

June 20th - 26th, 2026

# King'sBridge Crest



## ♥ Celebrating the Heart of Care

June 11–17 was National Certified Nursing Assistants (CNA) Week, and while the week has passed, we did not want the opportunity to say "thank you" to slip away.

**At King'sBridge, our CNAs are part of a dedicated team that includes Certified Medication Aides (CMAs), Resident Care Partners, and nurses who serve residents in Assisted Living and Memory Care. Together, they help create a true sense of home for nearly 60 residents. Their work is often quiet and behind the scenes, but its impact is felt every day.**

The care they provide extends far beyond tasks and schedules. It is found in helping someone choose just the right outfit for the day, making sure glasses are clean, hearing aids are in place, and a favorite sweater is ready to wear. It is found in the patience, encouragement, and kindness that help residents maintain independence, comfort, and dignity. Through these daily acts of service, they send a powerful message: ***"We see you. We care for you. You are important."***

This exceptional team is led by Maria Ribeiro, Director of Assisted Living, whose leadership, high standards, and commitment to compassionate care help shape the culture of our Assisted Living and Memory Care neighborhoods. Maria has built and supports a team of more than 50 caregivers who work every day to ensure residents are treated with respect, kindness, and dignity.

To our CNAs and all those who provide hands-on care to our residents, thank you. Your compassion, professionalism, and dedication make a difference in countless **ways. You help transform King'sBridge from a place to live into a place to call home, and for that we are deeply grateful.**

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## ♥ A Salute to Our Wellness Center Team

While we recently celebrated our CNAs, we also want to recognize the outstanding team members of the **King'sBridge Wellness Center**, many of whom are Certified Medical Assistants (CMAs). Seven days a week, this dedicated team supports our Independent Living residents through wellness checks, blood pressure checks, basic first aid, emergency pendant response, and those sometimes-necessary calls to 911.

They also help with transportation scheduling, eye drops, simple questions, and countless daily needs that help residents feel supported and cared for. Thank you to our Wellness Center team for the knowledge, compassion, and professionalism **you bring to King'sBridge every day.**

Fun Fact: Koi fish always travel in groups of 4.

If attacked, Koi A, B, and C will scatter, leaving behind the **D Koi.....**

## 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**  
**@ 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 New Perspective**

If you've noticed our beautiful new vestibule rug, you may also have noticed that the King'sBridge logo seems to be looking in the wrong direction. It turns out the rug and the logo had slightly different ideas about which way visitors would be entering the building!

The good news is that a corrected version has already been ordered. In the meantime, residents are welcome to enter sideways, perform a graceful pirouette, or simply tilt their heads slightly to the left in order to admire the logo properly.  

All joking aside, we're excited to have the new rug in place and look forward to the corrected version arriving soon. Until then, consider it a conversation piece—and proof that even rugs occasionally have directional challenges. 

My wife texted me a selfie in a new dress and asked, "Does this make my butt look big?" I texted back, "Noo!" My phone autocorrected my response to "Moo!"

Please send help!

## Spiritual Options

Sunday ~ **Father's Day and the 1st Day of Summer!**

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

Hymn: **"He Lives!"**

Teacher: Alyson Perez from Luke 10

Lesson: **"Showing Love"**

Join us for singing, study, and prayer

VESPERS WITH CHAPLAIN LEE SHAW

@ 4:00 PM in the Pavilion

Did you know singing can improve your health?  
And win battles!

Come - let's sing and look at Scripture together.

Thursday

*THERE IS NO BIBLE STUDY THIS WEEK.*

Friday

CATHOLIC COMMUNION

@ 10:00 AM in the Living Room

## **What's New This Week?**

Saturday

 **Movie: *The Secret Agent (2025)***

7:00 PM | Living Room

Oscar-nominated *The Secret Agent* is a suspenseful drama that follows a man caught in a web of political intrigue, secrets, and moral choices. Praised for its strong performances and compelling storytelling, the film offers a thoughtful look at loyalty, justice, and survival.





Please note: This film is rated R and contains mature themes, violence, and some strong language.

Residents should be aware that the subject matter is intended for adult audiences and may not be suitable for everyone.

Sunday

  **Happy Father's Day**

This Sunday, we pause to honor and celebrate all fathers, grandfathers, stepfathers, and father figures who have shared their wisdom, strength, guidance, and love with others. Whether through words of encouragement, quiet acts of service, or a lifetime of devotion to family, their influence continues to shape generations. We wish all of the fathers and father figures in our King'sBridge family

a very happy Father's Day.    

## What Else is New This Week?

Monday



### Activity Calendar Meeting

1:00 PM | Living Room

Your ideas help shape life at King'sBridge! Join us as we discuss future outings, entertainment, classes, and special events.

Whether you have suggestions to share or simply want to hear what others are proposing, all are welcome. Come help plan the fun and see what exciting activities may be ahead! 🤔 🎉

Tuesday



### Cooking Class with Jake

2:00 PM | Main Dining Room

This month, Jake will be preparing classic Tea Sandwiches. Whether you're looking for new ideas or simply interested in the taste-testing portion of the program, this class is always a treat. Come learn, sample, and enjoy a delicious afternoon together!

