



# Sanford Estates

## Gracious Retirement Living

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

JUNE 2020

### SANFORD ESTATES STAFF

Managers.....LONNIE & TONI SPEARS  
Assistant Managers .....RANDY & KATHY HALL  
Executive Chef .....MARY BETH MACY  
Community Sales .....MARY BROOKS GREEN  
Sous Chef .....FELIX ROSARIO  
Activity Coordinator .....MELISSA MCDONALD  
Maintenance Coordinator.....MIKE PHILLIPS  
Bus Driver .....JULES MUGNIER

### TRANSPORTATION

**Monday & Friday, 9:30 a.m.:** Shopping  
in Roswell and Alpharetta Area

**Tuesday & Thursday, 9 a.m.-3 p.m.:**  
Medical Appointments

**Wednesday, TBD:** Outing Day



**HAWTHORN**  
SENIOR LIVING

### ‘Jaws’ Turns 45

Considered to be the first summer blockbuster, the thriller “Jaws” opened in theaters on June 20th, 1975. Dive into these fin-tastic facts about the film.

- “Jaws” was based on the novel of the same name by Peter Benchley, who also co-wrote the screenplay. He originally titled the book “Silence in the Deep.”
- Three mechanical sharks were built to portray the great white beast that terrorizes a seaside town.
- To add suspense, the shark isn’t seen until nearly an hour and a half into the film. In total, it only has four minutes of screen time.
- The memorable line “You’re going to need a bigger boat” was ad-libbed by actor Roy Scheider, who played the town police chief, Martin Brody.
- The fishing boat used to track the shark is named the Orca. In real life, orcas are the only natural predators of great white sharks.
- John Williams composed the famously foreboding two-note “Jaws” theme, winning the Academy Award for best original score.
- The first movie to make over \$100 million at the box office, “Jaws” was the highest-grossing film of all time until 1977’s “Star Wars.”



## Mother's Day

What a nice Mother's Day we had! All our bee-you-tiful ladies received a pampering gift of lotion, lip balm, bookmarks and more. Among other items, we had several lovely potted orchids for raffle prizes. Also, Gran Nana's Glitz (Toni's mother) donated jewelry from her business for the occasion. Mother's Day dinner featured a delicious prime rib. Many families were able to visit outside with their mothers (while still keeping a safe social distance). It may not have been quite as great as a hug, but we hope that can happen soon!



*Bee-you-tiful Joyce!*



*Delicious prime rib for dinner.*



*Alice and her family.*



*Phyllis won one of the raffle prizes.*



*Ruth's family came to see her.*

## Lure 'Em In

Open up an angler's tackle box, and there's likely to be a few fishing lures inside. An alternative to live bait, lures come in a variety of styles.

**Crankbait:** Also called cranks or plugs, these popular lures are made of plastic or wood and look like bait such as small fish or frogs. An attached piece, or lip, on the lure controls how it moves in the water. Cranks usually have multiple hooks.

**Jigs:** A hook with a weighted metal head that allows it to sink, this type of lure is made for jigging, a style of fishing where the rod is lifted and lowered back down repeatedly, creating a dancing movement to attract fish. To make it more appealing, the lure's hook can be adorned with feathers, a fake worm, or live bait.

**Spinnerbait:** These lures have small oval blades that spin like a propeller when pulled through the water. Usually sporting a fringed "skirt" made of strands of rubber or animal hair, a spinner's horizontal movements are irresistible to fish such as bass, perch and pike.

**Spoons:** One of the oldest lures used was a common utensil—a spoon with its handle removed. Modern spoons are simply curved metal lures with a hook. The curved shape makes the lure wobble side to side, resembling injured bait to hungry fish.

**Flies:** To make these lures used for fly fishing, anglers tie fur, feathers or thread around a fishhook so that it resembles an insect or crustacean. Because of the skill involved, tying flies is considered an art.





## June Birthdays

Happy Birthday to all our residents who were born in June. You are in good company. Here are some famous people with June birthdays:

Judy Garland, Johnny Depp, Marilyn Monroe, Nicole Kidman, Paul McCartney, Meryl Streep, Morgan Freeman, Mel Brooks, and Dean Martin, to name a few.

And here are our famous resident and employee birthdays!

