

Sanford Estates

Gracious Retirement Living

500 Walton Way • Roswell, GA 30076 • Phone (770) 649-7452 • www.seniorlivinginstyle.com

MAY 2019

SANFORD ESTATES STAFF

Managers.....TONY & CANDY ALESSI
Assistant Managers ... HILARY & KEVIN ADAMS
Executive Chef.....MARY BETH MACY
Marketing.....BILL WHITE
Activity CoordinatorMELISSA MCDONALD
Maintenance Coordinator.....ADRIAN FRAZIER
Bus DriverKATHY TSAPOS

TRANSPORTATION

Monday, 9:30 a.m.:

Shopping In Roswell and Alpharetta Area

Tuesday, 9 a.m.-3 p.m.: Medical Appointments

Wednesday, TBD: Outing Day

Thursday, 9-11 a.m.: Medical Appointments

Friday, 9:30 a.m.:

Shopping In Roswell and Alpharetta Area

HAWTHORN
SENIOR LIVING

St. Patrick's Day Party

They say everyone is Irish on St. Patrick's Day. Our residents were no exception. They wore green to the party and listened to the sounds of "Music to My Ears." Many thanks to April, who set up the beautiful balloon display! And a very special thank-you to Elinor Hare, who made the cutest St. Patrick Day favors. She made them by hand and each leprechaun held a black pot with a gold Reese's cup in it. It was a fun party!



Favors made by Elinor



Music for St. Patty's Day



Sanford's Got Talent

We practiced for two months under the direction of Ben and Pamela Thomas, who have directed several talent shows for other senior facilities. Everything was top secret until the night of the show. Ben and Pamela brought in three judges to decide the winners. In addition to the resident contestants, we had performances by Ben and Pamela, A/C

Melissa McDonald, and a surprise guest, Dante Gold, who gave a great impersonation of Michael Jackson singing and dancing to the music of "Billie Jean." Finally, it was time for the trophies to be awarded. First place went to June Sanford for her rendition of "My Blue Heaven." Second place went to Carolyn Tonic for her reading of the poem "Three Bullets." Third place was taken by Jim Holland and Colleen Sweeney, who performed a dance to the tune of "Love, Love Me Do" by the Beatles. In addition to the trophies, Dante Gold donated a free limousine ride for all the participants. It was a fun evening for all who attended!



Colleen Sweeney dancing



The audience waits for resident performers.



Dante Gold dances for Teresa Walker.



Here are the winners with their trophies!



Dante Gold's limousine



June enjoyed checking out the limo.



Lunch Out

Our residents love to dine out at new places as well as visit their favorites. We tried a new restaurant, Gyro City, for some tasty Greek food and also went back to visit Red Lobster for their "lobster fest."



Trophies about to be presented



June Sanford won 1st place!



Carolyn Tonic won 2nd place!



Lobster Fest at Red Lobster



Lunch at Gyro City

Resident Artists

We have some very talented adult coloring artists. Lyn and Matilde are only two of several who love to color. They take their work seriously, often staying up late to color in the Activity Room. Lyn framed a piece to give to her friend. Matilde is coloring an entire book of beautiful pictures. The AC's challenge is to keep them supplied with quality gel pens so they can continue their work!



Lyn with a stunning gift for her friend.



Matilde making beautiful pictures

MAY 2019

Birthdays

Dot Corindia, 8th
Nancy Huff, 9th
Helen Zuk, 19th
Lori Lynde, 21st
Don Schmidt, 23rd
Rosemary Carney, 23rd
Matilde Scarangella, 29th
Teresa Walker, 30th

Locations

Activity Room, AR
Activity Room Kitchen, ARK
Atrium, AT
Bistro Room, BR
Chapel, CH
Dining Room, DR
Fitness Center, FC
Library, LIB
Lobby, LB
Movie Theater, MT
Off Property, OP
Patio, PT
Pool Room, PR
Television Room
2nd Floor, TR










Sanford Community Store

Hours: Mondays at 2 p.m.

