



STILL HOPES  
Episcopal Retirement Community

# Connections

*A newsletter for the entire community*

MARCH 2024 ISSUE

## *Celebrating Excellence*

### SOLUTIONS FOR LIVING AT HOME'S TRIPLE CROWN ACHIEVEMENT

In a remarkable showcase of dedication and service excellence, Solutions for Living at Home has once again set a benchmark in the home care industry by clinching all three prestigious awards from Home Care Pulse for the second consecutive year.

*Celebrating Excellence, continued on Page 11*

### *Inside*

### FAITHFULNESS REWARDED

by Judy Milone

Rob Graybill honored for  
loyalty to the University  
of South Carolina

Page 11





# Chapel of the Holy Spirit

REV. DOUGLAS GRAY, CHAPLAIN 803.739.5033 | [dagray@stillhopes.org](mailto:dagray@stillhopes.org)

REV. ERIC DYE, ASSOC. CHAPLAIN 803.240.8278 | [erdye@stillhopes.org](mailto:erdye@stillhopes.org)

## Sunday Worship Service

*Join us for Worship  
in the Chapel of the Holy Spirit  
Sundays · 11 a.m.*

Communion will be served.

*Lenten Sermon Series:  
Praying Simply, Simply Praying  
based on the Lord's Prayer.*

## Bible Studies

### BIBLE STUDY

**Weekly Gospels**  
Mondays · 1:30 p.m.  
3rd floor McDowell  
Activity Room

### MEN'S BIBLE STUDY

**Genesis**  
Tuesdays · 11 a.m.  
3rd floor McDowell  
Activity Room

## Morning Prayer

*Sundays · 11 a.m.*  
televised on Still Hopes TV  
Channel 1390/122

## Chapel Healing Service

Led by Trinity Cathedral Clergy

*The next service will be held on  
Wednesday, March 13 · 11:00 a.m.*

Chapel of the Holy Spirit  
A service for all residents of Still Hopes.

## Bible Class

The Bible Class will not meet in March and April and will resume on May 23 after the Alpha Course has concluded.



## ALPHA COURSE COMING SOON!

The Alpha Course begins Thursday, March 7 at 10:30 a.m. in Keenan 3. The course includes a video

presentation by the Reverend Nicky Gumbel and an opportunity for small group discussion in a safe and friendly environment. **Registration required and sign-up will be limited.**

For more info, call Chaplain Doug at 739-5033.

## HOLY WEEK SCHEDULE

Palm Sunday	11 a.m.	Sunday, March 24
Maundy Thursday	4 p.m.	Thursday, March 28
Good Friday	4 p.m.	Friday, March 29
Easter Sunday	11 a.m.	Sunday, March 31

## ALPHA COURSE SCHEDULE

Thursdays | Keenan 3\*  
March 7 - May 9 | 10:30 a.m. - 11:50 a.m.

*\*unless otherwise noted*

March 7	"Who is Jesus?"
March 14	"Why Did Jesus Die?"
March 21	"How Can I Have Faith?"
March 28	"Why and How Do I Pray?" (Keenan 1 & 2)
April 4	"Why and How Should I Read the Bible?"
April 11	"How Does God Guide Us?" <i>Chapel</i>
April 13 1:30 p.m. -5:00 p.m.	<i>Holy Spirit Saturday</i> (3 talks): "Who is the Holy Spirit?"; "What Does the Holy Spirit Do?"; and "How Can I Be Filled with the Holy Spirit?" <i>Chapel</i>
April 18	"How Can I Resist Evil?"
April 25	"Why and How Should I Tell Others?" <i>Chapel</i>
May 2	"Does God Heal Today?"
May 9	"What About the Church?"