- 3rd-Mark Rowe (resident)
- 8th-Shirley Bakstad (resident)
- 8th-Allen Robinson (employee)
- 11th-Don Holloway (resident)
- 14th-Kun Chen (resident)
- 15th-June Sanford (resident)
- 19th-Lisa Kintzler (resident)
- 22nd-Florida McMillan (resident)
- 23rd-Alice Haglund (employee)
- 28th-Milton Goodwin (resident)

## The Yarn Club

Our Yarn Club has been keeping busy crocheting and knitting beautiful items. Many of our items are donated to the nonprofit organization The Encouragement Project, which gives hats, scarves, baby blankets, etc. to those in need.



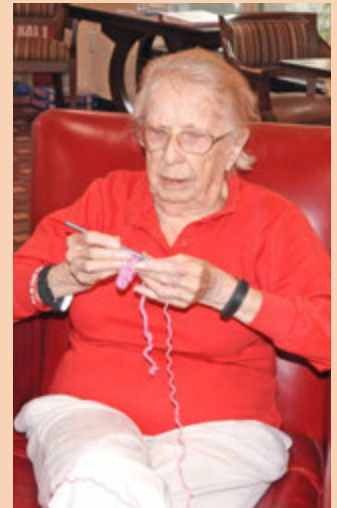
*Jacqueline made a beautiful lap blanket.*



*Ruth is starting on a new scarf.*



*Pat is almost finished with this lovely scarf.*



*Doris makes adorable bookworm bookmarks for school children.*

## Sherry's Salon

Mondays and Wednesdays, 10 a.m.-4 p.m.

721-470-5744 (Walk-ins welcome).

# Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan’s last name isn’t Hall.
2. Calvin, whose last name isn’t Reynolds, didn’t catch the smallest fish.
3. The man who caught the 8-pound fish didn’t catch the walleye.
4. Mr. White didn’t catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

# Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

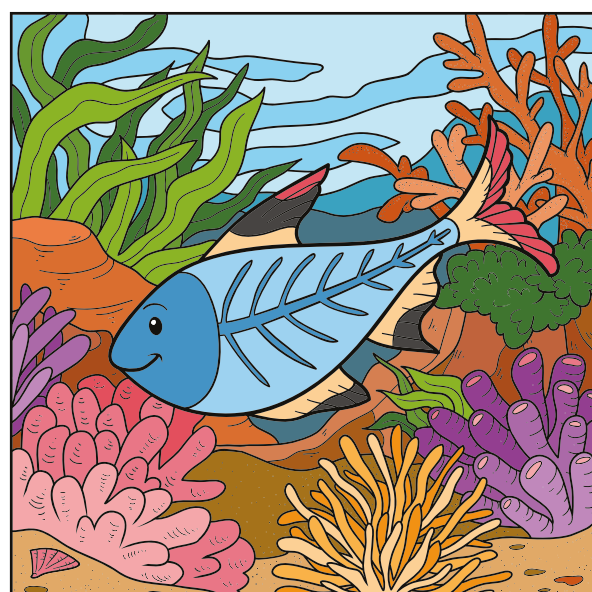
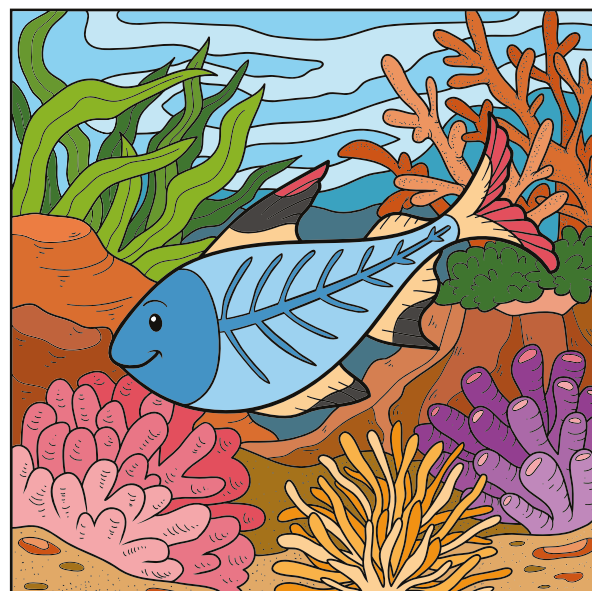
- The Louvre, Paris  
[Louvre.fr/en/visites-en-ligne](http://Louvre.fr/en/visites-en-ligne)
- National Gallery of Art, Washington, D.C.  
[NGA.gov](http://NGA.gov)
- Smithsonian National Museum of Natural History, Washington, D.C.  
[NaturalHistory.SI.edu](http://NaturalHistory.SI.edu)
- San Diego Zoo, San Diego.  
[Zoo.SanDiegoZoo.org](http://Zoo.SanDiegoZoo.org)
- Monterey Bay Aquarium, Monterey, Calif.  
[MontereyBayAquarium.org/animals/live-cams](http://MontereyBayAquarium.org/animals/live-cams)

# Summertime Snicker

**Q:** What holds the sun up in the sky?  
**A:** Sunbeams!

# Double Take

Fish around and find 10 differences in these two pictures.



