

# Sanford Estates

## Gracious Retirement Living

500 Walton Way • Roswell, GA 30076 • Phone (770) 649-7452 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

JANUARY 2020

### SANFORD ESTATES STAFF

Managers.....LONNIE & TONI SPEARS  
Assistant Managers .....RANDY & KATHY HALL  
Executive Chef.....MARY BETH MACY  
Marketing.....JENNIFER LIEN  
Activity Coordinator .....MELISSA MCDONALD  
Maintenance Coordinator.....MIKE PHILLIPS  
Bus Driver .....JULES 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

## Hawthorn Expedition 2020

Start your engines, Sanford Estates! Beginning the week of January 19th through February 8th, Sanford Estates will be hitting the road for an expedition across Africa! We will be exploring these three amazing destinations:

- Morocco
- Egypt
- Tanzania

As we make our scheduled stops at each destination, we will be experiencing the food, history and culture of each of these beautiful countries. Be sure to attend the Expedition Kick-off on Friday, January 17th, at 4 p.m., to get all of your travel information. If you have any additional questions, like what to pack or weather conditions, be sure to check in with your Expedition Guide, Melissa, for all the details!



African Expedition 2020



Morocco



Egypt



Tanzania





## Wind Creek Casino

We drove from Georgia to Alabama to visit the Wind Creek Casino located in Wetumpka, Alabama, on the banks of the Coosa River. Although it was a grey day, we had a great time! We ate at the amazing five-star buffet there in the Casino, where they offer almost every kind of food you can imagine. Some of us gambled and others drove to the nearby Dillards outlet, where there was an amazing sale. One of our party came out 29 cents to the good at the quarter machine, but lost \$76 at Dillards!



*Honey, Audrey, Joan, Larry and Jackie are hoping to win the car behind them!*



*A look down one of the many casino aisles*



*Jackie has found the dessert buffet!*

## Thanksgiving

Not only did we have a delicious dinner at Sanford on Thanksgiving Day, some of us also participated in the Roswell Adult Recreation Center's annual Thanksgiving luncheon the week before Thanksgiving. We ate great food and listened to music by the Roswell High School Band.



*Lunch at Roswell Adult Recreation Center*



*Giving thanks is what Thanksgiving is all about.*



*Matilde was in the spirit of Thanksgiving.*



*Honey, Mary Jo and Rosa are decorated for Thanksgiving.*



*Faye made a beautiful pine cone centerpiece for her daughter's Thanksgiving table.*





*And now we interrupt this program for a commercial!*

## Comedy Show

Comedian Larry Lupas entertained us with his imitations of the comedy of Jack Benny, Bob Hope, Rodney Dangerfield and more. He brought in a large reproduction of a '50s TV, where he performed commercials throughout the performance. It was a good day to laugh!



*The audience listens.*



*Some residents decided they'd like to be on TV!*

## Auction

Our quarterly auction was held at the end of November. One of our residents, Sal, outbid everyone for a ladies' shower cap. In order for him to complete the transaction, he had to pose for a picture while wearing the cap.



*Sal is a good sport!*

## Bean Bag Baseball Winners



*Mary Jo, Joyce, Lisa and Jackie celebrate.*

After a particularly close game of Bean Bag Baseball, the proud winning team decided to pose for a picture to commemorate the day.

## Beautiful Day

We had a particularly warm day during chilly November, and our residents took advantage of it by basking in the sunshine.



*Enjoying a rare warm November day.*



JANUARY 2020

Birthdays

Marcia Hunnicut, 2nd  
Toni Spears, 9th (Employee)  
Homi Sethna, 9th  
Jarvis Okain, 18th (Employee)  
Connie Schindelholz, 24th  
Irving Kay, 26th  
Skylar Martin, 29th (Employee)  
Tom Postver, 29th

Locations

Activity Room, AR  
Activity Room Kitchen, ARK  
Atrium, AT  
Beauty Salon, BS  
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

Sherry’s Salon

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

Nails by Nadine

Every other Sat.  
9 a.m.-2 p.m.

