



The Harbor at Opelika

NEWSLETTER | DEC 2025

Celebrations & Milestones

Welcome to our newest residents!

- Bonnie Williams
- Edward Gootee

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

RESIDENT BIRTHDAYS

- Dec. 4: Melba Woodall
- Dec. 24: Earnest Gazaway

TEAM MEMBER BIRTHDAYS

- Dec. 10: Tiffany Johnson
- Dec. 31: Sharquena Foster

RESIDENT ANNIVERSARIES

- Carolyn Fox – 2 years

TEAM ANNIVERSARIES

- Noemy Deckard – 4 years
- Neely Stutts – 3 years



May the joy of
Christmas fill your
heart and home
with happiness.

A MESSAGE FROM YOUR ADMINISTRATOR



Christmas lights are twinkling, to-do lists 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!

Sharon Lee

YOUR LEADERSHIP TEAM



Sharon Lee
Executive Director



Robyn Olive, RN
Resident Services
Director



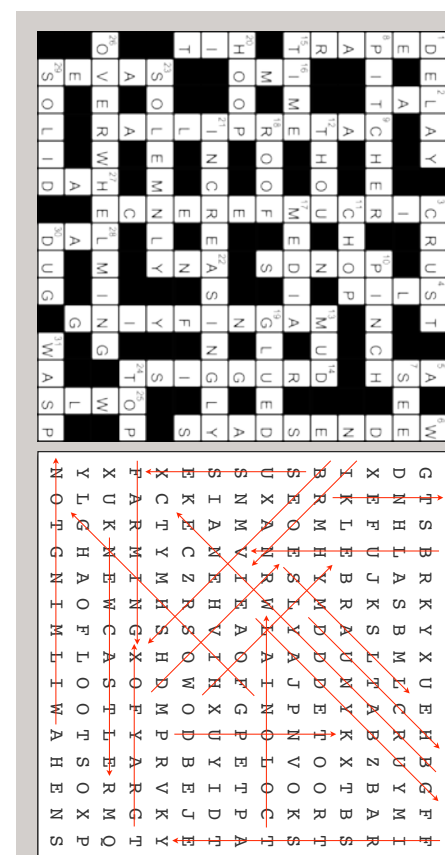
Jennifer Derdoski
Life Enrichment
Coordinator



Lashandra Lumford
Dining Services
Director



Euel Partridge
Maintenance
Director





Kay Taunton: Warmth, Faith, and Fond Memories

December feels like the perfect time to share the story of Kay Taunton, whose life reflects the spirit of family, friendship, hope, love, and giving every day. Her kindness and thoughtfulness create warmth among everyone she meets.

Born and raised in Red Hill, Alabama, Kay is the youngest of four siblings—each with their own unique path, from a retired nursing professor to a chemical engineer to a family matriarch. Her journey has taken her through many cities, each one leaving its mark through new friendships and life’s lessons.

Kay’s professional path began at GMAC Credit Union in Montgomery, during her time living in Tallassee and later Virginia. She then worked as a bookkeeper in Birmingham for Steiner Bressler Advertising and later joined a Boys Ranch in Alexander City, supporting the work there before settling in Spartanburg, South Carolina. Eventually, life brought her to Auburn, Alabama, where she now calls home.

Faith has always been central to Kay’s life. As a lifelong Baptist, she finds joy and fellowship at the First Baptist Church of Opelika, treasuring the sense of community and worship there. Though she was married briefly and does not have children of her own, her close-knit family means the world to her.

Some of Kay’s most cherished memories come

from summers spent at her family’s lake house on Lake Martin. She fondly recalls waterskiing, laughter-filled days with friends and relatives, and spirited Easter gatherings. The family tradition of the uncles hiding eggs, followed by a big meal and a softball game, paints a picture of a lively, loving celebration. “The uncles would hide the eggs,” she smiles, “and afterward, the adults would gather inside around the food while the kids sat outside on the porch and in the yard to eat.”

When not reminiscing, Kay’s love for reading shines bright, currently captivated by romance novels but always open to a good story of any kind. She’s also passionate about swimming, hiking, and beach vacations — especially trips to Gulf Shores and Panama City. Weekends are filled with her cheering alongside friends while watching football and basketball games together at The Harbor.

One adventure that stands out is her Caribbean cruise, where exploring the Bahamas and Grand Cayman offered unforgettable new sights and treasured moments—a reminder of the joy found in life’s journeys.

Through every season of her life, Kay Taunton’s warmth and openness continue to uplift those around her, embodying the true meaning of connection and community.



THANKSGIVING CRAFTS



The Art of Caring: Toni Sukys Shines

Growing up in Huntsville, Alabama, Ms. Toni Sukys has always had a heart for people and a love of creativity. She’s a proud mother to a 19-year-old daughter attending Southern Union, dreaming of one day becoming a meteorologist.

