

The Current

Visit us at www.springharborseniorliving.org

October 2025

Inside this Issue:

McDougall's Message	Page 2
Council Corner	Page 3
Foundation	Page 4
Golden Gallery	Page 5
New Resident Spotlight	Page 5
Alz. Walk	Page 6
Emp. Gift Fund	Page 7
Photos	Page 8-9
Fall Party	Page 10-11
Piedmont	Page 12
Trivia	Page 13
Guess Who?	Page 13
Birthdays	Page 14
Wii Champs!	Page 15
Movies	Back page

Special thanks to Bill Edwards and his photography talent with his drone!



In honor of Breast Cancer Awareness Month, our residents and staff joined together showing our support for all the survivors, those we've lost and those who continue to fight!

Spring
AT GREEN ISLAND Harbor



Welcome Home New Residents:

Pat Branin	#653
Beth Loftin	#652
Julie Bray	#414
David & Susan Knopf	#246
Jimmy & Carol Ashmore	#243

McDougall's Message

Exciting Improvements to come on Personal Care

Spring Harbor is thrilled to announce a major investment in the renovation of our Personal Care licensed unit. We have approved an exciting capital project designed to enrich the daily lives of our residents and create an even more comfortable, beautiful, and engaging place to call home. The renovation will feature a full refresh of the space, including new flooring, fresh paint, and updated lighting to create a warm, welcoming, and modern environment. Residents can look forward to brighter, more open common areas that promote connection and relaxation. In addition to the interior updates, our dining spaces will be enhanced with stylish new furniture designed for both comfort and accessibility—perfect for sharing meals and conversation with friends. The outdoor areas will also receive attention, with upgraded seating and inviting new furniture to encourage residents to enjoy the fresh air, sunshine, and beautiful surroundings. This project reflects our continued commitment to providing the highest quality of care and an exceptional living experience. We are excited for residents, families, and team members to see these improvements take shape and enjoy the refreshed spaces for years to come.



Executive Director
Shane McDougall

Spring Harbor Foundation Contributions

The Spring Harbor Foundation would like to thank the following donors for their contributions:

In Memory of Edith Satterwhite:

Loraine Stewart, Karen Wylie

In Memory of Bob Sykes:

Karen Wylie

In Celebration of Mary Hudson's Birthday:

Mary Sue Graetz

In Honor of Barbara Waller:

Michael & Elizabeth Hipps

General Fund:

Greg & Joan Camp

Carl & Linda Wallman

Phil & Sharon Engstrom

Norm & Jan Bennett

Michael & Elizabeth Hipps

Rosie Rakocy

Bill & Nell Scrantom

Sid & Sally Cottingham

Sandra Halouska, Deborah Edwards

Contributions to the Spring Harbor Foundation Fund are tax deductible to the extent of the law

Life Enrichment Launches New Educational Series: What's New With CSU

The Life Enrichment Department is thrilled to launch a new educational initiative, bringing Columbus State University professors and Honors College affiliates to our community! Join us for engaging, enlightening lectures on a variety of topics- a unique opportunity to learn directly from experts and explore new ideas right at home. Keep your eyes peeled for the sign-up sheets because you don't want to miss this opportunity to learn, discover, and connect.



Friday, Dec. 14th
2:00pm
Event Center

Next Lecture: Join us Friday, November 14th at 2:00pm in the Event Center as Dr. Kieran shares exciting updates on CSU's Program in Military History and previews what's ahead for the coming year! Don't miss this opportunity to learn about the fascinating work happening right here in our community. Dr. David Kieran, PhD, is the COL Richard R. Hallock Distinguished University Chair of Military History and Assoc. Professor of History as well as Trustee, Society for Military History (2025-2028)



Welcome to Council Corner

YOUR monthly news, from YOUR Resident Council



Sandee Scruggs
Chairwoman

Spring Harbor Needs You!

