



August 15th - 21st, 2026

King'sBridgeCrest



Caught in the Act...of Being Independent!

Sometimes even our safety systems provide a good laugh. One resident shared a story on herself. One evening, she decided to turn in early, put out her door tag, and snuggled into bed. Around 9:45 PM came a knock.

Slightly annoyed, she opened the door and announced, **"What? I put my tag out!"**

The employee kindly replied, **"Well, actually, ma'am... could you please put your keys inside and your door tag outside?"** Sure enough, hanging from her doorknob was her stretchy ring of apartment keys. The door tag was still safely inside!

Then there is a story from years ago about a beloved gentleman who apparently decided clothing was optional for a quick photography assignment. He spotted a beautiful flower arrangement he wanted to photograph, slipped out of his apartment in his underwear, snapped his picture, and hurried back inside. Mission accomplished! There was just one small detail he had forgotten: **King'sBridge has security cameras.** Let's just say his little excursion wasn't quite as private as he thought!

We laugh at these stories because they're wonderfully human, but the systems behind them have an important purpose. Our **door tags** provide a simple, relatively non-invasive daily indication that our Independent Living residents are up and moving. Tags go **out by 9:30 PM and back in by 9:30 AM**; when something isn't as expected, staff can follow up to make sure all is well. Our cameras provide another layer of security in community areas.

Most days, these systems quietly do their jobs without anyone giving them a second thought. Every once in a while, though, they give us a story worth telling.

So remember your door tag...and perhaps your bathrobe.



Did You Know?

A good conversation does more than pass the time. Staying socially connected can lift our spirits, keep our minds engaged, and help us get to know one another better.

So linger over that cup of coffee, introduce yourself to someone new, or stay a few extra minutes after an activity. **You might make a new friend—or hear another funny King'sBridge story worth sharing!**

Good conversation is time well spent.

Dance like no
one is watching.

Because they're
not.

They're checking
their phones!

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

The Joy of Helping Others

Have you ever noticed that doing something kind for someone else often leaves **you** feeling better, too?

There may be a reason for that.

Research involving older adults has found that volunteering and other purposeful activities can be associated with greater happiness, life satisfaction, social connection, and a stronger sense of purpose.

Helping others gives us an opportunity to use the talents, knowledge, and experience we've gathered over a lifetime—and reminds us that we still have much to offer.

And helping doesn't have to involve a huge commitment. It might mean making sandwiches for someone who is hungry, arranging flowers for others to enjoy, welcoming a new neighbor, sharing a skill, mentoring someone younger, or giving a few hours of your time to a cause you care about. Sometimes the smallest acts of service make the biggest difference.

Perhaps that's part of the secret: **when we reach out to make someone else's world a little brighter, our own world often becomes brighter, too.**

So here's something to think about this week: **What do you enjoy doing that could also bring joy to someone else?**

Spiritual Options

Sunday

KING'SBRIDGE SUNDAY SCHOOL

@ 10:00 AM in the Living Room

Hymn: "God Will Take Care of You"

Teacher: Alyson Perez from 1 Corinthians 10

Lesson: **Seeking the Welfare of Others**

Join us for singing, study, and prayer

VESPERS

@ 4:00 PM in the Pavilion

Our message this week comes from **Ernesto Fernandez**, a former King'sBridge employee who left to pursue full-time ministry. Ernesto returns to share "**By Grace,**" based on **Ephesians 2:8–10.**

Thursday

BIBLE STUDY WITH CHAPLAIN JOHN SHINN

@ 10:00 AM in the Living Room

"Life in the Unshakable Kingdom"
from Hebrews 12:18-29

Friday

CATHOLIC COMMUNION

@ 10:00 AM in the Living Room

What's New This Week?

Saturday

  **Pet Pals Are Coming!**

Saturday, August 15 | 11:00 AM
2nd Floor Sitting Room

Need a little furry pick-me-up? Our **Pet Pals** are back this Saturday! Stop by for some wagging tails, sweet faces, and plenty of puppy love. Sometimes a few pats and a "good dog!" are all you need to brighten your day.

 **Movie: *Gone With The Wind***

7:00 PM | Living Room

Few movies need an introduction in Georgia quite like ***Gone With the Wind***. The 1939 classic starring Vivien Leigh and Clark Gable remains one of Hollywood's most recognized films.

This showing has an extra King'sBridge connection! On Friday, residents visited the ***Gone With the Wind* Museum at historic Brumby Hall** in Marietta.

Whether fresh from the museum or simply revisiting an old favorite, settle in for **Scarlett, Rhett, Tara—and a little Georgia movie history!**

What Else is New This Week?

Monday

  **Danish with Directors**
10:40 AM | Tapestry Room

What's happening around King'sBridge? Bring your questions and get the latest updates straight from our Directors. Enjoy coffee, something sweet, and good conversation as we keep you in the know!

  **Settling In with Chaplain Lee Shaw**
Mondays | 10:45–11:30 AM | 4th Floor Library

New to King'sBridge? **Settling In** explores the journey of leaving a longtime home and beginning life in a retirement community. If you received an invitation from Chaplain Lee, we hope you'll join this supportive conversation with others who are traveling the same road.

