

Sanford Estates

Gracious Retirement Living

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

JULY 2021

SANFORD ESTATES STAFF

Managers.....LONNIE AND TONI SPEARS
Assistant ManagersANGELA BLAKE
& MARK LEVINE
Executive ChefPEDRO GUZMAN
Community SalesALEXIS ANDERSON
Activity CoordinatorMELISSA MCDONALD
Maintenance
CoordinatorHEZRON PORTER, JR.
Bus DriverJULES 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

Patriotic Crafts

We are getting in the Fourth of July spirit with patriotic crafts. Recently, we painted American flags on smooth stones. The trend now is to paint rocks with pictures or sayings, and hide them outside for someone else to find. Some people write instructions on the bottom of the rock that tell the finder which Facebook group to post a photo to once it's found. Popular hiding spots include parks, playgrounds and family-friendly hiking trails. However, most of us decided we'd like to keep our rocks for a while.



Painting flags on rocks

We also made beautiful red, white, and blue tissue paper flower bouquets to brighten up the hallways and our apartments.

Indy 500 Competition

Sanford Estates had its own Indianapolis 500 competition prior to the actual race. Legacy, our in-house rehab service, provided this fun competition, complete with checkered flags and race decorations. First, residents had to negotiate a coned obstacle course. Next, they threw five bean bags into a backboard with holes. Then there was a basketball toss challenge. Finally, residents had to race tiny pull back cars to see who could go the farthest without falling off a long table. Everyone got a nice prize box of treats at the end of the course.

JULY 2021

Birthdays

Sal Saddudin, 1st
 Rosa Garcia, 5th
 Columba Lee, 6th
 Pat Payne, 11th
 Morton Shlossman, 11th
 Jill Spellman, 20th
 Shannon Redmon,
 31st (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.
 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
						
INDEPENDENCE DAY 4 11:00 Televised Church Service, MT 2:00 Bridge, PR 2:00 Party with DeeJay Debra Lieb, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open 10 a.m. to 4 p.m. Graham Cracker Day 5 10:30 Topics and Treats, AR 11:30 Exercise, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT 	10:00 Yoga Class, AR 11:00 Bible Study, CH 1:45 Movie Matinee, MT 2:00 Uno 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT 	Sherry's Salon Open 10 a.m. to 4 p.m. Hawaiian Day 7 9:45 Scenic Drive/Outing, OP 11:15 Word in a Word, AR 1:45 Movie Matinee, MT 2:00 Bridge, PR 2:30 Balloon Volleyball, AR 4:15 Tech Support, AR 6:30 Sanford Cinema, MT	10:00 Tai Chi Class, AR 1 11:15 Handbells, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:15 Funny Money Bingo, AR 4:15 Rummikub, AR 6:30 Sanford Cinema, MT 	Wear Red for Our Troops 2 10:30 Yarn & Conversation, AR 11:30 Stretch & Flex, AR 1:45 Movie Matinee, MT 2:00 Crafts, AR 4:00 Happy Hour, AR 6:30 Sanford Cinema, MT	11:00 Wii Sports, AR 1:45 Movie Matinee, MT 2:00 Horse Racing 3:15 Cash Bingo (5 cents a card), AR 6:30 Sanford Cinema, MT
11:00 Televised Church Service, MT 11 1:45 Movie Matinee, MT 2:00 Bridge, PR 4:00 Rummikub, AR 6:30 Sanford Cinema, MT 	Sherry's Salon Open 10 a.m. to 4 p.m. 12 10:30 Topics and Treats, AR 11:30 Exercise, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	Cow Appreciation Day 13 10:00 Yoga Class, AR 11:00 Bible Study, CH 1:45 Movie Matinee, MT 2:00 Singing by Kate Lauterbach, DR 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open 10 a.m. to 4 p.m. 14 9:45 Shopping at Kohl's 11:15 Word in a Word, AR 1:45 Movie Matinee, MT 2:00 Bridge, PR 2:30 Balloon Volleyball, AR 4:15 Tech Support, AR 6:30 Sanford Cinema, MT	10:00 Tai Chi Class, AR 15 11:15 Handbells, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:15 Funny Money Bingo, AR 4:15 Rummikub, AR 6:30 Sanford Cinema, MT	Wear Red for Our Troops 16 10:30 Yarn & Conversation, AR 11:30 Stretch & Flex, AR 1:45 Movie Matinee, MT 2:00 Digital Trivia with David, MT 4:00 RUMC Good Time Band, AR 6:30 Sanford Cinema, MT	11:00 Wii Sports, AR 1:45 Movie Matinee, MT 2:00 Horse Racing 3:15 Cash Bingo (5 cents a card), AR 6:30 Sanford Cinema, MT
11:00 Televised Church Service, MT 18 1:45 Movie Matinee, MT 2:00 Bridge, PR 4:00 Rummikub, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open 10 a.m. to 4 p.m. 19 10:30 Topics and Treats, AR 11:30 Exercise, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	10:00 Yoga Class, AR 20 11:00 Bible Study, CH 1:45 Movie Matinee, MT 2:30 Resident/Manager Mtg. 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT 	Sherry's Salon Open 10 a.m. to 4 p.m. 21 Junk Food Day 9:45 Scenic Drive/Outing, OP 11:15 Word in a Word, AR 1:45 Movie Matinee, MT 2:00 Bridge, PR 2:30 Balloon Volleyball, AR 4:15 Tech Support, AR 6:30 Sanford Cinema, MT	10:00 Tai Chi Class, AR 22 11:15 Handbells, AR 2:00 Name That Song with Debby Schilling, DR 3:15 Funny Money Bingo, AR 4:15 Rummikub, AR 6:30 Sanford Cinema, MT	Wear Red for Our Troops 23 Tokyo Summer Olympics Begin 10:30 Yarn & Conversation, AR 11:30 Stretch & Flex, AR 1:45 Movie Matinee, MT 2:00 Joshua Katreeb (11-year-old Pianist), DR 4:00 Happy Hour, AR 6:30 Sanford Cinema, MT	11:00 Wii Sports, AR 1:45 Movie Matinee, MT 2:00 Horse Racing 3:15 Cash Bingo (5 cents a card), AR 6:30 Sanford Cinema, MT
11:00 Televised Church Service, MT 25 1:45 Movie Matinee, MT 2:00 Bridge, PR 4:00 Rummikub, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open 10 a.m. to 4 p.m. 26 10:30 Topics and Treats, AR 11:30 Exercise, AR 1:45 Movie Matinee, MT 2:00 Music with Charly Marshall, AR 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	Hula Hoop Day 27 9:30 Podiatrist Visit 10:00 Yoga Class, AR 11:00 Bible Study, CH 1:45 Movie Matinee, MT 2:00 Hula Hoop Competition, AR 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open 10 a.m. to 4 p.m. 28 8:30 Boat Ride on Lake Allatoona, OP 11:15 Word in a Word, AR 1:45 Movie Matinee, MT 2:00 Bridge, PR 2:30 Balloon Volleyball, AR 4:15 Tech Support, AR 6:30 Sanford Cinema, MT	10:00 Tai Chi Class, AR 29 11:15 Handbells, AR 1:45 Movie Matinee, MT 2:00 Cooking with Chef Pedro, ARK 3:15 Funny Money Bingo, AR 4:15 Rummikub, AR 6:30 Sanford Cinema, MT	Wear Red for Our Troops 30 Elvis Has Entered the Building Day 10:30 Yarn & Conversation, AR 11:30 Stretch & Flex, AR 1:45 Movie Matinee, MT 2:00 Crafts, AR 4:00 Happy Hour, AR 6:30 Sanford Cinema, MT	11:00 Wii Sports, AR 1:45 Movie Matinee, MT 2:00 Horse Racing 3:15 Cash Bingo (5 cents a card), AR 6:30 Sanford Cinema, MT 

