

Sanford Estates

Gracious Retirement Living

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

NOVEMBER 2019

SANFORD ESTATES STAFF

Managers.....LONNIE & TONI SPEARS
Assistant ManagersRANDY & KATHY HALL
Executive Chef.....MARY 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

Centennial High School Student Visit

Two classes of high school students, a Business class and a Spanish class, came to visit Sanford Estates to interview our residents. The Business class asked residents about their former careers, and got great advice on how to negotiate the business world they will eventually experience. The Spanish class talked with our Hispanic residents in Spanish and quickly became friends. The students enjoyed the interaction as much as the residents did. They plan to come back again soon!

(Continued on Page 2.)



The Centennial High School Business class



The Centennial High School Spanish class



Centennial High School Student Visit (Continued)



Elaine shows students some of her art work.



Rosa quickly developed a bond with some of the Hispanic students.



Matilde enjoyed speaking her native language with the students.

“Driving Miss Daisy” Tour

After watching the movie, “Driving Miss Daisy,” we went on a bus trip with historian Jim Howe to see the places in Decatur where the movie was filmed. During the ride, he also told us about the history and architecture of the area. We even saw a house that the infamous gangster, Al Capone, known as “Scarface,” frequented when he came to Atlanta. We had lunch at a small French cafe, Cafe Alsace, in the tiny downtown area of Decatur. Their quiche was delicious!



Residents enjoying the tour.



Lunch at a great French Cafe



Miniature Horse

Who would think that a horse would walk inside to the Atrium at Sanford Estates! This adorable, well-behaved miniature horse named Scooter did just that. He came to visit us and brought along his friend, a beautiful Australian Shepherd. The two animals brought a smile to everyone's faces. We plan to visit the farm where Scooter and other miniature horses live.



Scooter, the miniature horse



We all enjoyed petting Scooter.



Scooter brought smiles to everyone!

Sonny on Sax

We had a wonderful saxophone and clarinet musician come to entertain us. Sonny played and sang many familiar jazz and other songs. We sang along with many of the songs and really enjoyed his performance.



Sonny on Sax

Wind Creek Casino

In November, we will be going on an all-day trip to Wetumpka, Alabama, to the Wind Creek Casino. We will eat lunch at the Casino's famous five-star restaurant. We will experience the celebrated flavors and extensive options of their delicious buffet, featuring all types of seafood, steak, chicken, vegetables, salads, pasta, pizza and an amazing dessert bar. They also have vegan and sugar-free food options. If you would like to join us, please sign up at the Activity Desk.

Gingerbread House

Every year, the Hawthorn Company has a contest among all its Communities to see who can make the best gingerbread house. In October, a group of residents met to decide a theme for this year's gingerbread house. We can't say what it is, but it represents Georgia, and we are hoping to win the contest!

NOVEMBER
2019
Birthdays

Joan Bright, 1st
Ginny Riley, 1st
Mark Schumann, 2nd
Larry Wood, 8th
Rufus Bennett, Jr., 13th
Jean Crawford, 13th
Stella Rogers, 17th
Bob Hoge, 21st
Marie Butler, 25th
Jean Cox, 25th
Joan Wood, 25th
Faye Bissonnette, 26th
Daniel Bowman, 27th
John Parshall, 29th
Kathy Hall, 30th
(Employee)

