

# Sanford Estates

## Gracious Retirement Living

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

### FEBRUARY 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

## Tanzania

Our final Hawthorn Expedition in the first week of February will be to the African country of Tanzania. Africa's highest mountain, Kilimanjaro, is located here, as well as wildlife-rich national parks, such as the Serengeti. We will celebrate this beautiful country with food, crafts, history and culture.



*The mighty lion*



*Mount Kilimanjaro*



## Christmas Singalong

Pianist and singer, Debra Lieb, came and performed a singalong of Christmas songs. She handed out booklets with all the words, but many of us knew them by heart.



*Christmas Singalong*

## Making Reindeer Food

The physical therapy group, Legacy, is housed in our building. Not only do they offer physical therapy for our residents, they help us with exercise, provide health seminars, and interact with the residents. Here, Moe helps Director Sandra make "reindeer food" to give to the residents. It was delicious!



*Making reindeer food*

## Balloon Volleyball

Balloon volleyball continues to be a fun way to exercise and laugh together. At the end of the session, each person is given a writing pen to see who can pop the balloon in mid-air.



*Stretching to get the balloon*

## Holidays Are About Family

Many of our residents had family visit for the holidays. This was only part of Jean's family. She has 34 grandchildren!



*Jean with family*



## New Year's Eve

We rang in the New Year with the music of Butch Evans. We danced and had a great time. When the music was over, a gold ball was lowered into the Atrium, and we counted down the seconds. Happy 2020, everyone!



*Butch Evans rocked us into the new year.*



*Dancing the last dances of 2019.*



*Ron looks great in his New Year hat!*



*Brad and Beverly share a New Year's kiss.*

## Lake Lanier Nights of Lights

One of our Christmas outings was to visit the Nights of Lights at Lake Lanier. Each year, they put up miles of beautiful Christmas lights and scenes to drive through in a car or bus. It was a wonderful way to enjoy the holiday season.



*Ready to see Nights of Lights*

## International Christmas

We had a good crowd that gathered to hear the group "Music to My Ears" perform international Christmas songs. We heard songs from South America, Israel, Ireland, Polynesia, the USA, and more. It was a great way to get in the holiday spirit!



*South American Christmas songs*

# FEBRUARY 2020

## Birthdays

Etsy Foley, 6th  
 Yalonda Freeman, 9th (Employee)  
 Ruth Fournier, 17th  
 Dean Smigrod, 17th  
 Cynthia Armstrong, 18th  
 Cydney Harris, 20th (Employee)  
 Jim Holland, 23rd

