

Don't Forget to Fall Back
Before You Go To Bed Saturday Night!

October 31st - November 6th, 2026

King'sBridge Crest

🕊️ King'sBridge Remembers

Celebrating the Lives, Laughter, and Memories We Shared

Over the past year, we have said goodbye to some very special members of our King'sBridge family. While their absence is felt, the joy they brought into our lives remains—in the friendships we formed, the laughter we shared, and the countless memories that still bring a smile to our faces.

This Sunday, All Saints' Day, we invite everyone to join us for a special Vespers service, "King'sBridge Remembers," as we honor the residents who have passed away since October 31, 2025.

Together, we'll take a little walk down memory lane, remembering familiar faces, treasured friendships, and the wonderful moments that made these individuals such an important part of our community.

Though they are no longer with us, their stories remain woven into the heart of King'sBridge.

Let's Celebrate

I thought I was losing weight, but it turned out my sweatpants had come untied!



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

Thursday

SeniorFit with Bradford

@10:00 AM i| Pavilion

💆 A Little Relaxation Goes a Long Way!

Did you know that a gentle massage can help ease muscle tension, improve circulation, reduce stress, and promote better sleep? Geriatric massage is specially adapted for older adults, offering a soothing way to relax and feel your best!

Kate Reece, a Licensed Massage Therapist Certified in Geriatric Massage, is at King'sBridge every Wednesday in the 6th Floor East Lounge, offering massages at reasonable rates.

Why not treat yourself and give it a try? Call Kate directly at 404-642-5279 to schedule your appointment. You deserve a little pampering!

thank you

Thank you to all our wonderful residents who remembered my birthday with such kind and expressive greetings. However, I have to say my favorite was the card who declared October 22nd is "National Nut Day!"

HEALTH *Update*

As of October 30, there are no known contagious illnesses at King'sBridge! Cold and flu season is here, so let's make healthy choices and keep it that way!

Spiritual Options

Sunday

King'sBridge Sunday School

@10:00 AM | Living Room

Hymn: "I Have Decided to Follow Jesus"

Teacher: Allyson Perez from Leviticus 16

Lesson: **The Picture of Forgiveness**

Join us for singing, study, and prayer.

Vespers with Chaplain John Shinn

@4:00 PM | Pavilion

King'sBridge Remembers: Remembering and honoring those who passed this last year.

Thursday

Bible Study with Chaplain John Shinn

@3:00 PM | Living Room

"The Tales and Legacies of Two Ananias"

Friday

Catholic Communion with Deacon Bob

@10:00 PM in the Living Room

🗳️ Resident Council Elections — Your Voice Matters!

Ballots go out Monday! Please consider carefully who will best represent you and your fellow residents. Your Resident Council serves as an important voice at the table with King'sBridge Management, sharing ideas, concerns, and suggestions to help make our community even better!

Council members serve one-year terms, with their first meeting on the second Monday in January 2027, when officers will be elected.

Choose someone who will listen, speak up, and help make your voice heard!

💉 A Big Thank You to Our Wellness Team!

Hats off to Melissa Cardi and our wonderful Wellness Center staff! Thanks to their hard work, careful planning, and teamwork, Wednesday's Vaccine Clinic ran like clockwork! We appreciate everything they did to make the day so smooth and easy for our residents. Way to go, Team Wellness!

What's New This Week?

SATURDAY ~ HAPPY HALLOWEEN

🎬 **Movie: *"Sleepy Hollow"***

@7:00 PM | Living Room

Get ready for a spooky adventure! Johnny Depp stars as Ichabod Crane, a curious investigator sent to the mysterious village of Sleepy Hollow, where the legend of the Headless Horseman comes frighteningly to life! A Halloween treat filled with mystery, suspense, and a few chills!



DON'T FORGET TO FALL BACK! 🍂

Enjoy the treats,
then turn your clocks BACK
one hour before bedtime tonight!
An extra hour of sleep is our Halloween treat!

Monday

☕ **Welcome Wagon Blend — New Faces, New Friends!**

10:40 AM | Bistro

At King'sBridge, we never need much of an excuse for a party—or coffee, coffee cake, and cinnamon rolls! Join us for our monthly Welcome Wagon Blend, where ***new residents are our special guests and everyone is invited***! Come meet your neighbors, make new friends, and enjoy a sweet start to your day. The coffee's brewing, and **we're saving YOU a seat!**

Tuesday ~ Election Day

🚐 **Library or Shopping? Your Choice!**

@10:00 AM | Departing Front Main Lobby

All aboard! Our shuttle will take residents to the Toco Hill–Avis G. Williams Library for Book Club or to Toco Hills Shopping Center for a little shopping! We'll drop off the book lovers first, followed by our shoppers. Return pickups begin around 11:15 AM, starting at the library. Please be ready on time!

SIGN UP IN THE MAIL CENTER!

