

August 2010

Somerby of Alpharetta
100 Somerby Drive
Alpharetta, GA 30009
770-650-9577
Somerby Fun Line 678-987-7090
www.somerbyofalpharetta.com



DEPARTMENT DIRECTORS

Executive Director

Debbie Michelet

Director of Business Services

Peggy Stewart

Director of Resident Services

Samantha Fierke

Area Director of Marketing

DeAnn Young

Director of Engineering

Jacky Bean

Director of Dining Services

Gus Plakiotis

Social Director

Jean Pastore

Director of Housekeeping

Harriet Ebanks

Director of Health Services

Diane Briggs

Masterpiece Living Champion

Cathy Parker

SOMERBY RESIDENT'S BIRTHDAYS



August 1	Jack Meadow
August 4	Eleanor Wentworth
August 8	Agnes Coleman
August 12	Lydia Lauritano Mildred Schwarz
August 13	Jeanne Dabek
August 14	Estelle Scott
August 15	Sunny Burns
August 17	Gladys Frye
August 18	Gladys Pandolfi
August 19	Anne Greenwood Elaine Kleinberg Thomas McLeod
August 20	Mary Lee Hollander Alice Rausch
August 22	Garnett Barkus
August 23	Pat Planakis
August 26	Peg Szigety
August 31	Del Hancock Jean Parsons

From the Executive Director

It's already August! Summer vacations are winding down and school will be back in session this month. I know our sports fans are looking forward to the start of football season as well! Where did our summer go??

In keeping with the back to school spirit, our Somerby Cares program is back in action this month. Our newest community project is a Back to School Supply Drive to benefit our local elementary school, Alpharetta Elementary. A list of supplies that is needed is available at the front desk. As you know, many teachers are forced to purchase supplies for their classrooms from their own pockets. This drive will certainly benefit not only the students, but the teachers at Alpharetta Elementary. I hope that you will support this fundraising effort and our Somerby Cares initiative.

We have some exciting outings planned this month as we visit the Federal Reserve Bank, the Chick-fil-A Headquarters and the Crane Creek Vineyards. Another special trip is planned to the High Museum to see the Salvador Dali Exhibit. The High Museum will be the sole venue for the exhibit – you won't want to miss it.

I would like to thank our many residents who are following the Masterpiece Living philosophy and volunteering in the community. We have added some wonderful new programs that are led by our very own residents. If you have a special talent or program you would like to start, please let us know! Somerby is a community that does more than care for residents, we care ABOUT our residents...so get involved in something new today!

As always, I thank you for choosing to call Somerby home and remind everyone to make each day your masterpiece!

Deb Michelet
Executive Director

Look us up on:



On The Road Again

SUNDAY DRIVE

Sunday, August 1, 8, 15, 22, 29

2:00 p.m.

Join Kevin for a leisurely drive around town. Your suggestions for new areas within the Atlanta area are most welcome. I am sure you can convince him to stop for a cold drink or ice cream. Sign up required.

FEDERAL RESERVE BANK

Thursday, August 5

9:30 a.m.

We will learn about the federal government's role in monetary policy, banking supervision and the payment system. The Atlanta 6th district provides cash to banks, savings and loans, and other depository institutions; transfers money electronically; and clears millions of checks. Early sign up required. Lunch will be at R. Thomas Deluxe Grill, which was established in 1985 and has evolved into a landmark in the Atlanta restaurant culture. Sign up required.

CHICK-FIL-A HEADQUARTERS

Thursday, August 12

9:15 a.m.

This building rests on about 75 acres of beautifully wooded land. The building is also home to Truett Cathy's office, his antique car collection and a museum with artifacts and displays that span the 39 year history of Chick-fil-A. Afterwards, we will stop at Chick-fil-A on North Point Parkway for a complimentary lunch. Sign up required.

DINING OUT-VILLAGE TAVERN

Tuesday, August 17

4:45 p.m.

This restaurant adds a fresh spin on traditional foods as well as their own classics. You will find a variety of options all distinctly flavored using their own proprietary recipes, prepared with wood fired ovens and grills. On the menu you will find aged steaks, chops and prime rib, fresh fish, chicken, specialty salads, pastas & pizzas, burgers, and homemade desserts. I guarantee your taste buds won't be disappointed. Order from menu. Sign up required.

SALVADOR DALI EXHIBIT AT THE HIGH MUSEUM- "DALI: THE LATE WORK"

Thursday, August 19

9:30 a.m.

Get to know Salvatore Dali, whose larger than life personality is as well known as his art. With more than 100 works, including paintings, drawings, prints and photographs, this exhibition explores Dali's fascination with science, religion, and illusionism. Cost is \$12.00 for museum, plus cost for lunch at High Café. Sign up required.

MEN'S CLUB LUNCH AT HOOTERS

Monday, August 23

11:45 a.m.