The 2026 Resident Council will have several openings to chair various forums as current two-year terms are ended. Each year residents are nominated to be members of the Resident Council. Interested residents volunteer, recommend other residents and current Council members. Nominees are reviewed by the Nominating Committee and recommended to the Chairman for appointment. If interested in becoming a Council member, or would like to nominate another resident, please contact Sandee Scruggs by November 17th and she will take care of it! Criteria is as follows:

- Willingness to commit adequate time to Council activities to include Forums, Resident Council meetings and Town Halls.
- Willingness to facilitate a Forum or serve as co-chair for Forum leader.
- Must demonstrate a constructive/positive attitude within the Council, with management and the resident body.
- Must demonstrate respect for and consideration of Spring Harbor employees.
- Council members serve a two-year term with eligibility for a second two-year term.

Please join us for one or all of the upcoming forums for November:

Healthcare Forum: November 4 10:30 Event Center

Spring Harbor Operations and Grounds: November 5 10:30 ACR

***Food Forum** will be on Friday the 7th due to Holiday Bazaar on the 6th*

Activities/Welcome Forum: November 7 10:30 ACR

Town Hall: November 18 10:30 Event Center



Schwob School of Music Played Beautifully

Victor and friends arranged this spectacular music theater workshop that performed for our residents earlier in October in our Event Center.

The Musicians in Residence program at Spring Harbor has worked out so well and we are so lucky and also proud to have these many students come here and play for us.

Thank you Victor, for all your hard work, your dedication and your talent that you bring to everyone at Spring Harbor.

Mission Statement - The Current Newsletter:

“Our newsletter is a monthly celebration of life in our community – a space to share stories, stay informed, and stay connected. Through updates, reflections, and uplifting moments, we aim to foster a sense of belonging, purpose, and joy for every resident.”



Foundation News

Foundation Educational Series Presents

Medicare & Me



Bob Ammerman
Chairman

One of the most important, and confusing, issues we face every year is **Medicare** and all its associated options. We are now in the annual **Open Enrollment** period which runs from **October 15 to December 7**. This is the period in which we may change coverage to best meet our individual situations. There are so many options, so many plans, so many insurance carriers. **What is best for me? Do I need to make changes?**

As a value-added service to our residents, the Spring Harbor Foundation has engaged Yates, LLC, one of the largest health insurance and consulting firms in the Southeast, to help us understand **Medicare** and the **Medigap** options that impact our coverage and our out-of-pocket cost. We all have **Part A & B**. Should I have **Part C, or G, or F?** What does it cost? What are the benefits? What are the risks?

The Seminar will be held November 13th at 2pm in the Event Center

**Leigh
Drawdy**



Leigh has worked in the Life and Health Industry for 30+ years. She has been at all levels of the industry from processing claims to Customer Service and the preparation of medical plan documents. As a broker she manages client renewals, marketing, plan implementation, and employee education.

A **Personal conferences** may be scheduled to discuss your issues and concerns. Yates representatives will review your situation to help determine your best course of action. You will be able to schedule your personal conference at the conclusion of the seminar. Conferences will be available on November 14 & 17.

The Yates Story



Dan Yates Jr. and Alan Yates Sr. formed Yates Insurance Agency in 1949. Yates is independently owned and has become one of the largest agencies in the Southeast, with 130 associates. Yates offers deep industry and product knowledge, coupled with the personalized service of a family business. We take time to understand clients needs and provide tailored support aligned with their goals.

Please plan to attend this important program. Sign up today.

As the year draws to a close, please make sure you have joined the **Foundation Society**. Memberships start with as little as \$100 and go up to \$5,000 and above. Members will be recognized by category in the January issue of *The Current*. **Members contributing \$500 or more will be Spring Harbor's guests for the Appreciation Reception to be held early in 2026.** Please give your donation to Amy Cloud in the Administration Office.



Residents Helping Residents

Thank you for your support of the Spring Harbor Foundation



In Loving Memory of Cora Wine



“ART with HEART”

The Golden Gallery

Spring Harbor’s Golden Gallery presents art pencil drawings and nature themed paintings created by our wonderful Health Center residents. Look forward to this interesting display of nature’s inspiration.

