



A Premier Memory Care Community

Life. Love. Legacy.™
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8847 Hospital Drive
Douglasville, GA. 30134

Your Administrative Team



Oree Williams
Executive Director



Shakira Tanner, LPN
Resident Services
Director



Gail Todd
Life Enrichment
Director



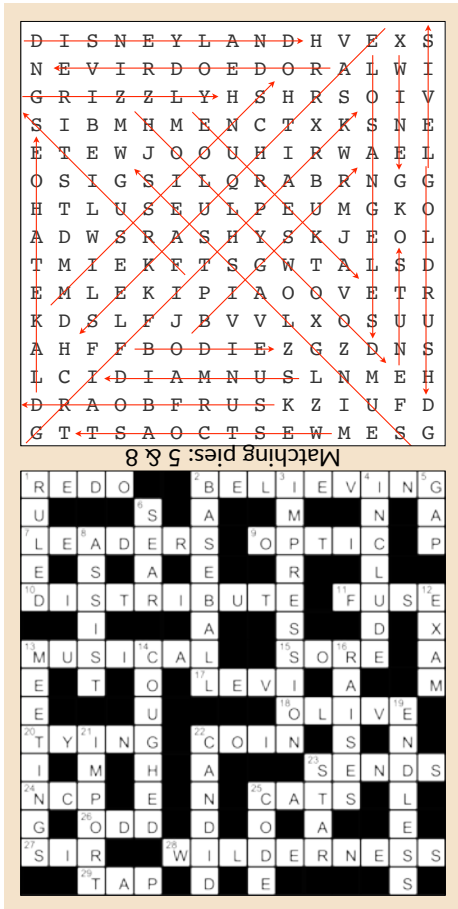
Aaron Roberts
Maintenance
Director



Paris Johnson
Dining Services
Director



Lisa Bohanan
Senior Business
Office Manager



THE HARBOR AT DOUGLASVILLE

NEWSLETTER | OCTOBER 2025



Message from your Executive Director

As the leaves start to change and the air turns crisper, it seems like life speeds up for everyone. Around here, fall is a season bustling with activity—festivals, family events, and traditions both old and new. For many, this time of year is a juggling act: kids settling into the school routine, calendars filling up with sports and lessons, and workplaces picking up the pace after summer. If you're part of the "sandwich generation," you know better than anyone what it means to be pulled in all directions at once, balancing the needs of growing children and supporting aging parents or grandparents, often while still managing careers and everything else life throws your way.

We know that when a loved one moves into our community, it's usually because families need a helping hand. What might come as a surprise is how often you'll hear from us, too, inviting you to join in for a meal, a festival, a musical performance, or just a moment to connect. We do this not to add to your already-full plate, but because we believe that staying connected, even in small ways, means everything to the people who live here—and to those who love them.

Still, we understand that you can't be everywhere at once. Sometimes, you're running from a school bake sale to a weekend tournament, and there just isn't enough of you to go around. Please know: we see you, we appreciate you, and we're grateful for every moment you share with us, even if it's just a phone call or a note sent in.

This month, as we roll out fall celebrations and family-friendly events, we hope you'll find a few minutes to join us when you can. Our doors are always open, and there's nothing better than seeing families come together, whether for a pumpkin craft, a game night, or just to laugh and swap stories. Maybe, just maybe, our little gatherings will make it a bit easier to spend time with your loved ones, all in one place.

Thank you for trusting us with someone so important to you. We're honored to be part of your extended family.

Sincerely,

Oree Williams
Oree Williams
Executive Director

A Walk Down

MEMORY
LANE

with
Martha Rowe



Can you tell me about the house you grew up in?

I grew up in a cozy small house in Macon, Georgia. It had wooden floors and big windows that I used to like to sit and look out of. The backyard was my favorite place to play. We also had a big porch, and I liked to sit out on the porch and drink tea – sweet tea – watching everyone walk on by. Our house wasn't fancy, but we had a lot of laughter, jokes and family gathering. I had great memories there.

What's your favorite thing about Christmas? Any special traditions?

I love Christmas because my family always gets together, and we have a great time. We cook a big dinner; we sing Christmas carols and eat cookies. I truly love seeing the children running around and get excited about opening gifts. Our family traditions on Christmas day, we bake sugar cookies, and we decorate them and eat them while the children open their gifts.

What is your favorite dessert and what makes it so special to you?

