

# Sanford Estates

## Gracious Retirement Living

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

### AUGUST 2021

#### SANFORD ESTATES STAFF

Managers.....LONNIE & TONI SPEARS  
Executive Chef.....PEDRO GUZMAN  
Community Sales .....ALEXIS ANDERSON  
Activity Coordinator .....MELISSA MCDONALD  
Maintenance  
Coordinator.....HEZRON PORTER, JR.  
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

## Atlanta Botanical Gardens

We had a lovely time at the Atlanta Botanical Gardens recently. Not only did we see magnificent flowers, trees and plants, but the Gardens featured a duo of art exhibitions. One exhibit was called “SUPERnatural: Aerial Art in Motion by Poetic Kinetics,”

which featured custom-created skynets billowing in the air above the trees like flocks of multi-colored birds. The second exhibit was “Glass Art in Bloom by Jason Gamrath,” which consisted of very large glass floral sculptures throughout the more formal gardens. We enjoyed spending time in such a beautiful place.



*Enjoying the glass fountain*

## Morning at the River

We spent a morning at the Chattahoochee River. It was a perfect day to be outdoors. We ate donuts and watched the river flow by. We also walked on the trails that led through the woods by the river. A couple of us even had a swing on a nearby set of swings. What a wonderful way to start the day!

## Calling All Singers

Sanford Estates residents are starting our own chorus called The Sanford Singers. Practices will take place in the Chapel on the third floor each Wednesday from 6:30 to 8 p.m. Please come join us if you like to sing.

# AUGUST 2021

## Birthdays

Irma Blake, 8th  
Phyllis Pickens, 19th  
Kay Yeager, 23rd  
Pat O'Connell, 24th  
Fran McCullough, 27th  
Shirley Smith, 28th  
Teresa Green, 28th  
Lea Duffy, 29th


## 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
<b>Tokyo Olympics Continue</b> <sup>1</sup> 11:00 Televised Church Service, MT <b>12:00 Italian Fest Begins</b> 2:00 Bridge, PR <b>2:00 Music by Debra Lieb, AR</b> 4:00 Rummikub, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open <sup>2</sup> 10 a.m. to 4 p.m. 10:30 Topics and Treats, AR 11:30 Exercise, AR <b>2:00 Olympic Staff Walker Races</b> 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	<b>Watermelon Day</b> <sup>3</sup> 10:00 Yoga Class, AR 11:00 Bible Study, CH 1:45 Movie Matinee, MT 2:00 Uno, AR 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open <sup>4</sup> 10 a.m. to 4 p.m. <b>9:45 Scenic Drive/Outing, OP</b> 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 6:30 Sanford Singers Chorus 6:30-8 p.m., CH	<b>American Bandstand Day</b> <sup>5</sup> 10:00 Tai Chi Class, AR 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	<b>Wear Red for Our Troops</b> <sup>6</sup> <b>A&amp;W Root Beer Day</b> 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
<b>Final Olympic Ceremonies</b> <sup>8</sup> 11:00 Televised Church Service, MT 1:45 Movie Matinee, MT 2:00 Bridge, PR 4:00 Rummikub, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open <sup>9</sup> 10 a.m. to 4 p.m. 10:30 Topics and Treats, AR 11:30 Exercise, AR <b>2:00 Music with Randy &amp; Cindy, AR</b> 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, AR 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open <sup>11</sup> 10 a.m. to 4 p.m. <b>9:45 Scenic Drive/Outing, OP</b> <b>9:45 Outing to Sprouts Farmers Market, OP</b> 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 6:30 Sanford Singers Chorus 6:30-8 p.m., CH	<b>World Elephant Day</b> <sup>12</sup> 10:00 Tai Chi Class, AR 11:15 Handbells, AR <b>11:30 Resident/Chef Meeting, PR</b> 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:15 Funny Money Bingo, AR 4:15 Rummikub, AR 6:30 Sanford Cinema, MT	<b>Wear Red for Our Troops</b> <sup>13</sup> <b>"A Suspenseful Day"</b> 10:30 Yarn & Conversation, AR 11:30 Stretch & Flex, AR 1:45 Movie Matinee, MT <b>2:00 Jolly in the Kitchen with the J's, ARK</b> 4:00 Happy Hour, AR 6:30 Sanford Cinema, MT	<b>Longest Softball Game Anniversary</b> <sup>14</sup> 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 1:45 Movie Matinee, MT 2:00 Bridge, PR 4:00 Rummikub, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open <sup>16</sup> 10 a.m. to 4 p.m. 10:30 Topics and Treats, AR 11:30 Exercise, AR <b>2:00 Music with Ben and Pam</b> 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, AR 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open <sup>18</sup> 10 a.m. to 4 p.m. <b>Robert Redford Day</b> <b>9:45 Scenic Drive/Outing, OP</b> 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 6:30 Sanford Singers Chorus 6:30-8 p.m., CH	10:00 Tai Chi Class, AR 11:15 Handbells, AR <b>2:00 Sound of Music Songs by MTME, AR</b> 3:15 Funny Money Bingo, AR 4:15 Rummikub, AR 6:30 Sanford Cinema, MT	<b>Wear Red for Our Troops</b> <sup>20</sup> <b>Lemonade's Birthday</b> 10:30 Yarn & Conversation, AR 11:30 Stretch & Flex, AR <b>1:30 Digital Trivia, MT</b> 4:00 Happy Hour, AR 6:30 Sanford Cinema, MT	<b>National Senior Citizens Day</b> <sup>21</sup> 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 1:45 Movie Matinee, MT 2:00 Bridge, PR 4:00 Rummikub, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open <sup>23</sup> 10 a.m. to 4 p.m. <b>Singin' In the Rain Day</b> 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 <b>2:30 Resident/Manager Meeting, AR</b> 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open <sup>25</sup> 10 a.m. to 4 p.m. <b>10:00 Historical Bus Tour with Jim Howe, OP</b> 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 6:30 Sanford Singers Chorus 6:30-8 p.m., CH	10:00 Tai Chi Class, AR 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	<b>Wear Red for Our Troops</b> <sup>27</sup> 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 1:45 Movie Matinee, MT 2:00 Bridge, PR 4:00 Rummikub, AR 6:30 Sanford Cinema, MT	Sherry's Salon Open <sup>30</sup> 10 a.m. to 4 p.m. <b>U.S. Open Tennis Begins</b> 10:30 Topics and Treats, AR 11:30 Exercise, AR <b>2:00 Music with Charly Marshall, AR</b> 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, AR 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT				