July Highlights

4th: Fourth of July Party with DJ Debra Lieb

6th: 11-year-old piano player performs

9th: Jolly in the Kitchen with June

13th: Songs by high school student Kate Lauterbach

16th: Music by the Good Time Band

22nd: "Name That Tune" by Debby Schilling

26th: Music with Charly Marshall

27th: Hula Hoop Competition

28th: Boat Ride on Lake Allatoona

29th: Cooking with Chef Pedro

Handbell Class

We have just added a new Handbell Class to our activity calendar. We are blessed to have a wonderful volunteer, Lisa, who is teaching us. She directs the handbell choir at Roswell United Methodist Church. We have a great time learning this new musical skill. Lisa is very patient and encouraging. It's easy and we laugh a lot! Please come join us. The class is offered on Thursdays, at 11:15 a.m.

Homes of The Rich and Famous

We recently took a bus tour to Buckhead, an area close to downtown Atlanta. Our tour guide was historian Jim Howe, who knows just about everything about the history and architecture of Atlanta. Jim narrated the entire tour and gave our wonderful Bus Driver, Jules, directions to drive by some of the wealthiest and most beautiful homes in Atlanta. Our residents learned a lot, even those who have lived here all their lives. We are looking forward to another tour with Jim in the future.

Sanford Olympics

The 2021 Tokyo Summer Olympics will be held from July 23rd to August 8th. During this time, Sanford Estates will also hold some Olympic challenges and games of our own. More information will be forthcoming about these events. A sneak peek includes a hula-hoop contest and a staff wheelchair race. Stay tuned for updates.

Jolly In The Kitchen with June

Sanford Resident Chef June S. and her Assistant Chefs, Jacqueline P. and Joyce H. put on a cooking show to rival Martha Stewart!



Chefs Jacqueline, Joyce and June

"Jolly in the Kitchen With June" was presented to residents as a "televised" cooking show, complete with an imaginary film crew, commercials, and calls for "quiet on the set." Chef June and her staff prepared Rolo Pretzel Turtles made with Rolo caramel and chocolate candies, pecans, and pretzels. The presentation was great fun, lots of laughs and of course, samples were given to the "studio audience" to taste. We are greatly anticipating the next dish to be created by Chefs June, Jacqueline, and Joyce.

Getting Ready For Summer

Thank you to our residents who have been helping to get our outdoor area ready for summer. One of our projects was to fill the four hanging baskets on the portico with plants and flowers. We planted an array of flowers and cascading greenery in each basket. They really make the entry to our building welcoming and beautiful. In the picture, June and Jacqueline were raising the summer patio umbrellas when one umbrella decided to slowly collapse and drape Jacqueline in its folds. We had a good laugh about that!



June and Jacqueline, Patio Experts