## Shining Star:

**STILL HOPES EMPLOYEE OF THE MONTH: BRITNEY BURNSIDE**

**Britney's Nomination:** Britney is charged with the day-to-day responsibility of keeping the landscaped grounds of our exceptional campus in good condition. Britney deserves our appreciation and recognition for a job well done with this nomination for Still Hopes' Employee of the Month. It's not an easy job; with limited resources, she is out there every day tending to routine maintenance and addressing what are normal tasks or problems, like fickle irrigation systems and plant related challenges, plus seasonal challenges (think 90° heat) and other competing demands.

In addition to her routine assignments, Britney also undertakes special landscaping assignments when needed. Two recent special assignments include the redesigned landscaping at the Bistro and the newly planted grounds of the Human Resources and Solutions building on Knox Abbott Drive. These areas showcase her chosen combinations of colorful perennials and have been a delight to observe as they have grown and bloomed.

Furthermore, Britney recently made a special presentation on the successful cultivation of indoor plants for our residents' entertainment and continuing education. Residents were especially pleased to learn about plants well-suited to apartment growing conditions and their specific maintenance needs. Britney answered residents' questions with aplomb. Her vast knowledge, ease with public speaking, and impressive interaction with her audience was again demonstrated in another presentation on the interrelated habitat and wildlife within the forest.

Britney's proven horticultural skills, in addition to her wealth of knowledge, dedication to her duties, patience, and amiable temperament, are greatly appreciated. We are indeed fortunate to have Britney here, sharing her special skills and ensuring that our landscape gardens and natural areas contribute to our sense of pride-of-place and well-being.

- Submitted by Fran C. Wheeler, Judy Milone, Margaret Senn, Joanne Meccia, Sandra O'Neal, Jo Franklin, Ella Pfaehler, Liz Wheeler, Dorothy Davis, Ardis Savory, Jerry Dell Gimarc, Eli Wishart, Hilary McDonald, Ed and Shue Shumes, Mari Lloyd, John and Cookie Cloyd, David and Susan Blazon, Bill Belvin, Missy McIver

## Welcome New Residents!

CHUCK BRAUN

CINDY GARY

## March Birthdays

01 Charlie Johnson	15 Liz Wheeler
01 Joy Padgett	16 Anne Romaine
01 Karl Pfaehler	17 Elaine Ferrell
02 Crosby Adams	21 Charles Bussey
05 Ann O'Ferrell	21 Lorna Mura
06 Lee Minghi	23 Pearl Allen
08 Reid Ellis	23 Nikki Fallis
08 Patsy Malanuk	23 Cindy Gary
09 Trina Carter	24 Linda O'Brien
10 Sara Conde	26 Peter Lloyd
13 Alice Thurstin	30 Tom McLean
13 Myra Torres	30 Mary Townsend
15 Sandra Baggette	31 Emilie Guignard
15 Charlotte Rowell	

## We fondly remember...

SARAH TERRILL

MARTHA HELEN KING

JERRY BRENNECKE

NANCY FRICK

CHARLIE JACOCKS

KEN HUMPHRIES

EDDIE PENDER

SARA FREEMAN

REGGIE FREEMAN

*Heartfelt sympathy is extended to family and friends.*





## Apartment, Cottage, & Concierge Suite Life Engagement Bus Departure Times

Mon., March 4 6:00 p.m.	Chamber Music on Main, Columbia Museum of Art	Wed., March 20 12:00 p.m.	Lenten Service & Lunch at Trinity Cathedral
Tue., March 5 10:15 a.m.	Grocery Shopping at Publix	Thur., March 21 10:15 a.m.	Trail Blazers Walk at Saluda Riverwalk
Wed., March 6 12:00 p.m.	Lenten Service & Lunch at Trinity Cathedral	Thur., March 21 1:30 p.m.	Veterans Experience Action Center at Bluff Rd. National Guard Armory
Sun., Mar. 10 2:15 p.m.	Town Theatre Presents: <i>Beautiful</i>	Fri., March 22 9:30 a.m.	Veterans Experience Action Center at Bluff Rd. National Guard Armory
Wed., March 13 12:00 p.m.	Lenten Service & Lunch at Trinity Cathedral	Sat., March 23 6:45 p.m.	SC Philharmonic at the Koger Center
Fri., March 15 10:45 a.m.	Lunch Bunch at Hudson's BBQ	Tues., March 26 6:45 p.m.	Broadway in Columbia: <i>Get On Your Feet</i> at the Koger Center
Tue., March 19 6:45 p.m.	USC Symphony Orchestra at the Koger Center	Wed., March 27 12:00 p.m.	Lenten Service & Lunch at Trinity Cathedral

