

May 16th - 22nd, 2026



King'sBridge Crest

Still Curious

I walked into a bar last night and noticed what seemed to be a party in the corner. I asked the waitress what was going on.

She said, "It's Tuyu's birthday."

"Oh right, which one's Tuyu?"

She said, "Oh, I've no idea. I just heard them singing "Happy Birthday, Tuyu!"



I'm so old, I remember when a hashtag was called a pound sign.

And before that, we played Tic-Tac-Toe on that thing!

One of the wonderful things about life at King'sBridge is that learning never truly stops. In fact, some of the most meaningful discoveries often come later in life—through new experiences, new friendships, and even new ways of looking at familiar things.

This week's calendar is filled with opportunities to stay curious and engaged.

Residents can explore technology with Alex and Jamar, learn about estate planning with guest speaker Chris Brannon, discover the beauty of color in Art Class with Mita, and test their knowledge during Trivia with Diana. Add in music, flower arranging, cooking, and conversations with friends, and there is something for nearly every interest.

Curiosity keeps the mind active, the spirit energized, and the community connected. It encourages questions, creativity, laughter, and conversation. Whether trying Tai Chi for the first time, learning a new phone feature, hearing and singing with some fun music groups, or sharing letters with elementary students through Ink Link Pals, each experience adds something meaningful to daily life.

At King'sBridge, growing older does not mean growing stagnant. There are always new things to discover—and perhaps that sense of curiosity is one of the greatest gifts of all.

"Live as if you were to die tomorrow. Learn as if you were to live forever." — Mahatma Gandhi

A Thought for the Week

Trying something new does not always have to be something big. Sometimes it is attending a class for the first time, sitting with someone new at lunch, learning a new skill, or simply asking a question. Small moments of curiosity often lead to meaningful connections and joyful surprises.

Most people have heard of Karl Marx, but few know of his sister Onya, an Olympic runner. Her name is still mentioned at the start of every race.

Exercise Options

Monday

BAM with Bradford
@ 10:00 AM in the Pavilion
Seated Yoga with Darlene
@ 4:00 PM in the Pavilion

Tuesday

SeniorFit with Bradford
@ 10:00 AM in the Pavilion

Tai Chi with Lindsay
@ 3:00 PM in the Pavilion

Wednesday

Strength and Balance Class with Darlene
@ 4:00 PM in the Pavilion

Thursday

SeniorFit with Bradford
@ 10:00 AM in the Pavilion

A Note About Tai Chi

To help create the peaceful and focused atmosphere that makes Tai Chi so beneficial, residents are kindly asked to arrive on time for class. Beginning this Tuesday, the doors will close once class has started, and late entry will not be permitted.

Tai Chi is designed to encourage calm, concentration, breathing, and meditation-like focus. Minimizing interruptions helps both the instructor and participants fully enjoy the experience. Thank you for your **understanding and cooperation.**

Eco Shredding Returns to King'sBridge

By popular request, Eco Shredding will return to **King'sBridge** on Thursday, May 28 from 1:00–2:00 PM in the back parking area near Core 2.

Residents may bring documents during that hour to watch them being securely shredded on site. For added convenience, items may also be placed earlier in the day on the designated table outside Core 2 for collection.

This is a wonderful opportunity to safely dispose of old personal documents and paperwork.

“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.” — Henry Ford

Spiritual Options

Sunday

KING'SBRIDGE SUNDAY SCHOOL
@ 10:00 AM in the Living Room

Hymn: **“God Will Take Care of You”**
Lesson: A Mission for You from Acts 8:26-38
Teacher: Allyson Perez
Join us for singing, study, and prayer

VESPERS

@ 4:00 PM in the Pavilion
Chaplain John Shinn will be speaking on **“Disturbing Grace”** from Ephesians 2:1-10.

Tuesday

BIBLE FOR LIFE LONG LEARNERS
WITH RESIDENT VERNON ROBBINS IS TAKING A BREAK UNTIL THE FALL.

Thursday

BIBLE STUDY WITH CHAPLAIN JOHN SHINN
@ 3:00 PM in the Living Room This Week

This week, the study is entitled,
“Jesus: The Unique High Priest” from Hebrews 5.

Friday

CATHOLIC COMMUNION
@ 10:00 AM in the Living Room

Saturday

Pet Pals

11:00 AM | 2nd Floor Sitting Room

Mark Twain once wrote, **“When was the last time someone was so overjoyed to see you that they literally ran to greet you?”** Come experience that kind of joy at Pet Pals this Saturday! These furry visitors bring smiles, laughter, and lots of unconditional love. All residents are welcome.

Saturday Movie ~

Golden Globe Nomination “Jay Kelly”

@ 7:00 PM in the Living Room

Jay Kelly is a heartfelt comedy-drama following a well-known actor as he navigates fame, friendship, and the search for genuine connection. Both funny and thoughtful, the film explores identity, relationships, and the importance of being truly seen.

Jay Kelly is rated R primarily for strong language throughout the film.

What's New This Week?

Monday

Danish with Directors

10:40 AM | Tapestry Room

Enjoy a Danish and conversation with the Directors of **King'sBridge**. Whether you have questions, suggestions, or simply want to stay informed about community happenings, this is a wonderful opportunity to connect and stay engaged.

Ink Link Pals Reception

Noon | Pavilion

This year's Ink Link Pals participants will finally meet their student pen pals in person at a special reception this Monday in the Pavilion. While this is a private gathering for current participants, plans are already underway for **next year's program**.

If you missed the opportunity this year, watch for information in the fall. This meaningful school-year program creates wonderful **connections between King'sBridge residents and local elementary students** through letters, stories, and shared experiences across generations.

