

Sanford Estates

Gracious Retirement Living

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

SEPTEMBER 2019

SANFORD ESTATES STAFF

Managers.....LONNIE & TONI SPEARS
Assistant ManagersRANDY & KATHY HALL
Executive ChefMARY BETH MACY
Marketing.....BILL WHITE
Activity CoordinatorMELISSA MCDONALD

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

Entertainment by the Farmers

We love it when Dennis and Tracy Farmer, our floating Managers, come to Sanford Estates, not only because they are great Managers, but also because they are excellent performers and always graciously sing for us. They sang '40s, '50s and '60s songs and threw in some comedy, too. Some of our housekeeping and kitchen crew provided an amazing backup group to Tracy when she sang "Stop in the Name of Love." Our new Manager, Lonnie, joined with June to help the Farmers with "Daddy Sang Bass." Everyone had a fun time!



Dennis and Tracy perform.

(Photos continued inside)



Lonnie and June join in the fun!



Entertainment by the Farmers *(Continued)*



Marilyn, Jarvis and Coco are born performers!



Marilyn dances with Cynthia.



Sue is chair dancing here. She is 99 years young and looking forward to 100!

Three Generations

Alice had a great visit with her granddaughter and five great-grandchildren. The three boys are triplets! It was so nice to meet them all.



Alice and her family

Newest Obsession: Rummikub

One of our residents taught us to play the game Rummikub, and now we have a group that loves to play. It's a great game, which really makes us think as we plan our strategy to win using color and number combinations.



Elinor, Pat, Trudi and June play Rummikub.



Meet Our New Managers

Welcome new Managers, Lonnie and Toni Spears! Lonnie and Toni are originally from Wisconsin and more recently, Montgomery, Alabama. Lonnie graduated from the University of Illinois, and Toni graduated from Illinois State University. They have been married for 31 years and have one daughter. Their daughter graduated from ASU with a STEM degree (Science, Technology, Engineering and Math), and she is currently serving in the Air Force Reserves. A former track and field athlete, she won the Georgia Cross Country championship. For ten years, Lonnie and Toni owned the largest candy and confectionery store in Georgia, "Sweets from Heaven." Yum! Toni loves exercising and cooking. Lonnie also enjoys working out and likes to watch track and field sporting events. Lonnie and Toni are very invested in family, and consider the residents of Sanford Estates as an extension of their family. We are delighted that they are now a part of our Community!



Lonnie and Toni Spears

Cherokee Cattle Company

Residents enjoyed lunch at the Cherokee Cattle Company recently. This popular Marietta restaurant has been operating for 30 years and is still going strong!



Enjoying a delicious lunch!

Music With Marty

Marty is a great guitar player and a singer who visits us regularly. Residents love his music and personality. It's always a lively time when Marty plays!



Marty with the residents

Thinking Ahead

We are planning a train ride to North Georgia in October. We will drive to Blue Ridge, Ga. Starting at the historic depot in downtown Blue Ridge, riders take a four-hour, 26-mile roundtrip journey along the Toccoa River through the Chattahoochee National Forest. The first leg of the adventure takes riders on a one-hour trip to the quaint sister towns of McCaysville, Ga., and Copperhill, Tenn., nestled deep in the mountains on each state's line. Passengers enjoy all the towns have to offer during a two-hour layover before taking the one-hour return trip through the scenic forest and back to the depot in Blue Ridge, Ga. This will be a memorable trip!

September Highlights

September 2nd: Labor Day Barbecue

September 4th: "Driving Miss Daisy" Tour

September 9th: Watercolor Class
with Mimi

September 10th: Musical Broadway Songs

September 14th: "It's Never Too Late"
Inspirational Speaker

September 27th: Digital Trivia with David





Citrus Fruit Tasting

We had a citrus fruit tasting as part of our Culinary Education Series for August. We served fresh oranges, grapefruit, tangelos, lemons, limes and key limes as well as orange, tangerine and grapefruit juice. One of our visiting guests at Sanford came down to sample the fruit. Turns out they own a citrus grove in Florida! They had lots of interesting stories to share with us.



Billy Jo and Lea, getting ready to taste the goods!



Ruth goes for the oranges first.

Bingo

Sal is one of our most enthusiastic Bingo players. He frequently wins and is often asked by other residents to choose a winning Bingo card for them. His most popular saying is, "I just need one more number!" Recently, we presented him with this handmade plaque which celebrates his words, and his wonderful sense of humor!



Sal at Bingo

Tour of Marietta

Jim Howe, an Atlanta historian, rode with us and took us on an amazing tour of Kennesaw Mountain and historic Marietta. We drove to the top of Kennesaw Mountain, and he told us about the Civil War battle that was fought there. We drove through historic Marietta and learned more about famous people who lived there and saw the beautiful old houses along the way. Finally, we ate lunch at Marietta Diner and had delicious meals. Most of us came away with "To Go" boxes because the helpings were so generous.



Marietta Diner



Our group took up two tables.



Exercise With Elizabeth

A big thank you to our Occupational Therapist, Elizabeth, who has been doing an exercise class with our residents. She works for Legacy Therapy in our building, and is a great resource for residents.



Elizabeth leads an exercise class.

Entertainment with Ben and Pam

We keep inviting Ben and Pam back because they are such fun and talented performers. They get everyone dancing, clapping and singing along to the beat of '40s, '50s, '60s and Motown music. This time was no exception. Pam has a great voice and told us she is going to try out for "The Voice" in the Atlanta Auditions. She should definitely be a contender!



Pamela and Carolyn are great dancers.



We love to dance to the oldies!



Larry and Joan enjoy a dance.

Pain Management Seminar

Thank you to Brittany from Encompass Health, who presented a seminar on pain management. She discussed ways to alleviate pain and offered helpful resources. The cookies and lemonade were good, too!



Pain management seminar

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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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