



October 24th - 30th, 2026

King'sBridge Crest

★ Celebrating Bebe Marx — A Profile of Positive Aging!

King'sBridge recently had the opportunity to nominate one resident for LeadingAge Georgia's Profile of Positive Aging recognition. With so many deserving residents, choosing just one was difficult—but anyone who knows Bebe Marx will agree she was a wonderful choice!

On September 25, Bebe was honored alongside 25 other outstanding older adults from across Georgia. Edde Johnson, Maggie Kancheva, Jane Going, and Bob Going were delighted to join her for this special celebration.

The stories shared brought both laughter and tears, but all carried an inspiring message: **Keep living, keep doing, and take the stairs whenever you can!**

Below is Bebe's feature from the event program. Congratulations, Bebe! Your positive spirit, generosity, and love of life make King'sBridge a better place. We are so fortunate to have you as part of our family!

Some people make a community better simply by being themselves. Bebe Marx is one of those people. A resident of King'sBridge Retirement Community since 2021, Bebe was born in Memphis, Tennessee, and moved here from Nashville. A graduate of the University of Tennessee, she earned a master's degree in Speech Pathology from the University of Memphis and spent more than 35 years in private practice helping others communicate and thrive. Today, she continues that life's work through the kindness and compassion she shows every day.

Bebe has a remarkable gift for making people feel seen and valued. As one of our Resident Ambassadors, she welcomed new residents with such warmth that many continued gathering around her long after orientation ended. She naturally builds friendships and helps others feel they truly belong.

She also volunteers regularly in Assisted Living during manicure days. Bebe prepares residents by removing their nail polish while visiting with each person, then spends the rest

of the time talking with residents waiting their turn. What could be a long wait becomes an opportunity for companionship, laughter, and genuine connection.

Whether on community outings or in the halls of King'sBridge, Bebe instinctively notices those who may need a little extra companionship. Always recognizable in one of her colorful signature coats, she attends concerts, Bible studies, lectures, bridge games, and is often encouraging someone else to come along.

Bebe also enriches our community by sharing her family's Jewish traditions through annual Rosh Hashanah and Chanukah programs. Her example has reached beyond her own generation, too. Inspired by her example, both of her granddaughters have volunteered in Assisted Living for years, bringing the same joyful spirit and servant's heart.

Positive aging is about living with purpose, building relationships, and serving others. Bebe Marx embodies these qualities every day. Her legacy is measured not



BEBE MARX

**LIVING A LIFE OF
PURPOSE, KINDNESS,
AND CONNECTION**

**KING'SBRIDGE
RETIREMENT
COMMUNITY**

simply by what she does, but by how she makes people feel. Through her quiet acts of kindness, she has made King'sBridge a more welcoming, compassionate, and connected community.



 **A Little
Halloween
Humor!**

**Why don't
skeletons ever
go trick-or-
treating?**

**Because they
have no body
to go with!**

Exercise Options

Monday

BAM with Bradford

@10:00 AM | Pavilion

Seated Yoga Class with Callie

@4:00 PM | Pavilion

Tuesday

SeniorFit with Bradford

@10:00 AM | Pavilion

Wednesday

No Strength and Balance Class This Week

Thursday

SeniorFit with Bradford

@10:00 AM | Pavilion



Exercise Class Updates

As we adjust to Darlene's departure, we're working to keep our exercise programs going! Callie will be joining us on Monday afternoons for Seated Yoga, and we're still searching for someone to lead Wednesday's Strength & Balance class.

Thank you for your patience! As we try new instructors, please share your feedback with Edde. We want to find the best fit for our King'sBridge residents!

Thank you

Dear Friends, Fellow KB Residents and Staff,
On October 7th, you helped usher me out of my 80's and into my 90's with lots of cheerful cards and playful and inspiring messages.

Mercifully, no one mentioned the aches, ailments, memory lapses, movement and balance issues, dressing, buttons, and other nuisances that accompany us the older we get. I am grateful for each of you and for what you add to my life. Also, I'm grateful to be journeying with you in the days ahead.

