

# Harbison News



PHOTO CREDIT BY DAVE BRANGAN

## HCA's 5<sup>TH</sup> ANNUAL HALLOWEEN TRICK OR TRICK TRAIL! FREE EVENT- SEE PAGE 8 FOR MORE INFORMATION



## First Annual Holiday Community Sports Camp !!! For Girls and Boys ages 6-13

Monday , December 19th - Friday , December 23rd, 2016

\$65.00 per week residents / \$80 Non- residents  
**Camp Time: 7:00am-6:00pm**

Tuesday, December 27th - Friday, December 30th

\$60.00 per week Residents / \$75 per /week non-residents  
**Camp Time: 7:00am -6:00pm**

The camp will be featuring Tennis and Basketball !  
Sign up now to register by calling the front desk @ 803-781-2281

\*see sample schedule on page 9

**FALL 2016 EDITION**

# Executive Director's Corner

## NEW HCA BOARD MEMBER



Jaime Sellers, General Manager Of the Hampton Inn, is the Board's newest Member. Jaime fills the "B" (Business) seat vacated when Leah Hardy traferred out of state. Jaime will serve until the Board elections in April, 2017. Jaime may be contacted at [jsellers@harbisoncommunity.com](mailto:jsellers@harbisoncommunity.com)

## 4TH. QUARTER ASSESSMENT STATEMENTS

Mailed to all Property Owners with unpaid assessments. Fees not paid by 12-31-16 become delinquent with additional charges being added. Please contact the Finance Department at 781-2281 if you have any questions about your account.

## HOLIDAY CLOSINGS

November 24 - Center Closed for Thanksgivig  
December 24 - Center Closes at 2:00 PM  
December 25 - Center Closed for Christmas  
December 26 - Center Opens at 2:00 PM  
December 31- Center Closes at 2:00 PM  
January 1, 2017 - Center Closed for New Year's  
January 2, 2017 - Center Opens at 2:00 PM

# Executive Director's Corner



## ONE YEAR LATER

**October, 2015:** The Columbia area received some of the heaviest rainfall recorded to date - which resulted in many streams overflowing, some dams failing and the normal activities of many people and businesses changed dramatically.

Harbison Community Association manages two Lakes: Woodcross Lake near the Crestmont and Lakeside Apartments and Archers Lake, near Columbiana Drive. In July, 2015 the Association employed a consulting firm to update our Emergency Action Plan - as required by the State DHEC. When it appeared that the October rain was going to create problems, DHEC sent out an Alert and Harbison's Plan was placed in action - and HCA Maintenance Employees lowered the water level in both lakes. Result: Our Dams held and no damage occurred!!

**Planning:** Sometimes - we all get carried away with our daily lives and we tend to "kick the can down the road" rather than address the issues at hand. One year ago, pre-planning for an emergency helped the Association avoid a potential serious situation.

**October, 2016** - Hurricane Matthew  
- Without waiting for DHEC to issue an "Alert" - we immediately took out our Emergency Action Plan and followed procedures: the water level in Archers Lake was lowered; we checked our facilities / supplies; purchased an ample supply of drinking water bottles; kept in close contact with personnel monitoring the Hurricane - so if the situation became worse, other steps in our Plan would be implemented. We were prepared - our Plan was ready.

Planning: Is very important to HCA. Emergency situations like above, require quick action and decisions have to be made - but a dedicated Plan - helps to minimize the turmoil.

Long range planning for the future of this Association is equally important. HCA began in the mid 1970s and the Community Center opened 36 years ago! As our communities have aged - we also have aged and the needs of our communities appear to be changing. The HCA Board and Staff recognize this - and programs / equipment / facilities have been added or upgraded to meet the needs of our youths, teens, seniors. However, we are not finished!. We are not kicking the can down the road - we are planning years in advance and developing specific steps on how to get there - so that this Association continues to play an important role in the lives of our Members. If you have any concerns or questions, please see me at the Center or contact me at 781-2281 or email a dgrove@harbisoncommunity.com. I look forward to discussing with you our overall Plans.