### Hollywood Hits

**Fridays** | 3:00 p.m.  
Keenan Event Center

**March 1** *Oh, God!*  
PG | 1 hr. 38 min. | 1977

**March 8** *Rear Window*  
PG | 1 hr. 52 min. | 1954

**\*Saturday, March 16** *Priscilla*  
R | 1 hr. 50 min. | 2023

**1:00 p.m.** *Jackie*  
R | 1 hr. 40 min. | 2016

**March 22** *Secondhand Lions*  
PG | 1 hr. 51 min. | 2003

### Classical Conversations

with Morihiko Nakahara,  
Music Director of the SC  
Philharmonic Orchestra

Thursday, March 21 | Keenan  
4:30 - 5:30 p.m. | Event Center

Learn more about the SC Philharmonic through the words of Morihiko Nakahara's pre-concert lecture about the upcoming concert, *Wolfgang and Wine!*

FIRST BAPTIST CHURCH OF COLUMBIA

### Senior Choir Spring Concert

Tuesday, March 26 | 11:30 a.m.  
Keenan Event Center

### Lenten Speaker Series & Luncheon

TRINITY EPISCOPAL CATHEDRAL

The weekly Lenten speaker series and luncheon will be held on Wednesdays at Trinity Episcopal Cathedral. Check weekly for bus availability. Lunch will be served after the service.

Wednesdays | Depart: 12:00 p.m.  
Self-Pay



# Music with Mike

*Sponsored by Mike Arndt, Still Hopes  
Hearing Specialist*

**Monday, March 4**

*Featuring Frank  
Fickling - Guitarist*  
**3:30 p.m. & 6:15 p.m.**  
**Keenan Event Center**

The series is sponsored by ReSound, the makers of Omnia hearing aids, and hosted by Mike Arndt with Digital Hearing. Free trials offered during the series on the latest Omnia technology which promises 150 percent reduction of background noise.

## *Chamber Music Recital: A Czech Collection*

**Friday, March 29 | 3:00 pm.**  
**Club Room**

This chamber recital is presented by students at the University of South Carolina. It showcases 20th century compositions by Czech composers Novák, Janáček, and Martinů.



## **LUNCH BUNCH AT HUDSON'S BBQ**

**Friday, March 15 | Depart: 10:45 a.m.**  
*Self-Pay*

## **Would You Like to Write a Short Story?**

*Five-week short story writing  
workshop instructed by Dr.  
Charles Israel, Professor Emeritus  
of Literature and Writing,  
Columbia College, SC*

**Fridays | 11 a.m. - 12 p.m.**  
**McDowell 3rd Floor Activity  
Room (Building 4)**

Each class will include discussions of famous short stories. Classes will also include readings by workshop participants of their short stories in progress. Periodically, participants will submit parts of their short stories for comments by the instructor. *Limited Class Size. Sign up in the LE Reservation Book on Main Street.*

## **W. A. Perry Middle School Spring Performances**

**Monday, March 11 | 10:15 a.m.**  
**Keenan Event Center**

Performing Art Students from W. A. Perry Middle School will be showcasing their talents.

## **SHAMROCK SHINDIG**

**Friday, March 15 | 3:30 p.m.**  
**Keenan Event Center**

Tunes by Bob Michalski and dancers from the Connick School of Irish Dance. Be sure to wear **green!**



## Civility and Politics

Thursday, March 14  
3:00 p.m.