# Sudoku

The object of the game is to fill all the black squares with the correct numbers. Each row, column and 3x3 subsection must include all digits 1 through 9 in any order.

	2		1					5
	6	7	2				1	
				5	9			7
		2			1			
3	1			2			7	4
			9			3		
6			4	9				
	4				2	1	8	
2					7		3	

# TV Dads

Match the father figure character to the TV show he appeared in.

## Fictional Father

1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

## TV Show

- A. “Father Knows Best”
- B. “Home Improvement”
- C. “Good Times”
- D. “Family Matters”
- E. “My Three Sons”
- F. “Happy Days”
- G. “The Courtship of Eddie’s Father”

# Puzzle Solutions

## Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

## TV Dads

1. B; 2. C; 3. G; 4. E; 5. D; 6. F; 7. A

## Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

# Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

## DAD

- \_\_\_ Took action
- \_\_\_ A cube with dots

## TIE

## GOLF

- \_\_\_ Wide chasm
- \_\_\_ Sea-loving bird
- \_\_\_ Bovine patriarch

## BALL

## FISH

- \_\_\_ A tightly closed hand
- \_\_\_ Tiny water droplets
- \_\_\_ Chewing gum flavor
- \_\_\_ Two cups
- \_\_\_ Sewing accessories

## FINS

9	3	4	7	1	5	8	6	2
6	8	1	2	9	3	5	7	4
2	5	7	8	6	4	1	3	9
1	2	3	5	4	6	9	7	8
4	7	5	9	2	8	6	1	3
8	6	9	1	3	7	2	5	4
7	4	2	6	5	9	3	8	1
3	1	6	4	8	2	7	9	5
5	9	8	3	7	1	4	2	6







## Outdoor Concert

Craig Gleason came to perform two wonderful outdoor concerts for our residents. One was on the garden side of the building, followed immediately by a concert on the front side of the building. This gave all our residents the ability to see and hear Craig from their balconies and patios or sitting in well-spaced outdoor chairs. It was a beautiful day, and the music and sunlight lifted our spirits.



*Great seats on the balconies.*



*Entertainer Craig Gleason.*



*Maureen enjoys the concert.*



*Dancing at 6 feet apart is still great fun.*





## New Resident

Welcome to Lorri B., our newest resident. Lorri was born in Yonkers, New York, and most recently moved here from Dunedin, Florida. Lorri has her M.A. from the University of Florida and has worked for many years as a special education teacher. She has won both the National Red Apple Award and the Disney Award for her excellent work in this important area. Lorri has two children and four grandchildren. She loves word games, especially sudoku; exercising and walking; history; dancing; and art. We are so glad she has moved to Sanford Estates and look forward to getting to know her.



*New Resident Lorri B.*

## Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world's most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century. When first imported to the U.S. in the 1800s, the banana was considered an exotic food and eaten with a knife and fork.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger, and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure. The mineral also improves muscle function and boosts energy, and that's why many athletes eat a banana during competition and after workouts.

In the U.S., bananas are grown in Hawaii and Florida, but most of the nation's supply comes from Central and South America.

## Hog Wild for Harleys

For more than a century, Harley-Davidson motorcycles have been synonymous with adventure and cruising on the open road.

In 1901, the wheels began turning for a young Milwaukee man named William S. Harley, who had the idea for a motorized bicycle. He drew a blueprint of a small engine to fit on a bike, and over the next two years, he and childhood friend Arthur Davidson worked on the design. Davidson's two brothers soon joined the team.

They built the first motorcycles in a backyard shed. In 1905, their first dealership opened in Chicago. As business grew, the company hired more employees and built a factory in Milwaukee. Police departments began ordering Harleys for their officers, and the U.S. military bought thousands of bikes during both world wars, where troops used them to deliver messages between units.

After World War II, legions of leisure riders took to the roads, cementing the popular brand as an American icon. The company's bar and shield logo in orange, black and white is one of the most recognizable emblems in the world.

Harley-Davidson motorcycles are sometimes called "hogs," a nickname that began in the 1920s, when one of the company's winning racing teams carried their mascot, a pig, on their victory laps.



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When the world  
is staying apart,  
we are coming  
together.

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