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
					Wear Red for Our Troops 1 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 	2 10:00 Tech Time 11:00 Wii Sports, AR 2:00 Funny \$ Bingo (2-4pm), AR 6:45 Sanford Cinema, MT 
DAYLIGHT SAVING TIME ENDS 3 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	Sherry's Salon Open 4 10 a.m. to 4 p.m. 9:30 Walmart/Kroger/ Publix, OP 10:00 Coffee & Conversation, AR 11:30 Flex & Stretch, AR 2:00 Funny \$ Bingo, AR 2:00 "The Store" Open 3:15 Games Galore!, AR	ELECTION DAY 5 10:00 Tai Chi/Yoga, 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	6 Sherry's Salon Open 10 a.m. to 4 p.m. 9:30 Outing TBD 10:00 Brain Puzzles, AR 3:15 Balloon Volleyball, AR 4:00 Scrabble Club, AR 7:00 Cash Bingo	7 10:00 Morning Exercise, AR 11:00 Word in a Word, AR 2:00 Bridge Club, AR 3:00 Funny Money Bingo, AR 4:00 Games Galore!, AR	Wear Red for Our Troops 8 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 	9 10:00 Tech Time 11:00 Wii Sports, AR 2:00 Funny \$ Bingo (2-4pm), AR 6:45 Sanford Cinema, MT
11:00 Televised Church Service, MT 10 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	VETERANS DAY 11 Sherry's Salon Open 10 a.m. to 4 p.m. 9:30 Walmart/Kroger/ Publix, OP 10:00 Patriotic Songs W Craig G., AR 11:30 Flex & Stretch, AR 2:00 Funny \$ Bingo, AR 2:00 "The Store" Open 3:15 Games Galore!, AR	12 9:30 Podiatrist 10:00 Tai Chi/Yoga, AR 11:00 Church Service, CH 11:00 Learn to Draw, AR 2:00 Resident/Mgr Meeting, AR 3:15 Funny \$ Bingo, AR 4:00 Uno, AR	13 Sherry's Salon Open 10 a.m. to 4 p.m. 10:00 Morning Exercise, AR 11:00 Word in a Word, AR 3:15 Balloon Volleyball, AR 4:00 Scrabble Club, AR 7:00 Cash Bingo 	14 8:30 Wind Creek Casino Trip, OP 2:00 Bridge Club, AR 3:00 Funny Money Bingo, AR 4:00 Games Galore!, AR	Wear Red for Our Troops 15 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	16 10:00 Tech Time 11:00 Wii Sports, AR 2:00 Funny \$ Bingo (2-4pm), AR 6:45 Sanford Cinema, MT
11:00 Televised Church Service, MT 17 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 	Sherry's Salon Open 18 10 a.m. to 4 p.m. 9:30 Walmart/Kroger/ Publix, OP 10:00 Coffee & Conversation, AR 10:30 Watercolor Class W Mimi, AR 2:00 Funny \$ Bingo, AR 2:00 "The Store" Open 3:15 Thanksgiving Craft, AR	19 10:00 Tai Chi/Yoga, 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	20 Sherry's Salon Open 10 a.m. to 4 p.m. 10:00 Brain Puzzles, AR 11:00 Thanksgiving Lunch at Rarc, OP 3:15 Balloon Volleyball, AR 4:00 Scrabble Club, AR 7:00 Cash Bingo	21 10:00 Morning Exercise, AR 11:00 Word in a Word, AR 11:30 Resident/Chef Meeting, AR 2:00 Bridge Club, AR 3:00 Funny Money Bingo, AR 4:00 Games Galore!, AR 	Wear Red for Our Troops 22 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	23 9:00 Sprayberry HS Craft Show, OP 11:00 Wii Sports, AR 2:00 Funny \$ Bingo (2-4pm), AR 6:45 Sanford Cinema, MT
11:00 Televised Church Service, MT 24 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	Sherry's Salon Open 25 10 a.m. to 4 p.m. 9:30 Walmart/Kroger/ Publix, OP 10:00 Coffee & Conversation, AR 11:30 Flex & Stretch, AR 2:00 Funny \$ Bingo, AR 2:00 "The Store" Open 3:15 Games Galore!, AR 	26 10:00 Tai Chi/Yoga, AR 11:00 Church Service, CH 11:00 Learn to Draw, AR 2:30 Auction!, AR 	27 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 	THANKSGIVING DAY 28 12:30 Thanksgiving Dinner, DR 12:30 Football: Bears vs. Lions, MT 4:30 Football: Bills vs. Cowboys, MT 8:20 Football: Saints vs. Falcons, MT	Wear Red for Our Troops 29 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 	30 10:00 Tech Time 11:00 Wii Sports, AR 2:00 Funny \$ Bingo (2-4pm), AR 6:45 Sanford Cinema, MT 



