

October 2025

CONNECTIONS

The Still Hopes Community Magazine

50
Years



Cheers from Roy McCrorey!

Nothing says community engagement like an afternoon on the lawn at the Susan Boyd Croquet Court & Pavilion. More on page 10.

OCTOBER BIRTHDAYS

02 Leah Zivony	18 Marcine Thompson
05 Nela Edgar	18 Melinda Parrish
07 Pat Boykin	18 Tricia Welch
08 Katy Rogers	20 Bill Warren
09 Harry Logan	22 Willie Johnson
11 Caroline M Jones	23 Dennis Hillesland
12 Ann Alexander	26 Carolyn Robinson
12 Faye Simmons	26 Mary Russell
13 Julie Rieger	27 Elizabeth Gettys
15 Patricia Snyder	28 BJ Shull
17 Fran Wheeler	28 Charlotte Holmes
18 Brantley Bull	29 Dot Poston
18 Linda Thomas	30 Wally Fortuna
	31 Marie Bussey

Shuttles to
Soda City
Columbia's Saturday Market
Saturday, October 25
Depart: 10:00 am
McDowell Front Entrance

Self-Pay
RSVP IN LE BOOK
Transportation ONLY!



Saturday Movie Matinee

The Thursday Murder Club

2025 • 1hr. 58 min. • PG-13 • CC



SATURDAY, OCTOBER 11

2:00 PM

KEENAN EVENT CENTER

PLEASE FEEL FREE TO BRING
DRINKS AND/OR SNACKS!

Welcome New Residents!

Ann Corbett

Barbara and Terry Reideler

New Resident Reception

Tues. Oct. 14 5:00 pm, Atrium

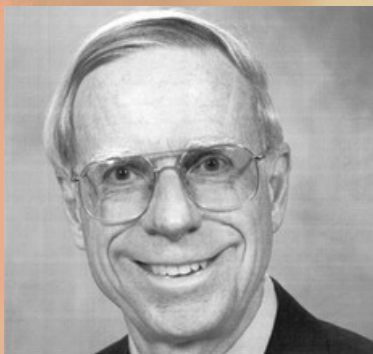
Please wear your name badges!

Dr. Don Greiner's Fall Film Noir Series

Fridays @ 1:00 pm

Keenan Event Center

*Unless otherwise indicated**



*Each screening includes a brief
introduction and an optional post-film
discussion led by Don.*

Closed Caption when available

Hollywood Hits will not take place during this series.

10.3

Le Samourai
1967 • 1h 41m

10.10

Point Blank
1967 • 1 h. 32m.

10.17

Bullitt
1968 • 1h.54m.

10.24

**Multipurpose Room*

Vertigo
1958 • 2h 8m

10.31

Touch of Evil
1958 • 1h. 35m.

11.7

Night and the City
1950 • 1h. 36m.

11.14

The Late Show
1976 • 1h. 33m.

Lunch Bunch

DIPRATO'S

FRIDAY, OCTOBER 10, 2025

DEPART: 11:00 AM

MCDOWELL FRONT ENTRANCE

RSVP IN LE BOOK, SELF-PAY



TEAM TRIVIA

MONDAYS | 5:00 PM

KEENAN EVENT CENTER

All-Ravel Program with Opus Two

Sunday, October 12 | 2:00 pm

Keenan Event Center

Opus Two, the internationally acclaimed duo of USC violinist Dr. William Terwilliger and University of Colorado pianist Andrew Cooperstock, will present an all-Ravel program celebrating the 150th anniversary of Maurice Ravel's birth. The concert features the youthful Sonate Posthume, the well-known Sonata in A Minor with its Blues-inspired second movement and dazzling finale, and concludes with the expressive Piano Trio, joined by cellist Ryan Knott.