When she’s not at The Harbor, Toni finds joy in watercolor art, photography, music, poetry, and travel. She has a soft spot for animals, and her favorite colors—black and grey—get an enthusiastic endorsement: “They can accent all colors,” she says with a cheerful grin.

Toni’s journey at The Harbor began as a volunteer in the activities department. Since then, she’s grown into a valued caregiver, known for her uplifting spirit and gentle kindness. Her presence has a way of turning everyday moments into

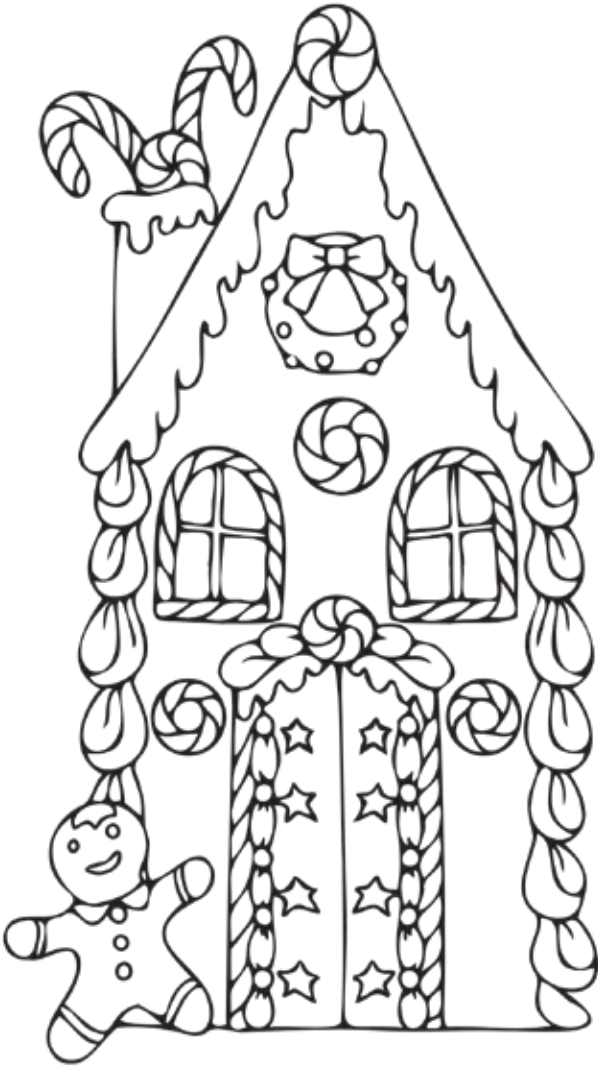
meaningful ones. As one resident said, “It was good seeing you at the dinner table. We had a great conversation with you.” That simple interaction helped bring together two residents who usually sit on opposite ends of the dining room.

“I love brightening their spirits with words of affirmation,” Toni shares. “The residents have my heart—each day is a blessing to work around them.”

With her upbeat attitude and delightfully corny sense of humor, Toni brings joy to everyone at The Harbor. Her motto—“Teamwork makes the dream work”—is often heard echoing through the halls. We truly feel blessed to have such a compassionate and spirited caregiver in Ms. Toni Sukys.



ROARING APPRECIATION: A SPECIAL VETERANS DAY WITH AUBIE



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

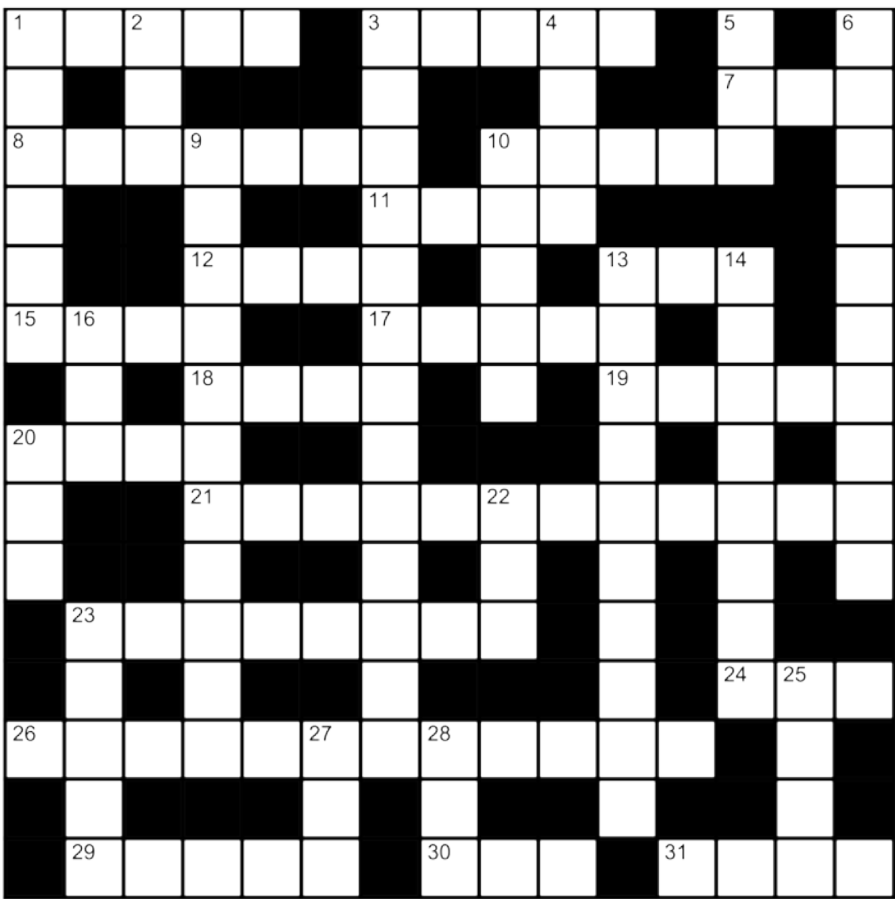
22. “_____ questions?”