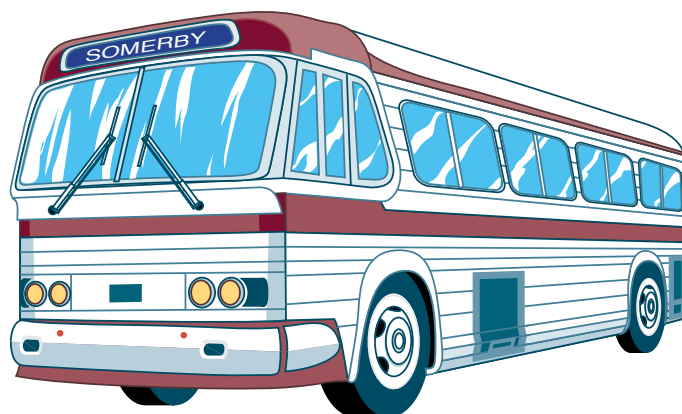
Gus will be joining our Somerby men on a lunch outing to this nearby casual beach-theme restaurant which features "oldies" jukebox music, sports on television, and a menu that includes seafood, sandwiches, salads and spicy chicken wings. The Hooters Girl uniform consists of orange shorts and a white tank top. Order from the menu. Sign up required. Enjoy!

CRANE CREEK VINEYARDS

Thursday, August 26

9:00 a.m.

This vineyard rests in the beautiful Blue Ridge Mountains in the quaint college town of Young Harris. It is a small family run business that believes wine made from their grapes is an expression of their unique area. The goal at Crane Creek Vineyards is to grow the finest regional wine grapes possible and then to craft these fruits into the finest possible wine. After about a 2 hour bus ride, we will be sampling their spectacular wines, followed by a catered lunch and a tour of the vineyards. Our host is Somerby resident Dale Livingston, whose daughter is one of the owners of the vineyard. You will receive a keepsake wine glass and be able to purchase wine. Cost is \$20.00. Sign up required.





Masterpiece Living Spotlight Harriett and Neil Propst



Somerby resident Harriett Propst specialized in watercolors for more than 40 years, producing hundreds of still-life, landscape and floral paintings. Last month, her family had teamed with Somerby to stage an art exhibit so that her Somerby neighbors had the opportunity to enjoy nearly 100 of her original paintings in one setting.

According to her husband Neil, "Harriett has always enjoyed painting, and I have enjoyed her creativity all these years. When we were in our 70's and traveled more, she would sketch scenes from Europe and Alaska and the places we visited. Many of those sketches turned into the paintings we now have hanging in our homes."

Mr. and Mrs. Propst are former residents of Lake Worth, FL, Savannah and Macon. Mrs. Propst is a graduate of Indiana University and was a full-time mother during her family years. Harriett has always displayed an adventurous spirit and as a young woman, she even took flying lessons and flew a small airplane. Mr. Propst was an executive with SunTrust Bank. Their other children reside in Charlotte, NC, Lexington, KY, and Buckhead. Mr. and Mrs. Propst have nine grandchildren and two great-grandchildren.

As Somerby residents, both Mr. and Mrs. Propst are participants of our daily exercise classes. Mr. Propst is the chairman of the Food Committee of our Resident Council. Neil has become a whiz at EBay and has helped several residents to purchase the popular Bali game. They both stay quite active and nurture successful aging each and every day.



A big THANK YOU to all of you who came out for our Sundaes with Sundance event last month! We had our highest attendance ever! I was happy to see some new faces and enjoyed getting the opportunity to speak to most of you. I hope you were able to take away valuable information to begin making small changes in your lifestyle to keep your bones strong! Remember that it is never too late to exercise! We will be presenting our August Staying in Step lecture on Tuesday, August 10th, at 3 pm in the Somerby room. Please mark it on you calendars and make the time to come have some fun with your Sundance rehab team. We will be having another raffle for a door prize. The Parkinson's support group will meet on Wednesday, August 25th, at 10 am in the Art Studio. Bring your swim suit because we are going to have a pool session. I will be teaching those of you who are interested a safe aquatic exercise program to maintain flexibility and strength. If you are new to Somerby or haven't heard about this group, please join us. It is open to any resident who has Parkinson's disease or to a loved one who supports a resident with Parkinson's disease. This group is positive, interactive, and very meaningful to all who attend and there is plenty of room for more. Hope to see you there! Thank you so much for your support of Sundance Rehab at Somerby. It is our pleasure to work with you.

Emily Stone, MSPT, Therapy Program Manager
Sundance Rehabilitation 678-339-3542

CARAVITA AT SOMERBY "Weight & Wellness Tips"



Somerby's Wellness Wednesday program is yet another way Somerby is "Living It" the Masterpiece Living Way! Wellness Wednesday is a weekly program that provides Somerby residents an opportunity to meet with various healthcare providers' right here at Somerby. Somerby's nurse is available to take your blood pressures and answer some basic health related questions. Be sure to stop by the Somerby Room on Wednesday's at 9:00 a.m. and take advantage of this outstanding service.

As Somerby's preferred provider, CaraVita Home Care is available to each and every Somerby resident who needs additional supportive services in the privacy of their home. These services are customized to your individual needs and are available day and night, seven days a week. Be sure to stop and see us the first Wednesday of each month at Somerby's Wellness Wednesday or give us a call in our Somerby office for more assistance - 678-987-7056.