October Game Schedule

Hand & Foot Card Game

Friday, October 10 & 24

10:00 am | Arts by Design Studio

Mah Jongg

Fridays in October

1:00 pm | Arts by Design Studio

Duplicate Bridge *RSVP in LE Book*

Thursday, October 9 & 23

2:00 pm | Multipurpose Room

Mexican Train

Monday, October 13

2:00 pm | Multipurpose Room

Apartment, Cottage, & Concierge Suites Life Engagement Bus Departure Times

Publix Grocery Shopping

Wednesday, October 1 | 10:15 am

Walk to End ALZ at Segra Park

Supporting Team Still Hopes

Saturday, October 4 | 8:45 am

Lunch at USC's McCutchen House
& guided tour of Celebrate 100 years of
Elmore Leonard USC Library Exhibit

Tuesday, October 7 | 11:15 am

Shuttle to SC State Fair

Thursday, October 16 | 1:00 pm

Lunch Bunch: DiPrato's

Friday, October 10 | 11:00 am

BalloonFest & Foothills of NC Trip

Friday, Oct. 17 & Saturday, Oct. 18

9:00 am *Overnight trip*

Windy Hill Orchard & Cidery

Sunday, October 26 | 1:00 pm

USC Symphony Orchestra at the Koger

Tuesday, October 28 | 6:45 pm

Shuttles to Soda City Market

Saturday, October 25 | 10:00 am



Still Hopes Employee of the Month **Hector Rand** *Preventative Maintenance Technician*

I am pleased to nominate Hector Rand for Employee of the Month. As a Preventative Maintenance Technician, Hector consistently goes above and beyond in his role, demonstrating exceptional dedication, attention to detail, and a consistently positive attitude.

One recent example that stands out occurred while Hector was cleaning the floors in the Atrium. Without being asked, he took the initiative to check in with Keenan regarding the setup for an upcoming leadership meeting. Noticing that the tables needed attention, Hector immediately began wiping them down to ensure everything was spotless and presentable.

What Hector didn't know at the time was that we had visitors arriving from the Darla Moore School of Business that day. His proactive mindset and commitment to excellence ensured the space was not only ready for leadership's use, but also made a strong, positive impression on our guests. His initiative reflected well on the entire team and helped us put our best foot forward.

Hector's thoroughness and willingness to step outside of his standard duties exemplify the kind of reliability and pride in work that elevate our workplace. His upbeat and can-do attitude positively impacts everyone around him and sets a great example for others.

For these reasons, I enthusiastically recommend Hector for Employee of the Month recognition.

Submitted by: Rachel Hawkins, PHR



FRIDAY, OCTOBER 31

PUMPKIN DECORATING CONTEST

Atrium | 9:30 am

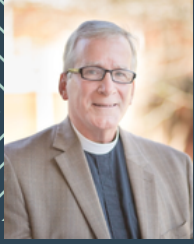
To register, please contact Kimberley Koon, Life Engagement Coordinator at kikoon@stillhopes.org

COSTUME CONTEST

Keenan Event Center | 10:00 am

To register, contact Michelle Rabon, Life Engagement Director at mrabon@stillhopes.org

Staff & Residents are encouraged to participate! Employees must have their supervisors' approval.



Chapel of the Holy Spirit

REV. DOUGLAS GRAY, CHAPLAIN 803.739.5033 | dagray@stillhopes.org

REV. ERIC DYE, ASSOC. CHAPLAIN 803.240.8278 | erdye@stillhopes.org

Sunday Worship Service

*Join us for Worship
in the Chapel of the Holy Spirit
Sundays • 11:00 am or live stream
service on channel 1390/122.
Morning Prayer with Homily
On October 12 - No Communion*

Chapel Healing Service

Led by Trinity Cathedral Clergy
**The next service will be held on
Wednesday, October 8 • 11:00 am
Chapel of the Holy Spirit
All residents are welcome to attend.
Holy Communion and
prayers for healing.**

We fondly remember...

