

Shining Star



Sherry Watson
Housekeeper
1.5 years of Service

Sherry was born in Manhattan, NY. She lived there with her mother until she was five years old. After-

wards, she moved in with her grandparents in Wadmalaw Island, SC. She loved growing up in the country with lots of land to explore and play. As her grandparents grew older she was a great help to them and developed a love of caring for the elderly. "I truly love being around our residents because they didn't ask for this disease. I'm always glad to help; any way I can in hopes that someone shows me the same love and compassion when I need it".—Sherry Watson

APRIL BIRTHDAYS

4/5 Colleen H.

4/7 Gloria W.

4/8 Ethel L.

4/9 Joan P.

4/26 Jeanne P.

4/28 Robert Q.

What's Going On In

April

2021

This April kicks-off Sunshine's 7th Annual Go Green Give Back month. We encourage everyone to live more sustainable lives for ourselves and for our future generations.



Ashley Gardens will be highlighting our environmentally friendly dining program, **MIND DIET**. We will be replacing our regular Wednesday Ice Cream Social with a healthier MIND DIET alternative.

Team Members

Executive Director.....Heather Roodt
Health Services Director.....Lisa Mikkelsen
Business Office Manager.....
.....Stephanie Giustino
Community Development Director.....
.....Alaina Frye
Executive Chef.....Brandon Rivers
Life Enrichment Director.....Andrea Milligan
Maintenance.....



What is the MIND Diet?

- Ingredients that you can incorporate into any recipe.
- Fusion of the Mediterranean diet and the DASH diet.
- Studies show that the Mind Diet can help with Alzheimer's.

*Mediterranean Diet: fresh green vegetables, nuts, little or no animal fat.
*DASH Diet: eliminating salt, saturated fats, using fruits, veggies, whole grains, lean protein and low-fat dairy, discourages foods that are high in saturated fat, sugar-sweetened beverages and sweets.



Special Events

- 4/2 Easter Egg Hunt | 2:00
- 4/2 Ice Cream Sundae Cart | 3:00
- 4/3 Easter Brunch | 11:00
- 4/4 Easter Social | 2:30
- 4/6, 4/23 LUNCH BUNCH | 12:00
- 4/9 Krispy Kreme & Coffee Social | 2:30
- 4/9, 4/16, 4/30 Cook-Out | 12:00
- 4/15 McDonalds Anniversary Cheeseburgers | 2:30
- 4/16 Pool Party | 2:30
- 4/20 Decorate Your Own Donut | 10:30
- 4/21 EARTH DAY MARCH | 2:30
- 4/21 Ice Cream Truck | 3:00
- 4/22 Jelly Bean Tasting | 10:30
- 4/27 Taco Bell Tuesday | 2:30
- 4/28 Resident Fashion Show | 2:30
- 4/30 Monthly Birthday Celebration | 2:30



APRIL

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



ASHLEY GARDENS
ASSISTED LIVING & MEMORY CARE
2290 Henry Tecklenburg Dr
Charleston, SC 29485
(843) 556-4100



Life Enrichment Director:
Andrea.milligan@sunshineret.com

Like us on Facebook:
Facebook.com/Ashleygardensret

AR -Activity Room
JDR- Jasmine Dining Room
JLR- Jasmine Living Room
MDR- Magnolia Dining Room
MLR- Magnolia Living Room
SR-Sunroom
PT- Patio

1
10:00 15-Minute Fitness AR
10:30 Duck Donuts & Coffee AR
11:00 Trivia Challenge LY
2:00 Dying Easter Eggs AR
4:00 Walk 3 Laps
6:15 Music and Lavender

2
10:00 Fitness w/ Flare MLR
11:00 Facts & Trivia LY
2:00 Easter Egg Hunt CY
3:00 Ice Cream Sundaes With Amedisys Hospice DR
4:00 Broom Hockey DR
6:00 Movie Night with the Kitchen Staff JDR

3
10:00 15-Minute Fitness AR
10:30 Music & Refreshments AR
11:00 EASTER BRUNCH
1:30 Manicures BS
4:00 Balloon Bat DR
6:00 Movie JLR



4
10:30 Virtual Easter Service And a snack LR
2:00 Choir Practice AR
2:30 EASTER SOCIAL JDR
4:00 Trivia in the Lobby
6:00 TV Time JLR