Sanford Salon

609-575-0475

“Age is not how old you are, but how many years of fun you’ve had.”
—Matt Maldre

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|---|--|---|
|  | | | <div>MAY DAY1</div> <div>9:30 Conyers Monastery</div> <div>10:00 Brain Puzzles, AR</div> <div>2:00 Balloon Volleyball, AR</div> <div>3:00 Garden Club, AR</div> <div>4:00 Scrabble Club, AR</div> <div>6:45 Sanford Cinema, MT</div> <div>7:00 Cash Bingo</div> | <div>2</div> <div>9:30 Fitness with Dean, AR</div> <div>10:15 Baking with Tony, ARK</div> <div>2:00 Bridge Club, AR</div> <div>3:00 Funny Money Bingo, AR</div> <div>4:00 Uno Cards, AR</div> <div>6:45 Sanford Cinema, MT</div> | <div>3</div> <div>9:30 Walmart/Kroger/ Publix, OP</div> <div>10:00 Walking Club</div> <div>11:00 Knit/Crochet Club, DR</div> <div>2:00 Funny \$ Trivia, AR</div> <div>3:00 Bean Bag Baseball with Kevin & Hilary, AR</div> <div>4:00 Chinese Checkers & Rummikub, AR</div> <div>6:45 Sanford Cinema, MT</div> | <div>4</div> <div>10:00 Tech Time with Kevin & Hilary</div> <div>11:00 Wii Sports, AR</div> <div>2:00 Funny \$ Bingo, AR</div> <div>3:00 Saturday Matinee, MT</div> <div>6:45 Sanford Cinema, MT</div> |
| <div>5</div> <div>10:30 Catholic Mass, PR</div> <div>11:00 Televised Church Service, MT</div> <div>12:30 Mexican Buffet</div> <div>2:00 Bible Study, PR</div> <div>3:00 Current Events with Tony and Candy, AR</div> <div>4:00 Wii Bowling, AR</div> <div>6:45 Sanford Cinema, MT</div> | <div>6</div> <div>9:30 Walmart/Kroger/ Publix, OP</div> <div>10:00 Donuts & Discussion, AR</div> <div>11:30 Flex & Stretch with Dean, AR</div> <div>1:30 Swimming Class, OP</div> <div>2:00 Horse Racing, AR</div> <div>3:15 Funny \$ Bingo, AR</div> <div>6:45 Sanford Cinema, MT</div> | <div>7</div> <div>9:30 Podiatrist (All Day)</div> <div>10:00 Tai Chi/Yoga, AR</div> <div>11:00 Let’s Make It!, AR</div> <div>2:00 Funny \$ Bingo, AR</div> <div>3:15 Ocean of Lotions, AR</div> <div>4:00 Uno, AR</div> <div>6:45 Sanford Cinema, MT</div> | <div>8</div> <div>9:30 Picnic at Riverside Park</div> <div>10:00 Brain Puzzles, AR</div> <div>2:00 Resident/Manager Meeting, DR</div> <div>3:15 Balloon Volleyball</div> <div>4:00 Scrabble Club, AR</div> <div>6:45 Sanford Cinema, MT</div> <div>7:00 Cash Bingo</div>  | <div>9</div> <div>9:30 Fitness with Dean, AR</div> <div>10:15 Baking with Tony, ARK</div> <div>2:00 Bridge Club, AR</div> <div>3:00 Mother’s Day Tea, DR</div> <div>4:00 Uno Cards, AR</div> <div>6:45 Sanford Cinema, MT</div>  | <div>10</div> <div>9:30 Walmart/ Kroger/Publix, OP</div> <div>10:00 Walking Club</div> <div>11:00 Knit/Crochet Club, DR</div> <div>2:00 Funny \$ Trivia, AR</div> <div>3:00 Bean Bag Baseball with Kevin & Hilary, AR</div> <div>4:00 Chinese Checkers & Rummikub, AR</div> <div>6:45 Sanford Cinema, MT</div> | <div>11</div> <div>10:00 Tech Time with Kevin & Hilary</div> <div>11:00 Wii Sports, AR</div> <div>2:00 Funny \$ Bingo, AR</div> <div>3:00 Saturday Matinee, MT</div> <div>6:45 Sanford Cinema, MT</div> |
| <div>12</div> <div>MOTHER’S DAY</div> <div>10:30 Catholic Mass, PR</div> <div>11:00 Televised Church Service, MT</div> <div>12:30 Mother’s Day Dinner, DR</div> <div>2:00 Bible Study, PR</div> <div>3:00 Current Events with Tony and Candy, AR</div> <div>4:00 Wii Bowling, AR</div> <div>6:45 Sanford Cinema, MT</div> | <div>13</div> <div>9:30 Walmart/Kroger/ Publix, OP</div> <div>10:00 Donuts & Discussion, AR</div> <div>11:30 Flex & Stretch with Dean, AR</div> <div>1:30 Swimming Class, OP</div> <div>2:00 Horse Racing, AR</div> <div>3:15 Funny \$ Bingo, AR</div> <div>6:45 Sanford Cinema, MT</div> | <div>14</div> <div>10:00 Tai Chi/Yoga, AR</div> <div>11:00 Let’s Make It!, AR</div> <div>2:00 Watercolor Class with Mimi</div> <div>3:15 Ocean of Lotions, AR</div> <div>4:00 Uno, AR</div> <div>6:45 Sanford Cinema, MT</div> | <div>15</div> <div>9:30 Gibbs Gardens</div> <div>10:00 Brain Puzzles, AR</div> <div>2:00 Balloon Volleyball, AR</div> <div>3:00 Garden Club, AR</div> <div>4:00 Scrabble Club, AR</div> <div>6:45 Sanford Cinema, MT</div> <div>7:00 Cash