🗳️ **Need a Ride to Vote?**

1:00–2:30 PM | Front Main Lobby

Haven't voted by absentee ballot? We're providing transportation to Outlet Church for residents wishing to vote in person. Our driver will be available beginning at 1:00 PM to take you there and back. Please plan accordingly!

SIGN UP IN THE MAIL CENTER!

🎒 **Backpack Buddies — Let's Get Packing!**

@3:00 PM |Pavilion

50 bags of food. A little of your time. A BIG difference! Join us as we pack weekend food bags for local children facing food insecurity. Some of their staff will be here provide guidance for our first packing session, so no experience is needed. Everyone is welcome—many hands make light work!

What Else Is New This Week?

Wednesday

📚 **Book Club — Between the Covers!**

1:30 PM | 6th Floor Center Lounge

Calling all book lovers! Our monthly Book Club is a wonderful chance to share thoughts, discover new perspectives, and enjoy lively conversation with fellow readers. Come join the discussion!

🎷 **Jazz History with Professor Trey Wright "Charlie Christian & the Evolution of Jazz Guitar"**

@ 1:00 PM | Living Room

Discover how jazz guitarist Charlie Christian helped revolutionize music by bringing the electric guitar into the spotlight! Join Professor Trey Wright for a fascinating look at this jazz pioneer and his lasting influence on the music we love.

🎄 **King'sBridge Christmas Choir Rehearsal**

2:00 PM | Living Room

It's beginning to sound a lot like Christmas! Come lend your voice as we prepare for the holiday season. No auditions necessary—just a love of music and a little Christmas spirit! All voices are welcome!

🧶 **Crafters Donation Project: No Sew Blankets**

2:00 PM | Pavilion

We're continuing our service project of No Sew Blankets for Children's Hospital of Atlanta! All helping hands are welcome!

Thursday

💐 **Flower Arranging**

@10:30 AM | Bistro

Stop and smell the flowers—then arrange a few! Join us for a little creativity, colorful blooms, and a beautiful creation to brighten your day!

💻 **Technology Class with Alex and Jamar**

@ 11:00 AM | Living Room

Tech troubles? We've got you covered! Bring your phone, tablet, or laptop and your questions. Alex and Jamar are ready to help!

Friday

🎻 **Cooke Noontime Concert & Lunch Out!**

Leaving @11:15 AM from the Front Main Lobby

From the New York Philharmonic to the Rolling Stones! Join us at Emerson Concert Hall for a special performance by acclaimed violinist Robert McDuffie, who has performed worldwide with orchestras and legendary rock bands, including R.E.M.!

After the concert, we're off to **Athens Pizza** for a delicious lunch!

SIGN UP IN THE MAIL CENTER!

This Week's Entertainment

Monday

🎶 **Bob's Broadway Chorus — A Show You Won't Want to Miss!**

7:00 PM | Pavilion

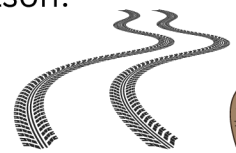
They're back, and they're always a crowd favorite! This wonderful volunteer chorus of nearly 30 singers brings us the songs we know and love, plenty of opportunities to sing along, and a patriotic tribute that will fill your heart with pride! **Great music, wonderful memories, and a show guaranteed to leave you smiling!**

Thursday

🎻 **Classical Quartet Featuring Our Favorite Roving Violinist, Kerren Berz!**

2:00 PM | Pavilion

Get ready for an afternoon of magnificent music as this Classical Quartet takes the stage, featuring our very own favorite roving violinist, Kerren Berz! With four talented musicians bringing beautiful classical melodies to life, this promises to be a real treat for the ears and the soul. We have so many classical music lovers at King'sBridge, and **this performance is especially for you!** Don't miss what promises to be one of the musical highlights of the season!



SPECIAL EDITION AT THE WELCOME WAGON BLEND



As you enjoy the coffee, pastries, and cinnamon rolls, plus music and conversation to welcome new residents at

The Welcome Wagon Blend,

stop by the



"Table of Memories"

to grab a picture or two of yourself with your KB neighbors or family and friends, from the Fall Festival!

It will be a lovely opportunity to reminisce about all the fun we had and take home a few special memories from such a wonderful day!

Hope to see each of you there!

Brandy S. Robinson

Director of Marketing and Community Relations

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

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

Publix @9:00 AM loading from the Front Lobby

Kroger @10:00 AM loading from the Front Lobby

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

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

Thursday

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

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

Friday

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

Pattern Bingo @2:00 PM | Pavilion

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

🎄 Staff Appreciation Christmas Fund

Did you check your door? The current Resident Council has delivered a letter requesting donations to the Staff Appreciation Christmas Fund. Please take a moment to read it and consider showing your appreciation for the staff who serve our King'sBridge family throughout the year. If you have any questions, please contact your **Resident Council representative.**

I GOT CONFUSED BY ALL THE YARD SIGNS...AND I THINK I MAY HAVE VOTED FOR A REALTOR.