

# Sanford Estates

## Gracious Retirement Living

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

### SEPTEMBER 2020

#### SANFORD ESTATES STAFF

Managers.....LONNIE & TONI SPEARS  
Executive Chef.....MARY BETH MACY  
Community Sales .....MARY BROKS GREEN  
Sous Chef .....TERRANCE "T" HEARD  
Activity Coordinator .....MELISSA MCDONALD  
Maintenance Coordinator.....MIKE PHILLIPS  
Bus Driver .....JULES MUGNIER

#### TRANSPORTATION

**Monday, 9:45 a.m.:** Shopping In  
Roswell and Alpharetta Area

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

**Wednesday, TBD:** Outing Day

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

**Friday, 9:45 a.m.:** Shopping In  
Roswell and Alpharetta Area

**HAWTHORN**  
SENIOR LIVING

### COMMUNITY SAFETY ON OUTINGS

Thank you to Amy Totten, our Legacy Director, for a great talk on Community Safety. As residents are beginning to venture out to go shopping, to doctor appointments, and to see family, she reminded us to always wear our masks and stay six feet apart from other people. She also suggested that our residents prepare for outings by knowing if their surroundings might have curbs to step over, or ramps or stairs to walk up. Thinking about these things in advance, when possible, will help with safety. Amy also encouraged residents to know their physical limitations and not attempt anything physical that they are unsure about.



*Community Safety Talk*



## WELCOME NEW RESIDENTS

Jack and Sonia Balakirsky have lived in New York, Connecticut, and Georgia but spent 50 years of their life in Maryland. They have two sons and seven grandchildren. Jack worked as a mathematician for NASA and was part of the team that put the first two men on the moon. Sonia worked as secretary for Surgeon General J. Everett Koop. She enjoys collecting Royal Dalton ceramic flowers and Waterford crystal clocks. Jack and Sonia have been married for 61 years. We are delighted that they chose Sanford Estates to be their home.

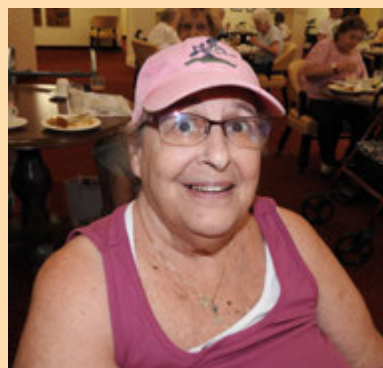


*Sonia Balakirsky*

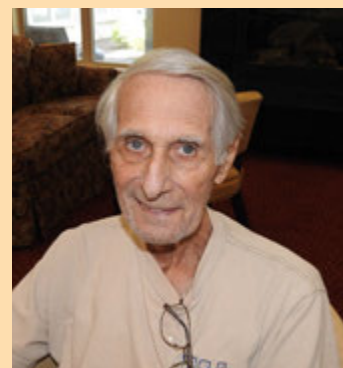


*Jack Balakirsky*

Before Paula and Barry Brodtkin moved to Atlanta, they lived in Newark and in South River, New Jersey. Barry began his love of woodworking when he worked in the wood distribution business. He started making cabinets and other furniture during this time and was soon a master woodworker. He also started a construction business. In addition to woodworking, Barry loves photography, water sports and antique cars. Paula worked at a medical journal company as well as in a library. Paula and Barry have two daughters, five grandchildren, and three great-grandchildren. Welcome to Sanford Estates!



*Paula Brodtkin*

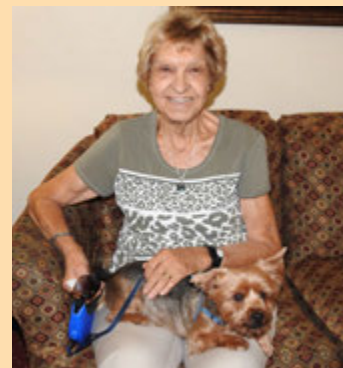


*Barry Brodtkin*

Edwina Lawson was raised in Oklahoma but spent most of her life in Texas. She has a master's degree in education and was an elementary school teacher for many years. Edwina loves sewing, traveling and gardening. She especially enjoys making baby quilts. Edwina has two daughters, five grandchildren and four great-grandchildren. We are happy to have you, Edwina!



*Edwina Lawson*



*Helga Robinson and Toby*

Helga Robinson was born in the Black Forest area of Germany but later moved to the United States. She moved to Sanford Estates from Florida. She worked in the airline cargo business and was able to travel to many places around the world. Helga has one daughter and three grandchildren. She loves classical music and gardening. Helga lives with Toby, her 10-year-old adorable Yorkie. Welcome Helga and Toby!