Dave Grove, Executive Director

# Senior Fitness/ Programs

## **SENIOR FITNESS PROGRAMS**

SENIORS - Join us for a new resolution of senior fitness programs. We now offer a variety of programs including but not limited to: toning, physical training strengthening, stretching, muscle building, weight loss ,dieting, and cardio.

### **HARBISON CARDIO & TONING CLASS!**

This class is a workout for the entire body with emphasis on: strengthening the heart, shaping/toning muscles, improving balance , and gaining confidence. Monday & Friday @ 12-12:45pm

### **NEW! ARTHRITIS EXERCISE CLASS!**

This program is designed for gentle exercise and will incorporate balance, strength and flexibility. Wednesday @ 12-12:45pm

### **SIT AND GET FIT CARDIO CLASS!**

A fun and energizing class designed for the beginner fitness level. Move through music through exercises that will increase your muscular strength, range of movement and

### **SENIOR YOGA**

Yoga anyone? We have an early bird yoga class. Tuesday and Thursday 8:00-9:00am.

### **FREE LADIES SELF DEFENSE CLASS**

Saturday, January 28th @ 9am-1pm Richland County Sheriff's Department is offering a free ladies self-defense class. Limited space available. Call 803-781-2281 to reserve your spot.

Senior's Activities program calendar is at the Front Desk at Harbison Community Center - monthly arts and crafts, bingo, Spanish class, and much more!

Flexibility



Strength



Cardiovascular



Neuromotor





# Programs on the GO!

**MUST REGISTER FOR PROGRAMS A WEEK PRIOR TO EVENT/ PROGRAM**

**Call the Front Desk or sign up at the Front Desk!**

## **WALK FOR LIFE!**

### **JOIN THE HARBISON TEAM TODAY!**

October 22, 2016

Pre-registration is required. Cost: \$35.00 due by October 20, 2016!

Come walk with us to support Breast Cancer Awareness. Please note cost for the event will go up to \$45.00 after October 20, 2016. You will receive a T-shirt with the team name (Harbison Guys & Gals). If you are interested in taking part in the event! You must register online @ [walkforlife.org](http://walkforlife.org). All proceeds go to the breast cancer awareness foundation.



## **HEALTHY AGING FROM SENIOR CITIZEN AND BEYOND!**

Harbison is hosting an Open House, October 24, 2016 @ 10:45-11:45am. It is a nine month program that is designed to give seniors a wealth of information to improve your health. The classes are hosted once a month by a certified Public health educator for one hour. You will learn about physical activity, mental health, nutrition, chronic diseases, diabetes, high blood pressure and much more. The cost per class will be \$5.00. The instructor is qualified to give you accurate information and advice for a healthy living. RSVP before October 18th at the front desk! **Materials- worksheets, handouts and a syllabus will be provided.**



## **ART SMART ACADEMY**

Art Smart Academy will be hosting for the next few months a paint –a – long night at Harbison. Come find the artist within! SIGN UP NOW! We will have light refreshments and an instructor. Their mission will be to enhance our community with an opportunity of advance learning for the art world. \*Supplies are included with fee.

Look to the left hand side for dates - cost only \$20.00/ session



### **SESSIONS DAYS:**

October 17, 2016  
November 14, 2016  
December 12, 2016

# Programs on the Go!

## **AUTUMN HARVEST SOCIAL**

November 4, 2016

Come join Harbison's staff and the community for a nice autumn social. We will have lots of food and great music. Everyone is encourage to come in and bring their friends. RSVP is required a week prior to event. Cost: \$5.00 /Time: 6:00-8:30pm



## **VETERAN'S DAY BREAKFAST SOCIAL**

November 11, 2016

6:30am- 9:30am

Do you know someone that has served or is currently serving in the military? If so, bring them in on November 11 for a FREE breakfast. This event is free for HCA Residents/ Members/Military or Veterans! We appreciate the verterans and those currently serving. Thank you for all you do and have done!