Presented by Howard E. Duvall, Former City of Columbia Council Member and Executive Director of the Municipal Association of SC and Todd Glover, Executive Director of the Municipal Association.



## History of the City of Columbia & Elements of the City's New Flag

Wednesday, March 20 | 4:00 p.m.  
Keenan Event Center

*Presented by Howard E. Duvall, former Executive Director of the Municipal Association & Former City Council Member*

## Bookends Book Club

*The Covenant of Water*  
by Abraham Verghese

Tuesday | 11:00 a.m.  
3/12 | Keenan 1

*Covered Dish Supper*  
Sunday 3/17 | 6:00 p.m.

CAYCE ARTS GUILD

## CAYCE ART GUILD TO SHOWCASE ARTISTS IN APRIL AND MAY AT STILL HOPES

Members of the Cayce Arts Guild (CAG) will have their fourth show at Still Hopes in April and May of 2024. Since CAG and many of its members are local to the Cayce/West Columbia area, the exhibit at Still Hopes is especially appreciated. Renea Eshelman, show chairman, has approximately 12 years' experience coordinating exhibits at Still Hopes. She has brought that vast experience to the coordination of this show, which includes two-dimensional media created by amateur and professional artists.

## STILL HOPES *Easter Egg Dying & Decorating*

Thursday, March 21 | 3:00 p.m.  
'Arts by Design' Craft Room  
By Reservation | No Charge

## STILL HOPES *Easter Egg Hunt*

Saturday, March 23 | 10:30 a.m.  
Mansion Grounds | No Charge

Invite the little ones in your life for a fun morning hunting Easter eggs, crafts, games, spring photos, trolley rides and fun! *Please register in the LE reservation book, so the LE team can plan accordingly.*



# Catch Me If You Can

## Mileage Challenge

March 4 - May 3, 2024

STILL HOPES VS. BISHOP GADSDEN

### Roadmap to Victory: Part 1

Take a walk with your neighbor, swim a few laps in the pool, or ride on an exercise machine! We are competing in our second annual "Catch Me if You Can Mileage Challenge" against Bishop Gadsden Retirement Community!

This challenge is a friendly, campus wide competition against a neighboring retirement community in Charleston, SC. The purpose of this challenge is to increase intentional exercise within each community and have fun while doing it.

The Wellness Team will send out further information regarding rules and regulations closer to the event and hold informational sessions to ensure everyone is ready to compete!

Both Residents and Staff in all areas of living are encouraged to participate in this 9 week event. Begin brainstorming ideas to increase your intentional exercise throughout the day and notify all of your neighbors and coworkers to participate with you!

#### KICK OFF EVENT

Monday, March 4 | 2:00 p.m. | Walking Trails

Meet us at the trail to walk with friends & add to your miles!

#### SPRING FORWARD INTO HEALTHIER HABITS

Wednesday, March 6 | Wellness Center

Stop by the Wellness Center at any point on March 6 to pick up a handout to help boost your mileage as we spring forward with daylight savings. Turn in your completed form to your wellness team by March 11 for a chance to win a prize!

#### GAMECOCK WALK AND TALK

Every Wednesday (3/13, 3/20, 3/27) | 2:00 p.m. | Walking Trails

Join the Wellness Team and students from USC's Pre-Professional Health Honor Society for a walk in the forest and engage in career based conversations. Meet in the Wellness Center.

#### TRAIL BLAZERS OUTDOOR WALK

Thursday, March 21 | 10:15 a.m. | Saluda Riverwalk

Join your Life Engagement and Wellness Teams at Saluda Riverwalk. Walk at your own pace and help Still Hopes accumulate miles. Please sign up in the reservation book.

#### EASTER PHRASE FINDER

Monday, March 24-Friday, March 29 | Wellness Center

Stop by the Wellness Center at any point during the week of March 24 to pick up a handout to do an Easter Egg Hunt Phrase Finder. Handouts to be turned back into the Wellness Center to submit walking miles.