5
10:00 Fitness w/ Paul Eugene AR
11:00 Fellowship Circle MLR
2:00 Music BINGO AR
3:30 Ice Cream Social JDR
4:00 Helping Hands JDR
6:00 Happy Hour JLR

6
10:00 Fitness Circle MLR
11:00 Word Games AR
12:00 LUNCH BUNCH
2:00 Baking Cookies DR
3:00 Balloon Bat DR
4:00 Piano with Maddy MLR
6:00 BINGO AR

7
10:00 WALK 3 Laps!
10:30 Country & Coffee MLR
11:00 Hello, My Name is ____LY
2:00 Walker Name Plates AR
3:30 MIND DIET Snack
4:00 Broom Hockey DR
6:00 Read Aloud with Eversound MLR

8
Masters Tournament ALL DAY in TV Room
10:00 15-Minute Fitness AR
11:00 Trivia Challenge LY
2:00 Box Golf LY
3:00 Fast Food Treat DR
4:00 Follow the Music AR
6:00 BINGO AR

9
10:00 Fitness w/ Flare MLR
11:00 Mariah's Choice AR
12:00 Cook-Out PT
2:30 Krispy Kreme & Coffee DR
4:00 Volleyball DR
6:00 Movie Night with the Kitchen Staff JDR



10
10:00 15-Minute Fitness AR
10:30 Music & Refreshments AR
1:30 Manicures BS
4:00 Broom Hockey LY
6:00 Movie JLR

11
10:30 Sunday Service LIVE AR
2:00 Choir Practice AR
3:30 Waffles & Worship JDR
4:00 Trivia in the Lobby
6:00 TV Time JLR

12
10:00 Fitness w/ Paul Eugene AR
11:00 Story Lines MLR
2:00 Music BINGO AR
3:30 Ice Cream Social JDR
4:00 Helping Hands JDR
6:00 Happy Hour JLR

13
10:00 Fitness Circle MLR
11:00 Word Games MLR
2:00 Peach Cobbler in a Mug DR
2:30 Balloon Bat DR
4:00 Piano with Maddy MLR
6:00 BINGO AR

14
10:00 Scarf Wave AR
11:00 Let's Talk Food LY
2:00 Suncatcher Craft AR
3:30 MIND DIET Snack
4:00 Broom Hockey DR
6:00 Read Aloud with Eversound MLR

15
10:00 15-Minute Fitness AR
11:00 Fun Facts LY
2:30 McDonald's Anniversary Cheeseburgers DR
4:00 Follow the Music AR
6:15 MUSIC BINGO AR

16
10:00 Fitness w/ Flare MLR
11:00 Mariah's Choice AR
12:00 Cook-Out PT
2:30 Pool Party PT
4:00 Dance Off DR
6:00 Movie Night with the Kitchen Staff JDR

17
10:00 15-Minute Fitness AR
10:30 Music & Refreshments AR
1:30 Manicures BS
4:00 Broom Hockey LY
6:00 Movie JLR

18
10:30 Sunday Service LIVE AR
2:30 Choir Practice MLR
3:30 Waffles & Worship JDR
4:00 Trivia in the Lobby
6:00 TV Time JLR

19
10:00 Fitness w/ Paul Eugene AR
11:00 Fellowship Circle MLR
2:00 Music BINGO AR
3:30 Ice Cream Social JDR
4:00 Helping Hands JDR
6:15 Happy Hour JLR

20
10:00 Fitness Circle MLR
11:00 Word Games MLR
2:00 Decorate Your Donut DR
2:30 Balloon Bat DR
4:00 Piano with Maddy MLR
6:00 BINGO AR

21
10:00 Scarf Wave AR
10:30 Hymns & Coffee MLR
11:00 Let's Talk Food LY
2:30 MARCH FOR MOTHER EARTH
3:00 Ice Cream Truck
3:30 MIND DIET Snack
6:00 Read Aloud with

22
10:00 15-Minute Fitness AR
10:30 Jelly Bean Tasting AR
2:00 Planting Seeds AR
4:00 Follow the Music
6:15 Music and Lavender in the Lobby
Earth Day