## 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

## 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)

## Nails by Nadine

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
11:00 Televised Church Service, MT <b>2</b> 11:45 Catholic Communion, PR 2:00 Rummikub, AR 3:00 Current Events Discussion, AR 4:00 Wii Bowling, AR <b>6:30 Super Bowl Sunday Party, MT</b>	Sherry's Salon Open <b>3</b> 10 a.m. to 4 p.m. 9:30 Walmart/Kroger/Publix, OP <b>10:30 Mt. Kilimanjaro Trivia Race, AR</b> 11:30 Flex & Stretch w Legacy, AR <b>12:30 Tanzanian Dinner, DR</b> <b>1:45 Serengeti Painting with Mimi, AR</b> 2:00 "The Store" Open 4:00 Funny \$ Bingo, AR	<b>4</b> 10:00 Tai Chi/Yoga, AR 11:00 Church Service, CH 2:00 Funny \$ Bingo, AR <b>3:30 Zanzibar Fishing Game, AR</b> 4:15 UNO Cards, AR	Sherry's Salon Open <b>5</b> 10 a.m. to 4 p.m. <b>9:30 Scenic Drive, OP</b> 10:00 Brain Puzzles, AR <b>2:00 Matinee: Natural Wonders Serengeti, MT</b> 3:00 Balloon Volleyball, AR 4:00 Rummikub/Scrabble, AR 7:00 Cash Bingo	<b>6</b> 10:00 Combo Line Dancing, AR <b>11:00 Grandnana's Glitz Jewelry, AT</b> 2:00 Bridge Club, AR 3:00 Funny \$ Bingo, AR <b>4:00 Guess the Spice, AR</b> 	<b>7</b> 9:30 Walmart/Kroger/Publix, OP 11:45 Blood Pressure Check by Legacy, DR <b>2:00 Tanzanian Trivia, AR</b> 3:00 Bean Bag Baseball, AR <b>4:00 Farewell Africa Party, AR</b> <b>6:45 Movie: Tanzania Transit, MT</b>	<b>8</b> 9:00 Nails by Nadine (9 a.m. to 2 p.m.), BS 10:00 Tech Time 11:00 Wii Sports, AR <b>2:00 Giwayan Mata African Dancers, AR</b> 3:00 Funny \$ Bingo (3 to 5 p.m.), AR 6:45 Sanford Cinema, MT
11:00 Televised Church Service, MT <b>9</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 	Sherry's Salon Open <b>10</b> 10 a.m. to 4 p.m. 9:30 Walmart/Kroger/Publix, OP 10:30 Donuts & Reminiscing, AR 11:30 Flex & Stretch w Legacy, AR 2:00 Funny \$ Bingo, AR 2:00 "The Store" Open <b>3:15 Hand Massage with Gina, BR</b> 3:30 Valentine's Craft, AR	<b>11</b> <b>9:00 Podiatrist Visit</b> 10:00 Tai Chi/Yoga, AR 11:00 Church Service, CH <b>2:00 Resident/Mgr Meeting, AR</b> <b>3:15 Love Your Healthy Heart, AR</b> 4:15 UNO Cards, AR	Sherry's Salon Open <b>12</b> 10 a.m. to 4 p.m. <b>9:30 Outing TBD, OP</b> 10:00 Brain Puzzles, AR <b>10:30 Lunch at Cracker Barrel, OP</b> 3:00 Balloon Volleyball, AR 4:00 Rummikub/Scrabble, AR 7:00 Cash Bingo	<b>13</b> 10:00 Combo Line Dancing, AR <b>11:30 Resident/Chef Meeting, DR</b> 2:00 Bridge Club, AR 3:00 Funny \$ Bingo, AR 4:00 Games Galore!, AR	<b>14</b> <b>VALENTINE'S DAY</b> <b>Wear Red for Our Troops</b> 9:30 Walmart/Kroger/Publix, OP 10:30 Yarn Craft Club, DR 11:45 Blood Pressure Check by Legacy, DR <b>2:00 Valentine's Day Dance, AR</b> 4:00 Happy Hour!, AR 6:45 Sanford Cinema, MT	<b>15</b> <b>9:00 Nails by 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
11:00 Televised Church Service, MT <b>16</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	<b>PRESIDENTS DAY 17</b> Sherry's Salon Open 10 a.m. to 4 p.m. 9:30 Walmart/Kroger/Publix, OP 10:30 Presidents Day Trivia & Donuts, AR 11:30 Flex & Stretch w Legacy, AR 2:00 Funny \$ Bingo, AR 2:00 "The Store" Open 3:30 Free Hand Massages, AR 	<b>18</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 	Sherry's Salon Open <b>19</b> 10 a.m. to 4 p.m. <b>9:30 Reformation Brewery Tour, OP</b> 10:00 Brain Puzzles, AR 3:00 Balloon Volleyball, AR 4:00 Rummikub/Scrabble, AR 7:00 Cash Bingo	<b>20</b> 10:00 Combo Line Dancing, AR 11:00 Word in a Word, AR 2:00 Bridge Club, AR 3:00 Funny Money Bingo, AR 4:00 Games Galore!, AR 	<b>21</b> <b>Wear Red for Our Troops</b> 9:30 Walmart/Kroger/Publix, OP 10:30 Yarn Craft Club, DR 11:45 Blood Pressure Check by Legacy, DR 2:00 Trivia, AR 3:00 Bean Bag Baseball, AR 4:15 Happy Hour!, AR 6:45 Sanford Cinema, MT	<b>22</b> 10:00 Tech Time 11:00 Wii Sports, AR <b>2:00 Sonny on Sax, AR</b> 3:15 Funny \$ Bingo (3 to 5 p.m.), AR 6:45 Sanford Cinema, MT
11:00 Televised Church Service, MT <b>23</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 	Sherry's Salon Open <b>24</b> 10 a.m. to 4 p.m. 9:30 Walmart/Kroger/Publix, OP 10:30 Donuts & Reminiscing, AR 11:30 Flex & Stretch w Legacy, AR <b>2:00 Auction!, AR</b>	<b>25</b> 10:00 Tai Chi/Yoga, AR 11:00 Church Service, CH <b>2:00 Open House (2 to 5 p.m.)</b> <b>3:00 Mardi Gras Party, AR</b>	<b>ASH WEDNESDAY 26</b> Sherry's Salon Open 10 a.m. to 4 p.m. <b>9:30 Outing TBD, OP</b> <b>9:30 Atlanta History Center, OP</b> 10:00 Brain Puzzles, AR 3:00 Balloon Volleyball, AR 4:00 Rummikub/Scrabble, AR 7:00 Cash Bingo	<b>27</b> 10:00 Combo Line Dancing, AR 11:00 Word in a Word, AR 2:00 Bridge Club, AR 3:00 Funny Money Bingo, AR 4:00 Games Galore!, AR	<b>28</b> <b>Wear Red for Our Troops</b> 9:30 Walmart/Kroger/Publix, OP 10:30 Yarn Craft Club, DR 11:45 Blood Pressure Check by Legacy, DR <b>1:45 Digital Trivia, MT</b> 3:00 Bean Bag Baseball, AR 4:15 Happy Hour!, AR 6:45 Sanford Cinema, MT	<b>29</b> <b>9:00 Nails by Nadine (9 a.m. to 2 p.m.), BS</b> 10:00 Tech Time 11:00 Wii Sports, AR <b>2:00 Music with Rick and Tina, AR</b> 3:00 Funny \$ Bingo (3 to 5 p.m.), AR 6:45 Sanford Cinema, MT



