

Sanford Estates

Gracious Retirement Living

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

NOVEMBER 2020

SANFORD ESTATES STAFF

Managers.....LONNIE & TONI SPEARS
Executive Chef.....MARY BETH MACY
Community Sales MARY BROOKS GREEN
Activity CoordinatorMELISSA MCDONALD
Maintenance Coordinator..... KEVIN GERALD
Bus DriverJULES 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

Twin 100-Year-Olds

Sue P. and Doris W. both turned 100 years old this year. Sue's birthday was in March, and we couldn't properly celebrate because of COVID. So we celebrated both birthdays on September 16th, which is Doris' birthday. We



100 years beautiful!

had a huge cake, and entertainer Sonny on Sax came and played for us all. Both ladies are amazing! Sue still plays a mean hand of Bridge, and Doris takes walks around the building every day and is currently organizing our Library. Happy Birthday to these wonderful women!



Sue P.



Doris W.



Warriors Watch Motorcycle Visit

Veteran riders from the Warriors Watch Patriot Guard Motorcycle Group came by for a drive through to encourage our residents. We had a great time with lots of photo opportunities for residents. They really enjoyed posing by or sitting on the motorcycles and talking with the veterans. We are very grateful to this group for taking the time to support us.



Bev is ready for a ride.



Jacqueline sits on the three-wheeler.



Aretha is delighted!



The Patriot Guard's flags



Teresa takes her turn.



Mark looks like a natural!



Finish the Sayings Word Challenge!

These well-known sayings have had all of the vowels (A, E, I, O, and U) removed. Can you replace them and reveal the sayings?

Example: Hm swt hm (Home sweet home)

1. Strk whl th rn s ht.

2. Dn't thrw t th bby wth th bth wtr.

3. Msc hth chrms t sth th svg bst.

4. Thr r tw sds t vry stry.

5. Brnng th mdnght l

6. Clnlnss s nxt t gdlnss.

7. Grn nd br t.

8. Th bst thngs n lf r fr.

Thanksgiving Favorites Across the Nation

If you look at the dinner tables across the country at Thanksgiving, it's unlikely you'll find any two feasts that are exactly the same. Every family has its own food traditions, but many homes in the same region enjoy similar holiday dishes.

Ocean offerings: Historians believe a variety of shellfish was abundant at the original Thanksgiving feast, and the tradition continues today in several regions. In New England, mussels are a popular side dish, as is oyster stuffing, a favorite in the South, too.

And you just may find green bean salad with octopus on a holiday table in Hawaii.

Corn of plenty: Many New England tables feature corn on the cob as a nod to the first Thanksgiving, while corn casserole or corn pudding is commonly found in the Midwest. Southern cooks often serve cornbread dressing, which is made with blue cornmeal in Southwestern states.

A berry good idea: Fruit at Thanksgiving? It has to be cranberries. While jellied cranberry sauce from a can remains popular throughout the country, homemade versions take on distinguishing characteristics: Pure cranberry sauce is a staple in Western states, the Northeast is home to cranberry relish with citrus peel, and cranberry salad can be found in the South and Midwest.

Praiseworthy pies: Leave plenty of room on your plate for pie—nearly every region has its own specialty. Pumpkin pie is popular in most states, but in the South, sweet potato pie is king. Southerners also love their pecan pie, which is a favorite in the Midwest, too. Apple pie and Concord grape pie are enjoyed in the Northeast, and a Michigan dessert table isn't complete without cherry pie.