## **29TH ANNUAL CHILI COOK-OFF!**

November 12, 2016

Five Points Association is hosting their 29th annual chili cook off. Do you love chili? So do we! Come travel with us downtown. Departure will be at 11:30 am and scheduled return time will be 5:00 pm

RSVP required sign up at the Front Desk/ cost: \$3.00 ( additional cost may apply at the event).



## **FREE SPANISH PROGRAM**

Harbison is offering a free Spanish program. The class sessions are on Tuesdays and Thursdays @10am-11am

Instructor: Gina Bueano



**MUST REGISTER A WEEK PRIOR TO EVENT/ PROGRAM CALL THE FRONT DESK OR SIGN UP AT THE FRONT DESK TO REGISTER OR PLEASE CALL 803-781-2281**

# Calling all Events!

## **SENIOR HOLIDAY SOCIAL! NEW LOCATION!**

December 2, 2016 & December 9, 2016!

Location: The Historic Leitner House in Irmo

Cost per person: \$20.00

Time: 6:00-8:00 pm

It's that time of year! HCA is inviting you to come out for their annual holiday social. The event will be catered by Diimulers - with an elegant buffet display. We will be serving speciality drinks- red and white wine. Please come and enjoy the festivities. Grab a flyer at the Front Desk for more information! The first 50 people to sign up will attend the first night and the next 50 that sign up will attend the second night. **REFER TO DINNER MENU ON PAGE 12\***



## **NATIONAL SENIOR HEALTH FAIR EXPO!**

January 10, 2017

Time: 9:30-12:00

Cost: FREE

Harbison will host an annual Health Fair for seniors. The event will have over 20 vendors. Our goal is to provide community resources to the seniors. The event is free and open to the public. If you are interested in becoming a vendor, contact [obuster@harbisoncommunity.com](mailto:obuster@harbisoncommunity.com). We will have light refreshments, coffee, and give-a-ways!



## **HARRAHS CHEROKEE CASINO**

January 20, 2017

**Cost: \$45.00**

Come out and play with us on January 20, 2017 while we travel to the casino resort. You can try your luck with the casino or visit the Indian Reservations shop. Either way, we plan to have a blast. We will leave the center at 7am and return at 9:30pm. A \$10 voucher for food and a \$10 free play card is included. Transportation will be a coach bus.





# Youth- Athletic Programs



## **TRICK OR TREAT EVENT - 5TH ANNUAL!!!!**

Calling all little ghosts and goblins - Join us on Saturday, October 29 from 4:30 PM to 6:30 PM for our 5th Annual Trick or Treat Trail around Lake Woodcross. This event is FREE and open to all children under the age of 12. Local businesses and vendors will have booths set up to advertise and sell various goods and products. They will also provide candy/treats for all of the little ghosts and goblins. Concessions will be available for purchase on site.

## **YOUTH BASKETBALL CLINIC**

Make it happen during focused 60 minute training sessions using a combination of skill, drill, and play each Sunday. You have the opportunity, the gym, and the trainers to improve your game...the commitment is up to you! Cost: \$10 each session – no need to register just drop in every Sunday. Ages 10-17 – 4:30-5:30 pm

## **INDOOR SOCCER CLINIC**

Children 3-6 years old will learn basic soccer skills and important life skills in a fun, non-competitive environment. Clinic started October 4 and runs for five weeks. The clinic will be held in the gym every Tuesday and Thursday 6-7pm. Cost: \$50 – Residents / \$55 – Non- Residents.





# Cont. Youth-Athletic Programs

## **BIDDY BASKETBALL CLINIC**

Children 3-6 years old will learn basic skills and important life skills in a fun, non-competitive environment. Clinic starts November 15 and runs for five weeks. The clinic will be held in the gym every Tuesday and Thursday 6-7pm. Registration is open until all slots are filled. Cost: \$50 – Residents / \$55 – Non-Residents.



## **PICK-UP CO-ED VOLLEYBALL**

Join us for co-ed pick up volleyball every Monday night in October. Take a break from the hustle and bustle and come burn off some energy (and calories) with this fun program! Games will be running throughout the evening beginning at 6:30pm and ending at 8:45pm. – Ages 12 and up. Cost: FREE to Residents/Members and \$2.00 for Non-Residents/Non-Members (per night). No need to register just drop in. Starting October 5 and every following Wednesday night.