## MARCH MADNESS BRACKET CHALLENGE

Want to make March Madness a little more exciting this year? Complete the tournament bracket by predicting the winners of each round of games. During the six rounds of the tournament, for each correct winner picked, a player is awarded points based on the round. Points per round increase as the tournament progresses. At the end of the tournament, the player with the most points will win bragging rights and their name added to the Still Hopes March Madness Bracket Challenge Trophy.

Completed brackets are due to Holly Crawford, Life

Engagement Coordinator no later than Noon on Thursday, March 20, 2024. If she is not in her office which is located on the administrative hallway leading toward the mansion, please make sure your name is on the bracket and slide it under the door.

Scores will be updated after each round and

the leader board will be on display in the Main Street Lounge and on the HUB. *If you have questions or comments, please contact Holly Crawford at 803.739.5018 or [hcrawford@stillhopes.org](mailto:hcrawford@stillhopes.org).*

*Last year's Men's Division winners: Faye & Dennis*





## 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](mailto:mrabon@stillhopes.org)  
910-367-9711

## Dog Bandana Paw-ty!



## ARTISTS FOR AFRICA POST CARD ART GALA



Residents attended the Postcard Art Sale in February to raise money for Artists for Africa. Residents and staff created numerous postcard art canvases featured in the auction and contributed to the overall fundraiser held downtown. Artists for Africa enhances the lives of children living in the most impoverished areas of Africa through arts programs and educational opportunities. Residents have fallen in love with dance students with Artists for Africa who dance yearly at Still Hopes. They enjoy being partners with this empowering non-profit based right here in Columbia, SC.



# LIFE IN RIVER BANKS



Niesha asking for a karaoke duet



Shealy's Bar-B-Que



Sarah getting into the Mardi Gras Spirit



Ann & Hugh



Delicious Super Bowl themed cupcakes



Super Bowl Gathering



Gale was pleased with the Chiefs' win!



Victoria enjoying the game

## Afternoon Delight

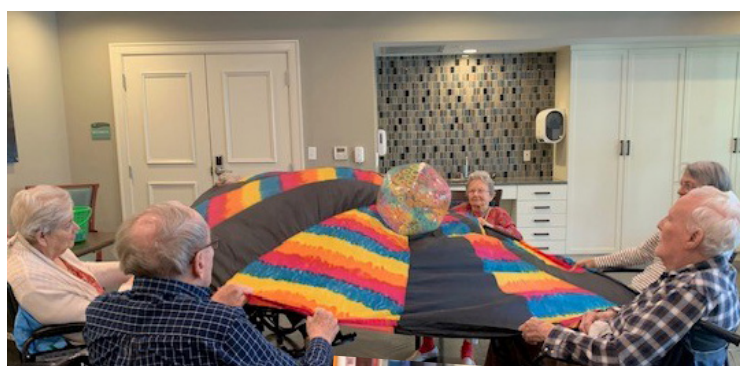
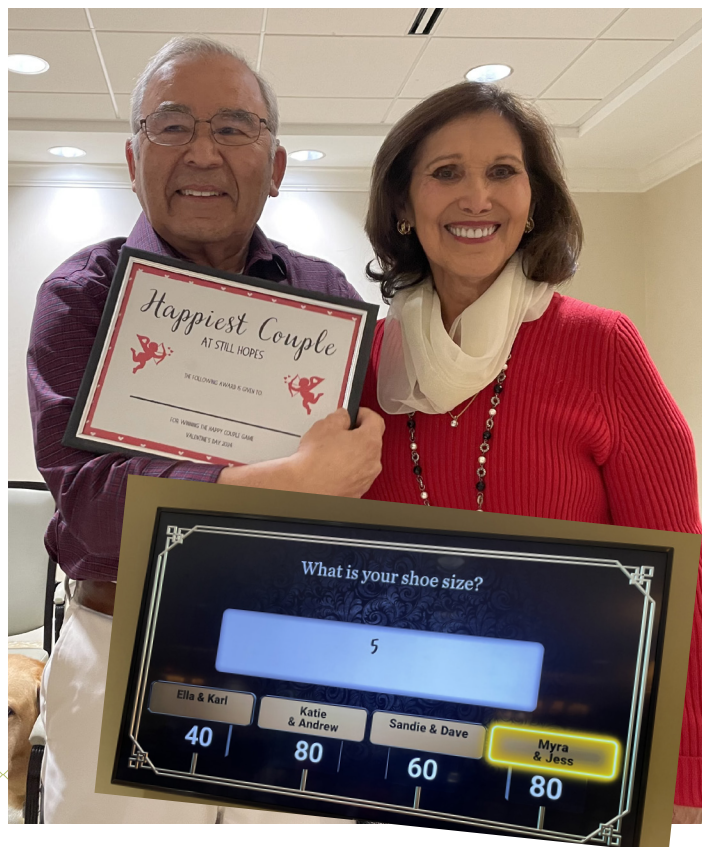
Residents in the Rose Gardens neighborhood rediscover their love for making good snacks. Together, they made a treat for all to enjoy. Our supportive environment, led by Life Engagement specialist Veronica Imel, offers engaging activities that help maintain independence.





