

Be Inspired

HERITAGE OF SANDY PLAINS | PERSONAL CARE | a Senior Lifestyle community | MARIETTA, GA 30066 | 888-321-4719

JOIN US THIS MONTH FOR

international clown week performance



Honk, honk! Come out to the community and enjoy a clowning around performance by the Corn Cobb Senior Clowns, guaranteed to entertain the young and old alike. Thursday, Aug. 8, at 11 a.m. No RSVP necessary.

THIS MONTH'S *silver star*

MUSIC, DOCUMENTARIES AND POLITICS

Charles Harris was born in Reedsburg, Wis. on Sept. 16, 1936. This is where he grew up with his older brother. He attended Reedsburg High School and shortly after graduation he enlisted in the Army. He was stationed in northern Italy for 3 years. While in Italy, he met his American wife who was finishing her education there. They were married for 52 years and have



three wonderful daughters. After his Army days, he went back to employment in the cheese and butter industry. He managed various cheese warehouses and butter plants for Swift and Co. in the dairy and poultry division. He has always been active in his local church.

His hobbies include hunting and fishing. He enjoys watching television and has an extensive music collection. He has been part of the Heritage family for about 4 years. He has one of the friendliest smiles and enjoys being a friend to all.

TRAIN YOUR BRAIN *search for bugs*

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

ANT	CRICKET	HORNET	ROACH
APHID	EARWIG	KATYDID	SILVERFISH
BEE	FLEA	LOCUST	TERMITE
BEETLE	FLY	MOSQUITO	WASP
CICADA	GNAT	MOTH	WEEVIL

personal care

BE INSPIRED

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

LOCATIONS

**REQUIRES SIGNUP — **

- 2ND FLOOR—Game Area — 2nd GA
- 2ND FLOOR -SOCIAL LOUNGE — 2nd SL
- COURTYARD — C
- CREATIVE STUDIO — CS
- DINING ROOM — DR
- FRONT PORCH — P
- LOBBY — L
- THEATER — T

BIRTHDAYS THIS MONTH

- SUE MERRITT — 7th
- FRED HICKS — 12th
- DELORES WELLS — 19th
- WALLACE HAYWOOD — 23rd

TRANSPORTATION SCHEDULE

- WEDNESDAY
10:45 a.m.
Shopping
- THURSDAY
10 a.m.-2 p.m.
Doctor Appointments

DISCLAIMER

ACTIVITIES ARE SUBJECT TO CHANGE.

www.SeniorLifestyle.com
Activities are subject to change



“Rest is not idleness, and to lie sometimes on the grass under trees on a summer’s day ... is by no means a waste of time.”