**SIGN UP IN THE MAIL CENTER**

Wednesday



### Art Class with Mita

11:00 PM | Living Room

Join Mita for another creative morning of art and fun! Each project is taught step-by-step, making it easy for everyone to participate—whether you're an experienced artist or trying something new for the first time.

Come relax, create, and enjoy an afternoon filled with creativity, laughter, and friendship. 😊 🌟

**BE SURE TO SIGN UP IN THE MAIL CENTER!**



### June Birthday Bash Celebration

2:00 PM | Pavilion

Join us as we celebrate our June birthday residents with cake, fellowship, and live music by **Jim Hampton's Jazz Duo**. We'll sing Happy Birthday, enjoy great music, and make wonderful memories together.

Whether you're celebrating a birthday or simply joining the fun, everyone is invited! 🎉 😊 🍰



### June Birthday Dinner Gathering

5:00 PM | Main Dining Room

Residents celebrating a June birthday are invited to sit together at a special table marked with balloons. Take a break from the usual routine, meet fellow June birthday celebrants, and enjoy a meal together. After all, birthdays are more fun when shared!



## What Else Is New This Week?

Thursday



### Sandwich Ministry

1:00 PM | Bistro

"It's time to make the sandwiches!" Come in your best Hawaiian outfit, lend a hand, and help us prepare sandwiches before the Luau fun begins!



### Hawaiian Luau Party with Dawn Douglas

2:00 PM | Pavilion

Aloha! Escape to the islands as Dawn Douglas and her Hawaiian dancers return for an afternoon of music, culture, and fun. Enjoy authentic Hawaiian dances, learn about island traditions, and even join in an interactive hula lesson. Wear your favorite tropical colors and get ready for a wonderful luau celebration! 🌺 😊 🌴

Friday



### Trip to the Atlanta History Center

10:00 AM | Leaving from the Main Lobby

Step back in time as we visit the Atlanta History Center during its special 100th Anniversary Celebration: 100 Objects Exhibition.

We're excited to have a special guided tour led by Tim Frilingos, curator at the Atlanta History Center and son of our own Tony and Judi Frilingos. He has graciously offered to personally guide our group through this remarkable exhibition, sharing fascinating stories and historical treasures along the way.

After our tour, we'll enjoy lunch together at Souper Jenny's, where everyone will be responsible for purchasing their own meal.

Important Information:

- Admission is \$29, with a senior discount available.
- Please wear comfortable walking shoes, as there will be some walking throughout the museum.
- Seating is available throughout the exhibits if you'd like to take a short rest, and we'd appreciate everyone staying together during the guided tour.

A sign-up sheet is available in the Mail Center. We hope you'll join us for this special day of history, friendship, and fun!

## This Week's Entertainment

Saturday

 **The New Vintage**  
2:00 PM | Pavilion


The boys are back in town! Residents have been asking, "When are the boys coming back?" and this week the answer is finally, "They're here!" Matthew Smith, son of resident Martha Smith, and J.T. Alessi return with their signature Simon & Garfunkel sound, along with favorites from the Everly Brothers, The Beatles, and more. Come early—this is one of our most popular concerts, and seats fill quickly.

Monday

 **Bill Gleeson**  
2:00 PM | Pavilion

Bill Gleeson returns with the timeless music of Frank Sinatra and other beloved classics. Rather than staying on stage, Bill brings the music directly to his audience, strolling through the Pavilion and engaging residents throughout the performance. Join your friends for an afternoon of great music and fun.

Wednesday

 **Birthday Bash Celebration with the Jim Hampton Jazz Duo**  
2:00 PM | Pavilion

Our monthly Birthday Bash is a celebration for the entire King'sBridge community! Enjoy refreshments, great music, and a special birthday salute to all residents celebrating June birthdays. Jim Hampton and his talented jazz duo always bring something unique to the stage, making this one party you won't want to miss. Everyone is invited to join the celebration!

*Thank you*

**FROM THE HEART**

I'd like to express my thanks for all the great birthday wishes on my 96th birthday!

Max Nelson



## Weekly Scheduled Options

Saturday

Board Games @ 2:30 PM in the Bistro & Living Room  
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  
**Men's Group** @ 1:30 PM in the Patio 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)







   **A Sidewalk Suggestion**

King'sBridge walkers are an impressive group! Every day, residents can be seen making laps around the community, getting those healthy little "exercise snacks" and setting a wonderful example for the rest of us.

One small safety reminder: while the back parking lot may seem like it offers a little extra room to walk, it also comes with moving cars, delivery vehicles, and trucks that sometimes back up the hill with limited visibility. For that reason, the safest route is always the sidewalk.

Think of it this way: the parking lot is for cars, the sidewalk is for walkers.



   |    A few extra steps on the sidewalk can go a long way toward keeping everyone safe and healthy. Happy walking!