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

DIY SALT DOUGH ORNAMENTS

WHAT YOU'LL NEED:

• 1 cup flour

• 1/2 cup salt

• 1/2 cup water

WHAT YOU'LL DO:

1. Mix the flour, salt, and water together until you have a smooth dough.

2. Roll it out about 1/4 inch thick. Use cookie cutters to cut out festive shapes like stars, trees, or bells. 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 or string through the hole and hang on the tree!

WHICH SNOWFLAKE IS MISSING FROM THE SECOND IMAGE?

SEASONEDTIMES.COM

Alzheimer’s

Support Services

LEGACYSL.NET/
ALZHEIMERS-SUPPORT

HELP WANTED:
SANTA'S WORKSHOP ELVES

Seeking enthusiastic elves for the North Pole’s busiest season! If you enjoy spreading joy, eating cookies, and working with a high-energy team (of reindeer and humans), we want you on our squad.

Ideal Candidates Will Have:

• Pointy shoes (curly toes preferred)

• Passion for cookie tasting and candy-cane sampling

• Gift-wrapping skills—or just enthusiasm for tangled ribbon

• Experience dodging rogue toy trains

• High tolerance for glitter in unexpected places

• Ability to sing “Jingle Bells” on repeat with a smile

• Friendly wave for all reindeer, even grumpy ones

• An unlimited supply of holiday cheer

Perks include:

