



August 8th - 14th, 2026

King'sBridge Crest

The Gift of Purpose

One of the wonderful things about retirement is finally having the freedom to choose how to spend each day. While rest and relaxation certainly have their place, research has shown that having a sense of **purpose**—something to look forward to and someone to encourage—can have a remarkable impact on our health and happiness.

Purpose doesn't have to be something grand. It can be tending a garden, welcoming a new neighbor, singing in a concert, helping with the Sandwich Ministry, arranging flowers, making blankets for those in need, or simply offering a listening ear to a friend.

These moments remind us that our lives continue to make a difference,
no matter our age.

This month, take a moment to think about the activities that bring you joy and fulfillment. Sometimes the greatest gift we receive comes from sharing our time, talents, and hearts with others. As Helen Keller wisely said, "**Life is an exciting business, and most exciting when it is lived for others.**"

August: A Time of Harvest

August has long been known as the month of harvest. Gardens are filled with ripe tomatoes, sweet corn, peaches, and colorful flowers. Farmers gather the fruits of months of careful planting, watering, and tending. It is a season that reminds us an abundant harvest doesn't happen overnight—it comes from patience, care, and faithful work.

Life is much the same. The friendships we enjoy, the families we cherish, the wisdom we've gained, and the kindness we share today are all part of a lifetime's harvest. Every encouraging word, every helping hand, every lesson taught, and every act of love has helped shape not only our own lives but the lives of those around us.

As we enjoy the final weeks of summer, may we take time to appreciate the harvest all around us—not only in our gardens, but in our community. At King'sBridge, we are blessed by the experiences, talents, laughter, and generosity that each resident brings.

Thank you for continuing to make this such a wonderful place to call home.

National S'mores Day

Did you know **National S'mores Day** is celebrated each year on **August 10**? The beloved campfire treat dates back to the 1920s, when the first published recipe appeared in a Girl Scout handbook. Its name, "**S'more**," is simply a shortened way of saying, "*Some more!*"—because one is rarely enough!

Join Darlene on Monday as we celebrate this sweet tradition by making delicious **S'more Pops**. It's all the gooey, chocolatey goodness of a classic s'more—no campfire required!

My brain often
goes on vacation.
The trouble is
that it does not
always tell me
when it's leaving.

I'm not
self-medicating
with chocolate.
The lady at the
shop wrote me a
prescription...
Well, she called
it a receipt.
Whatever!

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 Living Room

Wednesday

Strength and Balance Class with Darlene

@ 4:00 PM in the Pavilion

Thursday

SeniorFit with Bradford

@ 10:00 AM in the Pavilion

We all have stomachs like ironing boards! Some of us just have more piles of laundry on them.

In-Apartment Pedicures with John Noonan

John Noonan returns to King'sBridge for **in-apartment pedicures** on Wednesday, August 12th. Because John takes the time to give each resident the personal attention and care they deserve, appointments occasionally run longer than scheduled. If your appointment starts a little later than expected, we appreciate your patience—you'll receive the same unhurried care when it's your turn.

Should the schedule extend beyond the day, **John will return later this week** to make sure every resident who signed up receives their appointment. Thank you for your understanding!

I'm not saying I'm old, I'm just saying that my dinner time and bed time are getting dangerously close to each other.

Spiritual Options

Sunday

KING'SBRIDGE SUNDAY SCHOOL

@ 10:00 AM in the Living Room

Hymn: "Blessed Assurance"

Teacher: Alyson Perez from 1 Corinthians 3 & 4

Lesson: **A Humble Attitude**

Join us for singing, study, and prayer

VESPERS WITH CHAPLAIN JOHN SHINN

@ 4:00 PM in the Pavilion

"A 7 Day Spiritual Rhythm"

1 Thessalonians 5:16-23

Thursday

BIBLE STUDY WITH CHAPLAIN JOHN SHINN

@ 10:00 AM in the Living Room

"Jesus: Pacesetter to an Unshakable Kingdom"

Hebrew 12

Friday

CATHOLIC COMMUNION

@ 10:00 AM in the Living Room

Saturday

 **Movie: *Beaches***

7:00 PM | Living Room

Celebrate one of Hollywood's most beloved stories of friendship. Starring **Bette Midler** and **Barbara Hershey**, *Beaches* follows two lifelong friends whose very different lives remain intertwined through laughter, heartache, and unwavering devotion. Filled with memorable music, touching moments, and unforgettable performances, this classic is a beautiful tribute to the enduring power of friendship.

Monday

NATIONAL S' MORES DAY!

  **S'more Pops Making with Darlene**

11:00 AM | Bistro

Celebrate National S'mores Day with us by making delicious S'more Pops! Join Darlene in the Bistro as we create sweet treats that you can enjoy yourself or package as a fun gift for a friend. It's a simple, tasty activity that's sure to bring smiles. Be sure to sign up in the mailroom, and don't forget to invite a friend!

SIGN UP IN THE MAIL CENTER

What's New This Week?

Monday continued

Resident Council Meeting 3:00 PM | Higgins Board Room

Your Resident Council meets monthly to discuss ideas, questions, and community updates. If you have suggestions, feedback, or topics you'd like considered, please share them with your Resident Council representative before the meeting. Together, we continue to make King'sBridge an even better place to call home.

Tuesday

Coffee Break with Jake 10:30 AM | Tapestry Room (Appointments Only)

Enjoy a cup of coffee and a one-on-one conversation with Dining Services Director **Jake Warren**. Whether you have ideas, questions, or feedback about Dining Services, Jake welcomes the opportunity to listen. Reserve your 10-minute appointment in the Mail Center.