Gabe Clark



Spiritual Options

Sunday

King'sBridge Sunday School

@10:00 AM | Living Room

Hymn: "What a Friend We Have in Jesus"

Teacher: Allyson Perez from Psalm 103:1-13

Lesson: **The Source of Forgiveness**

Join us for singing, study, and prayer.

Vespers with Chaplain Lee Shaw

@4:00 PM | Pavilion

Chaplain Lee Shaw will be speaking from 1 Peter 3

Come this week to get an early glimpse of the

King'sBridge Christmas Choir!

Thursday

Bible Study with Chaplain Lee Shaw

@3:00 PM | Living Room

"What a God! What a victory!" from Judges 7

Friday

Catholic Communion

@10:00 PM in the Living Room

I decided to limit my sugar intake to one piece of chocolate a day. But, if I want more, I just borrow from future days. Right now, I'm eating for October 16, 2076.

What's New This Week?

Saturday



Movie: Arsenic and Old Lace

@7:00 PM | Living Room

A hilarious 1944 Cary Grant comedy about a newlywed, murder, mayhem, and his aunts' shocking secret!

Monday

Grocery Store Runs!

Check the back page of the Crest for this week's grocery-run times. Due to Wednesday's Vaccine Clinic, the date changes this week only.



Technology Class with Alex and Jamar

@ 11:00 AM | Living Room

Bring your phone, tablet, or laptop and questions for helpful tips, answers, and tech confidence!

What Else Is New This Week?

Tuesday

 **Jaemor Farm Market Trip!**
@10:30 AM | Departing Front Main Lobby

Join us for a fall outing to Jaemor Farms in North Georgia! Browse fresh apples, seasonal produce, homemade jams, delicious fried pies, and other country treats. We'll allow time to shop and explore this wonderful farm market!

Plan on approximately 4–5 hours for the round trip, including travel and shopping. We'll travel in our Sprinter Van, with our second regular van available if needed.

SIGN UP IN THE MAIL CENTER!

Alpha Hearing is Here
1:00–4:00 PM | 4th Floor East Lounge

Tyler with Alpha Hearing returns to check your hearing aids and more!

SIGN UP IN THE MAIL CENTER!

 **Let's Get Dippy! Cooking with Jake**
@3:00 PM | Living Room

Get ready to dip into something delicious! Jake is whipping up a variety of tasty dips this month. Come pick up a few tips, discover new flavors, and enjoy a little taste-testing along the way!

Wednesday

 **Vaccine Clinic**
Beginning at 10:00 AM | Pavilion

To reduce wait times for approximately 80 residents, please arrive by floor:

10:00 AM — Ground & 1st Floors

10:30 AM — 3rd Floor

10:45 AM — 4th Floor

11:00 AM — 5th Floor

11:15 AM — 6th Floor

Before the clinic: Please complete your consent form and provide copies of your insurance card(s) to the Wellness Center. Forms are available there if needed.

Residents receiving the COVID vaccine are encouraged to remain in the Pavilion for 15 minutes afterward for observation.

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

Calling all artists and wannabe artists! Relax, get creative, and have some fun. The perfect way to unwind after your vaccination!

What Else Is New This Week?

Wednesday continued

 **October Birthday Celebration**
@ 2:00 PM | Pavilion

Celebrate our October birthday stars with music, cake by Jake, and great company! See the back page for entertainment details. Everyone is invited!

 **October Birthday Celebration Dinner**
@ 5:00 PM | Main Dining Room

Look for our special table of October birthday stars! Stop by, wish them a Happy Birthday, and join our staff in a rousing rendition of "Happy Birthday!" Let's make them feel extra special!

Thursday
 **Sandwich Ministry — Helping Hands Needed!**
@1:00 PM | Bistro

Prepare 150 sandwiches in just 30 minutes! That's what our amazing residents accomplish twice a month to help feed those experiencing homelessness. Many hands make light work—and lots of sandwiches! Come join the fun and make a difference!