## **HOLIDAY SPORTS CAMP**

For Girls and Boys Ages 6-13

Sample Sport Schedule on right hand side-



### **HOLIDAY SPORTS CAMP**

*For Girls and Boys Ages 6-13*

Monday, December 19<sup>th</sup> – Friday, December 23<sup>rd</sup>  
\$65 per week Resident / \$80 Non-resident - 7am-6pm

Tuesday, December 27<sup>th</sup> – Friday, December 30<sup>th</sup>  
\$60 per week Resident / \$75 Non-resident - 7am-6pm

**~ Tennis & Basketball will be the primary sports ~**

For more information call the  
(803) 781-2281 or stop by  
~ Harbison Community Center ~  
106 Billpine Rd. ~ Columbia, SC 29212

**~ Limited Space Available ~**

Sample Full Daily Schedule:

- 7-9 Drop off
- 9-12 Skills, drills and fundamentals
- 12-1 Lunch
- 1-3:30 **Swimming** / activities
- 3:30-4 Snack
- 4-6 Pick up

# Sports Activities/ Cardio Programs

## **MENS BASKETBALL**

Join us every Wednesday night starting November 2 for 3 on 3 pickup league. Free to Residents and Members and \$5 for drop in.

5-6 pm - Ages 13 – 17

6-7 pm - Ages 18 – 25

7-8 pm - 25 and up



## **FLAMENCO CLASSES**

Fridays 7:30-8:30pm

Flamenco is a dance from Spain and is expressed using hand clapping, finger snapping, and foot stomping coordinated to form a rhythmic dance . Residents \$10.00 per class /Non-Residents \$12.00 per class. Instructor "Margarita" & Flamenco Guitarist "Osvaldo".



## **HARBISON TENNIS**

Tennis interest has picked up because HCA has its own Professional Certified Instructor who is giving tennis lessons and conducting "Free Tennis Clinics" The clinic is open to all age groups and skill levels. For more information on hours and rates, Please contact the instructor at 803-960-8171 or email [techniquetennis@gmail.com](mailto:techniquetennis@gmail.com).



## **FENCING**

Have fun learning the footwork and blade actions of this dynamic Olympic sport. For more information on hours and rates contact are the Community Center for more information. **SIGN UP NOW!**

\*Call 803-781-0056 or [www.columbiafc.com](http://www.columbiafc.com) /Instructor: Ms.Jane Littmann

# NEW ! Fitness Programs & Arts



## **NEW! TOTAL BODY SCULPT CLASS FOR SENIORS!**

This class will use body weight exercises, calisthenics, isometrics, dynamic tension, dumb bells, and bands. The purpose of this class is to burn fat while sculpting lean muscle. It will concentrate on a systematic workout to develop strength, shape, toning, in the entire body. Standard cardio work will be kept to a minimum but high intensity and low impact strength training will be the primary focus of this class. All fitness levels are allowed. We will also briefly discuss some tips on proper eating (nutrition). Classes will meet Fridays 10:45 to 11:30am ( Free for Residents/ Non-Residents fee applies)

Instructor: James Anderson

## **YOGA FOR SENIORS**

Namaste, welcome to HCA Senior Yoga where you'll get chance to experience the awesomeness and yoga workouts. Spend the morning with us and learn about a wide variety of yoga styles. Mingle with the community, and make some new friends. Experience techniques to build strength, manage stress and to create the inner harmony you've been looking for. The classes will meet Tuesdays and Thursdays at 8:00-9:00am. \* Please arrive 15 minutes prior to the start of class to get settled in. Be on time! Bring your mat and water bottle!

