

August 1st - 7th, 2026



King's Bridge Crest



The Lost Art of Conversation

There is something special about a good conversation.

Not a hurried exchange. Not a text message. Not a quick "How are you?" as we pass in the hallway. We're talking about the kind of conversation where two people sit together, look one another in the eye, listen with genuine interest, and leave feeling a little happier than when they began.

One of the gifts many King's Bridge residents bring to our community is the ability to truly connect with others. You ask thoughtful questions, tell wonderful stories, laugh together, and give someone your full attention. In a world filled with distractions, that is becoming a rare and precious gift.

The next time you're waiting for a concert to begin, enjoying coffee in the Bistro, or sitting down for dinner, consider putting this art into practice. Introduce yourself to someone new. Ask about their hometown, career, favorite vacation, or the best advice they've ever received. You may discover a new friend—or hear a story you'll never forget.

Sometimes the greatest gift we can give another person isn't our advice or our opinion. It's simply our attention.

Misheard phrases—often called “mondegreens” create some of the funniest and most heart warming misunderstandings.



A Frog in the Throat

A little girl heard her father say he had "a frog in his throat." She looked at him with concern and asked, "Did it jump in while you were sleeping?"



It's Raining Cats and Dogs

A young boy heard his grandmother say, "It's raining cats and dogs." He rushed to the window and asked, "Where are they? I only see rain!"



Piece of Cake

A grandfather told his grandson, "Don't worry, the test will be a piece of cake." After school the boy came home disappointed and said, "You were wrong. They didn't give us any cake at all."

What do you
call a potato
wearing
glasses?

A SPEC-TATER!!!

Last night I left
my dentures
under my pillow.
The Tooth Fairy
must have come
because she left
me a pile of
Monopoly
money with a
note saying:
Nice try.

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

Those people who say I don't exercise enough have never seen me trying to put on a pair of jeans after I've just taken them out of the dryer.

Healthy Aging Is More Than Good Health

When people hear the words *healthy aging*, they often think about exercise or eating right. While those are certainly important, healthy aging is about so much more. It's about continuing to learn, laugh, build friendships, and find purpose each day. Research consistently shows that staying socially connected and mentally engaged can be just as important to our well-being as staying physically active.

One of the greatest advantages of living at King'sBridge is that opportunities for healthy aging are all around us.

Every concert attended, lecture enjoyed, card game played, walking group joined, or new resident welcomed is an investment in both body and mind. Even something as simple as sharing a meal with someone new or enjoying a conversation over coffee can brighten the day and strengthen our sense of community.

So this month, challenge yourself to try one new activity, attend one event you've never experienced before, or simply introduce yourself to someone you don't yet know. Healthy aging isn't about doing everything—it's about continuing to grow, stay curious, and enjoy the journey together.

Spiritual Options

Sunday

KING'SBRIDGE SUNDAY SCHOOL
@ 10:00 AM in the Living Room
Hymn: "Be Thou My Vision"
Teacher: Alyson Perez from 1 Corinthians 3:5
Lesson: **A Servant's Heart**
Join us for singing, study, and prayer
VESPERS WITH CHAPLAIN JOHN SHINN
@ 4:00 PM in the Pavilion
"Same Page Praying" from Psalm 86:11-13

Thursday

NO BIBLE STUDY THIS WEEK

Friday

CATHOLIC COMMUNION
@ 10:00 AM in the Living Room

Saturday

  **Jazz History Lecture**
with **Thayer Naples**

"The French, English, and Spanish Baroque Era in Music"
11:00 AM | Living Room

Join Thayer Naples as he explores the musical contributions of France, England, and Spain during the Baroque Era. Learn how each country's history and culture shaped its music and the arts while enjoying fascinating listening examples throughout the presentation.

 **Movie: *This Is the Army***
7:00 PM | Living Room

Step back into World War II with the patriotic musical ***This Is the Army*** (1943), starring **Ronald Reagan**, George Murphy, and Joan Leslie. Filled with lively songs, spirited performances, and plenty of wartime humor, the film was created to boost morale and support America's troops during the war. Whether you enjoy classic musicals, vintage Hollywood, or a trip down memory lane, this timeless favorite is sure to entertain.

What's New This Week?

Monday

 **The Welcome Wagon Blend**
10:40 AM | Bistro

Start your morning with good coffee, fresh pastries, and even better conversation! Whether you're welcoming a new neighbor, catching up with friends, or simply dropping in after exercise, everyone is invited. *If you joined us last month, we'd love to see you again. If you missed it, this is the perfect time to start!*

 **"Highlights of Italy" with Jim Howe**
2:00 PM | Living Room

Travel to Italy without ever leaving King'sBridge! Jim Howe returns to share beautiful photographs, fascinating history, memorable stories, and highlights from one of the world's most beloved destinations. Sit back, relax, and enjoy the journey!

