the **JULY 2019** *newsletter*

Be Inspired

HERITAGE OF PEACHTREE | PERSONAL CARE | *a Senior Lifestyle community* | PEACHTREE CITY, GA 30269 | 770-631-3461

THIS MONTH'S *silver star*

MARIE CILIBRASI

Marie was born and raised in Boston. Marie was the youngest of two girls. Her sister still lives in Boston. Her parents owned and operated a store. The store specialized in Italian food and coffee. Marie's favorite pastime was going to the beach. She recalls going to the beach all day.

Marie met her husband, Eddie, at a social club which used to sponsor dances and other activities. She was 13 and he was 15. Marie set Eddie up on a date with her friend. Marie recalls breaking a record over his head before they started dating. Marie and Eddie married when she was 18 and he was 21. Their first date was to a movie. They were married for 61 years.

Eddie graduated from MIT and went on to work for Northeast which was bought out by Delta. This is how to she came to the south. Marie has been in the south for 46 years and considers herself part southern. Marie worked for 11 years as a cashier at a middle school cafeteria before retiring.

Marie and Eddie have three sons — one still lives in Boston. Marie has six grandchildren and two great-grandchildren. When asked what her favorite vacations were, Marie responded that she enjoyed the cruises she and Eddie would take. They went on 27 cruises, the two favorite being one to Tahiti and the other one to Alaska.

Marie has lived here at Heritage for almost five years. She stated that she loves the activities and meeting new people, but it's hard having to say goodbye to the friends you meet.

JOIN US THIS MONTH FOR

july is hot, let's cool down with ice cream!

There are several fun events planned for this month. We will start by celebrating Independence Day with a Cookout under the Portico. We always have fun when we cook and eat outside! We will try to cool down as we celebrate National Peach Month by making homemade peach ice cream. If that is not enough good, sweet ice cream for you, we will finish the month with a lunch bunch gathering at Dairy Queen. You can choose to have real food for lunch or just opt for a good old-fashioned banana split. We will be having all our regular activities as well as these fun ones! Come join us for good times and fellowship!

TRAIN YOUR **BRAIN** *search for dances*

T	M	C	Q	U	A	D	R	I	L	L	E
T	A	N	G	O	D	S	A	M	B	A	C
A	Z	R	D	D	B	G	G	G	M	K	A
L	U	G	A	F	H	A	H	H	I	L	K
U	R	H	S	N	G	X	L	O	N	O	E
H	K	W	A	L	T	Z	N	L	U	P	W
G	A	V	O	T	T	E	D	D	E	D	A
T	L	E	E	R	S	D	L	T	T	T	L
H	S	S	J	T	D	F	S	L	G	D	K
O	D	I	E	D	F	O	D	D	A	C	S
R	G	P	W	F	W	G	R	U	M	B	A
A	E	U	C	T	O	R	T	X	O	F	C

BALLET
CAKEWALK
FOX TROT
GAVOTTE
HORA
HULA
JIG
MAZURKA
MINUET
ONE-STEP
POLKA
QUADRILLE
REEL
RUMBA
~~SAMBA~~
TANGO
TARANTELLA
TWIST
TWO-STEP
WALTZ

calendar & activities

JULY 2019

personal care

BE INSPIRED

- CONNECT
- GROW
- CONTRIBUTE
- MOVE
- FEEL
- REFLECT

LOCATIONS

ACTIVITY ROOM — *AR*
DINING ROOM — *DR*
FORMAL DINING — *FD*
HALLWAYS — *H*
IN THE COMMUNITY — *OUT*
LIBRARY — *L*
LIVING ROOM — *LR*
MULTI-PURPOSE ROOM — *MPR*
PORTICO — *P*
SCREENED PORCH — *SP*
WALKING PATH — *WP*

BIRTHDAYS THIS MONTH

DEBBY MILLER — *3rd (Employee)*
LAURA JOHNSON — *4th*
CAROL BIESTER — *9th*
MARIE CILIBRASI — *9th*
RICHARD ROETHLER — *27th*