Barbara "Bobbie" Metzger
Judy Chaplin

Bible Studies

Monday Bible Study

Led By Ella Pfaehler

A Life Beyond Amazing

A video series by Dr. David Jeremiah

Mondays • 11:00 am

Chapel of the Holy Spirit

Monday Bible Study

Weekly Gospels

Mondays • 1:30 pm

Guignard Dining Room

Will not meet on Oct. 13 and Oct. 20.

Men's Bible Study

Acts

Tuesdays • 11:00 am

Guignard Dining Room

Will meet in Keenan 1 on Oct. 14.

Thursday Bible Class

The Chosen - Season 5

Meets at 10:30 am in the

Chapel of the Holy Spirit

Will Not Meet on October 9.



St. Francis' Day Blessing of the Animals

Saturday, October 4

2:00

Hopewell Courtyard

Bring your furry friends for a blessing!



LIFE ENGAGEMENT

Living a vibrant and full life!

Residents are given many opportunities and choices of maintaining a full, active lifestyle



Michelle Rabon
Director of Life
Engagement
mrabon@stillhopes.org
910-367-9711

Casino for a Cause

*Drop in and play Bingo, Slots,
Blackjack & More!*

Resident Charge for Casino Chips!

Thursday, October 2

6:30 pm

Keenan Event Center

Every dollar raised helps fund Alzheimer's research, care, and support services. Enjoy a Vegas-style night of fun while supporting our Walk to End ALZ Team.

WINDY HILL ORCHARD & CIDERY

Purchase pre-picked apples from the Farmstand, enjoy a cidery tasting, and cider doughnuts, all in one beautiful afternoon at the Windy Hill Orchard & Cidery in York, SC

SUNDAY, OCTOBER 26, 2025

1:00PM

MCDOWELL FRONT ENTRANCE

RSVP IN LE BOOK, RESIDENT CHARGE

BalloonFest & Foothills of NC Trip

Friday, Oct. 17 & Saturday, Oct. 18

Depart: 9:00 am

McDowell Front Entrance

The Carolina BalloonFest, known as the second oldest hot air balloon festival in the country, features hot air balloon competitions, mass ascensions, and evening balloon glows in addition to live entertainment on two stages, a marketplace and artisan village, plus NC wine and craft beer garden.



This is an overnight trip to Statesville, NC which includes transportation, admission to the festival, accommodations, and breakfast. Dinner and drinks are self-pay.
Cost: approx. \$275

TECH WORKSHOP: AI (PART 2)

Discover AI and All its uses with Expert Alex Moore

Tuesday, October 14 | 2:00 pm | Keenan Event Center

Alex Moore, MBA, is a senior partner and marketing strategy expert at Stratagon. Alex is passionate about marketing technology, automation, CRM and using leading tech tools, like Artificial Intelligence, (AI), to create forward movement in business and in life. In Part 2 of this workshop, Moore will explore the uses of AI far beyond ChatGPT, and how its many uses may revolutionize our lives, healthcare, and business...for better and for worse.





Afternoon with Andy Armstrong Chamber Music Series

Eight performances, with internationally celebrated artists

A magical blend of amusement, discovery, community, and unparalleled artistry with renowned pianist Andy Armstrong, joined by an array of world-class virtuoso musicians. The Keenan Event Center provides the perfect setting on Main Street at Still Hopes Episcopal Retirement Community for memorable afternoons that will transcend your musical imagination.

Geneva Lewis



Kevin Zhu

Support the Chamber Series using one of the following options:

- Mail check for Afternoons with Andy Armstrong to Christie James, Director of Community Development, Still Hopes, P.O. Box 2959, West Columbia, SC 29171
- Contact us for details regarding direct bank, cash, and stock transfers: Christie James 803-739-5006 or Joe Wenger, Chief Financial Officer, 803-739-5008.