My favorite dessert is apple pie. It's special because my mother used to make it every Sunday or when we were having guests over. I enjoyed the smell of the apples baking and it had the whole house smelling so good. I always had vanilla ice cream with my apple pie when it was hot right out the oven.

HERE'S WHAT'S HAPPENING IN
October

- OCT 17 Chili Cook-off**
Bring the HEAT, Bring your Appetite! Taste, vote & crown the best chili in town!
- OCT 20 Best Pumpkin Contest**
Carve, paint or decorate your pumpkin masterpiece!
- OCT 24 Fall Festival**
Join us for a cozy afternoon of fall fun! Enjoy pumpkins, games, crafts, music & friends!
- OCT 28 Family Night**
Join us for time with family and Agape Hospice.
- OCT 31 Halloween Costume Party!**
Don your crazy hats, funny wigs or costumes (or come as you are) and celebration with music, friends & family!

Alzheimer's
Support Services

Find compassionate support through our complimentary services with Dr. Ron Harvard, who draws from 20 years of personal caregiving experience and education to help families navigating dementia's challenges.

legacysl.net/Alzheimers-Support

National Assisted Living Week Snapshots



1

2

3

4

5

6

7

8

Find the two slices of pumpkin pie that match!



JUMP INTO OCTOBER LIKE A KID IN A LEAF PILE:

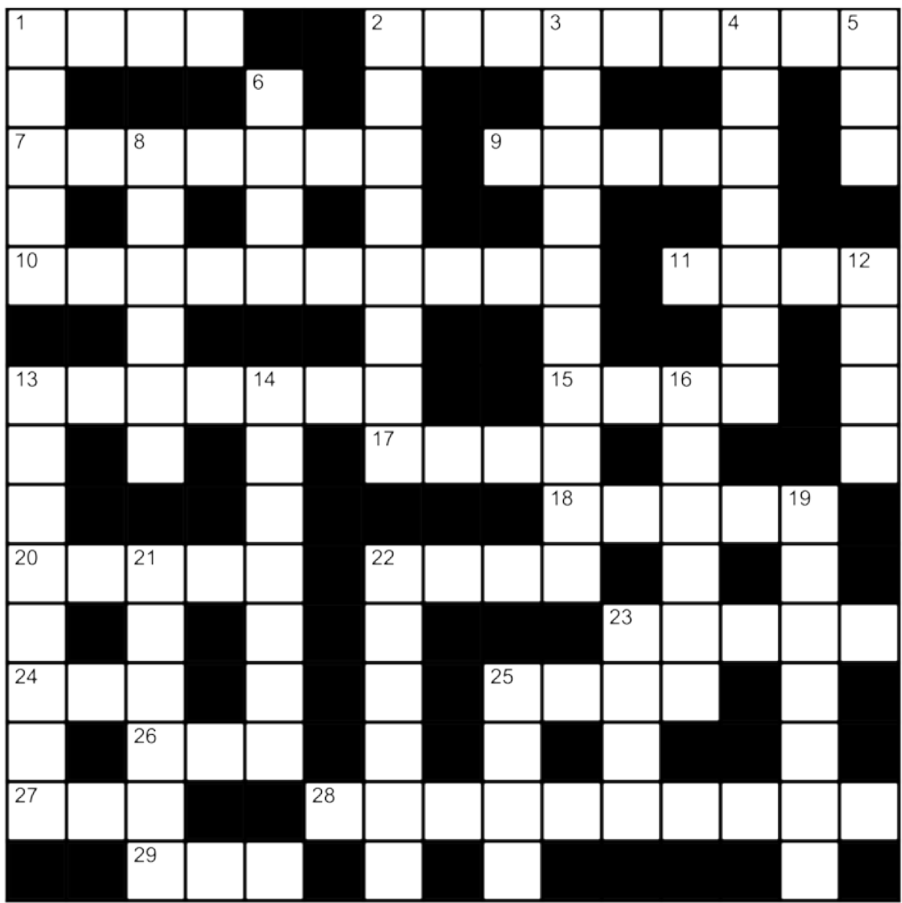
FULL OF ENERGY, NO HESITATION, AND A BIG LAUGH AT THE END!