George Clements was born in Pennyan, New York but has lived in Georgia since 1971. George graduated from Notre Dame, and his favorite song is the Notre Dame Victory March. He has had many careers including being a newspaper editor and being the first press secretary for Coretta Scott King. He has traveled across the United States and Europe and still hopes to take a Snake River Cruise. George has four children and 10 grandchildren. We look forward to getting to know more about George.



*George Clements*





## SOUTH PACIFIC CONCERT

We have enjoyed the musical group Music to My Ears on several occasions in the past. This time they performed all the songs from Roger and Hammerstein's musical "South Pacific" such as "Bali Ha'i," "Some Enchanted Evening" and "I'm Gonna Wash That Man Right Out of My Hair." We wore flower leis to carry out the tropical theme. It was a great concert!



*Mary watches from her floor above.*



*Music to My Ears*



*Residents enjoying the music*

## FLOWER POT CRAFTS

We took miniature clay pots, painted them, and then filled them with tiny artificial succulents. The result was so cute and no watering necessary!



*June is making flower pots for Christmas gifts.*



*Jacqueline shows her potted plants.*



SEPT 2020

Birthdays

Trudie Slattery, 3rd  
Jules Mugnier,  
7th (Employee)  
Ken Will, 11th  
Maria Martinez,  
13th (Employee)  
Doris Westbrook, 16th  
Nick Jacobs, 20th  
(Employee)  
Joyce Hall, 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