25'-26' Chamber Series Schedule

Geneva Lewis, Violin
Wednesday, November 5 | 4:00 pm

Nathan Meltzer, Violin
Alice Yoo, Cello
Wednesday, December 3 | 4:00 pm

Kevin Zhu, Violin
Sunday, February 1 | 4:00 pm

Andrew Wan, Violin
Friday, March 27 | 4:00 pm

Ani Aznavoorian, Cello
Thursday, April 2 | 4:00 pm

Ryan Corbett, Accordion
Yoonah Kim, Clarinet
Tuesday, April 28 | 4:00 pm

Jeewon Park, Piano
Demarre McGill, Flute
Tuesday, May 18 | 4:00 pm



Alice Yoo



Nathan Meltzer



Ryan Corbett



Ani Aznavoorian



Andrew Wan



Park Jeewon



Demarre McGill



Yoonah Kim



Baron Moyer **Employee of the Year** *by Judy Milone*

When Baron Moyer was hired by Still Hopes two years ago for a wait staff position, he wasn't 100% sure what to expect. At age 23, he knew he wanted a helping or service career of some sort, but the specifics eluded him. He had thought about forestry, health care, customer service, and firefighting but none felt exactly right. As anyone knows, who has been served a meal in Still Hope's Palmetto Dining Room and has experienced Baron's level of excellent service, he has found his groove. In his wait staff duties, Baron is kind, attentive, and responsive to diners' requests, wanting to ensure them a pleasurable time. For his superior work skills and all-around graciousness and professionalism, Baron was selected, employee of the month in December 2024 and employee of the year in August 2025.

Baron is a local boy, growing up in Forest

Acres and a graduate of A.C. Flora High School. He loves being in the country, fishing in local ponds and enjoying time alone in nature, and spending time with his niece and nephew. Baron credits his parents for raising him and his brother with values of family, kindness, and helping others. Upon receiving his awards, he immediately tipped his hat to his parents. He's also proud of his brother, who is a firefighter in Kershaw County and endeavors to give him support and encouragement in his essential but stressful job. In terms of his own professional growth, Baron acknowledges he has much to learn in the culinary field and that he is in the right place to do so. He states he has already learned a lot from his managers about food presentation, and he now trains newly hired staff himself. He also has expanded his responsibilities to include catering events.

Baron's professional goals have not kept him from enjoying various interests when he's not on the job. From his father he learned to play jazz guitar. [How he has escaped performing in Still Hopes talent shows is a mystery- but he's sure Life Engagement will continue to pursue him]. Baron is an avid collector and wearer of rare and exotic cowboy boots and belongs to the international 50,000+ member Cowboy Boot Collectors. He also follows the Pre-Ban Cowboy Boot Collectors, whose membership consists of folks who own boots made from animal

(continued page 9)

(continued from page 8)

skins, a process no longer legal. Baron is working on his Halloween get-up for this year, having already been Tom Cruise and Forrest Gump in years past... one wonders what could be next?

Baron's story, which is really just beginning, is inspiring in that a young person found his calling. It illustrates the power of entry level jobs and how impactful they can be for a person- and for the employer and surrounding community. Still Hopes benefits from having him and so many other young people that do a great job of caring for us and attending to our needs. We know we will see more of them in the future... and Baron will be cheering them on.

LIVE FROM THE LAWN

**Tuesday, October 7th and 21st
3:00 pm**

**Sit on the Porch or Outside the
Mansion on the Lawn**

*Enjoy a glass a wine while
enjoying music*

Saxophonist and bandleader Dr. Robert Gardiner is a driving force in South Carolina jazz, known for his soaring sound, inventive improvisations, and passionate artistry. With the Robert Gardiner Super Cool Jazz Quartet, he delivers performances that are both sophisticated and fun—a lively celebration of the spirit of live jazz.

THE GREAT WHODUNNIT MURDER AT THE COLOSSEUM

Tuesday, October 28

2:30 pm

Keenan Event Center

A shocking crime has been committed, and it's up to YOU, the detectives, to piece together the clues, question the suspects, and uncover the culprit. Join us for an afternoon of intrigue, laughter, and suspense as we solve the mystery of the Murder at the Colosseum!