## Father's Day

Father's Day was celebrated with gifts, raffle prizes and even a magician to entertain us. Chef Pedro prepared a delicious meal of beef medallions, twice baked potatoes and asparagus. After dinner, we were entertained by magician/comedian Dennis Aloia. He showed us some amazing tricks and made us laugh as well. Several of our residents were called up to be a part of the show.

## Auction

We had our quarterly auction at the end of June. There were three tables of goodies to be bid on, with things like pens, notepads, word search books, jewelry, batteries, glass statues, scarves and much more. All these items are purchased with Bingo Bucks, which the residents earn for attendance at activities and also for turning in paper activities like puzzles or adult coloring. The most expensive item was a bag of sugar-free Russell Stover candy which sold for a whopping \$80,000 Bingo Bucks!



*Let the bidding begin!*

## Eleven-Year-Old Pianist

Imagine an 11-year-old boy who plays incredible classical piano and even writes his own music. That's who Sanford Estates was privileged to enjoy recently. Joshua Katreeb, who has only been playing piano for three years, is an amazing artist. He gave a show-stopping performance and even made up a piece of music on the spot for us. Also, his nine-year-old sister, Daniella, sang a couple of songs to his music and danced along with one of his songs. Everyone enjoyed this amazing young man. We hope to have him back soon before he becomes famous!

## Broadway Songs

The singing group Music to My Ears gave a delightful performance of songs from Broadway musicals for us last month. Residents hummed along with favorites from such musicals as "Gypsy," "Fiddler on the Roof," "Oliver," "Wizard of Oz," "Mame" and more. The group of two women and two men dressed the part for each song with hats, etc. The leader of the group even gave a short baton routine for one of the songs. We are looking forward to seeing them again this month when they perform songs from "The Sound of Music."

## Upcoming Events

**1st:** Italian Fest & Music

**2nd:** Staff Walker Races

**6th:** Root Beer Float Day

**9th:** Music with Randy and Cindy

**11th:** Outing to Sprouts Farmers Market

**12th:** Resident/Chef Meeting

**13th:** Jolly in the Kitchen with the J's

**16th:** Music with Ben and Pam

**19th:** Sound of Music Songs with MTME

**20th:** Digital Trivia

**24th:** Resident/Manager Meeting

**25th:** Historical Tour of Alpharetta & Roswell

**30th:** Music with Charly Marshall

## Fourth of July

For our July 4th party, we hired a deejay, Debra Lieb. She was very good and had just about any song we could request. We ate ice cream sandwiches and red, white and blue popsicles. Everyone was given patriotic bead necklaces to wear and received a raffle ticket for prizes that were given out during the party. We had a photo prop for anyone who wanted to be Uncle Sam for the 4th. We danced, laughed and had a great time.



*"Dan the Man"*