

# Sanford Estates

## Gracious Retirement Living

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

### JANUARY 2021

#### SANFORD ESTATES STAFF

Managers.....LONNIE & TONI SPEARS  
Assistant Managers .....ANGELA BLAKE  
& MARK LEVINE  
Executive Chef ..... ISAAC GRANT  
Community Sales ..... MARY BROOKS GREEN  
Activity Coordinator .....MELISSA MCDONALD  
Maintenance Coordinator..... KEVIN GERALD  
Bus Driver .....JULES MUGNIER

#### TRANSPORTATION

**Monday & Friday, 9:45 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

### Hawthorn Adventure 2021

It's that time again!  
Every winter, all the Hawthorn Company communities take a three week "vacation" to a far away destination. This year we will be touring the islands of Hawaii, Fiji, and New Zealand. During these three weeks, we will chase away the winter blahs by experiencing some of the food, games, crafts, history, and lovely scenery of these beautiful islands. Below is a schedule for our adventure.



*You are here!*

**January 15th:** Hawthorn Adventure Kickoff Party!

**January 17th-22nd:** Aloha Hawaii!

This first exciting week of Island Hopping will take place in Hawaii! Residents will be immersed in the island culture as they travel through four of the beautiful islands of Hawaii: The Big Island, Maui, Oahu and Kauai.

**January 24th-30th:** Bula Bula! Welcome to Fiji!

Next stop on our whirlwind tour of the Pacific is Fiji! Residents will enjoy some much needed rest and relaxation as they explore the tranquil islands of Fiji.

**January 31st-February 6th:** Kia Ora New Zealand!

The final leg of this Island-Hopping adventure will be New Zealand! Here, residents will explore beautiful landscapes and learn all about the rich history of the Maori people.

So pack your suitcases for a fun three-week vacation!



## Christmas Crafts And Cookie Day

We combined Cookie Day and Christmas crafts. Residents enjoyed painting ceramic Christmas ornaments to celebrate the season. We listened to Christmas music and ate cookies which made for a relaxing afternoon.



*Matilde made a beautiful tree.*



*Teresa and Jean paint their ornaments.*

## Kick-Start Your Day

How you start your day affects how you feel and act the rest of the day. These simple habits can get you ready to take on whatever comes your way.

**Wake up to music:** Groggy when you first get up? Using an upbeat song instead of a harsh beeping sound as your alarm can help you feel more awake and alert. Scientists say a melody eases the brain into waking up, while alarms seem to confuse it.

**Stay offline:** If you use your phone as an alarm, resist the urge to stay on your device and scroll through your social media, check your email or read the news. Use the time to make a plan for the day ahead, journal or just think.

**Make your bed:** This small task can have a big impact on the rest of your day. High achievers agree that completing small actions, such as straightening your bed, will give you a sense of pride and provide momentum to accomplish other tasks

## The Words of MLK

In honor of Martin Luther King Jr. Day on January 18th, here are some of his most enduring speeches.

**Montgomery bus boycott speech** — One of King's first public speeches took place on December 5th, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

**"I Have a Dream"** — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on August 28th, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

**Nobel Peace Prize speech** — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on December 10th, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

**"How Long, Not Long"** — On March 25th, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

**"I've Been to the Mountaintop"** — King gave his final address in Memphis, Tennessee, on April 3rd, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.





## International Hat Day

November 25th was International Hat Day. One of the first pictorial depictions of a hat appears in a tomb painting from Thebes, Egypt, which shows a man wearing a conical straw hat, dated to around 3200 BC. In honor of hats, residents were asked to wear a special hat to dinner. Here are some of the great hats they chose.



Mary J.



George H.



Thomas P.



Pam S.

## App Adventures

From phone calls and video chats to text messaging and social media, smartphones and tablets help us keep in touch with family and friends. And with apps available for nearly every interest, they can also keep you busy! Explore your device's app store by searching some of these topics:

**Games and puzzles:** Brainteasers, crosswords, jigsaw puzzles, hidden objects ... Today's mobile games provide a variety of engaging options. You can also play with loved ones, helping you stay connected.

**Nature hobbies:** Are you a bird-watcher? You can download apps with bird guides and a spot to log your sightings. Love to take outdoor walks? Find out the name of a shrub or flower by using a nature identification app.