Sanford Community Store Hours

Mondays at 2 p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>11:00 Televised Church Service, MT <b>5</b> 11:45 Catholic Communion, PR 2:00 Rummikub, AR 3:00 Current Events Discussion, AR 4:00 Wii Bowling, AR 6:45 Sanford Cinema, MT</div>	 <div>Sherry’s Salon Open 10 a.m. to 4 p.m. <b>6</b> 9:30 Walmart/Kroger/ Publix, OP 10:30 Donuts &amp; Reminiscing, AR 11:30 Flex &amp; Stretch w Legacy, AR <b>1:45 Watercolor Class with Mimi, AR</b> 2:00 “The Store” Open <b>3:30 Hand Massages by Gina, AR</b></div>	<div><b>7</b> 10:00 Tai Chi/Yoga, AR 11:00 Church Service, CH 3:00 Funny \$ Bingo, AR 3:15 Info Tuesday, AR 4:15 UNO Cards, AR</div>	<div><b>NEW YEAR’S DAY 1</b> Sherry’s Salon Open 10 a.m. to 4 p.m. <b>9:30 Outing TBD, OP</b> 10:00 Brain Puzzles, AR 3:00 Balloon Volleyball, AR 4:00 Rummikub/ Scrabble, AR 7:00 Cash Bingo</div>	<div><b>2</b> 10:00 Morning Exercise, AR 11:00 Word in a Word, AR 2:00 Bridge Club, AR 2:00 Funny Money Bingo, AR 4:00 Games Galore!, AR </div>	<div><b>Wear Red for Our Troops 3</b> 9:30 Walmart/Kroger/ Publix, OP 10:30 Yarn Craft Club, DR 2:00 Funny \$ Trivia, AR 3:15 Bean Bag Baseball, AR 4:15 Happy Hour!, AR 6:45 Sanford Cinema, MT</div>	<div><b>4</b> <b>9:00 Nails with Nadine (9 a.m. to 2 p.m.), BS</b> 10:00 Tech Time 11:00 Wii Sports, AR 2:00 Funny \$ Bingo (2-4pm), AR 6:45 Sanford Cinema, MT</div>
<div>11:00 Televised Church Service, MT <b>5</b> 11:45 Catholic Communion, PR 2:00 Rummikub, AR 3:00 Current Events Discussion, AR 4:00 Wii Bowling, AR 6:45 Sanford Cinema, MT</div>	<div>Sherry’s Salon Open 10 a.m. to 4 p.m. <b>6</b> 9:30 Walmart/Kroger/ Publix, OP 10:30 Donuts &amp; Reminiscing, AR 11:30 Flex &amp; Stretch w Legacy, AR <b>1:45 Watercolor Class with Mimi, AR</b> 2:00 “The Store” Open <b>3:30 Hand Massages by Gina, AR</b></div>	<div><b>7</b> 10:00 Tai Chi/Yoga, AR 11:00 Church Service, CH 3:00 Funny \$ Bingo, AR 3:15 Info Tuesday, AR 4:15 UNO Cards, AR</div>	<div>Sherry’s Salon Open 10 a.m. to 4 p.m. <b>8</b> <b>9:30 Outing TBD, OP</b> 10:00 Brain Puzzles, AR 3:00 Balloon Volleyball, AR 4:00 Rummikub/ Scrabble, AR 7:00 Cash Bingo</div>	<div><b>9</b> 10:00 Morning Exercise, AR 11:00 Word in a Word, AR 2:00 Bridge Club, AR 2:00 Funny Money Bingo, AR 4:00 Games Galore!, AR </div>	<div><b>Wear Red for Our Troops 10</b> 9:30 Walmart/Kroger/ Publix, OP 10:30 Yarn Craft Club, DR 2:00 Funny \$ Trivia, AR 3:15 Bean Bag Baseball, AR 4:15 Happy Hour!, AR 6:45 Sanford Cinema, MT</div>	<div><b>11</b> 10:00 Tech Time 11:00 Wii Sports, AR 2:00 Funny \$ Bingo (2-4pm), AR 6:45 Sanford Cinema, MT</div>
<div>11:00 Televised Church Service, MT <b>12</b> 11:45 Catholic Communion, PR 2:00 Rummikub, AR 3:00 Current Events Discussion, AR 4:00 Wii Bowling, AR 6:45 Sanford Cinema, MT</div>	<div>Sherry’s Salon Open 10 a.m. to 4 p.m. <b>13</b> 9:30 Walmart/Kroger/ Publix, OP 10:30 Donuts &amp; Reminiscing, AR 11:30 Flex &amp; Stretch w Legacy, AR 2:00 Funny \$ Bingo, AR 2:00 “The Store” Open 3:30 Crafts &amp; Creations, AR</div>	<div><b>14</b> 10:00 Tai Chi/Yoga, AR 11:00 Church Service, CH <b>2:00 Resident/Mgr Meeting, AR</b> 3:15 Info Tuesday, AR 4:15 Funny \$ Bingo, AR</div>	<div>Sherry’s Salon Open 10 a.m. to 4 p.m. <b>15</b> <b>9:30 Outing TBD, OP</b> 10:00 Brain Puzzles, AR 3:00 Balloon