“Art with Heart” exhibition will be on display in the Golden Gallery of Spring Harbor, Monday, Nov. 3, 2025 thru Jan, 3, 2026.

The Golden Gallery of Spring Harbor is located in the 3rd floor hallway just past Dr. Jamal’s office and is viewable 24/7.

We invite all residents, families, and staff to take some time to visit the exhibition and celebrate the creativity within our community. Whether you are an art enthusiast or simply curious, you’ll find something inspiring in each piece displayed.

Cynthia Golden-Frasier, Art Instructor, CSU



Annual Optimist Club Poinsettia Sale



Go ahead and mark your calendars for December 1st! The plants will be \$ 20 each and you can get yours from 11am till 2pm in the lobby parlor. They will be 6 1/2” pots with two plants in each pot.

Christmas

Sing-A-Long coming next month! Be sure to keep your eye out for the date and time of this annual fun event!

Gail LaFramboise will play the piano for us and we will have a very “special guest” join us to sing! You won’t want to miss this special holiday event!



New Resident Spotlight Beth Taylor Villa #12

Everyone please welcome Beth to Spring Harbor! She recently made the move from Stone Mountain, Ga. and is actually originally from right here in Columbus! She spent her career in Marketing and Advertising and non-profits, produced TV, radio and outdoor advertising. Beth has two brothers, one in North Carolina and the other in Colorado, with two beautiful nieces. She has the sweetest Labrador mix dog that she rescued, named Charlotte. You can see her every morning when her dog walker comes and they stroll around the community meeting and greeting everyone. Beth’s hobbies include needlepoint, yard work, reading, movies, museums, traveling and playing cards. When she gets settled and has more time, she would like to learn how to play Bridge better and also learn to play Mahjong! She has traveled to Spain, Portugal, Morocco, London, Amsterdam, Germany and the Caribbean. She spent a year abroad in London, Austria, Netherlands, Hungary, and Scotland. She loves river cruises. She serves on the boards of the Columbus Museum, her church, PAWS Humane Society and local & state garden clubs.



Please give Beth a warm Spring Harbor welcome!

Spring Harbor TEAM Walking To End Alzheimer's



Pam Gray, Gail Jebavy & Joyce Moffitt



Christy from Med. Records, her daughter and granddaughter



Margaret, Shane & Tricia



John and his girlfriend Hannah



So many great employees!



Janet Peters and "Baxter"

Christy Gilliland in our Medical Records Office was the TEAM LEADER for this year's walk. We had over 60 walkers on our team this year! Go Team Spring Harbor!



Eileen Kvicala, Sharon Adams and Barbara Waller



Mitzi Allen & Nancy Powell



The TEAM shirts



Dr. Jamal, his son & daughter, and Gail



Anita, Shelli, Jean & Rosie



Christy Gilliland & Mike Campbell



Pat Haney and her daughter Jessica



Employee Gift Fund



Every year, Spring Harbor residents come together to celebrate something truly special — the people who make this place feel like home, the employees. From the friendly smiles at the Concierge desk to the caring hands that serve us our meals, clean our apartments, and lend a listening ear, our employees are the heartbeat of our community. Their kindness, love, dedication, and hard work create the warmth and comfort we all enjoy each day. Many times we have heard them say *“the residents are family to me.”*

As the holiday season approaches, we once again invite residents to contribute to our **Annual Employee Gift Fund**. This long-standing tradition is our way of showing gratitude to all the hourly employees on our staff — from maintenance to nursing, from dining to housekeeping, from activities to security — for all they do throughout the year. Contributions are combined and distributed fairly, ensuring that everyone who touches our lives feels our appreciation.

Every donation helps make the holidays a little brighter for the wonderful team that cares for us all year long. The Spring Harbor Resident Council recommends that we all donate \$1.37 per day—which is the equivalent of \$500 a year. Donations can be made with Brenda Hamby at our Synovus bank in the lobby. Together, we can say “thank you” in a meaningful way — and keep our tradition of generosity and community spirit shining strong.

