Maybe try your hand at an “old-fashioned” tradition—make something from scratch, whether it’s jam, cookies, a warm scarf, or even a card written by hand and given with love. Better still, invite a friend or family member to join you in the making; the time spent side by side is often the greatest gift of all. These gifts, shared from the heart, are what we remember and carry

with us long after the wrapping paper is gone. Amidst the busy days and competing demands, I hope you’ll pause when you can—savor the music, take in the scent of pine, share a story, or sit quietly with someone you care about. Sometimes the most meaningful holiday “more” is simply more presence, more laughter, more kindness.

And if you’re able, we would love for you to join us throughout December for the celebrations and fun we have planned here in our community. All of our upcoming events and activities can be found on the calendars inside—so you can easily find the moments that fit your schedule. Even if you can only drop in for a short hello or a cup of cocoa, you are always welcome—we know the month pulls people in many directions.

However you celebrate, and wherever you find yourself this December, I wish you peace, warmth, and all the joy that comes with moments shared and memories made. Here’s to the simple things that matter most—this season and always.

Merry Christmas!

*Becky Ballas*

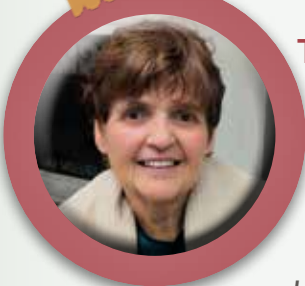
Becky Ballas  
Regional Director of Operations



A Walk Down

MEMORY LANE

with Brenda Smith



**Tell me about your favorite holiday.**  
**Christmas.** I love the way Christmas brings the whole family together. We would gather to eat, talk, laugh—and eat some more—while decorating the Christmas

tree and singing Christmas carols. The whole house would glow with lights, and we'd hang stockings over the fireplace, filling them with little gifts and candy.

On Christmas morning, the kids were always up early, bubbling with excitement to see what Santa Claus had brought them. After a joyful morning of opening presents, we'd all get dressed. While the kids played with their new toys, the grown-ups would head to the kitchen to start preparing Christmas dinner. Those moments—full of warmth, family, and tradition—are some of my favorites.

**Since we're approaching Thanksgiving, what are some things you enjoy that time of year?**

One of my favorite hobbies is shopping with my sister. A day out with Becky is always an adventure—we're like treasure hunters searching for the best deals and discovering great finds. We even enjoy window shopping, whether it's for clothes, gadgets, or home décor. One of our most memorable shopping traditions is Black Friday, the day after Thanksgiving. We'd get up before sunrise, head straight to the stores, and hunt for the best Christmas gift deals. After a busy morning, we'd take a break for breakfast and lunch before diving right back in. By the time we finally headed home, the trunk would be packed full of shopping bags and holiday surprises.

IF YOU LOVE WHAT WE DO,  
PLEASE LEAVE A REVIEW!

YOUR FEEDBACK HELPS OTHERS!



DECEMBER HIGHLIGHTS

Zumba with Doris every Tuesday  
10<sup>th</sup> Christmas Craft with Katie  
11<sup>th</sup> Christmas Tree Decorations



18<sup>th</sup> Holiday Lights  
Scenic Drive  
19<sup>th</sup> Ugly Christmas  
Sweater Day

GOBBLING  
UP A LITTLE  
HOLIDAY  
CHEER!



CINNAMON STICK ORNAMENTS

WHAT YOU'LL NEED:

- 3 cinnamon sticks
- Twine or ribbon
- Optional: small pinecones, dried orange slices, or cloves



WHAT YOU'LL DO:

Tie three cinnamon sticks together in a bundle with twine or ribbon. Add a loop at the top for hanging. For extra holiday cheer, tuck in a pinecone, dried orange slice, or a few cloves.



Add a warm, festive touch to any tree and fill your home with the scent of the season!

HONORING  
OUR HEROES:  
PORTRAITS  
OF SERVICE  
& FAMILY



Be  
Marvelously  
Merry

Alzheimer's  
Support Services

LEGACYSL.NET/  
ALZHEIMERS-SUPPORT



ACROSS

1. Traveler’s headache

3. Pizza feature

7. Envision

8. Baseball player or large jug

10. “\_\_\_\_\_ me! I must be dreaming!”

11. Word after karate or pork

12. “Wherefore art \_\_\_\_\_ Romeo?”