Activities Calendar Meeting

1:00 PM | Living Room

Bring your ideas and suggestions as we begin planning the June Activities Calendar. Feel free to join the meeting or stop by to share your thoughts. This is a great opportunity to help **shape the programs and events coming to King'sBridge!**

Afternoon Trivia with Diana

3:00 PM | Living Room

Diana's Trivia is back! Come test your knowledge with fun general trivia questions and enjoy a little friendly competition along the way. Bring a friend and see just how many facts you have tucked away—**this is one game you won't want to miss!**

Tuesday

GLOBAL JEWELRY HERE 11:00 AM–2:00 PM IN THE BISTRO

Cooking Class with Jake – "Spring into Dips"

2:00 PM | Dining Room

Join Dining Services Director Jake Warren as he shares a variety of fresh and flavorful dips perfect for spring gatherings and snacking. Come ready to taste, learn, and enjoy a fun afternoon in the Dining Room!

SIGN UP IN THE MAIL CENTER

What Else Is New This Week?

Wednesday

Art Class with Mita

11:00 AM | Living Room

In this class, Mita will teach techniques for making colors beautifully stand out on a black canvas. Come with your smiles and creativity—you do not have to be an artist to **participate!** Mita's step-by-step approach makes the class fun and welcoming for everyone.

SIGN UP IN THE MAIL CENTER

Living Well, Planning Wisely with Guest Speaker Chris Brannon

2:00 PM | Pavilion

Join us for the next installment of our *Living Well, Planning Wisely* series featuring estate and elder law attorney Chris Brannon. This informative presentation will focus on important planning topics designed to help residents and families think ahead and plan wisely.

Thursday

Flower Arranging

10:30 AM | Bistro

Help create beautiful floral arrangements for the Dining Rooms and common spaces around King'sBridge. It's a relaxing and creative way to spend the morning while adding a touch of beauty to the community.

Technology Class with Alex and Jamar

11:00 AM | Living Room

Bring your phones, tablets, or laptops and get helpful tips from Alex and Jamar. Whether you have questions, need troubleshooting help, or want to learn something new, this class offers friendly one-on-one assistance in a relaxed setting.

Friday

Shopping Trip to Target

Leaving @ 10:00 AM | Front Main Lobby

Join us for a trip to Target for shopping, browsing, and perhaps finding a few unexpected treasures along the way. Whether you need essentials or just enjoy getting out and exploring the aisles, this is always a fun outing with friends.

SIGN UP IN THE MAIL CENTER

This Week's Entertainment

Wednesday

Bob's Broadway Chorus

7:00 PM | Pavilion

Bob's Broadway Chorus returns to King'sBridge for one of their much-anticipated visits! This talented group of volunteer performers shares their love of music by bringing lively, interactive concerts to retirement communities throughout the area. Filled with familiar tunes and Broadway favorites, their performances are sure to bring back wonderful memories. Be sure to make plans to attend—they only visit us a couple of times each year!

Thursday

Canyon Ladies

2:00 PM | Pavilion

Canyon Ladies is a heartfelt tribute to the talented women singer-songwriters of the Laurel Canyon music scene from the 1960s and 1970s. Featuring music inspired by artists such as Joni Mitchell, Carole King, Linda Ronstadt, Bonnie Raitt, and others, the group delivers memorable performances that celebrate this timeless era of music. And yes—your favorites Rick and Susan are part of the band!

Thank you



FROM THE HEART....

Thank you dear family for my lovely cards, notes, and flowers you gave to me for my birthday. I'm still enjoying them so much!

With Love,
Jean Allgood

From the Business Office – Scam Alert

Please be aware that telephone scams continue to circulate throughout the Atlanta area. These callers often try to create fear, demand immediate payment, and ask that no one else be told.

If a caller claims there is an urgent problem that can only be solved by sending money immediately, it is likely a scam. Legitimate businesses and government agencies will not demand immediate payment over the phone.

If you receive a suspicious call, simply hang up and contact the Front Desk for assistance. The Business Office and Technology Team are always happy to help residents review suspicious situations.

Weekly Scheduled Options

Saturday

Board Games @ 2:30 PM in the Bistro

Movie @ 7:00 PM in the Living Room

Sunday

TV Watching ~ "Chesapeake Shores" @ 7:00 PM in the Living Room

Monday

Board Games @ 7:00 PM in the Living Room

Tuesday

Mahjong @ 10:45 AM in the 6th Floor East Lounge
Mexican Train Dominoes @ 6:30 PM in the Living Room

Wednesday Update

Publix @ 9 AM & 2 PM loading from the Front Lobby
Kroger @ 10 AM & 3 PM loading from the Front Lobby

Thursday

Board Games @ 2:30 PM (4th Floor East Lounge)
Mexican Train Dominoes
@ 6:30 PM in the Living Room

Friday

Poker @ 1:30 PM (6th Floor West Lounge)
Bingo @ 3:00 PM in the Pavilion
Social Gathering @ 4:00 PM (West Patio)

Prestige Auto and Spa Detailing – Final May Visits

Prestige Auto and Spa Detailing will be here on Monday, May 18th to wash the cars that were scheduled for Thursday, May 14th.

Prestige Auto and Spa Detailing is scheduled to return for one final round of services this month:

- Tuesday, May 26 – Basic Washes (*interior and exterior cleaning*)
- Thursday, May 28 – Detailed Washes (*ideal for vehicles needing extra attention*)

To make these visits possible, we will need at least 5 residents signed up for Basic Washes and 3 residents signed up for Detailed Washes. If minimum participation is not reached, the visits may need to be canceled.

A sign-up sheet will again be available in the Mail Center. Thank you for your interest and support of this service.