REDUCE ♻️ REUSE ♻️ RECYCLE



Join Bill Belvin in reducing the use of plastic and paper bags by using your complimentary bag (shown here) from the Grounds and Landscaping Committee. Use this bag to carry your groceries, to-go orders from the Bistro, and purchases from the Shoppe on Main. The bag is made from 100 percent recycled materials. This small change decreases our footprint in what goes to the landfill from Still Hopes.

STILL HOPES 2ND FIFTY FUNDRAISING CAMPAIGN

We're celebrating Still Hopes' first 50 years by seed-funding our 2nd Fifty!

Thanks to you, our campaign is off to a solid start! At little over four months in, we have reached almost 40% of our goal with gifts of \$187,000 as of 9/15/2025.

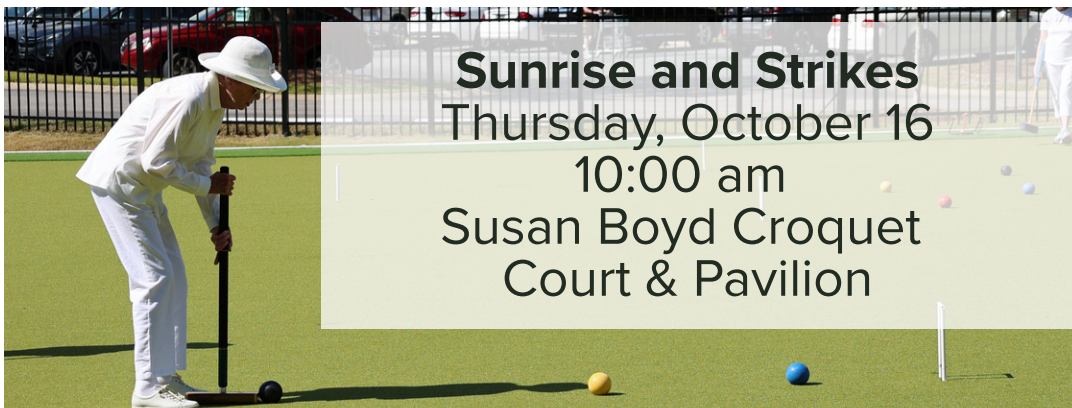
Please consider us as you begin your end-of-year gift planning.

Donations, pledges, and planned gifts to any Still Hopes fund, program, department or purpose made between May 1, 2025 & April 31, 2026 count as campaign contributions!

Resident Assistance, Chaplain's Discretionary, Employee Assistance, Unrestricted, Chapel, Danny Sanford Innovation Fund, , Life Engagement, Andy Armstrong, Wellness, Culinary, Grounds & Landscaping, Rehab, Rose Gardens, Assisted Living, Skilled Nursing Memorials, Honoraries, Angel Tree, ...

Contact: Christie James, Dir. of Community Development
cejames@stillhopes.org, 803-739-5006
The Guignard Mansion

50
Years
STILL HOPES





14th annual First Responders Breakfast & Vehicle Parade

Honoring first responders from Lexington,
Cayce, and West Columbia - Thank you to
our local firefighters, law enforcement,
public safety officers, and EMTs.

Ambassadors Bill Payne and Richard Wilson
led the vehicle parade around campus
in the trolley with Life Engagement.



Community Services

AN ONSITE, ONGOING PROGRAM FOR
APARTMENT, CONCIERGE SUITES &
COTTAGE RESIDENTS



Kim Carpentier
*Director of Community
Services*
kmcarpentier@stillhopes.org
803.739.5047

HEALTHY DYNAMICS

NEWS YOU CAN USE!

Getting to Know You



Featuring
Dr. Oscar Lovelace, The New
Medical Director & Concierge
Physician at Still Hopes

Dr. Lovelace will introduce himself as well as answer any questions you may have about the new practice and his team.

Thursday, October 30 | 3:00 pm
Keenan Event Center

And we will introduce Dr. Lovelace to our tradition of enjoying chocolate too!