NOV 2020

Birthdays

Joan Bright, 1st
 Ginny Riley, 1st
 Larry Wood, 8th
 Helga Robinson, 9th
 Rufus Bennett, Jr., 13th
 Helen Mauldin, 13th (Employee)
 Jean Crawford, 13th
 Stella Rogers, 17th
 Josh Ewar, 20th (Employee)
 Autumn Michaels, 20th (Employee)
 Bob Hoge, 21st
 Shai Robinson, 23rd (Employee)
 Jean Cox, 25th
 Joan Wood, 25th
 Harry West, 25th
 Faye Bissonnette, 26th
 Daniel Bowman, 27th
 John Parshall, 29th
 Kathy Hall, 30th (Employee)

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	
DAYLIGHT SAVING TIME ENDS 1 11:00 Televised Church Service, MT 1:45 Movie Matinee, MT 4:00 Wii Bowling, AR 6:30 Sanford Cinema, MT 	Sherry's Salon Open 2 10 a.m. to 4 p.m. 9:45 Local Shopping, OP 10:30 Donuts & Conversation, AR 11:30 Exercise, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:00 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	ELECTION DAY 3 10:00 Yoga with Toni, AR 11:00 Bible Study, CH 1:45 Movie Matinee, MT 2:00 Bridge, PR 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open 4 10 a.m. to 4 p.m. 9:45 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	10:00 Tai Chi with Augustine, AR 5 11:00 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	Wear Red for Our Troops 6 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	11:00 Wii Sports, AR 1:45 Movie Matinee, MT 3:00 Cash Bingo (5 cents a card), AR 6:30 Sanford Cinema, MT	
8 11:00 Televised Church Service, MT 1:45 Movie Matinee, MT 4:00 Wii Bowling, AR 6:30 Sanford Cinema, MT 	Sherry's Salon Open 9 10 a.m. to 4 p.m. 9:45 Local Shopping, OP 10:30 Donuts & Conversation, AR 11:30 Exercise, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:00 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT 	10 10:00 Yoga with Toni, AR 11:00 Bible Study, CH 1:45 Movie Matinee, MT 2:00 Bridge, PR 2:00 Residents/Manager Meeting, AR 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	VETERANS DAY 11 Sherry's Salon Open 10 a.m. to 4 p.m. Veterans Day 9:45 Scenic Drive/Outing, OP 11:00 Word in a Word, AR 1:45 Movie Matinee, MT 2:00 Veterans Day with Craig Gleeson, AT 2:30 Balloon Volleyball, AR 4:15 Tech Support, AR 6:30 Sanford Cinema, MT	12 10:00 Tai Chi with Augustine, AR 11:00 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	Wear Red for Our Troops 13 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 	14 11:00 Wii Sports, AR 1:45 Movie Matinee, MT 3:00 Cash Bingo (5 cents a card), AR 6:30 Sanford Cinema, MT	
15 11:00 Televised Church Service, MT 1:45 Movie Matinee, MT 4:00 Wii Bowling, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open 16 10 a.m. to 4 p.m. 9:45 Local Shopping, OP 10:30 Donuts & Conversation, AR 11:30 Exercise, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:00 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT 	17 10:00 Yoga with Toni, AR 11:00 Bible Study, CH 1:45 Movie Matinee, MT 2:00 Bridge, PR 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open 18 10 a.m. to 4 p.m. 9:45 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	19 10:00 Tai Chi with Augustine, AR 11:00 Mind & Body Class, AR 11:30 Residents/Chef Meeting, DR 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	Wear Red for Our Troops 20 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 	21 11:00 Wii Sports, AR 1:45 Movie Matinee, MT 3:00 Cash Bingo (5 cents a card), AR 6:30 Sanford Cinema, MT 	
22 11:00 Televised Church Service, MT 1:45 Movie Matinee, MT 4:00 Wii Bowling, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open 23 10 a.m. to 4 p.m. 9:45 Local Shopping, OP 10:30 Donuts & Conversation, AR 11:30 Exercise, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:00 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT 	24 10:00 Yoga with Toni, AR 11:00 Bible Study, CH 1:45 Movie Matinee, MT 2:00 Bridge, PR 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open 25 10 a.m. to 4 p.m. 9:45 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 	THANKSGIVING 26 10:00 Tai Chi with Augustine, AR 11:00 Mind & Body Class, AR 12:30 Special Thanksgiving Meal, DR 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	Wear Red for Our Troops 27 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 	28 11:00 Wii Sports, AR 1:45 Movie Matinee, MT 3:00 Cash Bingo (5 cents a card), AR 6:30 Sanford Cinema, MT	
29 11:00 Televised Church Service, MT 1:45 Movie Matinee, MT 4:00 Wii Bowling, AR 6:30 Sanford Cinema, MT 	Sherry's Salon Open 30 10 a.m. to 4 p.m. 9:45 Local Shopping, OP 10:30 Donuts & Conversation, AR 11:30 Exercise, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:00 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT 						