   **Canine Companions Therapy Dogs Visit**
1:00 PM | Living Room

Meet the gentle and social Canine Companions therapy dogs, specially trained to bring comfort, calm, and joy.

  **Trivia with Mike**
3:00 PM | Living Room

Trivia is back—and this group keeps growing! Mike from Extreme Gaming will be here with general knowledge questions and a fun mix of topics to test your memory and keep you guessing. Bring a friend, enjoy some laughs, and see what he has in store for us this month!

Tuesday

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

  **Men's Group Lunch at Athens Pizza**
11:00 AM | Leaving from the Main Lobby

Gentlemen, let's do lunch! Join the Men's Group for good food, easy conversation, and time together at **Athens Pizza**, a longtime King'sBridge favorite. Come hungry and enjoy lunch with the guys!

SIGN UP IN THE MAIL CENTER

  **Activity Calendar Meeting**
2:00 PM | Living Room

Help us plan for September! Share your ideas for shopping trips, restaurants, outings, and activities, and get a sneak peek at what's being planned before the calendar is printed. **Your ideas help keep the fun coming!**

What Else Is New This Week?

Tuesday continued

  **Tai Chi – Did You Know? & Bring a Buddy**
3:00 PM | Pavilion

Tai Chi is back—and this week we're in the Pavilion! Bring a friend and learn a few "Did You Know?" facts about the benefits of Tai Chi while enjoying class together. **Bring your punch card, too—you'll receive credit for last week's canceled class.**

Wednesday

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

Continue creating the beautiful pumpkins you started during Mita's last class! She'll guide you step-by-step as you complete the next stage of your project, just in time to show it off in September.

Beginners are always welcome!

SIGN UP IN THE MAIL CENTER

  **Director-Led Behind-the-Scenes Tour**
2:30 PM | Living Room

Please note the new start time!

Currently signed up: **Tony & Judi Frilingos, Barbara Shapiro, June DeManche, and Paul Burger.**

This tour is limited to **seven residents, so we have room for two more!** Sign up in the Mail Center.

To give everyone a chance to participate, tours are limited to **one per resident.** There is plenty of walking, so comfortable shoes are a must!

  **Culinary Committee Meeting**
3:00 PM | Higgins Board Room

If you have a compliment, suggestion, or idea for Dining Services, please share it with your Culinary Committee representative before the meeting!

Thursday

  **Brunch Bunch to Pancake Social at Ponce City Market**
11:00 AM | Leaving from the Main Lobby

Join us for brunch at **Pancake Social**, where pancakes are the star, but the menu also includes omelets, sandwiches, salads, and other breakfast favorites. Enjoy a hot or cold beverage—or even a mimosa—with your meal. Come hungry and enjoy good food and a fun morning out with friends!

SIGN UP IN THE MAIL CENTER

This Week's Entertainment

Monday

🎷 🎵 **The Continentals**
2:00 PM | Pavilion

The Continentals return with an afternoon of smooth jazz, familiar favorites, and plenty of great music. Sit back, tap your toes, and enjoy the sounds of this talented group as they bring a little jazz to your Monday afternoon. Jazz lover or not, this is an easy concert to enjoy!

Tuesday

🎻 🎵 **Violinist Kerren Berz Returns**
5:00–6:00 PM | Main Dining Room

Many of you asked for our roving violinist to return every night—but no one volunteered to raise their rent to make that happen! Here's our compromise: we're going to try for **once a month**. Enjoy Kerren's beautiful music with dinner, and consider bringing a guest!

Wednesday

🎭 🎤 **Nick Morrett**
6:30 PM | Pavilion

This is one concert you do NOT want to miss! Broadway singer Nick Morrett was once a monthly King'sBridge favorite before his teaching career took him away from us. Fortunately, we get him back once each summer—and this is it! Join us for a trip down Broadway with a voice so powerful, he hardly needs a microphone. **He is awesome!**

Thursday

🎸 🎤 **Rick Hinkle & Susan Bennett**
2:00 PM | Pavilion

A little bit country and a little bit rock & roll! Susan will take you back with favorites from **Patti Page and Linda Ronstadt**, while Rick brings the Everly Brothers and some wonderfully obscure one-hit wonders. Together, they'll bring plenty of music, memories, and fun to your Thursday afternoon!

😊 **Something to Think About...**

We spend the first part of our lives learning not to talk to strangers.

Then we move to King'sBridge and Activities tells us, **"Go sit with someone you don't know and make a new friend!"**

Apparently, the rules change in retirement.

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)
Regular Bingo @ 3:00 PM in the Pavilion
Social Gathering @ 4:00 PM (West Patio)

Thank you



From the Heart

Thank you, thank you, THANK YOU to all my friends and family! Thank you Edde and Darlene for allowing Bouldercrest Singing Group to perform. I was overwhelmed with all my beautiful cards and well wishes. I had 26 family members that were able to attend. I had the best birthday ever. Paul left some CD's of his music on the card table. Since the cake was passed around by the little princesses, no one saw the CD's. Please let me know if you like one. I will deliver to you happily.

Geo Daniels