THE VISIONARIES: LOW VISION SUPPORT GROUP

Join us for our next quarterly meeting
on **Wednesday, November 19 · 2:00 pm**
Guignard Mansion Dining Room

3D Digital Mammography Screening

The Mobile Mammography Unit
from PRISMA HEALTH

Thursday, October 9, 2025

Pick up an information flyer at the Healthy Dynamics table on Main St.
To schedule an appointment, please call
Prisma Health Scheduling at
803-434-9100.

For questions, call Kim Carpentier at
803-739-5047.

Mindfulness and Meditation

Each Wednesday from

4:00pm - 4:30 pm

Guignard Mansion

NO EXPERIENCE NECESSARY!

"It always seems impossible until it's done."
Nelson Mandela

SHARE: Caregiver Support Group



*open to all residents who are care
partners for a spouse*

Tuesday, October 7 | 1:30 pm-2:30 pm
Guignard Dining Room

PRESCRIPTION MEDICATION DISPOSAL

Bring your outdated or unused
prescription medication to the
McDowell Front Desk on

Tuesdays and Thursdays
from 9:00 am – 11:00 am

*Please mark through all personal
information on the medication label.*

Hearing Services

Hearing Device Specialist

Mike Arndt



Please call Mike's office, *Digital Hearing Outlet* at 803-490-2920 to schedule an appointment to be seen at Still Hopes.

Parkinson's Support Group

**Welcomes those living with Parkinson's
Disease and their care partners to join us at
our next quarterly meeting on:**

Friday, November 21 · 11:00 am
Keenan Room 3

Fall 2025 Vaccine Clinic



McHugh Pharmacy Group

Presented By: McHugh Pharmacy Group

Tuesday, October 7, 2025

Keenan Event Center

9:00 am to 1:00 pm

*Offering: The Covid Vaccine
More information to come!*

Clearing the Path & Finding The Way: Dementia Resource Group

Open to all residents who are care partners
to those navigating cognitive challenges.

Tuesday, October 14 1:30-2:30 pm

Guignard Dining Room

WELLNESS CHECKS

**Mondays &
Thursdays**

9:30- 11:00am

Mondays: Card Room 2,
2nd Floor McDowell

Thursdays: Spa Room 1,
Wellness Center

*Wellness Checks are performed by our
Solutions for Living at Home staff members.*

Open To Hope Grief Support Group

Please join group leaders **Nela Edgar,**
& **Patsy Malanuk** for support and resources
following the loss of a loved one.

Wednesdays, October 1, 15, & 29

1:00 pm–2:00 pm

Guignard Music Parlor

Shoppe on Main

Gifts, Lifestyle Items, Cards, Snacks,
Martha's Menna Cheese, and more

10:00 am to 12 pm & 1:00 to 3:00 pm

Life Engagement Services

HAIR SALONS

Jessica Crawford & Rachael Johnson

Monday-Friday

803.739.5017

ALTERATION SERVICES

DESIGNS BY JUANITA

Every Wednesday, 10:00-11:00 am

McDowell Second Floor Card Room #1

No Cash, Resident Charge Only!

MEDICAL TRANSPORTATION

Monday-Friday

James Gary

Transportation Coordinator

803.995.8126

PODIATRY SERVICES

Podiatrist Dr. Keyoka Smith will be
at Still Hopes in the

**Wellness Center Spa Room
on Wednesday, October 8**

Please sign up to see Dr. Smith in the
Healthy Dynamics book on Main Street.

