

September 19th - 25th, 2026

King'sBridgeCrest



♥️ 📌 Finding Your Way to Make a Difference

Over the past several weeks, we've shared reminders about the gift of purpose, the joy of helping others, and the connections that can grow when we give a little of ourselves. But volunteering doesn't have to mean taking on a big responsibility or committing hours every week. Sometimes it's simply finding one small thing that fits your interests, abilities, and the time you have to give.

This week, one of those opportunities is happening right here at King'sBridge. A resident-led group is gathering to learn about making no-sew flannel **blankets for children at Children's Healthcare of Atlanta**. For someone who enjoys working with their hands or sitting around a table with friends while doing something meaningful, this might be just the right fit. For someone else, it may not be—and **that's okay!** Volunteering should never feel like one size fits all.

That's exactly why we're excited about next week's Purpose Palooza! Four organizations will come to King'sBridge to share what they do and introduce ways residents might become involved. Come listen with an open mind. You don't have to sign up for everything—or anything. Not every opportunity will be right for every person, but one of them just might be perfect for you. Sometimes making a difference begins with nothing more than discovering where your time, talents, and heart fit best.

🎁 📌 And Did We Mention Prizes?

Next Tuesday from 1:30 - 3:00 PM in the Pavilion, visit each agency at Purpose Palooza and receive a small prize—one at every table! Residents who visit all four agencies will also be entered into our Grand Prize Drawing.

And the Grand Prize? We'll just say it's more than a bread basket...but less than a car. You'll have to come to find out! 😊

🌟 ♥️ A Joy Discovered After Retirement

At our recent New Resident Orientation, one resident shared that one of her greatest joys after retirement came through volunteering. She spent time working with CASA, supporting children in foster care, and found tremendous meaning in giving her time to others.

Her particular volunteer role may not be one we offer at King'sBridge, but her story is a wonderful reminder: retirement may end a career, but it can also open the door to a whole new way of finding purpose—and joy.

I don't need an alarm clock anymore. My back, my bladder, and my knees all race to see who wakes me up first.



(Apt. #602)

♣️ 😊 It's
Down to Three!

My name is almost official! Vote for your ONE favorite from the top three and return your ballot to Darlene by Wednesday, September 23.

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

Wednesday

Strength and Balance Class with Darlene

@ 4:00 PM in the Pavilion

Thursday

SeniorFit with Bradford

@ 10:00 AM in the Pavilion



MAINTENANCE MESSAGE

Be Kind to Your Garbage Disposal!

Our Maintenance Department has a friendly reminder: your garbage disposal is not a trash can! Please do not put dirt, grease or oil, pasta, rice, coffee grounds, eggshells, bones, fruit pits, fibrous vegetables, or any non-food items down the disposal.

These items can clog pipes, wrap around or jam the disposal, and lead to costly repairs. A good rule of thumb: When in doubt, throw it out—just not down the disposal!

HOUSEKEEPING MESSAGE

Laundry Accidents Happen!

Occasionally, an adult brief or other disposable item may accidentally make its way into a washing machine. If this happens, please do not try to clean the machine yourself or continue using it.

Instead, contact the Front Desk and ask for Housekeeping. They will properly clean and sanitize the washing machine so it is ready for everyone to use again. Accidents happen—we just need to make sure the cleanup is handled properly and safely.

Spiritual Options

Sunday

KING'SBRIDGE SUNDAY SCHOOL

@ 10:00 AM in the Living Room

Hymn: "Lord I Want To Be A Christian"

Teacher: Alyson Perez from 1 Corinthians 2:6-16

Lesson: God Speaks Through the Holy Spirit

Join us for singing, study, and prayer

VESPERS WITH CHAPLAIN LEE SHAW

@ 4:00 PM in the Pavilion

1 Peter 1:13-25

Communion

Thursday

BIBLE STUDY WITH CHAPLAIN LEE SHAW

@ 3:00 PM in the Living Room

Chaplain Lee Shaw will be continuing the discussion on prayer.

Friday

CATHOLIC COMMUNION

@ 10:00 AM in the Living Room

"But I'm Not an Artist!"

If you've been saying "I'm not an artist!" about Art Class with Mita, one of our regulars would tell you not to worry! As she puts it, **Mita "spoon-feeds" those** who want to learn, guiding you step-by-step. No experience required—just come, relax, and see what you can create!

And if you are one of King'sBridge's talented artists, you're welcome, too. Work at your own pace while enjoying a group of friends who are very good at **oohing and aahing over everyone's progress!**

Mita comes twice a month. Her next class is September 30 at 11:00 AM in the Living Room.

Come give it a try!

What's New This Week?

Saturday

  **Movie: War Horse**

7:00 PM | Living Room

From director Steven Spielberg comes a sweeping and emotional story of a young man and his beloved horse, Joey, separated by the events of World War I. Their remarkable journey through war, courage, and friendship makes *War Horse* a beautiful and moving film about loyalty, hope, and the enduring bond between people and animals.

What's New For This Week?

