

June 6th - 12th, 2026

King'sBridge Crest



The Welcome Wagon Never Stops



These Birthdays

This past Monday, residents gathered in the Bistro for the Welcome Wagon Blend, an opportunity to meet and greet some of the newest members of the **King'sBridge family**. **There were smiles, introductions, refreshments, and the chance to make new friends.** This week, that spirit of welcome continues as we **host a New Resident Reception for everyone who has moved to King'sBridge** since last October.

A welcoming community is not built in a single event. It is created every day—in conversations before dinner, in a neighbor stopping to say hello, in volunteers helping with activities, and in staff members who take the time to learn names and stories. It is found in the countless small acts of kindness that help transform a building into a home.

Perhaps that spirit is one reason so many staff members choose to spend years—and sometimes decades—at **King'sBridge**. **Throughout the years, residents** often speak of the familiar faces they see in Dining Services, Housekeeping, Maintenance, Resident Services, Wellness, Assisted Living, and other departments. Relationships are formed, friendships develop, and a sense of belonging grows for everyone involved.

As new residents continue to join our community, may we all remember that the Welcome Wagon never really stops. Every greeting, invitation, conversation, and smile helps create the atmosphere of caring, appreciation, and connection that **makes King'sBridge such a special place to call home.**

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." — Maya Angelou

Husband: "Have you heard of Murphy's law?"

Wife: "Yeah."

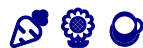
Husband: "What is it?"

Wife: "If something can go wrong, it will go wrong."

Husband: "Have you heard of Cole's law?"

Wife: "No, what is it?"

Husband: "Thinly sliced cabbage and mayo."



Farmer's Market Every Saturday



Looking for a pleasant Saturday morning outing? Just outside the **West Gate, you'll find a lively Farmer's Market filled with fresh produce, coffee, baked goods, meal options, and local vendors.**

Take a stroll, enjoy the sights, sounds, and aromas, and perhaps pick up a treat or two along the way. It's a wonderful way to support local businesses while getting a little "exercise snack" at the same time (see page 2).

Exercise Options

Monday

BAM with Bradford

@ 10:00 AM in the Pavilion

Seated Yoga Class with Darlene

@ 4:00 PM in the Pavilion

Tuesday

SeniorFit with Bradford

@ 10:00 AM in the Pavilion

Tai Chi with Lindsay

@ 2:15 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

Every Minute Counts

A recent article in *The Washington Post* highlighted a fascinating study showing that just a few minutes of movement each day can make a meaningful difference in health, particularly for blood sugar control. Researchers found that short bursts of activity—sometimes as little as one minute at a time—helped participants improve their blood sugar levels and reduce after-meal spikes. The best part? These “exercise snacks” did not require a gym, special clothing, or a major time commitment.

For older adults, the message is encouraging. Movement does not have to be strenuous or lengthy to be beneficial. A brief walk down the hallway, standing up and sitting down a few extra times, marching in place during a commercial break, or taking the stairs when possible can all add up throughout the day. Researchers emphasized that while regular exercise remains important, every minute of movement matters and can contribute to better overall health and well-being.

So the next time you wonder if a few minutes of activity are worth the effort, remember this simple takeaway from *The Washington Post*: every minute counts. Sometimes small steps really do lead to meaningful results.

Spiritual Options

Sunday

KING'S BRIDGE SUNDAY SCHOOL

@ 10:00 AM in the Living Room

Hymn: “Fairest Lord Jesus”

Teacher: Chuck Thorp from Luke 5

Join us for singing, study, and prayer

VESPERS

@ 4:00 PM in the Pavilion

Chaplain John Shinn will be speaking this Sunday. The message is “Life-Changing Grace” from Titus 2:11-14.

Thursday

BIBLE STUDY WITH CHAPLAIN JOHN SHINN

@ 3:00 PM in the Living Room

“The Mystery of Melchizedek” from Hebrews 7

Friday

CATHOLIC COMMUNION

@ 10:00 AM in the Living Room

I just asked the Walmart girl where the
nuts are...
She said, “**Pretty much every aisle.**”

What's New This Week?

Saturday

  **Pet Pals**

11:00 AM | 2nd Floor Sitting Room

Our furry friends return for some much-appreciated stress relief! Studies have shown that spending time with and petting a dog can help lower stress, reduce blood pressure, and boost feelings of happiness and well-being. Come enjoy some tail wags, wet noses, and unconditional love—it's hard to leave Pet Pals without a smile. 🐾 😊

  **Movie – *The Sting***

7:00 PM | Living Room

Winner of seven Academy Awards, *The Sting* is a clever and entertaining classic starring Paul Newman and Robert Redford. Set in the 1930s, this beloved film follows two con men as they devise an elaborate scheme to outwit a powerful crime boss. Filled with humor, suspense, memorable music, and unexpected twists, *The Sting* remains one of Hollywood's most enjoyable caper films.

What Else is New This Week?

Monday

Resident Council

3:00 PM | Higgins Board Room

Resident Council is your opportunity to stay informed, share ideas, and help shape life at King'sBridge. Please speak with your floor representative if you have questions, concerns, or praises you would like brought before the group.

Trip to Briarlake Church for Young at Heart: Dinner and a Concert

Leaving at 5:30 PM | Front Main Lobby

Join us for an evening of fellowship, food, and music at Briarlake Baptist Church's popular Young at Heart program. Enjoy dinner followed by an uplifting concert in the company of friends from both King'sBridge and the surrounding community.