Bingo</div> | <div>16</div> <div>9:30 Fitness with Dean, AR</div> <div>10:15 Baking with Tony, ARK</div> <div>11:30 Resident/Chef Meeting, AR</div> <div>2:00 Bridge Club, AR</div> <div>3:00 Funny Money Bingo, AR</div> <div>4:00 Uno Cards, AR</div> <div>6:45 Sanford Cinema, MT</div> | <div>17</div> <div>9:30 Walmart/ Kroger/Publix, OP</div> <div>10:00 Walking Club</div> <div>11:00 Knit/Crochet Club, DR</div> <div>2:00 Funny \$ Trivia, AR</div> <div>3:00 Bean Bag Baseball with Kevin & Hilary, AR</div> <div>4:00 Chinese Checkers & Rummikub, AR</div> <div>6:45 Sanford Cinema, MT</div> | <div>18</div> <div>10:00 Tech Time with Kevin & Hilary</div> <div>11:00 Wii Sports, AR</div> <div>2:00 Funny \$ Bingo, AR</div> <div>3:00 Saturday Matinee, MT</div> <div>6:45 Sanford Cinema, MT</div> |
| <div>19</div> <div>10:30 Catholic Mass, PR</div> <div>11:00 Televised Church Service, MT</div> <div>2:00 Bible Study, PR</div> <div>3:00 Current Events with Tony and Candy, AR</div> <div>4:00 Wii Bowling, AR</div> <div>6:45 Sanford Cinema, MT</div>  | <div>20</div> <div>9:30 Walmart/Kroger/ Publix, OP</div> <div>10:00 Donuts & Discussion, AR</div> <div>11:30 Flex & Stretch with Dean, AR</div> <div>1:30 Swimming Class, OP</div> <div>2:00 Horse Racing, AR</div> <div>3:15 Funny \$ Bingo, AR</div> <div>6:45 Sanford Cinema, MT</div> | <div>21</div> <div>10:00 Tai Chi/Yoga, AR</div> <div>11:00 Let’s Make It!, AR</div> <div>2:00 Funny \$ Bingo, AR</div> <div>3:15 Ocean of Lotions, AR</div> <div>4:00 Uno, AR</div> <div>6:45 Sanford Cinema, MT</div>  | <div>22</div> <div>10:00 Brain Puzzles, AR</div> <div>10:00 Marietta Tour with Jim Howe</div> <div>2:00 Balloon Volleyball, AR</div> <div>3:00 Garden Club, AR</div> <div>4:00 Scrabble Club, AR</div> <div>6:45 Sanford Cinema, MT</div> <div>7:00 Cash Bingo</div> | <div>23</div> <div>9:30 Fitness with Dean, AR</div> <div>10:15 Baking with Tony, ARK</div> <div>2:00 Bridge Club, AR</div> <div>3:00 Funny Money Bingo, AR</div> <div>4:00 Uno Cards, AR</div> <div>6:45 Sanford Cinema, MT</div>  | <div>24</div> <div>9:30 Walmart/ Kroger/Publix, OP</div> <div>10:00 Walking Club</div> <div>11:00 Knit/Crochet Club, DR</div> <div>2:00 Funny \$ Trivia, AR</div> <div>3:00 Bean Bag Baseball with Kevin & Hilary, AR</div> <div>4:00 Chinese Checkers & Rummikub, AR</div> <div>6:45 Sanford Cinema, MT</div> | <div>25</div> <div>10:00 Tech Time with Kevin & Hilary</div> <div>11:00 Wii Sports, AR</div> <div>2:00 Funny \$ Bingo, AR</div> <div>3:00 Saturday Matinee, MT</div> <div>6:45 Sanford Cinema, MT</div> |
| <div>26</div> <div>10:30 Catholic Mass, PR</div> <div>11:00 Televised Church Service, MT</div> <div>2:00 Bible Study, PR</div> <div>3:00 Current Events with Tony and Candy, AR</div> <div>4:00 Wii Bowling, AR</div> <div>6:45 Sanford Cinema, MT</div> | <div>27</div> <div>MEMORIAL DAY</div> <div>9:30 Walmart/Kroger/ Publix, OP</div> <div>10:00 Donuts & Discussion, AR</div> <div>11:30 Flex & Stretch with Dean, AR</div> <div>12:30 Memorial Day BBQ</div> <div>2:00 Memorial Day Celebration, AR</div> <div>3:15 Funny \$ Bingo, AR</div> <div>6:45 Sanford Cinema, MT</div> | <div>28</div> <div>10:00 Tai Chi/Yoga, AR</div> <div>11:00 Let’s Make It!, AR</div> <div>3:00 Auction!</div> <div>6:45 Sanford Cinema, MT</div> | <div>29</div> <div>9:30 Picnic at Stone Mountain</div> <div>10:00 Brain Puzzles, AR</div> <div>2:00 Balloon Volleyball, AR</div> <div>3:00 Garden Club, AR</div> <div>4:00 Scrabble Club, AR</div> <div>6:45 Sanford Cinema, MT</div> <div>7:00 Cash Bingo</div>  | <div>30</div> <div>9:30 Fitness with Dean, AR</div> <div>10:15 Baking with Tony, ARK</div> <div>2:00 Bridge Club, AR</div> <div>3:00 Funny Money Bingo, AR</div> <div>4:00 Uno Cards, AR</div> <div>6:45 Sanford Cinema, MT</div>  | <div>31</div> <div>9:30 Walmart/ Kroger/Publix, OP</div> <div>10:00 Walking Club</div> <div>11:00 Knit/Crochet Club, DR</div> <div>2:00 Funny \$ Trivia, AR</div> <div>3:00 Bean Bag Baseball with Kevin & Hilary, AR</div> <div>4:00 Chinese Checkers & Rummikub, AR</div> <div>6:45 Sanford Cinema, MT</div> |  |