—J. Lubbock

<p>9:00 ● Daily Chronicle DR 4</p> <p>10:00 ● Sunday Inspirational Music L</p> <p>11:00 ● Sunday Service Church Service DVD 2nd SL</p> <p>2:00 ● Sunday Afternoon Movie & Popcorn T</p> <p>6:30 ● Open Game Night 2nd GA</p>	<p>10:00 ● Total Body Fitness T 5</p> <p>11:00 ● End of Summer Garden Walk C</p> <p>2:00 ● Party Table Centerpieces with Kathy CS</p> <p>3:00 ● Bible Study with Wayman T</p> <p>6:30 ● Word Challenges 2nd SL</p>	<p>10:00 ● Tai Chi/Chair Chi Slow Moves Fitness T 6</p> <p>11:00 ● Art Expression: Making Clown Masks! CS</p> <p>2:00 ● Kings in the Corner Card Social 2nd SL</p> <p>3:00 ● Lucky Quarter BINGO CS</p> <p>6:30 ● Contemplation Hour C</p>	<p>10:00 ● Foamtastic Stretch Moves T 7</p> <p>11:00 ● Outing: Thrifty Shopping! **</p> <p>1:30 ● After Lunch Jigsaw Puzzle Social 2nd SL</p> <p>3:00 ● Time to No Bake! DR</p> <p>6:30 ● Library Reading 2nd SL</p>	<p>10:00 ● Skilled Fitness Ball Toss Challenge! T 1</p> <p>11:00 ● How Eating a Rainbow Is Healthy T</p> <p>1:30 ● Rummikub Social 2nd GA</p> <p>3:00 ● Jackpot Quarter BINGO 2nd GA</p> <p>6:30 ● Evening News Review 2nd SL</p>	<p>10:00 ● Reflex & Balance Ball Class T 2</p> <p>11:00 ● Group Brain Challenges T</p> <p>1:30 ● Catholic Communion with Transfiguration T</p> <p>2:00 ● Summer Vacation Movie Series T</p> <p>3:00 ● Celebrating National Ice Cream Sandwich Day! P</p> <p>4:00 ● Happy Hour with Entertainment! 2nd SL</p> <p>6:30 ● Evening News Review 2nd SL</p>	<p>10:00 ● Morning Stretches T 3</p> <p>11:00 ● Gentlemen's Meet-Up 2nd SL</p> <p>2:00 ● Word Searches & Adult Coloring Kit: Credenza 2nd GA</p> <p>3:00 ● Jigsaw Puzzle Social 2nd GA</p> <p>6:30 ● Card Games 2nd GA</p>
<p>9:00 ● Daily Chronicle DR 11</p> <p>10:00 ● Sunday Inspirational Music L</p> <p>11:00 ● Sunday Service Church Service DVD 2nd SL</p> <p>2:00 ● Sunday Afternoon Movie & Popcorn T</p> <p>6:30 ● Open Game Night 2nd GA</p>	<p>10:00 ● Total Body Fitness T 12</p> <p>11:00 ● Art Expression: Painting with Scott CS</p> <p>2:00 ● Table Shuffleboard Challenge 2nd GA</p> <p>3:00 ● Resident Council Meeting T</p> <p>6:30 ● Word Challenges 2nd SL</p>	<p>10:00 ● Tai Chi/Chair Chi Slow Moves Fitness T 13</p> <p>11:00 ● Google Earth Exotic Travels T</p> <p>2:00 ● Kings in the Corner Card Social 2nd GA</p> <p>3:00 ● Lucky Quarter BINGO CS</p> <p>6:30 ● Contemplation Hour C</p>	<p>10:00 ● Foamtastic Stretch Moves T 14</p> <p>10:00 ● Where in the World Are We? T</p> <p>1:30 ● After Lunch Jigsaw Puzzle Social 2nd SL</p> <p>3:00 ● Celebrate National Creamsicle Day! 2nd SL</p> <p>6:30 ● Library Reading 2nd SL</p>	<p>10:00 ● Skilled Fitness Ball Toss Challenge! T 15</p> <p>11:00 ● Jewelry Making: Bracelet Beading Ideas CS</p> <p>1:30 ● Rummikub Social 2nd GA</p> <p>3:00 ● Jackpot Quarter BINGO 2nd GA</p> <p>6:30 ● Evening News Review 2nd SL</p>	<p>10:00 ● Reflex & Balance Ball Class T 16</p> <p>11:00 ● Group Brain Challenges T</p> <p>1:30 ● Catholic Communion with Transfiguration T</p> <p>2:00 ● Summer Vacation Movie Series T</p> <p>4:00 ● Happy Hour with Entertainment! 2nd SL</p> <p>6:30 ● Evening News Review 2nd SL</p>	<p>10:00 ● Morning Stretches T 17</p> <p>11:00 ● Gentlemen's Meet-Up 2nd SL</p> <p>2:00 ● Word Searches & Adult Coloring Kit: Credenza 2nd GA</p> <p>3:00 ● Jigsaw Puzzle Social 2nd GA</p> <p>6:30 ● Card Games 2nd GA</p>