TRANSPORTATION SCHEDULE

TUESDAY
9-11 a.m.
Doctors' Appointments

WEDNESDAY
10 a.m.-Noon
Shopping

THURSDAY
9-11 a.m.
Doctors' Appointments

OFFICE HOURS

MONDAY - FRIDAY
8:30 a.m.-5 p.m.

www.SeniorLifestyle.com
Activities are subject to change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:50 Positive Reflection | AR 9:00 Fitness Fun | AR 10:00 Massage Therapy | MPR 10:30 Skip-Bo | AR 1:00 Crafts with Carolyn | AR 1:00 Arts and Crafts | AR 2:00 What's Up, Charlie? | L 3:30 "The Price Is Right" | AR 6:00 Walking | H 6:00 Card Sharks | MPR	**2** 8:50 Kindness Devotion | AR 9:00 Fitness Fun | AR 9:00 Fitness 54 Workout 9:00 Doctor Visits | OUT 10:30 Pop Up Library | L 1:00 Bible Study (Jerry) | L 2:00 Bingo | DR 3:30 Hangman Word Game | AR 6:00 Walking | H 6:00 Gamers	**3** 8:50 Positive Reflection | AR 9:00 Fitness Fun | AR 9:45 Shop 'Til We Drop | OUT 10:00 Sharing Grace | LR 11:30 *Cookout* | P 1:15 Walking Club | DR 2:30 "Jeopardy" | L 3:00 Kings in the Corner | MPR 3:00 Choir | LR 6:00 Walking | H 6:00 Card Sharks | MPR	**4** INDEPENDENCE DAY 8:50 Kindness Devotion | AR 9:00 Chair Yoga | AR 9:00 Fitness 54 Workout 9:00 Doctor Visits | OUT 10:00 Catholic Communion | L 2:00 Bingo | DR 3:30 Team Trivia | AR 6:00 Walking | H 6:00 Gamers	**5** 8:50 Positive Uplift | AR 9:00 Fitness Fun | AR 10:00 Feel Good Friday Nails | AR 11:30 **Hall Representative Lunch & Meeting** | FD 1:00 Cornhole | AR 2:30 December Birthday Celebration | LR 2:30 Happy Hour | LR 6:00 Walking | H 6:00 Bingo | DR	**6** 10:00 Puzzle Pieces | L 10:30 Word Scramble | MPR 2:00 Social Hour | MPR 3:00 Crossword Puzzles | MPR 6:00 Walking | H 6:00 Card Sharks | MPR
7 10:00 Mercy Christian Church | LR 1:00 Word Search | MPR 3:00 Kings in the Corner | MPR 6:00 Walking | H 6:00 Skip-Bo | MPR	**8** 8:50 Positive Reflection | AR 9:00 Fitness Fun | AR 10:00 Massage Therapy | MPR 10:30 Skip-Bo | AR 1:00 Arts and Crafts | AR 2:00 What's Up, Charlie? | L 3:30 "The Price Is Right" | AR 6:00 Walking | H 6:00 Card Sharks | MPR	**9** 8:50 Kindness Devotion | AR 9:00 Fitness Fun | AR 9:00 Fitness 54 Workout 9:00 Doctor Visits | OUT 10:00 Tuesday Tea with Shayla | DR 1:00 Bible Study (Jerry) | L 2:00 Bingo | DR 3:30 Hangman Word Game | AR 6:00 Walking | H 6:00 Gamers	**10** 8:50 Positive Reflection | AR 9:00 Fitness Fun | AR 9:45 Shop 'Til We Drop | OUT 10:00 Sharing Grace | LR 1:15 Walking Club | DR 2:30 "Jeopardy" | L 3:00 Kings in the Corner | MPR 6:00 Walking | H 6:00 Card Sharks | MPR	**11** 8:50 Kindness Devotion | AR 9:00 Chair Yoga | AR 9:00 Fitness 54 Workout 9:00 Doctor Visits | OUT 10:00 Catholic Communion | L 2:00 Bingo Store | AR 3:30 Team Trivia | AR 6:00 Walking | H 6:00 Gamers	**12** 8:50 Positive Uplift | AR 9:00 Fitness Fun | AR 10:00 Feel Good Friday Nails | AR 1:00 Cornhole | AR 2:30 Happy Hour | LR 6:00 Walking | H 6:00 Bingo | DR	**13** 10:00 Puzzle Pieces | L 10:30 Word Scramble | MPR 2:00 Social Hour | MPR 3:00 Crossword Puzzles | MPR 6:00 Walking | H 6:00 Card Sharks | MPR