**We will call you to schedule your
appointment.**

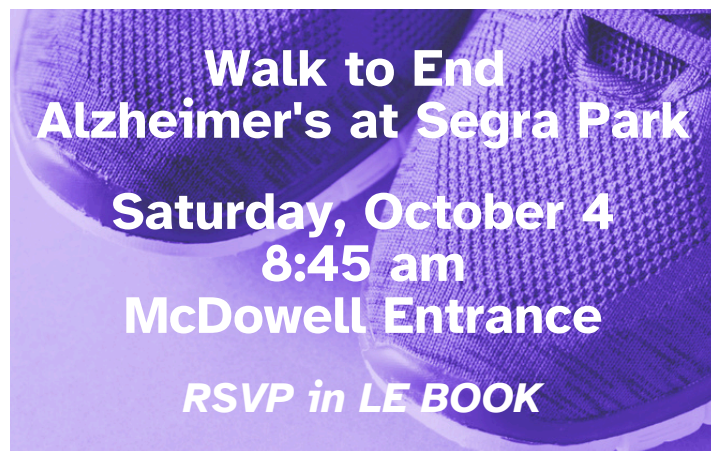
Due to high demand, we occasionally
experience a waitlist for new patients.
If you are interested in becoming a patient of
Dr. Smith's, Holly Faulkenberry is happy to
discuss her current availability with you.
Please call Holly at 803-995-8133.



Croquet with Friends in Cullasaja, Highlands

Still Hopes friends beat the southern heat in July and enjoyed three days in Cullasaja, located in the Highlands of North Carolina. At the invitation of Cullasaja homeowners Caroline Ellerbee and Frazer McCrorey, they discovered an active croquet community, spectacular mountain views, and a lesson to improve their game. “Croquet is competitive and yet very simple to play in Cullasaja”, explained Caroline, who traditionally spends May through October in the Highlands. She has been a golfer most of her life. When she injured her shoulder, she found croquet as a good substitute. “I wanted these ladies to see a busy croquet community,” said Caroline. “I wanted them to see how social the game can be.” Rhonnie Newton sharpened her skills during the lesson with a professional instructor. “We had the best time.” Back in West Columbia, this group of friends continue to play together on the Susan

Boyd Croquet Court. They have been dedicated attendees of the organized games on the lawn and go out often to play when the heat index is low and tolerable. Ready for fall, these friends will be hard to beat during *Sunrise & Strikes*, which is scheduled at 10 am on Thursday, October 16 with Life Engagement. “We are delighted to have our own croquet court here,” said Caroline. “We adore Susan Boyd and thank her for this tremendous gift.” As a member of the US Croquet Association, Still Hopes players are learning that golf croquet requires the same level of accuracy and tangible awareness with a less complicated scoring system than other sports such as golf or pickleball. “It is easier on the joints, too,” said Caroline. The Susan Boyd Croquet Court and Pavilion is open daily for play throughout the year at Still Hopes without reservations. Proper shoes are required.



Taylor Hall

Director of Wellness
thall@stillhopes.org
(803) 739-5044



WELLNESS

Live Bold. Live well.



Upcoming Classes

Tai Chi for Balance

Start Date: Tuesday, September 16
End Date: Thursday, October 23
Schedule: Tuesdays & Thursdays at 2:30 PM
Location: Aerobics Studio
Cost: \$120 for 12 classes

This class will work towards improving balance, mobility, coordination, and gaining more confidence in movement. Using Taijiquan as a path to internal cultivation, we will focus on subtle shifting of weight and developing good posture for ease of movement and better balance. You can practice Tai Chi using ambulatory devices or sitting in a chair as well as standing. Registration is Required! Contact the Wellness Center at (803) 223-6180 to register.

Chair Yoga

Start Date: Tuesday, September 30
End Date: Thursday, October 30
Schedule: Tuesdays & Thursdays at 1:30 PM
Cost: \$50 for 5 classes | \$100 for 10 classes
Location: Petite Studio, HopeWell
Registration is required. To register, please contact the Wellness Team at (803) 223-6180.

Participants will be engaged in learning and performing movements surrounding the six motions of the spine. Increasing mobility and flexibility from the foundations of their “feet and seat”. Breath work through breathing techniques to increase lung capacity and to help with emotional aspects of life. With the support of a chair, students will focus on increasing range of motion and balance as well as strength. Different props will be used periodically during these lessons.