**Books:** Literary apps let you manage your to-read list, browse and write reviews, and find new titles. If you want to read on your device, you'll find apps with e-books you can buy, rent or download for free. There are also apps for audiobooks.

**Foreign languages:** Multiple apps make learning a language fun with daily challenges and interactive games. Developing this new skill can benefit your brain.

**Mindfulness:** Apps aimed at relaxing are popular. Featuring guided meditations and soothing sounds, these programs can help you rest physically and mentally.

## January Birthdays

Please wish the residents and employees listed below a Happy Birthday on their special day.

### January

**2nd** — Marcia Hunnicut

**9th** — Anne Meroney

**9th** — Homi Sethna

**9th** — Toni Spears

**24th** — Connie Schindenholtz

**26th** — Irving Kay

**29th** — Tom Postver

**30th** — Billie Blanchette



JAN 2021

Birthdays

Marcia Hunnicut, 2nd  
Anne Meroney, 9th  
Homi Sethna, 9th  
Toni Spears, 9th (Employee)  
Connie Schindelholz, 24th  
Irving Kay, 26th  
Tom Postver, 29th  
Billie Blanchette, 30th

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

Please Note: Calendar events may change or be added during the month.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div><div>NEW YEAR'S DAY1</div><div><div>Wear Red for Our Troops</div><div>9:45 Local Shopping, OP</div><div>10:30 Yarn Craft Club, DR</div><div>11:30 Stretch &amp; Flex, AR</div><div>1:45 Movie Matinee, MT</div><div>2:00 Let's Make It (Crafts), AR</div><div>4:00 Happy Hour, AR</div><div>6:30 Sanford Cinema, MT</div></div></div>	<div><div>11:00 Wii Sports, AR2</div><div>1:45 Movie Matinee, MT</div><div>2:00 Horse Racing</div><div>3:15 Cash Bingo (5 cents a card), AR</div><div>6:30 Sanford Cinema, MT</div></div>
<div><div>3</div><div>11:00 Televised Church Service, MT</div><div>1:45 Movie Matinee, MT</div><div>2:00 Bridge, PR</div><div>4:00 Wii Bowling, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>4</div><div>Sherry's Salon Open 10 a.m. to 4 p.m.</div><div>9:45 Local Shopping, OP</div><div>10:30 Donuts &amp; Conversation, AR</div><div>11:30 Exercise, AR</div><div>1:45 Movie Matinee, MT</div><div>2:00 Trivia, AR</div><div>3:15 Funny \$ Bingo, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>5</div><div>10:00 Yoga with Toni, AR</div><div>11:00 Bible Study, CH</div><div>1:45 Movie Matinee, MT</div><div>2:00 Bridge, PR</div><div>3:15 Funny \$ Bingo, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>6</div><div>Sherry's Salon Open 10 a.m. to 4 p.m.</div><div>9:45 Scenic Drive/Outing, OP</div><div>11:00 Brain Games, AR</div><div>1:45 Movie Matinee, MT</div><div>2:30 Balloon Volleyball, AR</div><div>4:15 Tech Support, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>7</div><div>10:00 Tai Chi with Augustine, AR</div><div>11:00 Mind &amp; Body Class, AR</div><div>1:45 Movie Matinee, MT</div><div>2:00 Trivia, AR</div><div>3:15 Funny Money Bingo, AR</div><div>4:15 Billiards, PR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>8</div><div>Wear Red for Our Troops</div><div>9:45 Local Shopping, OP</div><div>10:30 Yarn Craft Club, DR</div><div>11:30 Stretch &amp; Flex, AR</div><div>1:45 Movie Matinee, MT</div><div>2:00 Let's Make It (Crafts), AR</div><div>4:00 Happy Hour, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>9</div><div>11:00 Wii Sports, AR</div><div>1:45 Movie Matinee, MT</div><div>2:00 Horse Racing</div><div>3:15 Cash Bingo (5 cents a card), AR</div><div>6:30 Sanford Cinema, MT</div></div>
<div><div>10</div><div>11:00 Televised Church Service, MT</div><div>1:45 Movie Matinee, MT</div><div>2:00 Bridge, PR</div><div>4:00 Wii Bowling, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>11</div><div>Sherry's Salon Open 10 a.m. to 4 p.m.</div><div>9:45 Local Shopping, OP</div><div>10:30 Donuts &amp; Conversation, AR</div><div>11:30 Exercise, AR</div><div>1:45 Movie Matinee, MT</div><div>2:00 Music with Charly Marshall, AT</div><div>3:15 Funny \$ Bingo, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>12</div><div>10:00 Yoga with Toni, AR</div><div>11:00 Bible Study, CH</div><div>1:45 Movie Matinee, MT</div><div>2:00 Bridge, PR</div><div>3:15 Funny \$ Bingo, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>13</div><div>Sherry's Salon Open 10 a.m. to 4 p.m.</div><div>9:45 Scenic Drive/Outing, OP</div><div>11:00 Brain Games, AR</div><div>1:45 Movie Matinee, MT</div><div>2:30 Balloon Volleyball, AR</div><div>4:15 Tech Support, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>14</div><div>10:00 Tai Chi with Augustine, AR</div><div>11:30 Residents'/Chef Meeting, DR</div><div>1:45 Movie Matinee, MT</div><div>2:00 Trivia, AR</div><div>3:15 Funny Money Bingo, AR</div><div>4:15 Billiards, PR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>15</div><div>Wear Red for Our Troops</div><div>9:45 Local Shopping, OP</div><div>10:30 Yarn Craft Club, DR</div><div>11:30 Stretch &amp; Flex, AR</div><div>1:45 Movie Matinee, MT</div><div>2:00 Island Travel Kickoff Party, AR</div><div>4:00 Happy Hour, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>16</div><div>11:00 Wii Sports, AR</div><div>1:45 Movie Matinee, MT</div><div>2:00 Horse Racing</div><div>3:15 Cash Bingo (5 cents a card), AR</div><div>6:30 Sanford Cinema, MT</div></div>