13. Kind of pie

15. Jim Croce’s “\_\_\_\_\_ in a Bottle”

17. Broadcasters & news people are some

18. It may be pitched

19. Pasted together

20. Hula \_\_\_\_\_ (it gets around)

21. More and more

23. How to swear?

24. Apex

26. Completely overpowering

29. \_\_\_\_\_ as a rock (well built)

30. \_\_\_\_\_ up, unearthed

31. Mud dauber, for one

DOWN

1. Leave; go away

2. Global positioning meas.

3. Distance around the Earth, say

4. “Mom, please sign my permission \_\_\_\_\_ for the school trip.”

5. Cigar residue

6. Midweek days

9. Butterfly-to-be

10. Koi containers

13. Increasing (optically)

14. Pharmacist

16. In My Opinion, abbrev.

20. Billboard listing

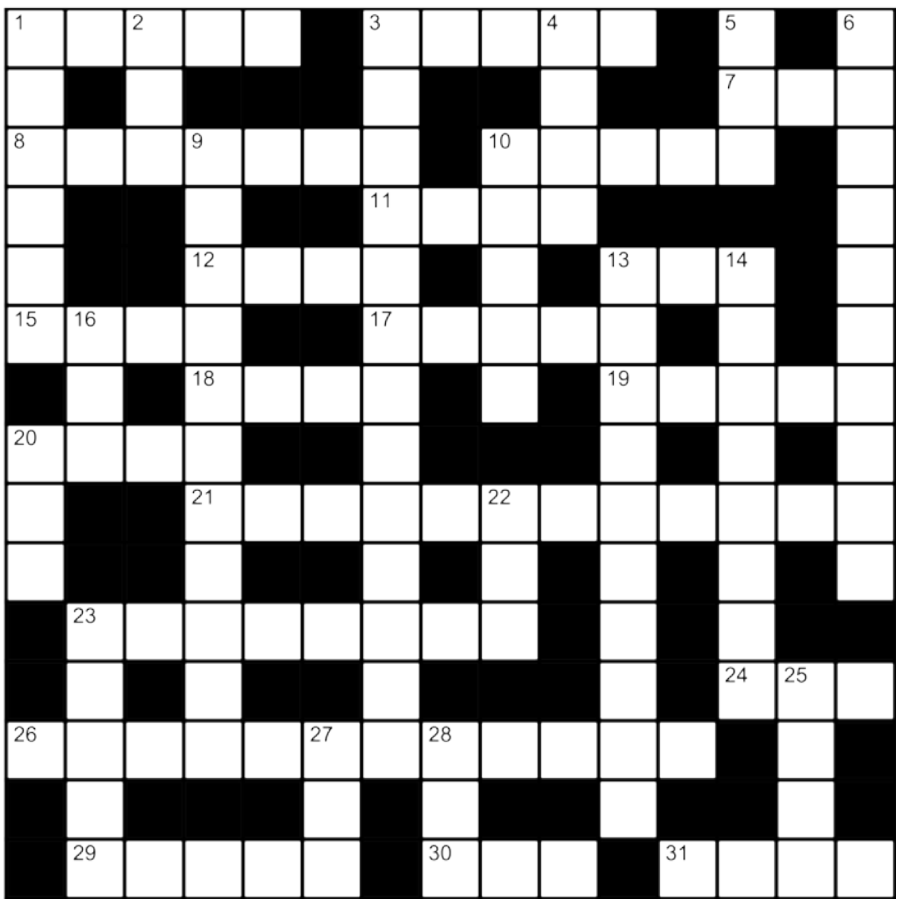
22. “\_\_\_\_\_ questions?”

23. Reserves

25. Birds in barns

27. “I’ve been \_\_\_\_\_!” (fooled)

28. Little shaver



G	T	S	B	R	K	Y	X	U	E	H	B	G	F	F
D	N	H	L	A	S	B	M	L	C	R	U	Y	M	I
X	E	F	U	J	K	S	L	T	A	B	Z	B	A	R
I	K	L	E	B	R	A	U	N	Y	K	X	T	B	S
B	R	M	H	Y	M	D	D	D	E	T	O	O	R	T
S	E	O	E	S	L	Y	A	J	P	N	V	O	K	S
U	X	A	N	R	W	L	A	I	N	O	L	O	C	T
S	N	M	V	I	E	A	O	F	G	P	E	T	P	A
S	I	A	N	E	H	V	I	H	X	U	Y	I	D	T
E	K	E	C	Z	R	S	O	W	O	D	B	E	J	E
X	C	T	Y	M	H	S	H	D	M	P	R	V	K	Y
F	A	R	M	I	N	G	X	O	F	Y	A	R	G	T
X	U	K	N	E	W	C	A	S	T	L	E	R	M	Q
Y	L	G	H	A	O	F	L	O	O	T	S	O	X	P
N	O	T	G	N	I	M	L	I	W	A	H	E	N	S