SIGN UP IN THE MAIL CENTER

Tuesday

Coffee Break with Jake

Appointments Starting at 10:30 AM | Tapestry Room

Have a question, suggestion, or idea for Dining Services? Coffee Break with Jake is your opportunity for one-on-one conversation with Dining Services Director Jake Warren. Bring your thoughts and enjoy a relaxed visit over coffee.

SIGN UP IN THE MAIL CENTER

Men's Group Lunch Outing to Old Brick BBQ Pit




Leaving at 11:00 AM | Front Main Lobby

The gentlemen of King'sBridge are heading to Old Brick BBQ Pit, a local favorite known for its slow-smoked barbecue, hearty sides, and casual atmosphere. Come enjoy great food, good conversation, and an afternoon of fellowship with friends old and new.

Wednesday

Pattern Bingo with Oak Grove United Methodist Church **10:00 AM | Pavilion**

Get ready for an extra fun game of Bingo this week! Our wonderful friends from Oak Grove UMC will be joining us, including some new and younger volunteers who are excited to help call our Pattern Bingo game. They'll also be bringing some brand-new prizes, so you won't want to miss your chance to see what's new and maybe even take home a prize!

Come enjoy the fun, the laughter, and the excitement of Pattern Bingo with friends old and new.   

What Else Is New This Week?

Wednesday continued

Art Class with Mita

11:00 AM | Living Room

Join Mita for a fun and welcoming art class where creativity takes center stage. No experience is necessary—just bring your imagination and enjoy learning simple techniques while creating your own masterpiece.

Technology Class

1:00 PM | Living Room

Bring your phone, tablet, or laptop and get help with questions, troubleshooting, or learning new features. Whether you are a beginner or simply want to become more confident with technology, this class offers friendly assistance in a relaxed setting.

Book Lovers Club

1:00 PM | 6th Floor Center Lounge

Readers unite! Join fellow book lovers for a lively discussion about recent reads, favorite authors, and literary discoveries. Whether you've finished a book or are looking for your next recommendation, all are welcome.

Director-Led Tour

Starting at 2:00 PM | Main Lobby

Whether you are new to King'sBridge or simply want to learn more about the community, join a member of the leadership team for a guided tour of the campus. Discover hidden gems, ask questions, and gain a deeper appreciation for all that King'sBridge has to offer.

SIGN UP IN THE MAIL CENTER

Thursday

Sandwich Ministry

1:00 PM | Bistro

Join your neighbors in making a difference, one sandwich at a time. Together, we prepare sandwiches for those experiencing homelessness in Atlanta, providing a simple act of kindness that can have a lasting impact. All supplies are provided, and everyone is welcome to lend a hand.

Arguing with a woman is like reading the Software License Agreement. In the end, you ignore everything and click, "I agree."

What Else is New This Week?



Thursday continued

New Resident Reception

2:00 PM | Pavilion

We love welcoming new neighbors to our community! Join us as we gather to meet and celebrate our newest residents. You may see a familiar face or have the opportunity to make a new friend.

Our new residents will arrive at 1:30 PM to enjoy light refreshments and get settled. Residents and staff are invited to join the celebration from 2:00 PM to 3:00 PM.

Enjoy an afternoon of conversation, refreshments, smiles, and community spirit as we help our newest neighbors feel at home. We look forward to seeing you there!  

Friday

Fun Trip to the Georgia Aquarium

Leaving at 10:00 AM | Front Main Lobby

Dive into an unforgettable day at the Georgia Aquarium, home to whale sharks, beluga whales, sea otters, penguins, dolphins, and thousands of fascinating sea creatures.

Whether you enjoy watching graceful manta rays glide overhead or exploring the massive underwater tunnel, there is something to delight visitors of all ages.

Plan to spend about 5 hours exploring one of Atlanta's most popular attractions. General admission tickets will be \$59.99.

For an extra \$5 per person, residents can attend the dolphin show. There are also meal options available there. Residents are responsible for purchasing their own tickets.

SIGN UP IN THE MAIL CENTER

This Week's Entertainment

Monday

Thayer Naples ~ "Sounds of Solo Guitar"

2:00 PM | Pavilion

Thayer Naples returns with a delightful afternoon of solo guitar featuring Brazilian bossa novas, Spanish classics, and familiar favorites from Lennon and McCartney.

Sit back, relax, and enjoy a beautiful blend of summer-inspired music.

Come join us for a wonderful afternoon of solo guitar and music !

Weekly Scheduled Options

Saturday

Board Games @ 2:30 PM in the Bistro

Movie @ 7:00 PM in the Living Room

Sunday

TV Watching ~ "The House of Elliott" @ 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

Publix @ 9 AM loading from the Front Lobby

Kroger @ 10 AM 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)

Regular Bingo @ 3:00 PM in the Pavilion

Social Gathering @ 4:00 PM (West Patio)

Celebrating 17 Years of Service –

Shango Moore

By Randy Black

Congratulations to Shango Moore in the Business Office on his 17th anniversary with King's Bridge.

Shango started out in Resident Services on the overnight shift and kept things running smoothly. He began assisting with administrative duties overnight, and excelled at it so much that Jim Waldrop, the Executive Director at the time offered him a full-time position in the Business Office. There, his easy-going demeanor and his skill with accounting have made him a tremendous asset to Kings Bridge. Shango gets to work with a little bit of everything, from cashing checks to shipping packages for residents, maintaining the **stock in Waldrop's Store, and behind the scenes, handling the day-to-day financial tasks that keep King's Bridge operating smoothly.** We are happy to celebrate his lengthy tenure with us.