14 10:00 Mercy Christian Church | LR 1:00 Word Search | MPR 3:00 Kings in the Corner | MPR 6:00 Walking | H 6:00 Skip-Bo | MPR	**15** 8:50 Positive Reflection | AR 9:00 Fitness Fun | AR 10:00 Massage Therapy | MPR 10:30 Skip-Bo | AR 1:00 Arts and Crafts | AR 2:00 What's Up, Charlie? | L 3:30 "The Price Is Right" | AR 6:00 Walking | H 6:00 Card Sharks | MPR	**16** 8:50 Kindness Devotion | AR 9:00 Fitness Fun | AR 9:00 Fitness 54 Workout 9:00 Doctor Visits | OUT 1:00 Bible Study (Jerry) | L 2:00 Bingo | DR 3:30 Hangman Word Game | AR 6:00 Walking | H 6:00 Gamers	**17** 8:50 Positive Reflection | AR 9:00 Fitness Fun | AR 9:45 Shop 'Til We Drop | OUT 10:00 Sharing Grace | LR 1:15 Walking Club | DR 2:30 "Jeopardy" | L 3:00 Kings in the Corner | MPR 6:00 Walking | H 6:00 Card Sharks | MPR	**18** 8:50 Kindness Devotion | AR 9:00 Chair Yoga | AR 9:00 Fitness 54 Workout 9:00 Doctor Visits | OUT 9:30 **Food & Resident Council Mtg.** | DR 10:00 Catholic Communion | L 2:00 Bingo | DR 3:30 Team Trivia | AR 6:00 Walking | H 6:00 Gamers	**19** 8:50 Positive Uplift | AR 9:00 Fitness Fun | AR 10:00 Feel Good Friday Nails | AR 1:00 Cornhole | AR 2:30 Happy Hour | LR 6:00 Walking | H 6:00 Bingo | DR	**20** 10:00 Puzzle Pieces | L 10:30 Word Scramble | MPR 2:00 Social Hour | MPR 3:00 Crossword Puzzles | MPR 6:00 Walking | H 6:00 Card Sharks | MPR
21 10:00 Mercy Christian Church | LR 1:00 Word Search | MPR 3:00 Kings in the Corner | MPR 6:00 Walking | H 6:00 Skip-Bo | MPR	**22** 8:50 Positive Reflection | AR 9:00 Fitness Fun | AR 10:00 Massage Therapy | MPR 10:30 Skip-Bo | AR 1:00 Arts and Crafts | AR 2:00 What's Up, Charlie? | L 3:30 "The Price Is Right" | AR 6:00 Walking | H 6:00 Card Sharks | MPR	**23** 8:50 Kindness Devotion | AR 9:00 Fitness Fun | AR 9:00 Fitness 54 Workout 9:00 Doctor Visits | OUT 1:00 Bible Study (Jerry) | L 2:00 Bingo | DR 3:30 Hangman Word Game | AR 6:00 Walking | H 6:00 Gamers	**24** 8:50 Positive Reflection | AR 9:00 Fitness Fun | AR 9:45 Shop 'Til We Drop | OUT 10:00 Sharing Grace | LR 1:15 Walking Club | DR 2:30 "Jeopardy" | L 3:00 Kings in the Corner | MPR 6:00 Walking | H 6:00 Card Sharks | MPR	**25** 8:50 Kindness Devotion | AR 9:00 Chair Yoga | AR 9:00 Fitness 54 Workout 9:00 Doctor Visits | OUT 10:00 Catholic Communion | L 2:00 Bingo | DR 3:30 Team Trivia | AR 6:00 Walking | H 6:00 Gamers	**26** 8:50 Positive Uplift | AR 9:00 Fitness Fun | AR 10:00 Feel Good Friday Nails | AR 11:30 *Lunch Bunch* | OUT 1:00 Cornhole | AR 2:30 Happy Hour | LR 6:00 Walking | H 6:00 Bingo | DR	**27** 10:00 Puzzle Pieces | L 10:30 Word Scramble | MPR 2:00 Social Hour | MPR 3:00 Crossword Puzzles | MPR 6:00 Walking | H 6:00 Card Sharks | MPR
28 10:00 Mercy Christian Church | LR 1:00 Word Search | MPR 3:00 Kings in the Corner | MPR 6:00 Walking | H 6:00 Skip-Bo | MPR	**29** 8:50 Positive Reflection | AR 9:00 Fitness Fun | AR 10:00 Massage Therapy | MPR 10:30 Skip-Bo | AR 1:00 Arts and Crafts | AR 2:00 What's Up, Charlie? | L 3:30 "The Price Is Right" | AR 6:00 Walking | H 6:00 Card Sharks | MPR	**30** 8:50 Kindness Devotion | AR 9:00 Fitness Fun | AR 9:00 Fitness 54 Workout 9:00 Doctor Visits | OUT 1:00 Bible Study (Jerry) | L 2:00 Bingo | DR 3:30 Hangman Word Game | AR 6:00 Walking | H 6:00 Gamers	**31** 8:50 Positive Reflection | AR 9:00 Fitness Fun | AR 9:45 Shop 'Til We Drop | OUT 10:00 Sharing Grace | LR 1:15 Walking Club | DR 2:30 "Jeopardy" | L 3:00 Kings in the Corner | MPR 6:00 Walking | H 6:00 Card Sharks | MPR	"From every mountainside, let freedom ring." —Martin Luther King Jr.	