 **November Calendar Reveal**
@ 4:00 PM | Living Room

November is right around the corner! Come and check out what's planned or grab your calendar and run. Despite a few adjustments while we look for a new Activities Manager, we're planning a great month for our residents.

Friday
Shopping Trip to Target
Leaving @10:30 AM from the Front Main Lobby

Need a last-minute costume extra? We'll give you a ride to Target and back.

SIGN UP IN THE MAIL CENTER!

 **Halloween Spooktacular & Costume Parade!**
2:00 PM | Pavilion

Calling all ghosts, goblins, and creative costumes! Enjoy food, music, games, and Halloween fun. Parade your costume for a chance to win fantastic prizes!

 1st Place: Echo Dot
 2nd Place: Candle Warmer Lamp
 3rd Place: Lighted Magnifying Glass

Come in costume and join the fun! See the back page for musical entertainment details.



This Week's Entertainment

Monday

 **Tommy Sommerville & Trey Wright**
2:00 PM | Pavilion

The boys are back! No sheet music, no set playlist—just two talented musicians playing off each other and making great music together! It's been a while, so don't miss their return!

Wednesday

 **Introducing N2U!**
2:00 PM | Pavilion

New band, familiar face! Stephen Vincent returns on drums with two new musicians, bringing us classic country and good old rock 'n' roll! We'll also celebrate our October birthdays!

Friday

 **Amber Boone & Alex Lopez**
2:00 PM | Pavilion

It's a Halloween party! This talented mother-and-son duo will provide the music as we celebrate with food, fun, and our 2026 Costume Parade! Dress up, show off, and join the festivities. We want to see everyone there!

Early Morning Building Implosion — Saturday, October 24

For our early risers, there may be something unusual to see Saturday morning!

Atlas Demolition has scheduled a controlled implosion at 1800 Century Boulevard NE on Saturday, October 24, at approximately 7:15 AM.

Residents on higher floors may have a better view from windows facing the front of King'sBridge—if you're up that early! Visibility is not guaranteed.

Nearby road closures will begin at 6:45 AM, with roads expected to reopen around 7:45 AM.

You might catch the action without ever leaving your apartment! You might feel the action, so please don't panic and share this with a neighbor who might not read *The Crest*!

Weekly Scheduled Activities

Saturday

Board Games @2:30 PM | Bistro & Living Room

Movie @7:00 PM | Living Room

Sunday

TV Watching ~ "The House of Elliott" @7:00 PM in the Living Room

Monday - Just This Week Changes in Purple.

Publix @9:00 AM loading from the Front Lobby

Kroger @10:00 AM loading from the Front Lobby

Publix or Kroger @ 2:00 PM loading from the Front Lobby

Board Games @7:00 PM | Living Room

Tuesday

Mahjong @10:45 AM | 6th Floor East Lounge

Men's Group @1:30 PM | Patio Lounge

Mexican Train Dominoes @6:30 PM | Living Room

Wednesday

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

Thursday - Just This Week Change in Purple.

Board Games @2:30 PM | 4th Floor East Lounge

Regular Bingo @2:00 PM | Pavilion

Mexican Train Dominoes @6:30 PM (Living Room)

Friday

Poker @1:30 PM | 6th Floor West Lounge

Social Gathering @4:00 PM | 4th Floor East Lounge

Temporary Changes — Grocery Trips

Our King'sBridge bus is temporarily out of service, so we will be using our ADA-accessible Sprinter Van until further notice.

With room for approximately **10 residents per trip**, grocery sign-ups are now required. We are also **adding 2:00 PM trips to Publix and Kroger** to accommodate more residents.

IMPORTANT: Due to Wednesday's Vaccine Clinic, all grocery trips will take place on MONDAY this coming week, including the additional 2:00 PM runs.

Please sign up in the Mail Center for your preferred store and time.