Tuesday

 **Trip to Toco Hill/ Avis G. Williams Library or Toco Hills Shopping Center**
10:00 AM | Leaving from the Main Lobby

Whether you're headed to the **Avis G. Williams Library** for Book Club or to browse for your next great read, or prefer a little shopping at **Toco Hills Shopping Center**, we've got you covered. Please choose one destination, as the bus will stop at the library first, then continue to the shopping center.

SIGN UP IN THE MAIL CENTER

 **Tea & Tai Chi – Tea Social After Class**
3:00 PM | Pavilion

Stay active, relax, and socialize! Join us for Tai Chi, then stay afterward for a selection of herbal teas and great conversation with friends. Attend each class to receive a punch on your punch card for a chance to win a prize at the end of the month (We can announce a free lunch on KB to Babinelli's Italian Restaurant or gift card later in the month).

We hope to see you there!

Wednesday

 **Art Class with Mita**
11:00 AM | Living Room

Residents requested to paint pumpkins! Join us as we create beautiful pumpkin portraits in this relaxing and enjoyable painting class. This project is perfect for all skill levels, and everyone will leave with a beautiful piece of artwork to display at home.

What Else Is New This Week?

Wednesday continued

 **Educational Lecture: Art History with Professor John Tilford**

"Maria Cosway—Thomas Jefferson's Other Great Love"
6:30 PM | Living Room

Discover the fascinating story of Maria Cosway, the talented artist, musician, and close companion of Thomas Jefferson. This engaging lecture explores their remarkable friendship and its place in history.

Thursday

 **Technology Class: DVD & VHS Use**
11:00 AM | West Porch Lounge

Do you have questions about using the DVD or VHS player in the Patio Lounge? Whether you're looking to play a favorite movie, learn how the equipment works, or simply need a refresher, this class is a great opportunity to get hands-on help and build your confidence with the technology.

Friday

 **Shopping Trip to Northeast Plaza**
10:00 AM | Leaving from the Main Lobby

Join us for a morning of bargain hunting and browsing at **Northeast Plaza**! Whether you're looking for clothing, household items, groceries, or great deals, there's something for everyone.

Shop at:

-  Burlington
-  Five Below
-  DD's Discounts
-  Dollar General
-  Your DeKalb Farmers Market
-  Goodwill

Sign up in the Mail Center and let us do the driving while you enjoy the shopping!

 **Brandy's Bingo Bash**
3:00 PM | Pavilion

Brandy is taking over Bingo this week. She is supplying all the prizes and will be calling Bingo - both regular and pattern. With Brandy, you know that you are going to have a great time. Even if you are not a regular attender, you should give this week a try.

This Week's Entertainment

Saturday

 **Bouldercrest Singing Group**

With Special Guests

2:00 PM | Pavilion

Join us for a special afternoon of music as we celebrate Geo Daniels' birthday with a performance by her sons' band, the Bouldercrest Singing Group, along with special guests! After the concert, everyone is invited to enjoy cake and punch as we celebrate together. Come share in the music, laughter, and a wonderful time with friends and family!

Monday

NY Jazz Cats Trio

2:00 PM | Pavilion

Get ready for an unforgettable musical experience with the NY Jazz Cats Trio! These talented professional musicians from New York City bring an exciting mix of jazz, classic rock, blues, soul, oldies, and country favorites. Whether you love to tap your toes or simply sit back and enjoy the music, there's something for everyone. We hope you'll join us for this lively afternoon of great entertainment!

Thank you

From the Heart



Friends,

Thank you for the birthday wishes for the day and especially for the year to COME! At 91, that gives me hope and motivation!

Eddie Jo

**Right now, chocolate is good for you
and lettuce can hurt you!**

**I've been training for this my whole
life!!!**

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 Eliott" @ 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

Mahjong for Beginners @ 10:30 AM in the 6th Floor East Lounge

Poker @ 1:30 PM (6th Floor West Lounge)

Brandy's Bingo Bash @ 3:00 PM in the Pavilion

Social Gathering @ 4:00 PM (West Patio)

Dining Services Update

BY JAKE WARREN, DIRECTOR OF DINING SERVICES

We are excited to celebrate a major milestone for Cynthia "Bea" Campbell, who has officially earned her **Certified Dietary Manager (CDM)** certification—a significant professional achievement in the dining and healthcare industry!

In recognition of her dedication, leadership, and commitment to excellence, we are also thrilled to announce Bea's promotion to **Resident Services Manager**, where she will oversee our **Assisted Living and Memory Care** dining program.

Please join us in congratulating Bea on both her certification and her well-deserved promotion. Her hard work and passion for serving our residents continue to make a positive impact every day, and we couldn't be more excited to see her succeed in this new role.