Delaware

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

BEAVERS

BLUE HEN

BRANDYWINE

COLONIAL

DOVER

DUPONT

DUTCH

FARMING

FIRST STATE

FISHING

GRAY FOX

HOLLY

KENT

LADYBUG

NEW CASTLE

SMALL

SUSSEX

WILMINGTON



Celebrations & Milestones

Welcome to our newest resident!

• Linda Watkins

Let’s celebrate everyone marking a special moment this month!

RESIDENT BIRTHDAYS

• Dec. 19: Millie Denney

• Dec. 27: Christine Buchanan

• Dec. 31: Thomas Cianflone

TEAM MEMBER BIRTHDAYS

• None for December

RESIDENT ANNIVERSARIES

• Janie Chatmon – 3 years

• Anthony Young – 1 year

TEAM ANNIVERSARIES

• Jose Plascencia – 3 years

• Arelen Hue-Brown – 3 years



SALT DOUGH ORNAMENTS

WHAT YOU’LL NEED:

• 1 cup flour

• 1/2 cup salt

• 1/2 cup water

WHAT YOU’LL DO:

1. Mix together to form a smooth dough.

2. Roll dough to 1/4 inch thick. Use cookie cutters to cut out shapes. Don’t forget to poke a small hole near the top for hanging!

3. Place the shapes on a baking sheet and bake at 250°F for 2-3 hours until hard and dry.

4. Once cool, decorate with paint, markers or glitter, then thread a ribbon through the hole and hang on the tree!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Ugly Sweater Alert 12/19</b> Dig out the ugliest tackiest, most hideous sweater and let's have fun together!	<b>9:30 Morning Chat</b> 10:00 Armchair exercise <b>10:30 Christmas Phrase</b> 11:00 Hydration 1:00 Rest & Recharge <b>2:00 Christmas Movie</b> 3:00 Afternoon Snack	<b>9:30 Morning Chat</b> 10:00 Daily Chronicle 10:30 Zumba w/ Doris 11:15 Hydration 1:00 Rest & Recharge <b>2:00 Bus Ride Outing</b> 3:00 Afternoon Snack	9:30 Morning Chat <b>10:15 Liberty Baptist Church</b> 1:00 Rest & Recharge <b>2:00 Word Search</b> 3:00 Afternoon Snacks	<b>9:30 Morning Chat</b> 10:00 Arm Movement <b>10:30 Name that Tune</b> 11:00 Hydration 1:00 Rest & Recharge <b>2:00 Trimming the tree</b> 3:00 Afternoon Snack	<b>9:30 Morning Chat</b> 10:00 Simple C Activity 10:30 Reminiscence Circle 11:00 Hydration 1:00 Rest & Recharge <b>2:00 Color Sheets</b> 3:00 Afternoon Snacks	10:00 Morning Chat 10:30 Timeless Tunes & Memories 11:00 Hydration <b>1:00 Christmas Cards Crafts</b> <b>2:00 Church Group</b> 3:00 Classic TV Shows
<b>10:00 Televised Church Service</b> 11:00 Hydration 1:00 Rest & Recharge <b>2:00 Old Classic Shows</b> 3:00 Afternoon Snack	<b>9:30 Morning Chat</b> 10:00 Armchair exercise <b>10:30 Christmas Feud</b> 11:00 Hydration 1:00 Rest & Recharge 2:00 Christmas Movie <b>3:00 Christmas Carol High S</b>	<b>9:30 Morning Chat</b> 10:00 Daily Chronicle 10:30 Zumba w/ Doris 11:15 Hydration 1:00 Rest & Recharge <b>2:00 Bus Ride Outing</b> 3:00 Afternoon Snack	9:30 Morning Chat <b>10:15 Liberty Baptist Church</b> 1:00 Rest & Recharge <b>2:00 Craft w/ Katie</b> 3:00 Afternoon Snacks	<b>9:30 Morning Chat</b> 10:00 Arm Movement 10:30 Morning Trivia 11:00 Hydration 1:00 Rest & Recharge <b>2:00 Agape Christmas Social</b> 3:00 Afternoon Snack	<b>9:30 Morning Chat</b> 10:00 Simple C Activity 10:30 Reminiscence Circle 11:00 Hydration 1:00 Rest & Recharge <b>2:00 Guess the scent</b> 3:00 Afternoon Snacks	10:00 Morning Chat 10:30 Timeless Tunes & Memories 11:00 Hydration 1:00 Rest & Recharge <b>2:00 Church Group</b> 3:00 Classic TV Shows