**( All Fitness programs are Free for Residents/ Non- Residents fee apply)**

Instructor: Jane

## **CARDIO CIRCUIT FOR SENIORS**

This is a fun fitness low-impact aerobic workout to increase your cardiovascular and muscular strength. It's a good strengthening workout using hand-held weights, resistant bands/tubes, and balls. This class will have you moving to music through a variety of exercises designed to increase strength, range of movement, and activity for daily living skills. Chairs are used and offered in this class with modifications to accommodate all fitness levels. Class will meet Tuesdays and Thursdays at 9:30 to 10:15 am ( Free for Residents/ Non- Residents fee applies)

Instructor: Mary Warden

## **TONELATES FOR SENIORS**

Tonelates is a compilation of exercises derived from Pilates, strength conditioning, and body toning. This class will increase strength, flexibility and balance of the entire body, while focusing on good posture and breathing. Equipment such as weights, resistant bands/tubes and balls are sometimes used in this class. Participants will need to be able to get up and down from a Pilates/yoga mat. Classes will meet Tuesday and Thursday at 10:30-11:15 am (Free for Residents/ Non- Residents fee applies)

Instructor: Mary Warden



## The Holiday Senior Buffet Menu

*December 2, 2016 and December 9, 2016*

6:00-8:00pm @ The Historical Leitner House - causal dining attire

### **MEATS FOR THE NIGHT:**

Beef Tips  
Chicken Cordon Bleu

### **PREFERRED SIDES:**

Roasted Potatoes  
Asparagus  
Basmati Rice  
Fresh Green Salad  
Rolls and Butter

### **YUMMY BEVERAGES:**

Sweet/Unsweet Tea  
Lemonade  
Speciality Drink of the Night -Red /White Wine

### **SWEET BUT YUMMY DESSERTS :**

Strawberry Short Cake  
Assorted Brownie Platter





# Fun Programs on the go!

## **HCA YOUTH HIP-HOP DANCE TEAM**

The recreation class will be performing here at the community center. The students will be doing dance routines at shows for example: the Fall Harvest Festival Social. They will be dancing 3X a week. The classes are on Tuesdays & Fridays at 5-6pm and on Saturdays at 10-11am. **COST:** \$20.00 / month for Residents & \$30.00/ month for Non- Residents

Ages: 6-17



## **WALKING PROGRAM**

Lets starting walking and do some talking! We are hosting an indoor/outdoor walking program. This program will be designed to walk a 5K in just **18 weeks**. You will benefit from exercising with a coordinator. We will provide feedback and guidance. This will start November 3, 2016. The classes will meet on Mondays, Wednesday sand Fridays @ 9-9:30am. Coordinator: Rayona Benloss



## **SIGN UP NOW! PAINT AND SNACK WITH ART SMART ACADEMY!**

We will have light refreshments and an a instructor.Their mission will be to enhance our community with an opportunity of advance learning for the art world.

\*Supplies are included with fee.

October 17, 2016

November 2, 2016

December 2, 2016

Cost \$20.00 per session

## **WINTER DATE NIGHTS - DROP OFF**

We will host monthly fun Friday Night for your children begining November 11th and ending January 13th. We have numerous events planned and all activities are age appropriate.

6-9pm/ ages 6-12 / dinner included/ cost \$20.00 per night



# Aquatic Fitness Programs & Classes

## **AQUASIZE I & II**

These are low impact, moderate to intermediate intensity exercise classes. Instructors are certified through AEA or another group aerobics certification. Aquasize I is offered Monday - Friday 9:30 to 10:30am. Aquasize II is offered Monday -Friday 10:45am to 11:45 am. These classes include cardiovascular workout, weight training, noodle workouts, water walking, and stretching exercises.

## **AQUATIC ARTHRITIS EXERCISE**

This is a low impact, low intensity exercise class. Instructors are certified through The Arthritis Foundation or a comparable organization. This class is designed for individuals with arthritis and other joint or mobility injuries or difficulties. The class consists of range of motion and stretching exercises only. There is no weight training or cardiovascular workouts involved. The class is offered Monday-Friday 12-1pm.