23
10:00 Fitness w/ Flare MLR
11:00 Facts & Trivia AR
12:00 Lunch Bunch AR
2:00 BINGO AR
4:00 Broom Hockey DR
6:00 Movie Night with the Kitchen Staff JDR

24
10:00 15-Minute Fitness AR
10:30 Music & Refreshments AR
1:30 Manicures BS
4:00 Broom Hockey LY
6:00 Movie JLR

25
10:30 Sunday Service LIVE AR
2:00 Choir Practice MLR
3:30 Waffles & Worship JDR
4:00 Trivia in the Lobby
6:00 TV Time JLR



26
10:00 Fitness w/ Paul Eugene AR
11:00 What's That Sound MLR
2:00 Happy Feet LR
2:30 Penguin Rock Painting AR
3:30 Ice Cream Social JDR
4:00 Helping Hands JDR
6:00 March of the Penguins LR

27
10:00 Fitness Circle MLR
11:00 Word Games MLR
2:00 Walk 3 Laps
2:30 Taco Bell Tuesday DR
4:00 Piano with Maddy MLR
6:00 BINGO AR

28
10:00 Scarf Wave AR
10:30 Hymns & Coffee LY
11:00 Let's Talk Food LY
2:30 Resident Fashion Show AR
3:30 MIND DIET Snack
4:00 Broom Hockey DR
6:00 Read Aloud with Eversound MLR

29
10:00 15-Minute Fitness AR
10:30 Refreshments AR
11:00 Trivia Challenge LY
2:00 BINGO! AR
4:00 Follow the Music
6:15 Music and Lavender the Lobby

30
10:00 Fitness w/ Flare MLR
11:00 Mariah's Choice AR
12:00 Cook-Out PT
2:30 MONTHLY BIRTHDAY PARTY!
6:00 Movie Night with the Kitchen Staff JDR