ACROSS

- 1. Make over
- 2. "Seeing is _____."
- 7. Team captains are some
- 9. Vision-related
- 10. Hand out; dispense
- 11. Needed to ignite dynamite
- 13. Common Broadway offering with lots of singing
- 15. "I have ____ muscles after my workout."
- 17. ____ Strauss & Co. (jeans magnate)
- 18. Popeye's gal
- 20. ____ the knot; marrying
- 22. Piggy bank jingler
- 23. "That ____ shivers up my spine!"
- 24. North Celestial Pole, abbrev.
- 25. Felines
- 26. Peculiar
- 27. Knight's title
- 28. An untouched forest
- 29. Pub fixture

DOWN

- 1. 1. Reigned
- 2. Sport at which Willie Mays excelled
- 3. Comedic imitation
- 4. "Please ____ payment with your order."
- 5. Generation ____ (difference between ages)
- 6. Burn the surface of



- 8. Provide help
- 12. Test
- 13. Encounters
- 14. Cleared one's throat
- 16. Elevates
- 19. Infinite
- 21. Ship in from abroad
- 22. Straightforward in speech
- 23. "When You Wish Upon a ____"
- 25. Secret message

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

California Dreamin'

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

- | | | |
|-------------|---------------|-------------|
| BIG SUR | GRIFFITH PARK | NUTS |
| BODIE | GRIZZLY | RODEO DRIVE |
| DISNEYLAND | HOLLYWOOD | SUNGLASSES |
| EARTHQUAKES | LAKE TAHOE | SUN-MAID |
| EUREKA | LEVI'S | SURFBOARD |
| FRUITS | LOS ANGELES | WEST COAST |
| GOLD RUSH | MISSIONS | WINE |





If anyone forces you to go one mile, go with them two miles.
Matthew 5:41



Ferdos Boakije
October 2025

Submit your nominations in the lobby!

HAPPY AUTUMN



Be your own kind of BEAUTIFUL

positive mind. Positive Vibes. positive Life.

Celebrations & Milestones

Welcome to our newest residents!

- Lillie Conley
- James Overstreet
- Brenda Smith
- Eddie Manuel

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

RESIDENT BIRTHDAYS

- Oct. 3: Maxine Benns

TEAM MEMBER BIRTHDAYS

- Oct. 15: Angela Appiah
- Oct. 19: Paris Johnson
- Oct. 19: Zykeya Lee

RESIDENT ANNIVERSARIES

- none this month

TEAM ANNIVERSARIES

- none this month

Here's to new friends, special milestones, & more memories together!

LIFE ENRICHMENT HIGHLIGHTS

Zumba with Doris every Tuesday

- 17th Chili Cook off
- 20th Best Pumpkin Contest
- 24th Fall Festival
- 28th Family Night with Agape Hospice
- 25th Family Night
- 31st Halloween Costume Party

