

Sanford Estates

Gracious Retirement Living

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

OCTOBER 2019

SANFORD ESTATES STAFF

Managers.....LONNIE & TONI SPEARS
Assistant ManagersRANDY & KATHY HALL
Executive ChefMARY BETH MACY
Marketing..... BILL WHITE
Activity CoordinatorMELISSA MCDONALD
Maintenance Coordinator.. ANTHONY LESTAGE
Bus DriverJULES MUGNIER

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

Hawaiian Luau and Entertainment

For our “Staycation” this year, we went to Hawaii. All month was “Aloha August,” culminating with a Hawaiian luau and authentic Hawaiian entertainment. After eating some traditional Hawaiian dishes such as lomi-lomi salmon for dinner, Chef Mary Beth created a Polynesian dessert bar with Haupia (coconut pudding), macadamia bars, pineapple upside down cake and more. After dinner, Polynesian couple Jacosa and Tupua Ainu’u performed for us. They sang beautiful Hawaiian songs, danced the hula and shared some Hawaiian history. They also gave us a hula lesson and taught us some Hawaiian words. Mahalo and Aloha, Tupua and Jacosa!

(Photos continued inside)



Tupua performs a traditional hula.



Tupua and Faye



Hawaiian Luau and Entertainment (Continued)



Ron, Carolyn, Mollie and Milton



Dot, Mary Jo and George



Lea, Jim, June and Joan



Teaching residents' grandchildren to hula



Great group for the entertainment



Dancing the hula



Group picture with Tupua



Our chef Mary Beth's beautiful creation

Blue Ridge Train Ride

We are looking forward to an exciting train ride on October 23rd. We will be driving to Blue Ridge, Georgia, and taking a 26 mile train ride along the Toccoa River. We'll cross just over the Tennessee state line into Copper Hill, Tennessee, where we will stop for a couple of hours for lunch and shopping. Then the train will take us back to Blue Ridge. We are hoping the fall leaves will be in full color. If you have not signed up, please stop by the Activity Desk to take advantage of this fun opportunity.



The Oriental Arts

Our residents love Augustine, an experienced Tai Chi and Yoga teacher, who visits us once a week. She is an amazing leader!



Tai Chi and Yoga Class

Knit-Crochet Club

Our Knit and Crochet Club is growing. The amazing non-profit organization who teaches us provides yarn, knitting needles, crochet hooks and instructions. We make scarves, hats, baby blankets and more for them to donate to those in need. It's a win-win for us all!



Knit-Crochet Club

\$1,000 Winner!

Sal S. won \$1,000 for his resident referral, who subsequently moved into Sanford Estates. This large reward is available to any resident who refers a potential resident who moves into Sanford Estates.



Sal S. and manager Toni Spears

Complimentary Nail Painting

Elizabeth is an Occupational Therapist and the Director of Legacy Rehabilitation Services, which is housed in our building. She loves getting to know our residents, and one of the many ways she does that is to offer complimentary nail painting once a week. Our residents love her and the many services she offers.



Rosa G. gets a complimentary nail polish.

Upcoming November Highlights

- 11/11** — Special Veterans Day Celebration
- 11/14** — Day Trip to Wind Creek Casino in Wetumpka, Alabama
- 11/23** — Sprayberry Craft Show
- 11/28** — Thanksgiving Feast!

OCTOBER 2019

Birthdays

Colleen Sweeney, 10th
Ruth Cleveland, 15th
Vicki Green, 23rd
Joyce Key, 29th
Tai Lai Wang, 29th

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.