Sherry’s Salon

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

PLEASE NOTE:  
Calendar events may  
change or be added  
during the month.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:00 Yoga with Toni, AR 11:00 Bible Study, CH 1:45 Movie Matinee, MT 2:00 Funny \$ Bingo, AR 2:00 Bridge, PR 3:15 Seated Musical Chairs, AR 6:30 Sanford Cinema, MT	2 Sherry’s Salon Open 10 a.m. to 4 p.m. 10:00 Scenic Drive/ Outing, OP 11:00 Word in a Word, AR 1:45 Movie Matinee, MT 2:30 Balloon Volleyball, AR 4:15 Tech Support, AR 6:30 Sanford Cinema, MT	3 10:00 Tai Chi with Augustine, AR 11:15 Mind & Body Class, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 2:00 Music with Marty, AT 3:15 Funny Money Bingo, AR 4:15 Billiards Competition, PR 6:30 Sanford Cinema, MT 	4 Wear Your Favorite Football Team Colors 9:45 Local Shopping, OP 10:30 Yarn Craft Club, DR 11:30 Stretch & Flex, AR 1:45 Movie Matinee, MT 2:00 Let’s Make It (Crafts), AR 4:00 Happy Hour!, AR 6:30 Sanford Cinema, MT	5 11:00 Wii Sports, AR 1:45 Movie Matinee, MT 3:00 Cash Bingo (5 cents a card), AR 6:30 Sanford Cinema, MT
6 Live and Learn Week 11:00 Televised Church Service, MT 1:45 Movie Matinee, MT 4:00 Wii Bowling, AR 6:30 Sanford Cinema, MT	LABOR DAY 7 Sherry’s Salon Open 10 a.m. to 4 p.m. 9:45 Local Shopping, OP 10:30 Donuts & Conversation, AR 11:30 Exercise with Legacy, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:00 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT 	8 10:00 Yoga with Toni, AR 11:00 Bible Study, CH 1:45 Movie Matinee, MT 2:00 Funny \$ Bingo, AR 2:00 Bridge, PR 3:15 Social Wellness Class, AR 6:30 Sanford Cinema, MT	9 Sherry’s Salon Open 10 a.m. to 4 p.m. We’re on Cloud 9 Day 10:00 Scenic Drive/ Outing, OP 11:00 Word in a Word, AR 1:45 Movie Matinee, MT 2:30 Cloud 9 Bingo, AR 4:15 Tech Support, AR 6:30 Sanford Cinema, MT	10 Good News Day 10:00 Tai Chi with Augustine, AR 11:15 Mind & Body Class, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 2:00 Cooking with Chef Mary Beth, ARK 3:15 Funny Money Bingo, AR 4:15 Billiards Competition, PR 6:30 Sanford Cinema, MT	11 PATRIOT DAY Wear Red for Our Troops 9:45 Local Shopping, OP 10:30 Yarn Craft Club, DR 11:30 Stretch & Flex, AR 1:45 Movie Matinee, MT 2:00 The “Pop In” Performers, PT 4:00 Happy Hour!, AR 6:30 Sanford Cinema, MT 	12 11:00 Wii Sports, AR 1:45 Movie Matinee, MT 3:00 Cash Bingo (5 cents a card), AR 6:30 Sanford Cinema, MT
13 Grandparents Day Brain Health Week 11:00 Televised Church Service, MT 1:45 Movie Matinee, MT 4:00 Wii Bowling, AR 6:30 Sanford Cinema, MT 	14 Sherry’s Salon Open 10 a.m. to 4 p.m. Cream Filled Donut Day 9:45 Local Shopping, OP 10:30 Donuts & Conversation, AR 11:30 Exercise with Legacy, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:00 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	15 10:00 Yoga with Toni, AR 11:00 Bible Study, CH 1:45 Movie Matinee, MT 2:00 Funny \$ Bingo, AR 2:00 Bridge, PR 3:15 Brain Challenges, AR 6:30 Sanford Cinema, MT	16 Sherry’s Salon Open 10 a.m. to 4 p.m. 10:00 Scenic Drive/Outing, OP 11:00 Word in a Word, AR 1:45 Movie Matinee, MT 2:00 Doris’ 100th Birthday Party 2:00 Sonny on Sax 2:00 Sonny on Sax, AT 2:30 Balloon Volleyball, AR 4:15 Tech Support, AR 6:30 Sanford Cinema, MT 	17 8:00 Omelets with Chef T, ARK 10:00 Tai Chi with Augustine, AR 11:15 Mind & Body Class, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:15 Funny Money Bingo, AR 4:15 Billiards Competition, PR 6:30 Sanford Cinema, MT	18 ROSH HASHANAH BEGINS AT SUNSET Wear Red for Our Troops Rosh Hashanah Begins 9:45 Local Shopping, OP 10:30 Yarn Craft Club, DR 11:30 Stretch & Flex, AR 1:45 Movie Matinee, MT 2:00 Let’s Make It (Crafts), AR 2:00 Let’s Make It (Sunflower Craft), AR 4:00 Happy Hour!, AR 6:30 Sanford Cinema, MT	19 10:00 Warriors’ Watch Motorcycle Club Visit 11:00 Wii Sports, AR 1:45 Movie Matinee, MT 3:00 Cash Bingo (5 cents a card), AR 6:30 Sanford Cinema, MT
20 Physical Fitness Week 11:00 Televised Church Service, MT 1:45 Movie Matinee, MT 4:00 Wii Bowling, AR 6:30 Sanford Cinema, MT 	21 Sherry’s Salon Open 10 a.m. to 4 p.m. 9:45 Local Shopping, OP 10:30 Donuts & Conversation, AR 11:30 Exercise with Legacy, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:00 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	22 AUTUMN BEGINS First Day of Autumn 10:00 Yoga with Toni, AR 11:00 Bible Study, CH 1:45 Movie Matinee, MT 2:00 Funny \$ Bingo, AR 2:00 Bridge, PR 3:15 Importance of Fitness, AR 6:30 Sanford Cinema, MT	23 Sherry’s Salon Open 10 a.m. to 4 p.m. 10:00 Scenic Drive/ Outing, OP 11:00 Word in a Word, AR 1:45 Movie Matinee, MT 2:30 Staff Wheelchair Race 4:15 Tech Support, AR 6:30 Sanford Cinema, MT 	24 10:00 Tai Chi with Augustine, AR 11:15 Mind & Body Class, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:15 Funny Money Bingo, AR 4:15 Billiards Competition, PR 6:30 Sanford Cinema, MT	25 Wear Red for Our Troops 9:45 Local Shopping, OP 10:30 Yarn Craft Club, DR 11:30 Stretch & Flex, AR 1:45 Movie Matinee, MT 2:00 Let’s Make It (Crafts), AR 4:00 Happy Hour!, AR 6:30 Sanford Cinema, MT	26 11:00 Wii Sports, AR 1:45 Movie Matinee, MT 3:00 Cash Bingo (5 cents a card), AR 6:30 Sanford Cinema, MT
YOM KIPPUR BEGINS AT SUNSET 27 Self-Care Week 11:00 Televised Church Service, MT 1:45 Movie Matinee, MT 4:00 Wii Bowling, AR 6:30 Sanford Cinema, MT	28 Sherry’s Salon Open 10 a.m. to 4 p.m. 9:45 Local Shopping, OP 10:30 Donuts & Conversation, AR 11:30 Exercise with Legacy, AR 1:45 Movie Matinee, MT 2:30 Auction!, AR 6:30 Sanford Cinema, MT	29 10:00 Yoga with Toni, AR 11:00 Bible Study, CH 1:45 Movie Matinee, MT 2:00 Funny \$ Bingo, AR 2:00 Bridge, PR 3:15 Managing Stress, AR 6:30 Sanford Cinema, MT	30 Sherry’s Salon Open 10 a.m. to 4 p.m. 10:00 Scenic Drive/ Outing, OP 11:00 Word in a Word, AR 1:45 Movie Matinee, MT 2:30 Balloon Volleyball, AR 4:15 Tech Support, AR 6:30 Sanford Cinema, MT			