The Wellness Team would like to introduce to you our new BeFit Academy. The BeFit Academy equips seniors with the knowledge, tools, and skills to maintain vitality, independence, and holistic well-being as they age. It is dedicated to empowering older adults to thrive through a supportive, hands-on learning environment focused on the eight dimensions of wellness.

Session 1: BeFit in the Skeletal System and Bone Health

Join us on Wednesday, October 29, at 3:00 pm for our BeFit Academy session on the skeletal system and bone health.

During this session, we'll explore:

- Functions of the skeletal system
- How bones are formed
- Bone health
- How bones change with age
- Understanding conditions like osteopenia and osteoporosis

We'll finish the session with a series of guided exercises designed to support and strengthen your bones.

This BeFit Academy session will be held in the Petite Studio at 2:00 pm. Limited space available, please register either on The Hub or call (803) 223-6180.

LADYBUG'S GARDENING CLUB

This fall at Still Hopes, Brittany “Ladybug” Rogers leads hands-on garden workshops where residents can plant live bags of herbs, flowers, and winter greens. Each session blends planting with storytelling—showing how pollinator plants support wildlife, how soil health fuels nutrition, and how herbs can be used in teas and as natural remedies. The result? Brighter patios in winter, fresh flavors for meals, and a deeper connection to nature. Fun, educational, and uplifting, these programs make gardening both a joy and a source of well-being.



**Wednesday, October 15 | 10:30 am | Keenan 2
Veggie (Salad in a Bag)**

**Wednesday, October 22 | 10:30 | Keenan 2
Flower (Blooms for Bees & Butterflies)**

**Wednesday, October 29 | 10:30 | Keenan 2
Herb (Herbs for Taste & Memory)**

RSVP in the LE Book. \$55.00 per class.
Reservations will close 3 days before each class.



A Journaling Jaunt through the Psalms with Patsy White

**Thursdays: 16th, 23rd, and 30th
1:00 pm to 2:00 pm**

McDowell 3rd Floor Activity Room

Limit 15. RSVP in LE Book

Join me, Patsy White, in a Journaling Jaunt through the Psalms. Ten years of journaling does not in any way make me an expert, but the experience has been so precious

and helpful to me as a caregiver that I long to share it with any interested people.

I'll offer a brief introduction to spiritual journaling as a springboard into your own discovery of the rich treasures to be found in these ancient hymns. The benefits: stress and anxiety reduction, spiritual connection, and an increase in joy and wonder. There are no rules, for you will find your own way to enter the psalm: your writing is private, no competition. Finally, there will be chocolate, and the first meeting will include a drawing for a journal.

Residents welcome New Medical Director Dr. Oscar Lovelace *Read more on Page 12*



WE LISTEN. WE PLAN.
We Care.

Alzheimer's/Dementia Care • Wellness Support
Private Nursing Service • Hospital/Transitional Care
Transportation • Professional Care Management
Meals • Housekeeping • Personal Care



Solutions
for living at home

A MINISTRY OF STILL HOPES

Learn more or get started today
solutionsforlivingathome.org | 803.223.6173



JBG residents are keeping their minds and bodies fit with pool noodle exercises.



Forks, Knives &
Spoonbills Conservation Dinner 2025
SC Wildlife Federation Annual Fundraiser





STILL HOPES

Episcopal Retirement Community

P.O. Box 2959
West Columbia, SC 29171-2959
stillhopes.org

NONPROFIT ORG
US POSTAGE
PAID
COLUMBIA SC
PERMIT NO 42

Save The Date

STILL HOPES ANNUAL HOLIDAY MARKET

Tuesday, November 11, 2025

10:00 am - 5:00 pm

Keenan Event Center

Vendors, reserve your booth at the market by
contacting Kimberley Koon at 803.739.5018 or
Kikoon@stillhopes.org.

Registration deadline: Monday, October 13, 2025