Sherry's Salon

Mondays & Wednesdays
10 a.m.-4 p.m.
721-470-5744
(Walk-ins welcome)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p> <p>10:00 Fitness Fun, AR 11:00 Church Service, CH 11:00 Learn to Draw, AR 2:00 Funny \$ Bingo, AR 3:15 Gingerbread House Meeting, AR 4:00 Uno, AR</p>	<p>2</p> <p>Sherry's Salon Open 10 a.m. to 4 p.m. 9:30 Panorama Orchards Farm Market, OP 10:00 Brain Puzzles, AR 3:15 Balloon Volleyball, AR 4:00 Scrabble Club, AR 7:00 Cash Bingo</p>	<p>3</p> <p>10:00 Morning Exercise, AR 11:00 Bourre Poker, AR 11:30 Nails with Elizabeth 2:00 Bridge Club, AR 2:30 Music with Marty, AR 4:00 Funny \$ Bingo, AR</p>	<p>4</p> <p>Wear Red for Our Troops 9:30 Walmart/Kroger/Publix, OP 10:30 Knit/Crochet Club, DR 2:00 Funny \$ Trivia, AR 3:00 Bean Bag Baseball, AR 4:00 Piano with Debra Lieb, DR 6:45 Sanford Cinema, MT</p>	<p>5</p> <p>10:00 Tech Time 11:00 Wii Sports, AR 2:00 Funny \$ Bingo (2-4pm), AR 6:45 Sanford Cinema, MT</p>
<p>6</p> <p>11:00 Televised Church Service, MT 11:45 Catholic Communion, PR 2:30 Bridge Club, PR 3:00 Current Events Discussion, AR 4:00 Wii Bowling, AR 6:45 Sanford Cinema, MT</p>	<p>7</p> <p>Sherry's Salon Open 10 a.m. to 4 p.m. 9:30 Walmart/Kroger/Publix, OP 10:00 Coffee & Conversation, AR 11:30 Flex & Stretch, AR 1:30 Swimming Class, OP 2:00 Funny \$ Bingo, AR 2:00 "The Store" Open 4:00 Singer Cindy Bell, AR</p>	<p>8</p> <p>YOM KIPPUR BEGINS AT SUNSET 10:00 Fitness Fun, AR 11:00 Church Service, CH 11:00 Learn to Draw, AR 2:00 Resident/Manager Mtg., AR 3:15 Funny \$ Bingo, AR 4:15 Uno, AR</p>	<p>9</p> <p>Sherry's Salon Open 10 a.m. to 4 p.m. 9:30 Scenic Drive, OP 10:00 Brain Puzzles, AR 2:00 Harvest Fest (2 to 4 p.m.) 7:00 Cash Bingo</p>	<p>10</p> <p>9:00 Flu Shot Clinic, AR 2:00 Bridge Club, AR 2:45 Funny \$ Bingo, AR 4:00 Music with Butch Evans, AR</p> 	<p>11</p> <p>Wear Red for Our Troops 9:30 Walmart/Kroger/Publix, OP 10:30 Knit/Crochet Club, DR 2:00 Funny \$ Trivia, AR 3:00 Bean Bag Baseball, AR 4:00 Happy Hour!, AR 6:45 Sanford Cinema, MT</p>	<p>12</p> <p>10:00 Tech Time 11:00 Wii Sports, AR 2:00 Funny \$ Bingo (2-4pm), AR 6:45 Sanford Cinema, MT</p>
<p>13</p> <p>11:00 Televised Church Service, MT 11:45 Catholic Communion, PR 2:30 Bridge Club, PR 3:00 Current Events Discussion, AR 4:00 Wii Bowling, AR 6:45 Sanford Cinema, MT</p>	<p>14</p> <p>COLUMBUS DAY Sherry's Salon Open 10 a.m. to 4 p.m. 9:30 Walmart/Kroger/Publix, OP 10:00 Coffee & Conversation, AR 11:30 Flex & Stretch, AR 1:30 Swimming Class, OP 2:00 Funny \$ Bingo, AR 2:00 "The Store" Open 3:15 Games Galore!, AR</p>	<p>15</p> <p>10:00 Fitness Fun, AR 11:00 Church Service, CH 11:00 Learn to Draw, AR 2:00 Funny \$ Bingo, AR 3:15 Info Tuesday, AR 4:00 Uno, AR</p> 	