• Unlimited cocoa breaks

• Sleigh ride commute

• Lifetime supply of candy canes

Apply in person at the North Pole—no experience necessary!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|--|--|
| | 9:00 Morning Greeting 10:00 Devotion w/Jenn 11:00 Advent Calendar Craft 1:30 HOSA Smiles 2:00 Christmas Trivia 3:00 Mistletoe Bingo 4:00 Frosty Smiles Mistletoe & Holly | 9:00 Morning Greeting 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Tree Crafts/BP Enhabit 2:00 Library Friends 3:00 Simple C Trees 4:00 Christmas Movie Tree Day | 9:00 Morning Greeting 10:00 Life gate Church Carolers 1:00 Beauty Salon Opens 1:30 Podiatrist visit 2:00 White Bingo w/HOSA 3:00 Christmas Craft 4:00 White Christmas movie White Christmas | 9:00 Morning Greeting 10:00 Exercise 11:00 Cinnamon Ornaments 2:00 Gingerbread Crafts 3:00 Christmas Karaoke 4:00 Holiday Memories "Gingerbread Day" Melba Woodall's Birthday | 9:00 Morning Greeting 10:00 Exercise 11:00 Santa Crafts 1:30 OMS concert 2:00 St. Nick Bingo 3:00 Simple C Trivia 4:00 The Santa Claus Movie "St. Nicholas Day" | 9:00 Morning Greeting 10:00 Exercise 10:30 Manicures 11:00 Fun in the Sun 2:00 Singing with Stan 4:00 Porch Talks |
| 9:00 Morning Greeting 10:00 Morning Worship 11:00 Exercise 2:00 National Guard Gift Giving 3:45 Manicures 4:30 Enjoy the View | 9:00 Morning Greeting 10:00 Devotion w/Jenn 10:30 Exercise 1:30 HOSA Smiles 2:00 Green Bingo 3:00 Christmas Crafting 4:00 Christmas Karaoke Music "Green Monday" | 9:00 Morning Greeting 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Crafting w/Jenn 2:30 Cookies and Carols 3:30 Simple C Name That 4:00 Smell the Pines "Home for the Holidays" | 9:00 Morning Greeting 10:30 Weights Wednesday 11:00 Crafts w/Heidi 1:00 Beauty Salon Opens 2:00 Ornament crafts w/Kesha 3:00 Cold Bingo 4:00 Frosty the Snowman movie "Winter Wonderland Day" | 9:00 Morning Greeting 10:00 Bridges Church 11:00 Match that Sweater 11:30 Feel the Winter Breeze 2:00 Santa Claus is coming to town-Darren 3:00 Christmas Carols 4:00 Christmas Movie "Ugly Sweater Day" | 9:00 Morning Greeting 10:00 Auburn Senior Care Singing 11:00 Jingle Bell Crafts 1:30 HOSA Smiles 2:00 Jingle-O 3:00 Santa/Cookies and Book w/Darren 4:00 Christmas movie "Jingle Bell Rock Day" | 9:00 Morning Greeting 10:00 Exercise 11:00 Fun in the Sun 11:30 Manicures 2:00 Bingo 4:00 Porch Talks |
| 9:00 Morning Greeting 10:00 Morning Worship 11:00 Exercise 2:00 Bingo 3:00 Manicures 4:00 Christmas Music time Hanukkah Begins | 9:00 Morning Greeting 10:00 Devotion 10:30 Snack time 11:00 Outside Musings 2:00 Hot Cocoa/Cookies w/Kristi (Enhabit) 4:00 Simple C Name That | 9:00 Morning Greeting 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Reindeer Games 1:30 Oh Deer Crafts 2:00 SVDP Bingo/Cookies 3:30 Rudolf Jokes 4:00 Sing A Longs "Reindeer Day" | 9:00 Morning Greeting 10:00 Weights Wednesday 11:00 Ornament Crafts 12:30 Birthday Bash Centerwell 1:00 Beauty Salon Opens 2:00 Suzanne & Beth Music 3:00 Scrooge Snacks 4:00 Christmas Carol Movie "Don't Be a Scrooge" | 9:00 Morning Greeting 10:00 Providence Church 11:00 Exercise 2:00 Tillman Singers 3:00 Snowflake Crafting w/Heidi 4:00 One on Ones "Snowflake Day" | 9:00 Morning Greeting 10:00 Exercise 11:00 Christmas Candy time 2:00 Buddy the Elf 3:00 Find the Elf 4:00 Elf Movie "Elf Day" | 9:00 Morning Greeting 10:30 Auburn Therapy Dogs 11:30 Fun in the Sun 2:00 Singing with Stan 3:15 Singing w/Heritage Baptist Church 4:00 Porch Talks |
| 9:00 Morning Greeting 10:00 Morning Worship 11:00 Exercise 2:00 Bingo 3:45 Manicures 4:30 Enjoy the View Winter Begins | 9:00 Morning Greeting 10:00 Hot Chocolate Bar w/Kesha 11:00 Gentiva Grinch &Co. 2:00 Devotion 3:00 Cindy Lou Bingo 4:00 The Grinch Stole Xmas "Grinch Day" | 9:00 Morning Greeting 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Exercise 2:00 Musical Candy Canes 3:00 Christmas Music 4:00 Christmas Movie "Candy Cane Day" | 9:00 Morning Greeting 10:00 Exercise 11:00 Deck the Halls Craft 2:00 Food Network Fudge 3:00 UNO 4:00 The Christmas Story Movie Earnest Gazaway's Birthday "Oh, Fudge Day" "Christmas Eve" | 9:00 Morning Greeting 10:00 Exercise 11:00 Christmas Parade 2:00 Bingo 3:00 Karaoke Christmas Music 4:00 Christmas Movie Christmas Day | 9:00 Morning Greeting 10:00 Exercise 11:00 Artistic Endeavors 2:00 Bingo 3:00 William & John Singers 4:00 Winter Breezes Boxing Day (Canada) Kwanzaa Begins | 9:00 Morning Greeting 10:00 Exercise 11:00 Outside 2:00 Bingo 4:00 Porch Talks |
| 9:00 Morning Greeting 10:00 Morning Worship 11:00 Exercise 2:00 Bingo 3:45 Manicures 4:30 Enjoy the View | 9:00 Morning Greeting 10:00 Devotion 11:00 Exercise 2:00 Dolly Bingo 3:00 Art Hour 4:00 Chilling with Friends "Hard Candy Day" | 9:00 Morning Greeting 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Exercise 2:00 Bingo 3:00 UNO/Memory Game 4:00 Jazzing it up with Friends | 9:00 Morning Greeting 10:00 New Years Parades 11:00 New Years Resolutions 2:00 Last Bingo of the Year 3:00 New Years Punch 4:00 Football New Year's Eve | <div>December 2025</div> <div>"Love is in the Air"</div> | | |