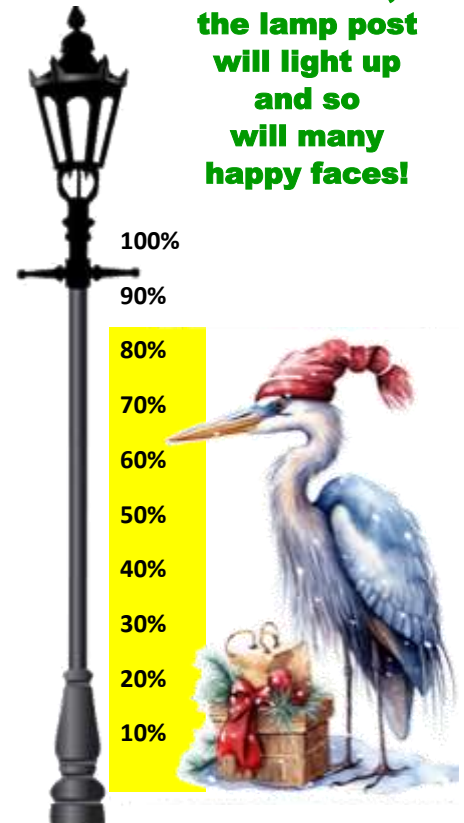


Thank you for all your contributions!



**Only
9 more days
to make your
donation!**

**When we get
to 100%,
the lamp post
will light up
and so
will many
happy faces!**



Spring Harbor to Show Film Documentary

Join us **Monday, November 17th at 2:00pm** in the Event Center!

We are showing a documentary called “Wunderkind”. It is about Carson McCuller’s life and legacy. The film highlights Columbus, Georgia’s influence on her work, creating a visually rich and insightful journey that will captivate both fans and newcomers alike.



Holiday Plant News from David Durant

Pet warning: The following are deadly to animals: Poinsettias, Holly Lillies, Greens and Mistletoe!

DO NOT: let any potted plants sit in water more than an hour. Drain for a bit before you put in saucer.

Christmas Cactus: is a succulent: water sparingly once a week. **OVER WATERING:** is the best way to kill your plants! Potted Amaryllis, Paper whites, Hyacinths and Cyclamen are “bulbs”. In pots they can be let mature. After the flowers fade, continue caring for the plant, letting the foliage mature. When the foliage yellows, let the plant dry out and set it aside. Next early fall, you will see new leaves appear, start watering then. Cyclamen and Amaryllis will usually stay green throughout the year and will bloom again.

If you have any potted “bulb” plants mentioned above (except Cyclamen) and you do not want them, I will be happy to plant them outside!



Another great view of our Pink Ribbon photo, taken by resident Bill Edwards and his amazing talent using his drone and camera to take photos from high in the sky! Everyone please look for details coming soon, as we plan on taking a holiday drone photo; we're going to make a Christmas tree! Watch for details soon!



Spring Harbor Goes Pink!

Our residents and staff came together for a meaningful cause during the Spring Harbor Breast Cancer Awareness Walk! Everyone walked in honor of the survivors, the fighters, and those we remember. Spring Harbor is proud to show its support and we stand united in the fight against breast cancer! A big THANK YOU to everyone who participated!



Resident Submissions and Beautiful Things!



Norris & Linda Randall's
new great- grandson,
Levi from
Houston, TX

Dot Coutu's Son Gets Award



Dot Coutu's son
Brandon, on the left,
was presented with an
award last month
during the
20th Anniversary
UGA v/s ALA
game.

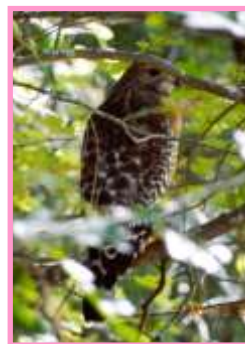
The award was in
recognition from the
2005 season as being
the 1st team all SEC.