<p>16</p> <p>Sherry's Salon Open 10 a.m. to 4 p.m. 9:30 Shopping at the Forum, OP 10:00 Brain Puzzles, AR 3:15 Balloon Volleyball, AR 4:00 Scrabble Club, AR 7:00 Cash Bingo</p>	<p>17</p> <p>10:00 Morning Exercise, AR 11:30 Resident/Chef Meeting, AR 2:00 Bridge Club, AR 3:00 Funny Money Bingo, AR 4:00 Games Galore!, AR</p>	<p>18</p> <p>Wear Red for Our Troops 9:30 Walmart/Kroger/Publix, OP 10:30 Knit/Crochet Club, DR 2:00 Funny \$ Trivia, AR 3:00 Bean Bag Baseball, AR 4:00 Happy Hour!, AR 6:45 Sanford Cinema, MT</p>	<p>19</p> <p>10:00 Tech Time 11:00 Wii Sports, AR 2:00 Funny \$ Bingo (2-4pm), AR 6:45 Sanford Cinema, MT</p>
<p>20</p> <p>11:00 Televised Church Service, MT 11:45 Catholic Communion, PR 2:30 Bridge Club, PR 3:00 Current Events Discussion, AR 4:00 Wii Bowling, AR 6:45 Sanford Cinema, MT</p>	<p>21</p> <p>Sherry's Salon Open 10 a.m. to 4 p.m. 9:30 Walmart/Kroger/Publix, OP 10:30 Watercolor Class with Mimi, CH 11:30 Flex & Stretch, AR 1:30 Swimming Class, OP 2:00 Funny \$ Bingo, AR 2:00 "The Store" Open 3:15 Games Galore!, AR</p>	<p>22</p> <p>10:00 Fitness Fun, AR 11:00 Church Service, CH 11:00 Pumpkin Painting 2:00 Funny \$ Bingo, AR 3:15 Info Tuesday, AR 4:00 Uno, AR</p>	<p>23</p> <p>Sherry's Salon Open 10 a.m. to 4 p.m. 9:00 N. Georgia Train Ride, OP 10:00 Brain Puzzles, AR 2:00 Rummikub, AR 4:00 Scrabble Club, AR 7:00 Cash Bingo</p> 	<p>24</p> <p>10:00 Morning Exercise, AR 11:00 Bourre Poker, AR 2:00 Bridge Club, AR 3:00 Funny Money Bingo, AR 4:00 Games Galore!, AR</p>	<p>25</p> <p>Wear Red for Our Troops 9:30 Walmart/Kroger/Publix, OP 10:30 Knit/Crochet Club, DR 1:45 Digital Trivia with David, MT 3:00 Bean Bag Baseball, AR 4:00 Happy Hour!, AR 6:45 Sanford Cinema, MT</p>	<p>26</p> <p>10:00 Tech Time 11:00 Wii Sports, AR 2:00 Funny \$ Bingo (2-4pm), AR 6:45 Sanford Cinema, MT</p>
<p>27</p> <p>11:00 Televised Church Service, MT 11:45 Catholic Communion, PR 2:30 Bridge Club, PR 3:00 Current Events Discussion, AR 4:00 Wii Bowling, AR 6:45 Sanford Cinema, MT</p>	<p>28</p> <p>Sherry's Salon Open 10 a.m. to 4 p.m. 9:30 Walmart/Kroger/Publix, OP 10:00 Coffee & Conversation, AR 11:30 Flex & Stretch, AR 1:30 Swimming Class, OP 2:00 Funny \$ Bingo, AR 2:00 "The Store" Open 3:15 Games Galore!, AR</p>	<p>29</p> <p>10:00 Tai Chi/Yoga, CH 11:00 Church Service, CH 11:00 Learn to Draw, AR 2:00 Funny \$ Bingo, AR 3:15 Info Tuesday, AR 4:00 Uno, AR</p> 	<p>30</p> <p>Sherry's Salon Open 10 a.m. to 4 p.m. 9:30 Outing TBD, OP 10:00 Brain Puzzles, AR 3:15 Balloon Volleyball, AR 4:00 Scrabble Club, AR 7:00 Cash Bingo</p>	<p>31</p> <p>HALLOWEEN 10:00 Morning Exercise, AR 2:00 Bridge Club, AR 2:00 Spooky Stories with Neil, AR 4:00 Halloween Party/ Costume Contest 6:00 "Trunk or Treat"</p>		