<div><div>17</div><div>Hawaii Week</div><div>11:00 Televised Church Service, MT</div><div>1:45 Movie Matinee, MT</div><div>2:00 Bridge, PR</div><div>4:00 Wii Bowling, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>18</div><div>MARTIN LUTHER KING JR. DAY</div><div>Sherry's Salon Open 10 a.m. to 4 p.m.</div><div>Hawaii Week</div><div>9:45 Local Shopping, OP</div><div>10:30 Donuts &amp; Conversation, AR</div><div>11:30 Exercise, AR</div><div>1:45 Movie Matinee, MT</div><div>2:00 Trivia, AR</div><div>3:15 Funny \$ Bingo, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>19</div><div>Hawaii Week</div><div>10:00 Yoga with Toni, AR</div><div>11:00 Bible Study, CH</div><div>1:45 Movie Matinee, MT</div><div>2:00 Bridge, PR</div><div>3:15 Funny \$ Bingo, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>20</div><div>Sherry's Salon Open 10 a.m. to 4 p.m.</div><div>Hawaii Week</div><div>9:45 Scenic Drive/Outing, OP</div><div>11:00 Brain Games, AR</div><div>1:45 Movie Matinee, MT</div><div>2:30 Balloon Volleyball, AR</div><div>4:15 Tech Support, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>21</div><div>Hawaii Week</div><div>10:00 Tai Chi with Augustine, AR</div><div>11:00 Mind &amp; Body Class, AR</div><div>1:45 Movie Matinee, MT</div><div>2:00 Trivia, AR</div><div>3:15 Funny Money Bingo, AR</div><div>4:15 Billiards, PR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>22</div><div>Wear Red for Our Troops</div><div>Hawaii Week</div><div>9:45 Local Shopping, OP</div><div>10:30 Yarn Craft Club, DR</div><div>11:30 Stretch &amp; Flex, AR</div><div>1:45 Movie Matinee, MT</div><div>2:00 Digital Trivia, MT</div><div>4:00 Happy Hour, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>23</div><div>Hawaii Week</div><div>11:00 Wii Sports, AR</div><div>1:45 Movie Matinee, MT</div><div>2:00 Horse Racing</div><div>3:15 Cash Bingo (5 cents a card), AR</div><div>6:30 Sanford Cinema, MT</div></div>
<div><div>24</div><div>Fiji Week</div><div>11:00 Televised Church Service, MT</div><div>1:45 Movie Matinee, MT</div><div>2:00 Bridge, PR</div><div>4:00 Wii Bowling, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>25</div><div>Sherry's Salon Open 10 a.m. to 4 p.m.</div><div>Fiji Week</div><div>9:45 Local Shopping, OP</div><div>10:30 Donuts &amp; Conversation, AR</div><div>11:30 Exercise, AR</div><div>1:45 Movie Matinee, MT</div><div>2:00 Trivia, AR</div><div>3:15 Funny \$ Bingo, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>26</div><div>Fiji Week</div><div>10:00 Yoga with Toni, AR</div><div>11:00 Bible Study, CH</div><div>1:45 Movie Matinee, MT</div><div>2:00 Bridge, PR</div><div>3:15 Funny \$ Bingo, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>27</div><div>Sherry's Salon Open 10 a.m. to 4 p.m.</div><div>Fiji Week</div><div>9:45 Scenic Drive/Outing, OP</div><div>11:00 Brain Games, AR</div><div>1:45 Movie Matinee, MT</div><div>2:30 Balloon Volleyball, AR</div><div>4:15 Tech Support, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>28</div><div>Fiji Week</div><div>10:00 Tai Chi with Augustine, AR</div><div>11:00 Mind &amp; Body Class, AR</div><div>1:45 Movie Matinee, MT</div><div>2:00 Trivia, AR</div><div>3:15 Funny Money Bingo, AR</div><div>4:15 Billiards, PR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>29</div><div>Wear Red for Our Troops</div><div>Fiji Week</div><div>9:45 Local Shopping, OP</div><div>10:30 Yarn Craft Club, DR</div><div>11:30 Stretch &amp; Flex, AR</div><div>1:45 Movie Matinee, MT</div><div>2:00 Let's Make It (Crafts), AR</div><div>4:00 Happy Hour, AR</div><div>6:30 Sanford Cinema, MT</div></div>	<div><div>30</div><div>Fiji Week</div><div>11:00 Wii Sports, AR</div><div>1:45 Movie Matinee, MT</div><div>2:00 Horse Racing</div><div>3:15 Cash Bingo (5 cents a card), AR</div><div>6:30 Sanford Cinema, MT</div></div>
<div><div>31</div><div>New Zealand Week</div><div>11:00 Televised Church Service, MT</div><div>1:45 Movie Matinee, MT</div><div>2:00 Bridge, PR</div><div>4:00 Wii Bowling, AR</div><div>6:30 Sanford Cinema, MT</div></div>						