Monday

Danish with Directors

10:30 AM | Tapestry Room

Enjoy coffee, something sweet, and conversation with our Directors. Bring your questions and hear the latest **King'sBridge updates!**

Canine Companions Are Coming!

Monday at 1:00 PM | Living Room

Come enjoy some furry friends and plenty of paw-sitive love! These specially trained therapy dogs are ready to bring smiles, offer a friendly paw shake, and maybe even a hug. They love treats, too!

Come say hello and enjoy some fluffy, four-legged friends!

Trivia with Extreme Gaming

3:00 PM | Living Room

Come test your knowledge and stimulate your brain with fun trivia questions in a social and lively setting. It's always well attended, and everyone is welcome to join in. Plus, there's a chance to win Bistro Bucks!

Tuesday

Technology Class with Alex & Jamar

1:00 PM | Living Room

Technology giving you trouble? Bring your smartphone, tablet, iPad, Kindle, laptop—or just your questions! Alex and Jamar are here to help with everything from quick fixes to learning something new.

Cooking with Jake: Smooth Moves!

2:00 PM | Dining Room

This month, Jake is blending things up! Join him for a tasty look at smoothies—from fruity favorites to creative combinations you may not have tried before. Come watch, learn, and, of course, enjoy a sample!

Wednesday

No-Sew Blankets for a Cause

3:00 PM | Pavilion

Interested in helping make no-sew flannel blankets for **children at Children's Healthcare of Atlanta?** Come learn about this resident-led project, how the blankets will be made, and how you can help. No sewing skills needed—just cutting fabric and tying knots!

This week is an **INFORMATIONAL MEETING ONLY**. We'll answer questions and get everyone ready to begin. For now, the group plans to meet Wednesdays at 3:00 PM in the Pavilion, with completed blankets to be donated in February.

What Else Is New This Week?

Wednesday continued

History Lecture with Dr. Stan Deaton

6:30 PM | Pavilion

Was Thomas Jefferson a champion of liberty, a man defined by contradictions—or both? Dr. Stan Deaton of the Georgia Historical Society presents "*Thomas Jefferson in History and Memory*," exploring how the author of the Declaration of Independence became one of America's most debated historical figures.

An Emmy Award-winning writer and host of *Today in Georgia History*, Dr. Deaton will examine Jefferson's complicated legacy and why, more than 200 years later, we are still talking about him.

Thursday

Flower Arranging

10:30 AM | Bistro

Help create the beautiful fresh arrangements that brighten King'sBridge. No experience needed—just come lend a hand!

Sandwich Ministry

1:00 PM | Bistro

Join our assembly line as we prepare sandwiches for those experiencing homelessness in Atlanta. Many hands really do make quick work! Resident Rose Payne brought this ministry to King'sBridge when her longtime sandwich-making partner, Jim Stewart, moved here. What once took Rose and Jim about three hours **now takes our King'sBridge crew just 30 minutes!** We're grateful to have both Rose and Jim as residents—and for the ministry they brought with them.

Friday

Shopping Trip:

Attic Treasures Thrift Store

Leaving at 10:30 AM | Front Main Lobby

You never know what treasure is waiting to be found! Join us for a little bargain hunting and browsing at Attic Treasures.

SIGN UP IN THE MAIL CENTER!

A New Look Is Coming!

Beginning October 1, Microsoft Publisher will no longer be available, so The Crest and our monthly calendars may soon have a new look! We're exploring other options and appreciate your patience as we make the transition. Same **King'sBridge information**—just dressed a little differently!

This Week's Entertainment

Saturday

Music to My Ears: *Fiddler on the Roof*

2:00 PM | Pavilion

Enjoy the talented musicians of Music to My Ears as they bring us familiar and beloved selections from *Fiddler on the Roof*. Come enjoy an afternoon of beautiful music from this Broadway favorite!

Monday

Mainstreet Country Band

2:00 PM | Pavilion

Get ready for an afternoon of good old-fashioned country music! Mainstreet returns with familiar tunes, great musicianship, and plenty of songs that just might have you tapping your toes.

 Thank you

From the Heart



God Bless to all who sent me so many birthday wishes I cannot thank you enough ! 1 Eighty four and counting!!!!!!

TONY

In appreciation, I want to thank everyone for your cards and messages on the occasion of my Birthday.

Special thanks to our talented resident for her beautiful hand made card.

Sincerely,
Regine Cassimally



If you hold the sole of your foot up to your ear, you can hear the sound of your hip dislocating.

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

Mahjong for Beginners @ 1:00 PM in the 5th Floor East Lounge

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)

Pattern Bingo @ 3:00 PM in the Pavilion

Social Gathering @ 4:00 PM (West Patio)

A Thank You from Judy Sophianopoulos



I want to thank the many friends who supported the book signing event for my son, A.J. Symon, and his book, *Golden Boy*. Thank you to Helen Allen and Merlin Miller for attending the signing event at Little Shop of Stories in Decatur. Many thanks to Edde Johnson and Darlene Leon for publicizing the signing event at King'sBridge.

Little Shop of Stories still has some signed books for sale. Or, you can order a book, and my son said he would be glad to sign it for you during one of his trips to King'sBridge.