# The Happy Couple Game

Residents and staff competed in a friendly Valentine's Day game to see which couples knew each other better. Hosted by Holly Crawford, Life Engagement Coordinator for IL, couples were asked a series of descriptive questions such as: Who is the better driver? and What is your shoe size? A fun and hilarious insight into the lives of our married couples at Still Hopes, Jess and Myra Torres won the game and secured the title: *The Happiest Couple*.



Parachute games in Jane Bruce Guignard!



The LARGE PRINT section of your Still Hopes Library has been the recipient of about 6 dozen books which were donated from the Edgefield County, SC Public Library.

This gift was arranged and delivered by the sister of one of our reading residents, Julie Reiger.



*Celebrating Excellence, continued from Page 1*

The 2024 Best of Home Care – Leader in Experience, Provider of Choice, and Employer of Choice awards are a testament to the unparalleled commitment that Solutions for Living at Home has towards delivering exceptional care and fostering a supportive work environment.

Standing out as the only home care agency in the Midlands region and one of only four in South Carolina to achieve this honor, Solutions for Living at Home exemplifies a new expectation of quality care and service. This achievement not only underscores their position in the top 10% of home care providers nationwide but also highlights their unwavering dedication to excellence in client and caregiver satisfaction across various dimensions, including caregiver training and communication.



As we celebrate these back-to-back accolades, it's a moment to reflect on the hard work, dedication, and compassion that the entire team at Solutions for Living at Home brings to their work every day. Their commitment to making a difference in the lives of those they serve is what sets them apart and cements their status as a leader in the home care industry.

Congratulations to Solutions for Living at Home on this outstanding achievement, and may they continue to lead with excellence, compassion, and dedication, setting new standards in the provision of quality home care services.

**WE LISTEN. WE PLAN. WE CARE.**  
**803-223-6173**



*Faithfulness Rewarded, continued from Page 1*

When you've attended as many USC sporting events as Rob Graybill has, you can be forgiven for developing a sense of sameness from game to game. But last October, one definitely stood out when Rob was honored, surrounded by his family, and as

shown on the big screen viewed by some 80,000 attendees, for his faithful attendance at home and away games, and his support of USC Athletics. Rob was cited not only for his amazing attendance record at games over the decades, but also for his 44 years as a member of the Gamecocks Club, much of it at the full scholarship level. *[As per Rob, being shown on the big scoreboard was the best part of the day].*