<b>10:00 Televised Church Service</b> 11:00 Hydration 1:00 Rest & Recharge <b>2:00 Old Classic Shows</b> 3:00 Afternoon Snack Hanukkah Begins	<b>9:30 Morning Chat</b> 10:00 Armchair exercise <b>10:30 Holiday Trivia</b> 11:00 Hydration 1:00 Rest & Recharge <b>2:00 Christmas Movie</b> 3:00 Afternoon Snack	<b>9:30 Morning Chat</b> 10:00 Daily Chronicle 10:30 Zumba w/ Doris 11:15 Hydration 1:00 Rest & Recharge <b>2:00 Doors Decoration</b> 3:00 Afternoon Snack	9:30 Morning Chat <b>10:15 Liberty Baptist Church</b> 1:00 Rest & Recharge <b>2:00 Ornament Decorating</b> 3:00 Afternoon Snacks	<b>9:30 Morning Chat</b> 10:00 Arm Movement 10:30 Morning Trivia 11:00 Hydration 1:00 Rest & Recharge <b>2:00 Christmas Bingo</b> 3:00 Afternoon Snack	<b>9:30 Morning Chat</b> 10:00 Simple C Activity 10:30 Reminiscence Circle 11:00 Hydration 1:00 Rest & Recharge <b>2:00 Nicky P music</b> 3:00 Afternoon Snacks	10:00 Morning Chat 10:30 Timeless Tunes & Memories <b>11:15 Christmas Caroling</b> 1:00 Rest & Recharge <b>2:00 Church Group</b> 3:00 Classic TV Shows
<b>10:00 Televised Church Service</b> 11:00 Hydration 1:00 Rest & Recharge <b>2:00 Old Classic Shows</b> 3:00 Afternoon Snack Winter Begins	<b>9:30 Morning Chat</b> 10:00 Armchair exercise <b>10:30 Finish the line</b> 11:00 Hydration 1:00 Rest & Recharge <b>2:00 Christmas Movie</b> 3:00 Afternoon Snack	<b>9:30 Morning Chat</b> 10:00 Daily Chronicle 10:30 Zumba w/ Doris 11:15 Hydration 1:00 Rest & Recharge <b>2:00 Light Tour Bus Ride</b> 3:00 Afternoon Snack	9:30 Morning Chat <b>10:15 Liberty Baptist Church</b> 1:00 Rest & Recharge <b>2:00 Word Search</b> 3:00 Afternoon Snacks	 Christmas	<b>9:30 Morning Chat</b> 10:00 Simple C Activity 10:30 Reminiscence Circle 11:00 Hydration 1:00 Rest & Recharge <b>2:00 Color Sheets</b> 3:00 Afternoon Snacks Boxing Day (Canada) Kwanzaa Begins	10:00 Morning Chat 10:30 Timeless Tunes & Memories 11:00 Hydration 1:00 Rest & Recharge <b>2:00 Church Group</b> 3:00 Classic TV Shows
<b>10:00 Televised Church Service</b> 11:00 Hydration 1:00 Rest & Recharge <b>2:00 Old Classic Shows</b> 3:00 Afternoon Snack	<b>9:30 Morning Chat</b> 10:00 Armchair exercise <b>10:30 Finish the line</b> 11:00 Hydration 1:00 Rest & Recharge <b>2:00 Nail Pretty Colors</b> 3:00 Afternoon Snack	<b>9:30 Morning Chat</b> 10:00 Daily Chronicle 10:30 Zumba w/ Doris 11:15 Hydration 1:00 Rest & Recharge <b>2:00 Bus Ride Outing</b> 3:00 Afternoon Snack	9:30 Morning Chat <b>10:15 Liberty Baptist Church</b> 1:00 Rest & Recharge <b>2:00 Word Search</b> 3:00 Afternoon Snacks New Year's Eve	<div> <div>December 2025</div> <div>Welcome December! It's the most wonderful time of the year.</div> </div>		