Norm & Jan Bennett's
great granddaughter,
Blakely, who is 7 months
old and lives
in Pulaski, TN



Top photo: We excited the crowd
at this year's Oktoberfest Party!
Next photo is Ann Wilson showing
off her new Wynnton Hardware
earrings that were custom made by resident Frank Comer! Beautiful flowers
from Sandy Scruggs. She also sent in this amazing moon photo!



L-R: Be sure to stop by Social Hour and bid on these team fleece blankets made by Joan Schraufek.
All money made, Joan will donate to the Employee Gift Fund! One UGA blanket will be raffled off!
Next photo is Heidi, one of our amazing sitters, with Gail Jebavy, they both showed up to Social Hour
dressed exactly alike! Norm Bennet sent in this great photo of a sharp-shinned hawk that landed in his tree!
Carolyn Phillips is enjoying her art class with CSU art instructor, Cynthia Golden-Frasier.

Welcome Fall Ya'll Party

(note: everyone that went to JAIL at the party, all have been bailed out!)



Jim & Sandy Townsend



Linda Brannen & Joan Schraufek



Joyce Moffitt



Gail Jebavy



Melba Spurlock



Mike & Betty Hipps



**Angie Gordy, Rosemary Addison,
Emily Miller and Betty Brantley**



**George is always in trouble!
He spent 2 nights in jail!**



**Gail LaFramboise and her
daughter, Brooke**



Peggy, Linda, Sylvia and Margie



**Mike & Gail LaFramboise
are line dancing!**



Lorraine Stewart



Pat H., Joe and Betty Jo



Judy & Emmett Byrum



Mike & Martha Hill



**Debbie Edwards, Peggy Bladen & Rosemary Addison were our cutest jail birds!
Joni & Greg Camp are about to enter the Saloon!**



New Adolescent Weight Loss Program

According to the National Institutes of Health, about 1 in 6 children are overweight and about 1 in 5 are obese. Those numbers are steadily increasing and are higher in certain ethnicities and income levels. Piedmont Columbus Regional is expanding its bariatrics program to help provide children and teens with a new beginning.

Kenneth Copperwheat, D.O., and **Jeremy Bryner, D.O.**, with Piedmont Physicians Surgical Specialists and Bariatrics will be the first in the Chattahoochee Valley to perform metabolic bariatric surgery on children and teens. They are also partnering with Piedmont Clinic pediatrician **Neha Potini, M.D.**, to provide supervised weight loss for children and teens through lifestyle and medication management.



Minimally invasive adolescent bariatric surgeries will be performed at Piedmont Columbus Midtown with help from the da Vinci Xi Robotic Surgical System. Patients will receive postsurgical care at the Bill and Olivia Amos Children's Hospital. Because the surgery is performed robotically, patients can recover more quickly and have less pain overall.

Visit Piedmont.org/ColumbusWeightLoss to learn more about weight management options, and our comprehensive program.

Piedmont Doctor Receives Prestigious Award

Dhruv Chaudhary, M.D., an Interventional Gastroenterologist at the John B. Amos Cancer Center, has received the 2025 Jack A. Raines, M.D., Humanitarian Award.



Recognized for his work to establish the first advanced endoscopy program in Columbus, Dr. Chaudhary vastly improved equitable access to safe, high-quality gastrointestinal care and brought essential services to a medically underserved region. He is the first medical provider to bring diagnostic and therapeutic Endoscopic Ultrasound to the region. Prior to this, patients requiring these life-saving procedures had no local options and had to travel to Atlanta, Birmingham or Macon for care. He also performs colonoscopies and a test called Esophagogastroduodenoscopy that examines the lining of the esophagus, stomach, and first part of the small intestine.

A Georgia native, Dr. Chaudhary graduated with honors from the University of Georgia. He went to medical school in Grenada and underwent extensive training in Louisville and Pittsburgh before joining Piedmont Columbus Regional in 2021. When he is not taking care of patients, Dr. Chaudhary enjoys traveling, camping and hiking with his wife, Dr. **Srividya Maharaj**, also with the John B. Amos Cancer Center, daughter and dogs.