Volleyball, AR 4:00 Rummikub/ Scrabble, AR 7:00 Cash Bingo</div>	<div><b>16</b> 10:00 Morning Exercise, AR 11:00 Word in a Word, AR <b>11:30 Resident/Chef Meeting, AR</b> 2:00 Bridge Club, AR 2:00 Funny Money Bingo, AR 4:00 Games Galore!, AR</div>	<div><b>17</b> <b>Wear Red for Our Troops</b> 9:30 Walmart/Kroger/ Publix, OP 10:30 Yarn Craft Club, DR 2:00 Funny \$ Trivia, AR <b>4:00 Hawthorn Adventure Kick-Off Party, AR</b> 6:45 Sanford Cinema, MT</div>	<div><b>18</b> <b>9:00 Nails with Nadine (9 a.m. to 2 p.m.), BS</b> 10:00 Tech Time 11:00 Wii Sports, AR 2:00 Funny \$ Bingo (2-4pm), AR 6:45 Sanford Cinema, MT </div>
<div>11:00 Televised Church Service, MT <b>19</b> 11:45 Catholic Communion, PR 2:00 Rummikub, AR 3:00 Current Events Discussion, AR 4:00 Wii Bowling, AR 6:45 Sanford Cinema, MT</div>	<div><b>MARTIN LUTHER KING JR. DAY 20</b> Sherry’s Salon Open 10 a.m. to 4 p.m. <b>Morocco Week</b> 9:30 Walmart/Kroger/ Publix, OP 10:30 Donuts &amp; Reminiscing, AR 11:30 Flex &amp; Stretch w Legacy, AR 2:00 Funny \$ Bingo, AR 2:00 “The Store” Open 3:30 Crafts &amp; Creations, AR</div>	<div><b>21</b> <b>Morocco Week</b> 10:00 Tai Chi/Yoga, AR 11:00 Church Service, CH <b>12:30 Moroccan Dinner, DR</b> 3:00 Funny \$ Bingo, AR 3:15 Info Tuesday, AR 4:15 UNO Cards, AR</div>	<div>Sherry’s Salon Open 10 a.m. to 4 p.m. <b>22</b> <b>Morocco Week</b> <b>9:30 Outing TBD, OP</b> 10:00 Brain Puzzles, AR 3:00 Balloon Volleyball, AR 4:00 Rummikub/ Scrabble, AR 7:00 Cash Bingo</div>	<div><b>23</b> <b>Morocco Week</b> 10:00 Morning Exercise, AR 11:00 Word in a Word, AR 2:00 Bridge Club, AR 2:00 Funny Money Bingo, AR 3:00 Moroccan Trivia, AR 4:00 Games Galore!, AR</div>	<div><b>Wear Red for Our Troops 24</b> <b>Morocco Week</b> 9:30 Walmart/Kroger/ Publix, OP 10:30 Yarn Craft Club, DR <b>2:00 Digital Trivia W David, MT</b> 3:15 Bean Bag Baseball, AR 4:15 Happy Hour!, AR 6:45 Sanford Cinema, MT </div>	<div><b>25</b> 10:00 Tech Time 11:00 Wii Sports, AR 2:00 Funny \$ Bingo (2-4pm), AR 6:45 Sanford Cinema, MT</div>
<div>11:00 Televised Church Service, MT <b>26</b> 11:45 Catholic Communion, PR 2:00 Rummikub, AR 3:00 Current Events Discussion, AR 4:00 Wii Bowling, AR 6:45 Sanford Cinema, MT </div>	<div>Sherry’s Salon Open 10 a.m. to 4 p.m. <b>27</b> <b>Egypt Week</b> 9:30 Walmart/Kroger/ Publix, OP 10:30 Donuts &amp; Reminiscing, AR 11:30 Flex &amp; Stretch w Legacy, AR 2:00 Funny \$ Bingo, AR 2:00 “The Store” Open 3:30 Crafts &amp; Creations, AR</div>	<div><b>28</b> <b>Egypt Week</b> 10:00 Tai Chi/Yoga, AR 11:00 Church Service, CH <b>12:30 Egyptian Dinner, DR</b> 3:00 Funny \$ Bingo, AR 3:15 Info Tuesday, AR 4:15 UNO Cards, AR</div>	<div>Sherry’s Salon Open 10 a.m. to 4 p.m. <b>29</b> <b>Egypt Week</b> <b>9:30 Outing TBD, OP</b> 10:00 Brain Puzzles, AR 3:00 Balloon Volleyball, AR 4:00 Rummikub/ Scrabble, AR 7:00 Cash Bingo </div>	<div><b>30</b> <b>Egypt Week</b> 10:00 Morning Exercise, AR 11:00 Word in a Word, AR 2:00 Bridge Club, AR 2:00 Funny Money Bingo, AR <b>2:00 Mummy Games, AR</b> 4:00 Games Galore!, AR</div>	<div><b>Wear Red for Our Troops 31</b> <b>Egypt Week</b> 9:30 Walmart/Kroger/ Publix, OP 10:30 Yarn Craft Club, DR 2:00 Funny \$ Trivia, AR <b>2:00 Egyptian Trivia, AR</b> 3:15 Bean Bag Baseball, AR 4:15 Happy Hour!, AR 6:45 Sanford Cinema, MT</div>	