Born and raised in North Augusta, South Carolina, Rob always worked part-time jobs while in school, leading to community college and then graduating from USC in 1964. With a busy career in finance, service in the Army Reserve Corps, memberships on various boards and community work, Rob also found time to be active in his beloved Methodist Church, including participating in mission trips abroad. At age 5, a new neighbor and classmate came to town and Barbara remains his

love to this day. Barbara received her degree in music education, was a teacher and band leader and then earned a Master's degree in guidance, shifting careers. Married 59 years and raising two children, the Graybills moved three years ago from North Augusta to West Columbia to be nearer their sons and grandchildren. Still Hopes has given them, Rob states, a new community of interesting, caring friends and lots of stimulating contacts for his endearing, outgoing nature.

Life at Still Hopes has not slowed Rob down. He walks a mile in 22 circles in the chapel two to three days weekly, attends theater and concerts with Barbara and enjoys interacting with his new friends. He serves as a volunteer at Lexington Hospital's Information Desk four hours weekly. Rob loves the comradery with staff and other volunteers, the range of questions posed to him and being helpful to people navigating a large medical complex. Recently, the hospital allowed him to undergo his own cancer treatments at Lexington [he's doing fine now] followed by serving out his volunteer shift the same day. *[Editorial comment- there should be an award for that!]*

This May, the last Graybill grandchild will graduate from USC, bringing the family total of degrees to 12. So, while no longer in the classroom, the family will still be represented by Rob and Barbara in the stands, cheering their teams on with the faithfulness and generosity they've shown for five decades - and counting.



# MARDI GRAS FESTIVITIES!









# Healthy Dynamics

AN ONSITE, ONGOING PROGRAM FOR APARTMENT,  
CONCIERGE, AND COTTAGE RESIDENTS

*Jonathan Kimball | Community Services Director | 803.739.5047 | JoKimball@stillhopes.org*



News You Can Use!

## Medicare: Making the Most of your Benefit!

Thursday, March 28 | 3:00 p.m.  
Keenan Event Center

Come hear Aaron Gagnon from AG Secure Solutions talk about Medicare changes and how to maximize your benefit.

*...Although not covered by Medicare, chocolate will be served!*

## The Visionaries: Low Vision Support Group

Wednesday, March 20 | 2:00 - 3:00 p.m.  
Guignard Dining Room



This group is open to all residents who are living with low vision.

## Open to Hope Grief Support Group

Guignard Music Parlor  
1:00 - 2:00 p.m.  
Wednesdays, March 13 & 27

Please join group leaders **Nela Edgar** and **Beebe James** for support and resources following the loss of a loved one.

## CLEARING THE PATH & FINDING THE WAY:

*Dementia Resource Group*

Tuesday, March 12  
1:30 p.m. - 2:30 p.m.  
McDowell 3rd Floor Activity Room

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

## Hearing Specialist

Monday, March 4

Please *sign up* to see Mike Arndt in the Healthy Dynamics Book on Main Street near the Atrium. We will call you to schedule your appointment.



## Mindfulness & Meditation

Wednesdays  
4:00 - 4:30 p.m.  
Guignard Mansion

NO EXPERIENCE NECESSARY!

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

## Prescription Medication Disposal

Tuesdays & Thursdays | 9:00 - 11:00 a.m.  
McDowell Front Desk

Bring your outdated or unused prescription medication. **Please mark through all personal information on the medication label.** Thank you!



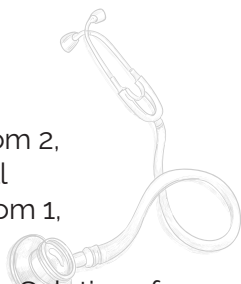
## Wellness Checks!

**Mondays &  
Thursdays**

**9:30 - 11:00 a.m.**

**Mondays:** Card Room 2,  
2nd floor McDowell

**Thursdays:** Spa Room 1,  
Wellness Center



Wellness Checks are staffed by our Solutions for Living at Home registered nurses.