MAKE A NOTE:

**The November FOOD FORUM
has been moved to Friday
November 7th**

2:00pm in the Event Center
(we had to move it this month so
that it would not interfere with
our big Holiday Bazaar)



MAKE A NOTE:

**The Personal Care unit on 3rd floor
in Healthcare is getting new renovations!**

**Everyone is so excited to see
what is coming our way!**
Please use caution when on the
3rd floor while the construction
workers are upgrading that area.



Guess Who?

The beautiful resident in this precious photo was 10 years old on a horse named “Tiny”



Can you guess who she is?
Hint:
She lives on the 7th floor and likes to do puzzles.

The answer is on the back page

Seek-And-Find

Seek-And-Find! Be the first resident to find this  chick and you win a prize! Once you find it, call Pat Haney 706-576-6017 and leave a message stating exactly where you found it and your name. Her phone will record the date and time you called, and she will know who called first!

Have Fun looking for it!

Last month's winner was Butch Deaton!!

Make a Note:

Music Mondays

Our Music Mondays' series in November will be on:

**Monday, November 10th
and
Monday November 24th**

**Both events will be at
4:30pm in our
Event Center**



Trivia by Margie

1. Who was the lead actress in Sunset Boulevard?
2. What was the number of President Kennedy's PT boat?
3. What musical composer was the inventor of comical phonetic punctuation?
4. What is the purpose of the human spleen?
5. Where was the movie, "The Sound of Music" filmed?
6. The Los Angeles Dodgers were originally known as the _____ Dodgers.
7. What was Prince William's wife Kate's maiden name?
8. On average, about how many seeds are there in a pumpkin??
9. What is Gordon Ramsay's profession?
10. What was the name of the host of Jeopardy who died a year ago?
11. In 1854 what state had the very first state fair?
12. What is the national animal of Australia?

Answers on page 15



**The Life Enrichment Department
will be closed on
Thursday & Friday,
November 27th & 28th,
so that they may spend time with
their families on Thanksgiving.**

*Happy Thanksgiving to all our residents,
we are so very thankful for you!*

November Birthdays



Doug Thom	1st
Barbara Haneman	2nd
Wanda Amos	3rd
Billy Turner	3rd
Betty Roberts	6th
Louise Smith	8th
Carolyn Cooper	10th
Linda Randall	13th
Patricia Passailaigue	17th
Greg Camp	18th
Sally Adams	20th

Tom Kendrick	20th
Dot Coutu	22nd
Gib Richardson	23rd
Wilma Graham	25th
Jan Bennett	26th
Charles Brown	27th
Sid Cottingham	29th

Early December Bdays:

Robert Wallace	4th
Bill Edwards	5th
Dan Kopec	5th

If your birthday is in the month of November, you and one guest may join us on the third Thursday of the month for cake and champagne! Join us in the Event Center on Thursday, Nov. 20th at 2:00pm!

October Birthday Party



Special thanks to Brenda Hamby and Synovus for providing us with our beautiful birthday cake!



Everyone had a great time at the October Birthday Party! Seated L-R are Amos Rogers, Bill Bankston, Betty Jo Hooks, Sally Cottingham, Paula Bissell, Camille Mitchell, Ilona Neaves, Ann Bingham, Dorothy & Bill Desportes. Sally Cottingham was the winner of the LCR game and won a nice gift bag of goodies from Synovus Bank & Brenda!



October Gives us Fall Vibes! So we invited Pam Rhodes to come out and she gave everyone a delightful Holiday Table Design Demonstration! She created a spectacular Fall table and she awed the crowd!

Thank you to Sherry Lawler for referring Pam to our community!

Halloween Party Photos

Since our big Halloween Party and costume contest was so late in the month, all the photos from our

Halloween party and the contest will be in next month's issue of The Current.

Be sure to watch for them because it was a great party!





Employee
of the
Month

Congratulations to: **Dan Johnson, Marketing**

Dan is our move-in coordinator and he makes sure your move is comfortable and easy! When we asked him what does he like most about working here, he replied, “helping a nervous new resident



get settled because I know it’s a big transition in their lives.” He has worked here for the entire 20 years we have been open!