*Virtual Reality One-to-Ones Every Monday

APRIL

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

 <p>ASHLEY GARDENS ASSISTED LIVING & MEMORY CARE 2290 Henry Tecklenburg Dr Charleston, SC 29485 (843) 556-4100</p>		<p>Life Enrichment Director: Andrea.milligan@sunshineret.com</p> <p>Like us on Facebook: Facebook.com/Ashleygardensret</p>	<p>AR -Activity Room JDR- Jasmine Dining Room JLR- Jasmine Living Room MDR- Magnolia Dining Room MLR- Magnolia Living Room SR-Sunroom PT- Patio</p>	<p>9:30 Stroll & Roll 1 11:00 Edible Sorting Trays 1:30 Blankets and Recliners 4:00 Ever-Sound 6:00 Music & Lavender in the Lobby</p>	<p>9:30 Colorful Scarf Wave 2 11:00 Sensory & Montessori 1:30 Blankets & Recliners 4:00 Gospel & Hymns 6:00 Calm Movie</p>	<p>10:00 Music & Refreshments 3 11:00 Small Groups 1:30 Manicures 4:00 Wash Cloth Wash-Up 6:00 Calm Scenery</p>
<p>10:00 Virtual Easter Service 4 And snack LR 1:30 Colorful Scenery to Music 4:00 Walk 3 Laps to Wash-Up 6:00 Soft Music and Lavender in the Lobby HAPPY EASTER!</p>	<p>9:30 Classical Music in the Lobby 5 11:00 Warm Washcloths 1:30 Blankets & Recliners 4:00 Sensory Boxes 6:30 Calm Movie</p>	<p>9:30 Sensory TV 6 10:30 Coffee Cart 11:00 Sensory & Montessori 1:30 Blankets & Recliners 4:00 Walk & Roll to Music 6:30 Aromatherapy & Soft Music</p>	<p>9:30 Colorful Scarf Wave 7 11:00 Tactile Time 1:30 Hymns in the Sunroom 4:00 Scented Hot Towels 6:30 Soothing Music and Lavender </p>	<p>9:30 Stroll & Roll 8 11:00 Edible Sorting Trays 1:30 Blankets and Recliners 4:00 Ever-Sound 6:00 Music & Lavender in the Lobby</p>	<p>9:30 Colorful Scarf Wave 9 11:00 Sensory & Montessori 1:30 Blankets & Recliners 4:00 Gospel & Hymns 6:00 Calm Movie</p>	<p>10:00 Music & Refreshments 10 11:00 Small Groups 1:30 Manicures 4:00 Wash Cloth Wash-Up 6:00 Calm Scenery</p>
<p>10:00 Sunday Service Live 11 1:30 Colorful Scenery to Music 4:00 Walk 3 Laps to Wash-Up 6:00 Soft Music and Lavender in the Lobby</p>	<p>9:30 Classical Music in the Lobby 12 11:00 Warm Washcloths 1:30 Blankets & Recliners 4:00 Sensory Boxes 6:30 Calm Movie</p>	<p>9:30 Sensory TV 13 10:30 Coffee Cart 11:00 Sensory & Montessori 1:30 Blankets & Recliners 4:00 Walk & Roll to Music 6:30 Aromatherapy & Soft Music</p>	<p>9:30 Colorful Scarf Wave 14 11:00 Tactile Time 1:30 Hymns in the Sunroom 4:00 Scented Hot Towels 6:30 Soothing Music and Lavender</p>	<p>9:30 Stroll & Roll 15 11:00 Edible Sorting Trays 1:30 Blankets and Recliners 4:00 Ever-Sound 6:00 Music & Lavender in the Lobby</p>	<p>9:30 Colorful Scarf Wave 16 11:00 Sensory & Montessori 1:30 Blankets & Recliners 4:00 Gospel & Hymns 6:00 Calm Movie </p>	<p>10:00 Music & Refreshments 17 11:00 Small Groups 1:30 Manicures 4:00 Wash Cloth Wash-Up 6:00 Calm Scenery</p>
<p>10:00 Sunday Service LIVE 18 1:30 Colorful Scenery to Music 4:00 Walk 3 Laps to Wash-Up 6:00 Soft Music and Lavender in the Lobby</p>	<p>9:30 Classical Music in the Lobby 19 11:00 Warm Washcloths 1:30 Blankets & Recliners 4:00 Sensory Boxes 6:30 Calm Movie</p>	<p>9:30 Sensory TV 20 10:30 Coffee Cart 11:00 Sensory & Montessori 1:30 Blankets & Recliners 4:00 Walk & Roll to Music 6:30 Aromatherapy & Soft Music</p>	<p>9:30 Colorful Scarf Wave 21 11:00 Tactile Time 1:30 Hymns in the Sunroom 4:00 Scented Hot Towels 6:30 Soothing Music and Lavender</p>	<p>9:30 Jazzercise AR 22 11:00 Trivia AR 2:00 Christmas Wishes AR 3:30 Hot Chocolate Social AR 4:00 Helping Hands AR 6:15 Music and Lavender in the Lobby</p>	<p>9:30 Colorful Scarf Wave 23 11:00 Sensory & Montessori 1:30 Blankets & Recliners 4:00 Gospel & Hymns 6:00 Calm Movie</p>	<p>10:00 Music & Refreshments 24 11:00 Small Groups 1:30 Manicures 4:00 Wash Cloth Wash-Up 6:00 Calm Scenery</p>
<p>10:00 Sunday Service LIVE 25 1:30 Colorful Scenery to Music 4:00 Walk 3 Laps to Wash-Up 6:00 Soft Music and Lavender in the Lobby</p>	<p>9:30 Classical Music in the Lobby 26 11:00 Warm Washcloths 1:30 Blankets & Recliners 4:00 Sensory Boxes 6:30 Calm Movie</p>	<p>9:30 Sensory TV 27 10:30 Coffee Cart 11:00 Sensory & Montessori 1:30 Blankets & Recliners 4:00 Walk & Roll to Music 6:30 Aromatherapy & Soft Music</p>	<p>9:30 Colorful Scarf Wave 28 11:00 Tactile Time 1:30 Hymns in the Sunroom 4:00 Scented Hot Towels 6:30 Soothing Music and Lavender</p>	<p>9:30 Stroll & Roll 29 11:00 Edible Sorting Trays 1:30 Blankets and Recliners 4:00 Ever-Sound 6:00 Music & Lavender in the Lobby</p>	<p>9:30 Colorful Scarf Wave 30 11:00 Sensory & Montessori 1:30 Blankets & Recliners 4:00 Gospel & Hymns 6:00 Calm Movie</p>	<p>Pet Therapy Every Thursday</p> <p>*Virtual Reality One-to-Ones Every Monday</p>