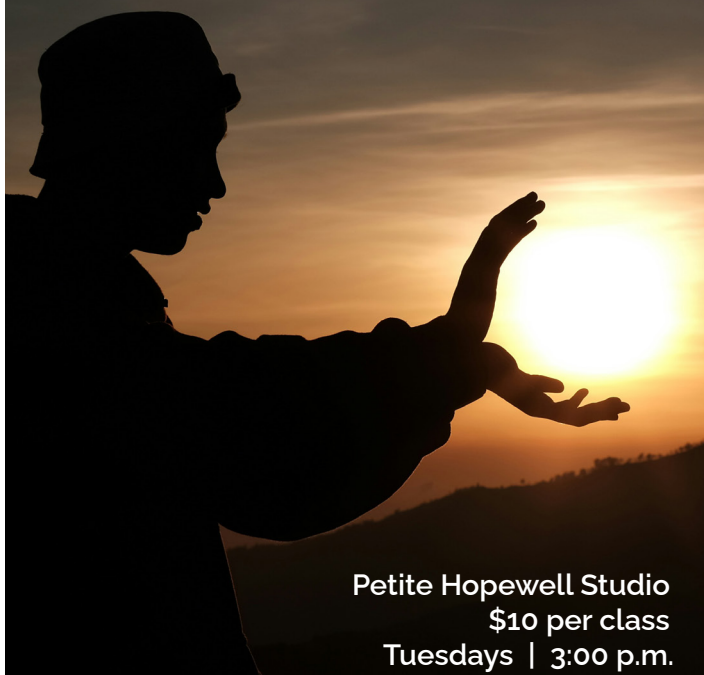
## SHARE: Caregiver Support Group

**Tuesday, March 5 | 1:30 - 2:30 p.m.**  
McDowell, 3rd Floor Activity Room

This group is open to all residents who are care partners for a spouse.



## TAI CHI TUESDAYS



Petite Hopewell Studio  
\$10 per class  
Tuesdays | 3:00 p.m.

Join Dan Bernando, head instructor of WellWithin Martial Arts, on a holistic journey to balance, mobility, coordination, and overall more confidence in movement. Using Taijiquan as a path to internal cultivation, we will focus on subtle shifting of weight and developing a 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.

## Podiatry Services

**Wednesdays, | Wellness Center  
March 13 & 27 | Spa Room**

**Current patients of Dr. Smith** can sign up to see her or check your scheduled appointment in the Healthy Dynamics Book on Main Street near the Atrium.

**New patient** appointments with Dr. Smith are able to be scheduled on a limited basis due to her continued full schedule, and the need to accommodate her existing patients first.

Please call **Holly Hartung at 803-995-8133** to join the wait list for an appointment with Dr. Smith.

## Parkinson's Support Group

**Friday, | 11:00 - 11:45 a.m.  
March 15 | Guignard Dining Room**

We welcome those living with Parkinson's Disease and their care partners to join us.



## Yoga Classes

**BEGINNING TUESDAY,  
MARCH 5**

<b>Course</b>	6 weeks
<b>Cost</b>	\$120: 2 classes per week \$60: 1 class per week
<b>Location</b>	Petite Studio in Hopewell

**Registration is Required!**  
Please contact the Wellness Team at (803) 223-6177 to register or for any questions!

**Tuesdays &  
Thursdays  
1:30 - 2:30 p.m.**

### CHAIR YOGA

Learn the Universal Principles of Body

Alignment through yoga positions and become empowered through the joy of Present Movement Awareness. Achieve improvement in brain health and attitude through control of the breath and meditation...all while sitting in a chair!



# Connections

*A newsletter for the entire community*



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



---

AFTERNOON WITH

*Andy Armstrong*

---

MONDAY, MARCH 11 | 4:00 P.M.  
KEENAN EVENT CENTER

*Chamber Music Concert followed by a  
reception in the Atrium*

Tickets: \$25 per visitor/guest