## Door Decorations

Residents had a great time getting their doors decorated for Christmas. It looked so festive up and down the halls! Results of the contest are forthcoming.



*Molly has a beautiful Christmas display*

## Women at Work

It takes a lot of help to get our facility ready for Christmas, and we had some wonderful residents assisting us. This is just one example of senior women power at work!



*Jackie and Melissa carry the ladder out to hang decorations!*

## Bridge Club

Our Bridge Club celebrated Thanksgiving with some special Oreo Turkey cookies. This group meets every week. The oldest member is a young 99 years old and still sharp as a tack!



*Enjoying cookies during the Bridge game*

## Singing Christmas Carols

The first Christmas carols of the season were sung by June S. and Carolyn T. Guest pianist, Reba Shackelford, did an amazing job at the piano. Reba also happens to be one of our crochet and knitting teachers.



*June and Carolyn sing along with Reba S.*





## Christmas Tour of Governor's Mansion

We took a Christmas trip with historian Jim Howe. First we stopped at the Governor's Mansion and toured their beautifully decorated home, which was done in a Country Christmas theme. All the pine trees were cut in the state of Georgia, and some trees included Georgia cotton bolls as part of their decorations. After the tour, we were treated with hot apple cider and cookies while we listened to a live college orchestra play Christmas music. We ate lunch at the famous "Six Feet Under" restaurant, which is across the street from Oakland Park Cemetery. Many famous people, including Margaret Mitchell (author of "Gone With the Wind") are resting here.



*Our group outside the Governor's mansion*



*Jim S. poses before a beautifully decorated tree.*

## Christmas Crafts

Our residents enjoyed making Christmas crafts. They painted ceramic Christmas ornaments and also filled clear ornaments with decorations. We have so many talented residents!



*Hard at work painting ceramic Christmas ornaments*



*Filling clear ornaments for the tree*



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## *Leave Your Winter Worries Behind*

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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