

Sanford Estates

Gracious Retirement Living

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

SEPTEMBER 2021

SANFORD ESTATES STAFF

Managers.....LONNIE & TONI SPEARS
Assistant ManagersERIC &
THERESA HARTAGE
Executive Chef.....PEDRO GUZMAN
Community SalesMARK WELLS
Activity CoordinatorMELISSA MCDONALD
Maintenance
Coordinator.....HEZRON 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

Resident Boat Ride

Our residents recently enjoyed a four-hour pontoon boat ride on nearby Lake Allatoona. The weather was perfect, a beautiful sunny day with a breeze! We cruised around for a while, motoring by Lake Allatoona Dam and stopping to take some pictures of a Great Blue Heron who posed just for us. Later, we stopped in a shady cove and ate our box lunches, which the kitchen had prepared for us. It was one of the most relaxing and fun outings we've ever done!



Fun at the lake!

New Assistant Managers

Welcome to our new Assistant Managers, Theresa and Eric Hartage. Married for 15 years, Theresa is a native of Ohio, and Eric hails from Chicago. Theresa loves crafts and shopping at Hobby Lobby. She also makes candles from scratch. Eric's favorite pastimes are barbecuing, sight-seeing and long walks in nature. The couple moved to Roswell from Arizona and are looking forward to meeting and getting to know everyone here.



Theresa and Eric Hartage

SEPTEMBER 2021

Birthdays

Ellen Garcia, 2nd (Employee)
 Jules Mugnier, 7th (Employee)
 Ken Will, 11th
 Marcus Johnson, 12th (Employee)
 Maria Martinez, 13th (Employee)
 Doris Westbrook, 16th
 Janet Schell, 16th
 Jean Vignale, 18th
 Joyce Hall, 23rd
 Beverly Nozick, 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 & 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
			Sherry's Salon Open 10 a.m. to 4 p.m. 1 Self University Week Begins 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 6:30 Sanford Singers Chorus, CH	10:00 Tai Chi Class, AR 2 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 3 Amazing Escape 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
5 11:00 Televised Church Service, MT 1:45 Movie Matinee, MT 2:00 Bridge, PR 4:00 Rummikub, AR 6:30 Sanford Cinema, MT	LABOR DAY ROSH HASHANAH BEGINS AT SUNSET Sherry's Salon Open 10 a.m. to 4 p.m. 10:30 Topics and Treats, AR 11:30 Exercise, AR 1:45 Movie Matinee, MT 2:00 Labor Day Party w/ Ben & Pam, AR 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	7 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 10 a.m. to 4 p.m. 8 8:45 Fausett Sunflower Farm, 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 6:30 Sanford Singers Chorus, CH	Wear Your Favorite Football Team Colors 9 10:00 Tai Chi Class, AR 11:15 Handbells, AR 11:30 Resident/Chef Meeting, DR 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 10 10:30 Yarn & Conversation, AR 11:30 Stretch & Flex, AR 1:45 Movie Matinee, MT 2:00 Jolly in the Kitchen, ARK 4:00 Happy Hour, AR 6:30 Sanford Cinema, MT	PATRIOT DAY 11 11:00 Wii Sports, AR 1:45 Movie Matinee, MT 2:00 Septemberfest Party, PR 3:15 Cash Bingo (5 cents a card), AR 6:30 Sanford Cinema, MT 
12 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 13 10 a.m. to 4 p.m. 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 	14 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	YOM KIPPUR BEGINS AT SUNSET 15 Sherry's Salon Open 10 a.m. to 4 p.m. Georgia Peach 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 6:30 Sanford Singers Chorus, CH	10:00 Tai Chi Class, AR 16 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 17 10:30 Yarn & Conversation, AR 11:30 Stretch & Flex, AR 1:30 Digital Trivia with David, MT 4:00 Happy Hour, AR 6:30 Sanford Cinema, MT	18 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 
19 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 20 10 a.m. to 4 p.m. 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	21 10:00 Yoga Class, AR 11:00 Bible Study, CH 1:45 Movie Matinee, MT 2:30 Resident/Manager Mtg., AR 3:15 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	AUTUMN BEGINS 22 Sherry's Salon Open 10 a.m. to 4 p.m. 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 6:30 Sanford Singers Chorus, CH	10:00 Tai Chi Class, AR 23 11:15 Handbells, AR 1:45 Movie Matinee, MT 2:00 Butch Evans Performs, PR 3:15 Funny Money Bingo, AR 4:15 Rummikub, AR 6:30 Sanford Cinema, MT 	Wear Red for Our Troops 24 10:30 Yarn & Conversation, AR 11:30 Stretch & Flex, AR 1:00 Flu Vaccinations, AR 4:00 Happy Hour, AR 6:30 Sanford Cinema, MT	25 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
26 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 27 10 a.m. to 4 p.m. 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	28 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 29 10 a.m. to 4 p.m. 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 6:30 Sanford Singers Chorus, CH	Gum It Up Day 30 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 		