Panorama Orchard Market

We took a drive to the Panorama Farms Orchard Market in Ellijay, Georgia. Panorama Farms grows several varieties of apples and offers them at their market. You can sample each apple and choose the ones you like the most. But it doesn't just stop with apples. The store also offers pumpkins, gourds, homemade fudge and other candies, jams, jellies, pickles, honey, pies, cider, fresh produce, their famous fried pies, and much more. The bus was loaded with everyone's purchases. On the way back, we stopped at Cracker Barrel and enjoyed some delicious home cooking.



Residents with their purchases



Enjoying lunch at Cracker Barrel

'50s With Butch Evans

Entertainer Butch Evans came to play for us with some great 1950s songs. We had fun singing along and dancing. We even had a team contest to see which team sang the best song.



Enjoying the music of Butch Evans

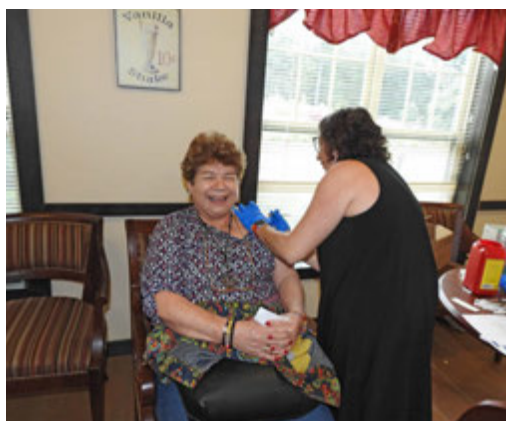


Rosa, Susan, and Elaine dance to the rhythm.



Flu Shots 2019

Many of our residents got their flu shots without having to leave home. Lily's Pharmacy came to Sanford Estates to give out flu shots. This pharmacy not only gives flu shots each year, but also delivers prescriptions to us. Pharmacist and owner, Mike Shannon, told the story of how the pharmacy got its name. His wife needed a prescription filled right after the birth of their first child. Mike went to a local chain drugstore to fill the prescription and was told that they were closing and couldn't take time to fill it. He decided right then that if he had a pharmacy, he wouldn't treat customers that way. It wasn't long before he started his own drug store and pharmacy, Lily's Pharmacy, named after his first daughter, Lily. His daughter, now in second grade, was at Sanford, handing out numbers to our residents as they came in for their immunizations.



Rosa is happy to get her shot.



June has a different reaction!

Welcome, Anthony Lestage

Welcome to Anthony Lestage, Maintenance Coordinator at Sanford Estates. Anthony (better known as "Tony") is originally from the beautiful island of Trinidad in the West Indies. Tony has lived in the United States since 1970. He used to own a construction company, and spent many hours supervising and helping with the building of houses. He brings extensive knowledge to his job with us. Tony is married and has one grown daughter. He enjoys bike and motorcycle riding and likes to ride on long trips. Tony also loves to play soccer. His idol was the great soccer player, Pele. Tony enjoys working with the seniors at Sanford Estates and respects their wisdom and patience. We are so glad to have him as part of our team!



Tony Lestage

Music and Vocals with Debra Lieb

We had a great concert with singer and pianist, Debra Lieb. She sang many favorites, including Glenn Miller, Frank Sinatra and more. We are looking forward to having Debra back to see us in December for a Christmas singalong.



Debra Lieb on piano

Yarn Craft

Our residents not only have a knit and crochet club, but now we have added two new yarn and fabric crafts. We are making old-fashioned brightly colored potholders on a loom. They make great Christmas presents. We also are learning how to use the new loop yarn. You can make a scarf or hat by pulling through loops with your fingers. No crochet hooks or knitting needles are required. If you would like to try one of these crafts, please join us on Friday at 10:30 a.m.



Learning how to use loop yarn

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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