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
October 2025 I'm so glad I live in a world where there are Octobers.						9:30 Morning Chat 1 10:15 Liberty Baptist Church 1:00 Rest & Recharge 2:00 Word Search 3:00 Afternoon Snacks Yom Kippur Begins		9:30 Morning Chat 2 10:00 Arm Movement 10:30 Morning Trivia 11:00 Hydration 1:00 Rest & Recharge 2:00 Bingo 3:00 Afternoon Snack		9:30 Morning Chat 3 10:00 Simple C Activity 10:30 Reminiscence Circle 11:00 Hydration 1:00 Rest & Recharge 2:00 Color Sheets 3:00 Afternoon Snacks		10:00 Morning Chat 4 10:30 Music Therapy Oldies 11:00 Hydration 1:00 Rest & Recharge 2:00 Church Group 3:00 Classic Tv Shows	
10:00 Televised Church Service 5 11:00 Hydration 1;00 Rest & Recharge 2:00 Old Classic Tv Shows 3:00 Afternoon Snack		9:30 Morning Chat 6 10:00 Armchair exercise 10:30 Finish the line 11:00 Hydration 1:00 Rest & Recharge 2:00 Nail Pretty Colors 3:00 Afternoon Snack Sukkot Begins		9:30 Morning Chat 7 10:00 Daily Chronicle 10:30 Zumba w/ Doris 11:15 Hydration 1:00 Rest & Recharge 2:00 Fall Crafts 3:00 Afternoon Snack		9:30 Morning Chat 8 10:15 Liberty Baptist Church 1:00 Rest & Recharge 2:00 Activity w/ Katie 3:00 Afternoon Snacks		9:30 Morning Chat 9 10:00 Arm Movement 10:30 Morning Trivia 11:00 Hydration 1:00 Rest & Recharge 2:00 Activity w/ Martha 3:00 Afternoon Snack		9:30 Morning Chat 10 10:00 Simple C Activity 10:30 Reminiscence Circle 11:00 Hydration 1:00 Rest & Recharge 2:00 Music w/ Mr. Troy 3:00 Afternoon Snacks		10:00 Morning Chat 11 10:30 Music Therapy Oldies 11:00 Hydration 1:00 Rest & Recharge 2:00 Church Group 3:00 Classic Tv Shows	
10:00 Televised Church Service 12 11:00 Hydration 1;00 Rest & Recharge 2:00 Mr. Larry & Church 3:00 Afternoon Snack		9:30 Morning Chat 13 10:00 Armchair exercise 10:30 Finish the line 11:00 Hydration 1:00 Rest & Recharge 2:00 Finish the Line Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)		9:30 Morning Chat 14 10:00 Daily Chronicle 10:30 Zumba w/ Doris 11:15 Hydration 1:00 Rest & Recharge 2:00 Porch Time 3:00 Afternoon Snack Simchat Torah Begins		9:30 Morning Chat 15 10:15 Liberty Baptist Church 1:00 Rest & Recharge 2:00 What would you do? 3:00 Afternoon Snacks		9:30 Morning Chat 16 10:00 Arm Movement 10:30 Morning Trivia 11:00 Hydration 1:00 Rest & Recharge 2:00 Activity w Lisa 3:00 Afternoon Snack		9:30 Morning Chat 17 10:00 Simple C Activity 10:30 Reminiscence Circle 11:00 Hydration 1:00 Rest & Recharge 2:00 Color Sheets 3:00 Afternoon Snacks		10:00 Morning Chat 18 10:30 Music Therapy Oldies 11:00 Hydration 1:00 Rest & Recharge 2:00 Church Group 3:00 Classic Tv Shows	
10:00 Televised Church Service 19 11:00 Hydration 1;00 Rest & Recharge 2:00 Old Classic Tv Shows 3:00 Afternoon Snack		9:30 Morning Chat 20 10:00 Armchair exercise 10:30 Finish the line 11:00 Hydration 1:00 Rest & Recharge 2:00 Bowling 3:00 Afternoon Snack		9:30 Morning Chat 21 10:00 Daily Chronicle 10:30 Zumba w/ Doris 11:15 Hydration 1:00 Rest & Recharge 2:00 You be the Judge 3:00 Afternoon Snack		9:30 Morning Chat 22 10:15 Liberty Baptist Church 1:00 Rest & Recharge 2:00 Card Game 3:00 Afternoon Snacks		9:30 Morning Chat 23 10:00 Arm Movement 10:30 Morning Trivia 11:00 Hydration 1:00 Rest & Recharge 2:00 Activity w/Katie 3:00 Afternoon Snack		9:30 Morning Chat 24 10:00 Simple C Activity 10:30 Reminiscence Circle 11:00 Hydration 1:00 Rest & Recharge 2:00 Fall Fest 3:00 Afternoon Snacks		10:00 Morning Chat 25 10:30 Music Therapy Oldies 11:00 Hydration 1:00 Rest & Recharge 2:00 Church Group 3:00 Classic Tv Shows	
10:00 Televised Church Service 26 11:00 Hydration 1;00 Rest & Recharge 2:00 Old Classic Tv Shows 3:00 Afternoon Snack		9:30 Morning Chat 27 10:00 Armchair exercise 10:30 Finish the line 11:00 Hydration 1:00 Rest & Recharge 2:00 Cooking w/ Chef Paris		9:30 Morning Chat 28 10:00 Daily Chronicle 10:30 Zumba w/ Doris 11:15 Hydration 1:00 Rest & Recharge 2:00 Mix and Match 3:00 Afternoon Snack		9:30 Morning Chat 29 10:15 Liberty Baptist Church 1:00 Rest & Recharge 2:00 Birthday Celebration 3:00 Afternoon Snacks		9:30 Morning Chat 30 10:00 Arm Movement 10:30 Morning Trivia 11:00 Hydration 1:00 Rest & Recharge 2:00 Bingo 3:00 Afternoon Snack		9:30 Morning Chat 31 10:00 Simple C Activity 10:30 Reminiscence Circle 11:00 Hydration 1:00 Rest & Recharge 2:00 Halloween 3:00 Randy the Ramblers Halloween			