## MICHAEL CARLTON KING PERFORMANCE

Michael Carlton King visited and sang some great oldies for us ... everything from rock and roll classics to music from the '40s. He performed a great imitation of a duet by Dean Martin and Louis Armstrong, singing both parts himself. He also told some funny stories. We are looking forward to having him back again soon.



*Michael Carlton King performs.*



*Residents enjoying the concert*

## A GIFT OF FLOWERS

Ginny received a beautiful bouquet of hydrangea flowers ... a beautiful bouquet for a beautiful lady!



*Ginny received a beautiful bouquet.*

## SEPTEMBER IS FOR SUNFLOWERS

This September we are stopping to smell the sunflowers! We will celebrate these bright, beautiful blooms. Here are some fun sunflower facts:

### **10 Glorious Facts About Sunflowers**

1. They're native to the americas.
2. They were brought to russia by royalty.
3. Their popularity stands the test of time.
4. They need a lot of rays and room.
5. They track the sun.
6. The world's tallest sunflower reaches 30 feet and 1 inch.
7. They have a history of healing.
8. They have traveled to space.
9. They are actually thousands of tiny flowers.
10. They can be used as scrubbing pads.



*Beautiful sunflowers*



## COMING SOON: LIVE AND LEARN FALL 2020

It is time to sharpen our pencils because even during this unprecedented time when many are not sure if they will be returning to the classroom, we are going to bring lifelong learning into our building! We are offering a four-week learning program. Each week will focus on a different area of learning. We will learn about Social Wellness, Brain Health, Physical Fitness and Self-Care. Each week will have games, activities, and fun. So stay tuned ... more to come soon!

## SEPTEMBER BIRTHDAYS

Happy Birthday to all our September birthdays!

- September 3rd, Trudi S. (resident)
- September 7th, Jules M. (employee)
- September 11th, Ken W. (resident)
- September 13th, Maria M. (employee)
- September 16th, Doris W. (resident)
- September 23rd, Joyce H. (resident)

And please note that Doris will be turning 100 years young on her birthday!

## BEAUTY AND BLESSINGS

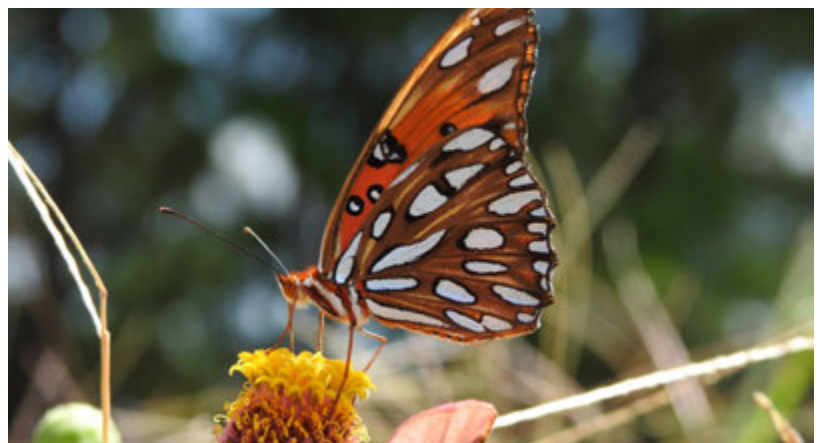
In these trying times, it helps to look at the beauty right around our building. These pictures were taken in our resident gardens and on flowers at the entrance to our building. Bees are still making honey, butterflies are still emerging, and a simple rain shower can turn flowers into bejeweled wonders. Let's take time to notice the small wonders of our world and realize that much of life is still running smoothly.



*Flowers after a rain shower*



*Bee on a batchelor button*



*Butterfly enjoying our garden flowers*



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Gracious Retirement Living

500 Walton Way  
Roswell, GA 30076



Fall in love...

**With Our Gracious Lifestyle**

Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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