Dan has one daughter, she lives in Washington state with her husband. In his spare time he enjoys listening to

podcasts on the internet about many titles. He says it’s such an honor to be recognized.

Congrats Dan! We love “Dan The Man”!

Trivia Answers

1. Gloria Swanson.
2. PT109.
3. Victor Borge.
4. Fights off infection.
5. Salzburg Austria.
6. Brooklyn.
7. Middleton.
8. 500.
9. Chef.
10. Alex Trebek.
11. Iowa.
12. Red kangaroo or emu.



THANK YOU
to Margie Cain for submitting
our fun trivia each month!

Spring Harbor Wii Bowling Championship



Our Wii bowling teams played their hearts out for many weeks to get to the big championship game! When it came time to play for the BIG WIN, we had a huge crowd of fans watching with excitement!, and here are the CHAMPIONS!



1st Place Champs: “The Gold Team”

L-R are: Leroy Paul, Gib Richardson, Amos Rogers and Jim Hollander.



2nd Place Winners: The “Blue Angels”

L-R are: Carol Hartman, Judy Byrum and Pam Gray (not pictured Martha Hill)

If you are interested in bowling on our Wii bowling teams, or want to learn to play Wii bowling, simply watch the signs for the date that our next session begins and sign up to play!

Showing this month

Come on in the beautiful Spring Harbor theater and enjoy a movie! Bring your friends and make it fun! Movie shows daily at 2pm and 7:15pm. Ask Life Enrichment to start the movie for you! After hours, see the Concierge Desk!



Nov. 3rd-9th **Little Women** **2019** **PG**
2 hours 15 minutes Comedy/Drama/Holiday/Romance
In 19th century Massachusetts, the March sisters on the threshold of womanhood, go through many ups and downs in life and endeavor to make decisions about their futures. Stars: Emma Watson and has 6 Academy Award nominations



Nov. 10th-16th **The Best Exotic Marigold Hotel** **2011** **PG13**
2 hours 4 minutes Romance/Comedy/Drama
British retirees travel to India to take up residence in what they believe is a newly restored hotel. The Marigold Hotel nevertheless slowly begins to charm in unexpected ways. Stars: Bill Nighy and Maggie Smith



Nov. 17th-23rd **The Greatest Showman** **2017** **PG**
1 hour 45 minutes Period Drama/Musical/Biography
Celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation. Starring Hugh Jackman and Zac Efron



Nov. 24th-30th **Ocean's 8** **2018** **PG13**
1 hour 50 minutes Action/Heist/Comedy/Crime
Debbie Ocean gathers an all-female crew to attempt an impossible heist at New York City's annual Met Gala. Stars Sandra Bullock, Anne Hathaway and Cate Blanchett

Everyone is also welcome to join our group every Friday in the theater at 10:00 as we watch an educational series by **The Great Courses series titled: Understanding Greek and Roman Technology, from Catapult to the Pantheon.** Presented by Professor Stephen Ressler from the United States Military Academy at West Point. We watch 2 episodes each Friday and the entire show lasts aprox. 1 hour.

"Guess Who" from page 13 is. Ann Venable! So cute on her little horse!

Fine Dining Room

Hours: Monday—Saturday 11:00am till 7:00pm

Reservations are required if 5 or more..

Dining Room is closed on Sunday.

Sunday Brunch is served in the Formal Dining Room and

RESERVATIONS ARE REQUIRED FOR BRUNCH

11:00am till 2:00pm

Casual attire/No hats/ No jeans (Jeans ok at Sunday brunch)

Blue Heron Bar & Grill

Hours: Monday-Saturday 7:00am till 7:00pm

Closed on Sunday

Now offering hot breakfast daily,
new menu items and
new Grab-N-Go case options!

Casual attire/Sporty/Jeans ok

The Current is a monthly publication by the Life Enrichment Department of Spring Harbor at Green Island, in beautiful Columbus, Georgia. A fine living continuing care retirement community.



Follow us on Facebook at www.facebook.com/SpringHarborSeniorLiving