Wreath Presentation

All of the Hawthorn Communities are making a special wreath to support the first responders of their choice. We chose our area firemen at Station 4, who are so dedicated in coming to the aid of our residents when we need them. This wreath was entirely designed and created by our wonderful Sanford residents. Here are photos of the wreath and the firemen who received it.



Firemen at Station 4



Jacqueline and Anne with the completed wreath



June gets ready to present the wreath.

Preserving Veterans' Stories

With thousands of stories of service and sacrifice, the Veterans History Project preserves and shares the firsthand accounts of America's war veterans.

Created in 2000 by the U.S. Congress, the ongoing program is part of the American Folklife Center at the Library of Congress. The personal narratives of men and women who served in all branches of the military from World War I to present-day conflicts are being collected. Their memories help document history and provide a better understanding of the realities of war for future generations.

Veterans are encouraged to share their experiences by submitting video or audio interviews, written memoirs, letters, photos and other historical documents. Families of deceased veterans can also contribute.

To date, the project has collected 108,000 stories, making it the nation's largest archive of oral history of its kind. Some accounts have been digitized and are available for viewing online.

To learn more about the Veterans History Project and how to participate, visit [LOC.gov/vets](https://www.loc.gov/vets).





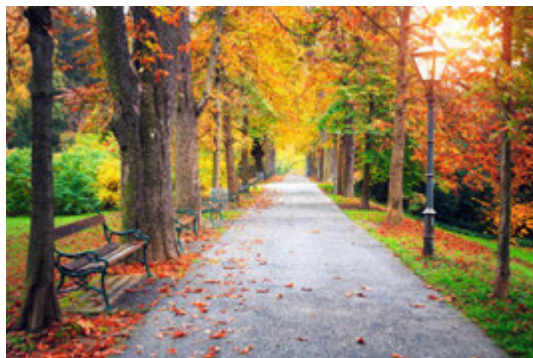
Finish the Sayings Word Challenge Solutions

Below are the solutions to the Finish the Sayings Word Challenge! How many were you able to decipher?

1. Strike while the iron is hot.
2. Don't throw out the baby with the bath water.
3. Music hath charms to soothe the savage beast.
4. There are two sides to every story.
5. Burning the midnight oil
6. Cleanliness is next to godliness.
7. Grin and bear it.
8. The best things in life are free.

Stay Active in Autumn

As the calendar changes to a new month, let it inspire you to change up your exercise and activities routine. Turn over a new leaf with these options:



Go for a stroll: Take in the fall scenery where you live with a walk outdoors. Savor the fresh air, cooler temperatures and views of nature.

Take your pick: Get some exercise while walking through a farmers' market or local farm or orchard to pick fresh produce.

Warm up to a new workout: If the weather keeps you inside, try a new workout. Tai chi, yoga, dancing, and chair exercises are low-impact and don't require a lot of equipment or space.

Go digital: Older adults are growing fans of video games. Whether it's playing a virtual sport, an arcade game or word puzzles, digital gaming has been shown to provide cognitive and emotional benefits.

Get hands-on: Knitting, painting, woodcarving and other crafts can be both relaxing and engaging. Taking pride in your handiwork boosts self-confidence.

An Attitude of Gratitude

A thankful heart is a happy heart—it may sound cliché, but science says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. These exercises in gratitude can lead to a happier you.

Keep a journal — A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

Create a collage — Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you'll see it every day as a visual reminder of the good things in your life.

Say "thank you" — Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

Give back — Donating your time, skills and money to those in need gives you the chance to reflect on things you may take for granted. Helping others also increases your sense of purpose and overall well-being.



Sanford Estates
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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