Broadway Songs

The incredibly talented singing group “Music to My Ears” came and performed Broadway love songs for our residents. They sang a wonderful medley of songs that many of our residents remembered. The singers received a standing ovation at the end!



Valerie Miller sings a love song to resident Larry W.



Singing group “Music to My Ears”

Entertainers Randy and Cindy

Randy and Cindy are fun performers who sing a mix of ‘40s, ‘50s, ‘60s and country songs. They love to engage the audience. At their last performance, they gave the residents tambourines and had them front and center, singing and playing tambourines to the song “Proud Mary.” We had so much fun!



Randy and Connie croon away!



Columba enjoys the music.

New Bus Driver

Welcome to our new bus driver, Jules Mugnier! Jules is married and has one son. Jules enjoys golf, tennis and reading. He is a wonderful bus driver and drove beautifully on the dirt roads of our Scenic Country Drive in September. He loves Seniors and is looking forward to getting to know each of our residents.



Jules Mugnier



Sanford Estates

Our building is located in the heart of busy Roswell, Georgia, but sits in a quiet area surrounded by trees. We see birds of all kinds, including blue birds, gold finches, song sparrows and hawks. This picture was taken in the evening after a rain shower.



Early evening at Sanford Estates

New Assistant Managers

Sanford Estates welcomes our new Assistant Managers, Kathy and Randy Hall. Kathy and Randy have been married for 30 years and have one daughter and an adorable five-year-old granddaughter. Kathy is originally from Florida, and Randy hails from Alabama. Some of their previous jobs have included working as managers for a children's home, as well as managing other Independent Living Facilities. Kathy has a B.A. in Psychology and Sociology and an M.A. in Counseling. Randy has a B.A. in Physical Education, an M.A. in Church Planning and an Endorsement in Special Education. He has also been a pastor since 1991. They both love traveling and spending time with their family, who live in Chattanooga. We are excited to have them on our team!



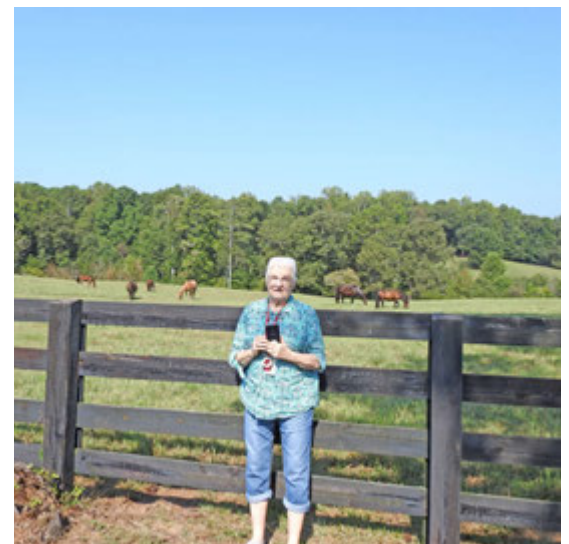
Randy and Kathy Hall

Scenic Country Drive

This month has been so hot that we scheduled a scenic country drive for our residents. All they had to do was board the bus and be in air conditioning for a nice ride. We went down a couple of dirt roads (kudos to our new bus driver!) and saw some beautiful horse farms, including one farm that raises Arabians. It was a cool way to pass a hot summer morning!



Beautiful green countryside!



June was the only one who ventured into the heat for a photo.

Sanford Estates
Gracious Retirement Living

500 Walton Way
Roswell, GA 30076



Fall in love... with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

770-649-7452

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