EVENT RECAP

we welcomed summer

Wow, summer came in with a bang of heat! We took time to celebrate Flag Day with our annual Flag Retirement Ceremony. This is always a touching event. We welcomed summer on the Longest Day of the year with an Ice Cream Social. For those of us who came, this was so much fun! We also enjoyed the Health Fair and learned about how to better take care of ourselves.

THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

NORMAN DAVIS is July's HEART Hero. Norman was born on June 14, in Los Angeles, Calif. Norman is a Chef here at Heritage and has been for 10 years. He has been married for 18 years to Gloria and is the father to Reggie, Derek and Keith. Reggie is an employee here as well. His other two sons still live in Los Angeles.

Norman is a Navy veteran and served from 1953 to 1959. He moved to Georgia in 1990, and has lived here for 29 years. Norman said he moved here because he likes to fish and Los Angeles was too crowded! In his free time, Norman enjoys playing the piano, carpentry and gardening.

Before he came to work at Heritage, Norman was an Executive Chef for City Events in Los Angeles. He catered to famous studios and along the way, met and became friends with some stars. He also owned two catering companies: WD Catering, 1995-2000 a food processing plant 2000-2007 and was President for WD Enterprise and ran 15 restaurants in Georgia. Fun fact about Norman: Sammy Davis Jr. is his first cousin.

Please take time to say hi to Norman. He loves working here at Heritage and says his message to all of us is to love one another as we should. After all, life is about love. We are proud to have Norman on our team.

IT'S OUR PLEASURE TO SERVE YOU ... *word from your executive director*

LET FREEDOM RING

The Stars and Stripes will be flying high in July, and we hope our residents will find plenty of reasons to celebrate. We live in the greatest country in the world, where freedom rings every day. Our country is truly the land of the free and the home of the brave.

This Fourth of July, between the picnics and the fireworks displays, take time to celebrate the freedoms we enjoy. It's easy to overlook them at times, but in America, we have liberties that some other countries only dream of.

All of us at Heritage of Peachtree wish you a happy and safe Fourth of July weekend!

MANAGEMENT TEAM

Wanda Khayat, *Executive Director*
Angela Wheeler, *Director of Resident Programs*
Rebecca Lee, *Business Office Manager*
Shayla Quinn, *Director of Sales & Marketing*
Mary Bass, *Dining Services Director*
Debbie Greene, *Director of Nursing Wellness*
Greg Gwyn, *Director of Maintenance*

TRAIN YOUR **BRAIN** *solution*

SENIOR LIFESTYLE
your *life*, your *style*

PET FRIENDLY