## Gingerbread House Contest

Each Christmas, the Hawthorn Company challenges its Communities to a gingerbread house competition. This year, since the movie "Gone With the Wind" was filmed in Georgia, we chose to make Tara, the southern mansion where Scarlett O'Hara lived. It was challenging and fun. Not only did we build the house, but two of our residents who are artists decided to paint a photo stand-in of Scarlett. We should hear the results of the contest soon. After Christmas, we had a Gingerbread House Smash. We took mallets and hammers and had a blast reducing the house to rubble!



*Jackie poses as Scarlett.*



*Painting the house with royal icing.*



*The finished product.*



*Gingerbread House smash!*



*Audrey and Honey painting Scarlett.*

## Holiday Entertainment

Entertainer Preston Frazier came all the way from Alabama to entertain us for Christmas. He had everyone up and dancing with Christmas rock songs and more. Whether you danced or just watched, this was prime entertainment. We can't wait until he returns in March!



*Entertainer Preston Frazier*



*Residents and visitors dance*



*Circle dance*



*Line dancing*



## Resident/Staff Christmas Party

Residents and staff joined together for a Christmas party. Staff received their bonus from residents, and we played a guessing game to see how well the residents know our staff. It turned up some surprising results. A couple of staff used to race dragsters, one wrestled alligators, one was a beauty contest winner and one was a 400-meter racing champion at his high school. The party wasn't complete without a visit from Santa!



*Staff pose with Santa*



*Matilde and Teresa*



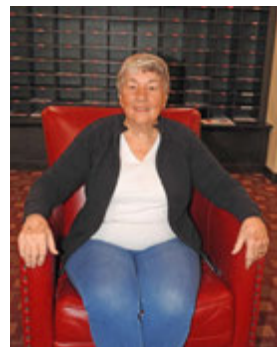
*June tells Santa she has been good all year!*



*Rosa sparkles with all her lights!*

## Sanford Ambassadors

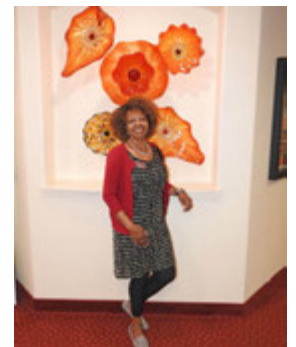
Our Ambassadors help welcome and integrate new residents into our Community. They are a great resource for Sanford information and help us in many other ways. Here is our great team of Ambassadors for 2020!



*Audrey Whiddon*



*Brad and Beverly Nozick*



*Jacqueline Pinager*



*June Sanford*



*Marcia Hunnicutt*



*Marie Butler*

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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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