## Dancing With Charly Marshall

Entertainer Charly Marshall came to entertain us with Christmas songs as well as rock and roll music. He brought out the inner dancer in many of us as we danced to the oldies and had a great time! Charly will be back in January, so get your dancing shoes on!



*Charly Marshall*



*Shirley shows off her moves!*



*Jacqueline and Teresa get down!*

## Auction

Each quarter, we have an auction where residents can spend the Bingo Bucks they have earned through participating in activities, and turning in puzzles and word games they have completed. This year we did it a little differently due to Covid health restrictions. We held a type of silent auction where four residents at a time could come in and bid for the baskets they wanted. At the end of the day, the results were tallied and residents were notified of what they won.



*Residents bidding on the baskets they want*





## Lights Of Life

Every year, Life University in Marietta, Georgia puts up a great display of Christmas lights. This year was no exception. Residents got to see them on two separate nights, so that everyone who wanted to go had the chance to enjoy the display.



*Lights of Life*

## Warming Up The Piano

Thank you to Barb Beatty for playing some beautiful Christmas songs on the piano and to her husband, David, for holding the pages while she played.



*Barb and David Beatty*

## Pictures By The Tree

This year we took pictures of residents by our lovely tree and then made copies for them to send to their families. It was a new tradition and one we will keep doing in future Christmases.



Sanford Estates  
Gracious Retirement Living

500 Walton Way  
Roswell, GA 30076



*It's always Warm at*

Sanford Estates  
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

**770-649-7452**