<p>9:00 ● Daily Chronicle DR 18</p> <p>10:00 ● Sunday Inspirational Music L</p> <p>11:00 ● Sunday Service Church Service DVD 2nd SL</p> <p>2:00 ● Sunday Afternoon Movie & Popcorn T</p> <p>6:30 ● Open Game Night 2nd GA</p>	<p>10:00 ● Total Body Fitness T 19</p> <p>11:00 ● Junior Historian Andrew Bramlett Presents T</p> <p>2:00 ● Table Shuffleboard Challenge 2nd GA</p> <p>3:00 ● Bible Study with Wayman T</p> <p>6:30 ● Word Challenges 2nd SL</p>	<p>10:00 ● Tai Chi/Chair Chi Slow Moves Fitness T 20</p> <p>11:00 ● Google Earth Exotic Travels T</p> <p>1:30 ● Health Talks with Candace T</p> <p>3:00 ● Lucky Quarter BINGO CS</p> <p>6:30 ● Contemplation Hour C</p>	<p>10:00 ● Foamtastic Stretch Moves T 21</p> <p>11:30 ● Outing: Let's Get Away! Lunch Bunch **</p> <p>1:30 ● After Lunch Jigsaw Puzzle Social 2nd SL</p> <p>3:00 ● New Resident Housewarming Social T</p> <p>6:30 ● Library Reading 2nd SL</p>	<p>10:00 ● Skilled Fitness Ball Toss Challenge! T 22</p> <p>11:00 ● Jewelry Making: Bracelet Beading</p> <p>1:30 ● Rummikub Social 2nd GA</p> <p>3:00 ● Jackpot Quarter BINGO 2nd GA</p> <p>6:30 ● Evening News Review 2nd SL</p>	<p>10:00 ● Reflex & Balance Ball Class T 23</p> <p>11:00 ● Group Brain Challenges T</p> <p>1:30 ● Catholic Communion with Transfiguration T</p> <p>2:00 ● Summer Vacation Movie Series T</p> <p>3:00 ● Visit with the Goddard Kids! L</p> <p>4:00 ● Happy Hour with Entertainment! 2nd SL</p>	<p>10:00 ● Morning Stretches T 24</p> <p>11:00 ● Gentlemen's Meet-Up 2nd SL</p> <p>2:00 ● Word Searches & Adult Coloring Kit: Credenza 2nd GA</p> <p>3:00 ● Jigsaw Puzzle Social 2nd GA</p> <p>6:30 ● Card Games 2nd GA</p>
<p>9:00 ● Daily Chronicle DR 25</p> <p>10:00 ● Sunday Inspirational Music L</p> <p>11:00 ● Sunday Service Church Service DVD 2nd SL</p> <p>2:00 ● Atlantic Lyric Theater Musical "War Paint" **</p> <p>4:00 ● Sandy Plains Baptist Church 2nd SL</p> <p>6:30 ● Open Game Night 2nd GA</p>	<p>10:00 ● Total Body Fitness T 26</p> <p>11:00 ● Sweet Corn, Tomatoes, Watermelon Reminiscent Art! CS</p> <p>1:30 ● Group Card Games 2nd GA</p> <p>3:00 ● Bible Study with Wayman T</p> <p>6:30 ● Word Challenges 2nd SL</p>	<p>10:00 ● Tai Chi/Chair Chi Slow Moves Fitness T 27</p> <p>11:00 ● Google Earth Exotic Travels T</p> <p>2:00 ● Kings in the Corner Card Social 2nd GA</p> <p>3:00 ● Lucky Quarter BINGO CS</p> <p>6:30 ● Contemplation Hour C</p>	<p>10:00 ● Foamtastic Stretch Moves T 28</p> <p>11:30 ● Outing: Let's Get Away! Lunch Bunch **</p> <p>1:30 ● After Lunch Jigsaw Puzzle Social 2nd SL</p> <p>3:00 ● Rainbow Ice Cream Sundaes on the Porch! P</p> <p>6:30 ● Library Reading 2nd SL</p>	<p>10:00 ● Skilled Fitness Ball Toss Challenge! T 29</p> <p>11:00 ● Special Morning Jackpot Bingo! 2nd GA</p> <p>1:30 ● Board Games Social Hour 2nd GA</p> <p>5:30 ● Friends & Family Labor Day Celebration Dinner! **</p> <p>6:30 ● Evening News Review 2nd SL</p>	<p>10:00 ● Reflex & Balance Ball Class T 30</p> <p>11:00 ● Group Brain Challenges T</p> <p>1:30 ● Catholic Communion with Transfiguration T</p> <p>2:00 ● Summer Vacation Movie Series T</p> <p>4:00 ● Happy Hour with Entertainment! 2nd SL</p> <p>6:30 ● Evening News Review 2nd SL</p>	<p>10:00 ● Morning Stretches T 31</p> <p>11:00 ● Gentlemen's Meet-Up 2nd SL</p> <p>2:00 ● Word Searches & Adult Coloring Kit: Credenza 2nd GA</p> <p>3:00 ● Jigsaw Puzzle Social 2nd GA</p> <p>6:30 ● Card Games 2nd GA</p>