## **WATER AEROBICS**

This is a low impact, high intensity exercise class for adult participants 16 years of age and older. Instructors are certified through AEA or another group aerobics organization. This class is offered in the evenings Monday, Tuesday, and Thursday 6:15pm-7:15 pm and Saturday mornings 10:30-11:30 am



## **WATER AEROBICS CLASSES**

NEW CLASS! Shallow water aerobics  
Saturdays from 11:45-12:45pm



# Aquatic Programs & Training

## **LIFEGUARD TRAINING**

Harbison community Center will offer American Red Cross lifeguard training for individuals ages 15 and older this fall. Through classroom learning and hands-on practice, you'll learn: Surveillance skills to help you recognize and prevent injuries; Rescue skills - in the water and on land :and first aid training and professional rescuer CPR to help you prepare for any emergency; professional lifeguard responsibilities like interacting with the public and addressing uncooperative patrons. The entire course is approximately 30 hours in length. If you want to register, please do so at the Front Desk now!



## **WEEKEND SWIM LESSONS**

Next session is October - Saturdays - 8th, 15th, 22nd, & 29th Lesson time is 10:15 - 10:55am

## **PRIVATE LESSONS AVAILABLE!**

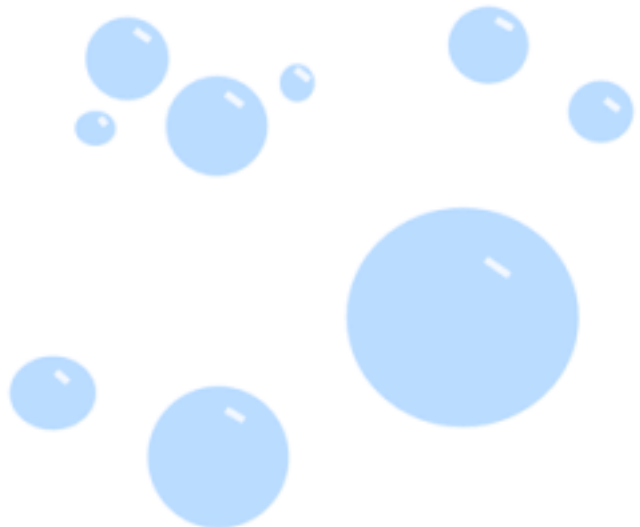
Please see the Front Desk for more information or email Zach Edenfield @ ZEdenfield@harbisoncommunity.com.

## **RECREATIONAL YOUTH SWIM TEAM**

\$20 Registration fee, \$50 monthly fee  
Practice days and times:

Tuesday - 6:15-7:15 pm  
Wednesday - 7:15-8:15 pm  
Friday - 6:15-7:15 pm  
Saturday - 9:00-10:00 am

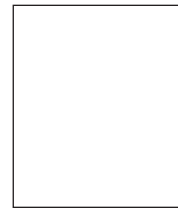
Hurry! There are only a few spots left!



## Return Address Name

123 Street Avenue  
Town, South Carolina 29000

www.whatever.net



THE HOOD TEAM  
COLDWELL BANKER  
RESIDENTIAL BROKERAGE

#1 COLDWELL BANKER  
TEAM 2015 IN NORTH &  
SOUTH CAROLINA!!

803-730-4884

[Danny@TheHoodTeam.com](mailto:Danny@TheHoodTeam.com)



health  
markets.

The Smarter Way to Shop...

- Health
- Medicare
- Life Insurance
- Supplemental
- Long-Term Care
- Retirement



Call today for your **FREE QUOTE!**  
**803-609-9223**

Stewart Cady

Licensed Insurance Agent 16756634

Health Insurance products are provided by, or arranged through, Highmark Insurance Solutions, Inc. which is licensed as an insurance agency in all states and the District of Columbia. All agents are licensed in all products. Services and products available by state. 1/2016 0000500

CALL NOW TO  
ADVERTISE IN  
THIS SPACE  
803-781-2281

Quarterly  
Newsletters / \$75.00/year  
Email ad to [frontdesk@harbisoncommunity.com](mailto:frontdesk@harbisoncommunity.com)  
Attention: Front Desk

CALL NOW TO ADVERTISE IN THIS SPACE  
803-781-2281

Quarterly Newsletters / \$75.00 per year  
Email ad to [frontdesk@harbisoncommunity.com](mailto:frontdesk@harbisoncommunity.com)  
Attention: Front Desk