SIGN UP IN THE MAIL CENTER

Tai Chi - Did You Know? 3:00 PM | Living Room

Join Lindsay in the Living Room for another relaxing Tai Chi class. After the session, stay for a brief "Did You Know?" presentation highlighting some of the many health benefits of Tai Chi. You may learn something new that you can share with family and friends! Don't forget to bring your punch card to earn another punch toward this month's prize drawing. We look forward to seeing you there!

Wednesday

PEDICURIST JOHN NOONAN HERE TODAY FOR IN APARTMENT PEDICURES (SIGN UP IN MAIL CENTER)

Craft Corner with Darlene 11:00 AM | Living Room

Get creative with Darlene as we paint beautiful sunflower sunset portraits! This easy, step-by-step craft is perfect for all skill levels and a fun way to spend the afternoon. The class will be held in the Living Room.

SIGN UP IN THE MAIL CENTER

Book Lovers Club 1:00 PM | 6th Floor Center Lounge

Looking for your next great read? Bring a favorite book you've recently enjoyed—or simply come to hear what others are recommending. Every meeting introduces new titles, lively conversation, and plenty of inspiration for your reading list.

What Else Is New This Week?

Wednesday continued

Educational Lecture: Jazz History with Trey Wright "A Love Supreme: The Music of Saxophonist John Coltrane" 2:00 PM | Living Room

Discover the extraordinary music and legacy of legendary saxophonist **John Coltrane**, one of the most influential jazz musicians of all time. This month's lecture explores his groundbreaking album **A Love Supreme**, a deeply personal work that transformed jazz through its artistry, spirituality, and innovation. Whether you're a lifelong jazz fan or simply curious to learn more, Trey's engaging presentations always offer something new to appreciate.

Thursday

Flower Arranging 10:30 AM | Bistro

Help create the fresh floral arrangements that brighten our Dining Room, Front Desk, and First Floor. No experience is needed—just enjoy a relaxing morning with flowers and friends.

Sandwich Ministry 1:00 PM | Bistro

Join this caring group as we prepare approximately **150 sandwiches** for those experiencing homelessness in Atlanta. It's amazing what can be accomplished in an hour when many hands work together—and every sandwich is made with kindness.

Friday

Trip to Gone With The Wind Museum at Brumby Hall with lunch nearby 10:00 AM | Leaving from the Main Lobby

Join us for a day trip to the Gone With the Wind Museum at Brumby Hall in Marietta. The museum features fascinating memorabilia from the classic film, and we'll enjoy a guided tour lasting approximately 45 minutes. Admission is \$10.60 per person, and each resident is responsible for the cost of their ticket. After the tour, we'll have lunch at **Douceur de France Bakery & Brunch**, a charming French café nearby. We will depart at 10:00 AM, and while the drive is about 30–40 minutes, please note we may encounter some afternoon rush-hour traffic on the return trip.

SIGN UP IN THE MAIL CENTER

This Week's Entertainment

Saturday

 **Kathy Ackermann & Friends**
"What Is This Thing Called Love?"

2:00 PM | Pavilion

Enjoy an afternoon of timeless favorites with **Kathleen Ackermann** on piano and **Terry Foster** on flute and alto saxophone. Featuring beloved songs from the **Great American Songbook**, this charming concert celebrates love with romantic melodies and a few lively toe-tappers. Join us for a wonderful Saturday afternoon of music!

Monday

 **Gwen & The Kats**

2:00 PM | Pavilion

We're excited to welcome **Gwen** back to King'sBridge—this time with her band, **The Kats**! After impressing residents during her previous visit, Gwen returns with a talented group whose members have performed for the Atlanta Braves, Turner Classic Movies, and audiences across the country. Join us for an afternoon of outstanding music and lively entertainment!

Tuesday

 **Juggling Show with Adam Boehmer**

2:00 PM | Pavilion

Adam returns to King'sBridge with his family's remarkable juggling tradition. His fast-paced show blends incredible skill, humor, audience participation, and yes...knives! (Don't worry—they're in very capable hands.) It's a unique performance that will keep you smiling from beginning to end.

 *Thank you*



I truly cherished all of your birthday cards, kind thoughts, and well wishes. This year, they held special meaning because I had injured my back and spent my birthday in bed. Your thoughtfulness brightened my days and lifted my spirits.

My heartfelt gratitude also goes to the King'sBridge staff for their kindness and caring. Thank you all so very much for the wonderful birthday uplift.

Roni Werman
Apartment 517

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

Mahjong for Beginners @ 10:30 AM in the 6th Floor East Lounge
Poker @ 1:30 PM (6th Floor West Lounge)
Pattern Bingo @ 3:00 PM in the Pavilion
Social Gathering @ 4:00 PM (West Patio)

 **The Great Green Umbrella Reunion**

Recently, we put out a call for the return of our missing green King'sBridge umbrellas...and you answered!

Several umbrellas have found their way back home, and we're grateful to everyone who checked closets, apartments, and cars. We were especially amused to discover that **at least three umbrellas had been faithfully riding around in the car of a very well-loved King'sBridge staff member!** Apparently, our umbrellas aren't too particular about where they travel.

Thank you for helping keep these community umbrellas available for everyone. If a few are still enjoying an extended vacation with you, there's still time to send them home—no questions asked!