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

LABOR DAY
 DINNER CELEBRATION

We have now completed our renovation with the final refurbishing of the elevators. We appreciate your patience with the entire process.

We are also grateful to one of our health partners for the donation of a piano you may have noticed on the 2nd floor. We have scheduled visits of the church and civic groups that require a piano in order to sing at our community.

Now that we have the appropriate seating, we are hosting a Friends & Family Celebration Dinner Party on Thursday, Aug. 29, from 5:30 to 7 p.m. More information to follow via e-mail, and I look forward to seeing you all at the dining table!

Yours Truly

Wayman



EVENT RECAP

*true red,
 white and
 blue*

Many friends and family members joined our community for the Fourth of July Celebration Luncheon. The Dining Room was decked out in traditional colors with red and blue checked tablecloths and holiday pennant banners dangling from the ceiling. Our Dining staff presented a delicious buffet of traditional cookout foods and after lunch, we all sat back and listened to Al Uriezzo perform a patriotic music program. All in all, it was a great Fourth!



THIS MONTH'S
heart hero

HOSPITALITY, EXCELLENCE,
 APPRECIATION,
 RESPECT, TEAMWORK

SUZET MUSGROVE is a native Jamaican. She was born and raised in Montego Bay, where she grew up making trips to the beaches and the fresh fruit and fish markets. She attended boarding school in Kingston at the age of 14 and spent the next 6 years finishing high school and obtaining an Associate Degree in Tourism. She worked several years in hotel hospitality, during which time she met and married her husband. They have two children together.



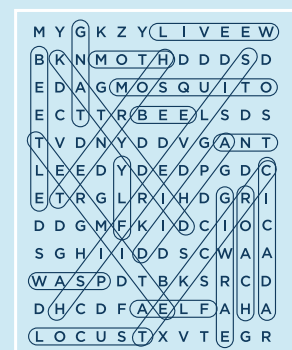
The family moved to Miami, and while living there, she decided to become a CNA so she could help the elderly, her true passion. She earned her license and started out working in private care, then a nursing home and a hospice company. A close friend urged her to move to Atlanta, so in 2016, she and her daughter relocated to the city.

She loves working at Heritage of Sandy Plains because as she states, "The management is very approachable and personal, and I love the residents. I'm a giver. I miss the ocean, but I love Atlanta because of the change of seasons, the green hills and the spring flowers." To have both would be the best of both worlds.

MANAGEMENT TEAM

- Wayman Parks, *Executive Director*
- Roxanne Plummer, *Business Office Manager*
- Tracee Guilford, *Director of Sales & Marketing*
- Yusuf Faquir, *Dining Services Director*
- Justice Maclean, *Director of Plant Operations*
- Dawn Rodriguez, *Memory Care Director*
- Candace Gonzalez, *Health and Wellness Director*
- Patricia Jenkins, *Resident Program Director*

TRAIN YOUR BRAIN
solution



SENIOR
 LIFESTYLE



PET
 FRIENDLY

your *life*, your *style*