New Community Sales Manager

Welcome to Mark Wells, our new Community Sales Manager! Mark is a native of Atlanta, originally from Tucker, Georgia. He is married with two step-sons and a five-year old grandson, whom he really enjoys spending free time with when the opportunity presents itself. He is a huge lover of animals and currently has two dogs named Daisy and Lillie, who are like family in his house. He is a graduate of Kennesaw State University with a degree in Marketing and Professional Sales. Mark has a passion for Senior Living, having served in Professional Sales roles since 2010 with Independent Living, Assisted Living and Memory Care communities throughout metro Atlanta. He is excited about his newest role as Community Sales Manager for Sanford Estates and looks forward to meeting and getting to know each of our residents, as well as introducing new residents to our beautiful Senior Living Community.



Mark Wells

Jolly in the Kitchen

Our “Jolly in the Kitchen” monthly resident-led activity was another success. This time, the chefs prepared delicious and easy-to-make fudge cookies. They showed everyone how to make the cookies and gave them copies of the recipe. Then, we got to eat the yummy results. We are already wondering what the chefs will prepare next month!



Joyce and June

Music With Randy and Cindy

Randy and Cindy came to entertain us. What a show they put on! Randy used to open for some of the big names in country music. He is a great singer, and we really enjoyed the beautiful harmony he and Cindy brought to us.

Olympic Challenge

We had some Olympic challenges in our exercise group, such as tossing bean bags into a basket and seeing who could do the most arm stretches with the exercise bands. We normally do about 15-20 arm stretches at a time, but the competitive spirit grabbed a hold of our group. The Activity Coordinator dropped out after 80 stretches, but three residents kept on going and going and going. Finally, the AC worried they would be really sore in the morning and stopped them at 125 stretches. Beverly N., Pam S. and Dottie F. all three won First Prize. Congratulations to these amazing ladies!

Up and Coming Young Musician

We were blessed to again hear the music of Kate Lauterbach, a talented rising high school senior. Kate sent an email to Sanford Estates asking if she could volunteer for us. She said, “I know what a difficult time it has been for many during this pandemic, especially for seniors who reside in facilities such as yours. I’m hopeful some live music will brighten their days just a little bit...”

The residents loved her singing and piano and guitar playing. She has a beautiful voice and a great personality. It is so refreshing to see a youth who wants to give of her time and talent to seniors. I think it definitely uplifted our residents. To hear and see a young person takes us away from our struggles and ailments for a while and makes us realize that life is still moving and the world has goodness in it.

Thank you, Kate, for your gift of time and music!

Upcoming Events

September Highlights:

9/1st — Self University Week

9/6th — Labor Day Party

9/8th — Fausett Sunflower Farm Trip

9/9th — Jersey Day

9/9th — Resident/ Chef Meeting

9/10th — Jolly in the Kitchen

9/11th — September Fest!

9/21st — Resident/ Manager Meeting

9/23rd — Music with Butch Evans

9/24th — Flu Shot Clinic

9/27th — Music with Charly