Trip to Blue Ridge, Georgia

We had a beautiful day for our trip to Blue Ridge, Georgia, a small and quaint community with a train, lots of interesting shops, and some great places to eat. The residents enjoyed delicious southern-style cooking at the Southern Charm restaurant. Then we went shopping at some of the stores, such as “Huck’s General Store,” an old-time store with candy brands that many of us remembered as children, toys from the past (such as kaleidoscopes) and lots more. There is a train in Blue Ridge that goes on a ride to another town. Although we didn’t have time to ride it on this trip, we are planning another trip just for the train. On the way back, we stopped at Dairy Queen for sundaes and banana splits!



Enjoying a meal at Southern Charm



June and Nancy in front of the train



Our adventurous group!



Enjoying Dairy Queen treats

Historic Bulloch Hall

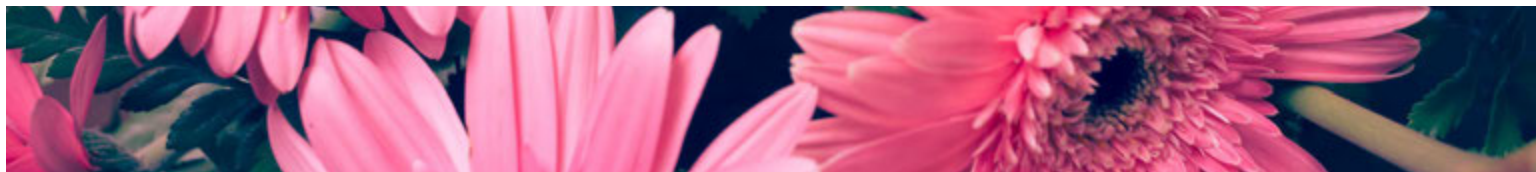
This historic house, designed by architect Willis Ball of Connecticut, is listed on the National Register of Historic Places. The construction of Bulloch Hall was completed in late 1839. Our tour guide was excellent and taught us so much about the history of this beautiful old house. The rooms were maintained just as they had been years ago. It was like going back in a time machine to long ago!



June and Ginny with tour guide



One of the bedrooms in the house



March on Chocolate

Tony and Candy put on a scrumptious feast of chocolate for our "March on Chocolate" event. It was chocolate overload all the way! The tables were full of wonderful chocolate cookies, candy, cupcakes and even a chocolate fountain to dip strawberries in. Residents enjoyed every bite!



Sous Chef Eric setting up the chocolate fountain



Ruth enjoys a chocolate-covered strawberry!



What a layout!



Mr. Chen and Cristiane enjoying the sweets

Activity Coordinator/Chef Conference

Every year, the Hawthorn company plans a conference for the Chefs and the Activity Coordinators from all its senior facilities. This year, the location was at the Hilton in sunny Orlando. The purpose of these conferences is not only to get to know other Chefs and Activity Coordinators from across the U.S. and Canada, but to get fresh ideas and inspiration from a wealth of speakers and activities. Although I missed my residents, the conference was excellent and well worth the trip. I have lots of fresh ideas that I am excited to show you!

— Melissa



Melissa with Taylor and Joni from Home Office in Vancouver



Heading for the next meeting



Sanford won an award for being one of the top six best monthly newsletters for March.

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SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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