Cara Vita Home Care wishes to acknowledge August 21 that has been proclaimed "National Senior Citizens Day." There are many special days throughout the year to celebrate, but not all of them have been filed into our Federal Registry. The entire staff at CaraVita Home Care, wishes to honor the greatest generation, our senior citizens, not just on August 21st, but every day! Thank you to each of you!

Donna Stanger, Community Relations Liaison
CaraVita Home Care @ Somerby
770-643-1712

Somerset Lifestyles - August 2010 - Independent Living

SUN	MON	TUE	WED	THU	FRI	SAT		
<p>2:00 *Sunday Drive 3:00 Bali Game-D 3:30 Somerset Singers-F.L. 4:30 Movie Matinee -T <i>All of Me</i> 6:00 Bible Study/Vespers-A with Chip Peagler 7:15 Movie Night- Resident Choice</p> <p style="text-align: center; font-size: 2em;">1</p>	<p>1:00 Rummikub -A 3:00 Resident Orientation-A 4:00 Cocktail Hour-S 7:15 Bingo-A</p> <p style="text-align: center; font-size: 2em;">2</p>	<p>8:30 Men's Breakfast-R Guest Speaker-Paul Smith 10:00 Backgammon -D 1:00 Men's Poker-D 1:30 Bridge-A 2:00 Art Class-A.S. 7:15 Movie Night-T <i>All of Me</i> 7:30 Ladies Poker -D</p> <p style="text-align: center; font-size: 2em;">3</p>	<p>9:00 Wellness Wednesday Weight & Wellness tips" with Cara Vita Home Care-S 9:30 Q & A with Attorney Patricia Elrod-Hill- S 10:00 Bali Game -D 1:30 Scripture Study -A 3:30 Wii Time -F.C. 3:30 Pet Visits with Canine Assistants-S 7:15 Keyboard music & song with Jeni Michelson-S</p> <p style="text-align: center; font-size: 2em;">4</p>	<p>9:30 *Federal Reserve Bank 1:00 Ping Pong-D 2:00 Bridge-A 4:00 Cocktail Hour-S 7:15 Movie Night-T <i>All of Me</i> 7:15 Mixed Poker-D 7:30 Rummikub-A</p> <p style="text-align: center; font-size: 2em;">5</p>	<p>10:15 Word Games & Trivia-A 10:30 Putting Practice with Diane-F.C. 10:45 Theatre Workshop-S 1:30 Catholic Mass-A 3:00 Rummikub-A.S 7:00 Men's Poker-D</p> <p style="text-align: center; font-size: 2em;">6</p> <p style="text-align: center;">Booklifting Day</p>	<p>9:30 Shuffleboard-F.C. 1:00 Rummikub-A 1:30 Poker Ladies-D 2:30 Movie Matinee-T <i>Did You Hear About the Morgans?</i> 7:15 Bridge-A 7:30 Mixed Poker-D</p> <p style="text-align: center; font-size: 2em;">7</p>		
<p>2:00 *Sunday Drive 3:00 Bali Game-D 3:30 Somerset Singers-F.L. 4:30 Movie Matinee-T <i>Did You Hear About the Morgans?</i> 6:00 Bible Study/Vespers-A with Chip Peagler 7:15 Movie Night- Resident Choice</p> <p style="text-align: center; font-size: 2em;">8</p>	<p>1:00 Rummikub -A 2:00 Computer Club-A.S. 2:00 Prayer Group-A 3:00 Resident Orientation-A 4:00 Cocktail Hour-S 6:45 Caregiver Support Group-S 7:15 Bingo-A</p> <p style="text-align: center; font-size: 2em;">9</p>	<p>9:00 New Residents Breakfast-R 10:00 Backgammon -D 1:00 Men's Poker-D 1:30 Bridge-A 2:00 Art Class-A.S. 3:00 Staying in Step with Sundance Rehab-S 7:15 Movie Night-T <i>Did You Hear About the Morgans?</i> 7:30 Ladies Poker -D</p> <p style="text-align: center; font-size: 2em;">10</p>	<p>9:00 Wellness Wednesday with hearing aid consult-S 10:00 Bali Game -D 1:30 Scripture Study -A 3:30 Wii Time -F.C. 7:15 Belly Dancers- S</p> <p style="text-align: center; font-size: 2em;">11</p> <p style="text-align: center;">Arabian Theme Meal Day</p>	<p>9:15 *Tour of Chick-fil-a Headquarters 1:00 Ping Pong-D 2:00 Bridge-A 4:00 Cocktail Hour-S 7:15 Movie Night-T <i>Did You Hear About the Morgans?</i> 7:15 Mixed Poker-D 7:30 Rummikub-A</p> <p style="text-align: center; font-size: 2em;">12</p>	<p>10:15 Word Games & Trivia-A 10:45 Theatre Workshop-S 1:30 Catholic Mass-A 3:00 Rummikub-A.S 3:30 Shabbat Service with Temple Emanu-El-A 7:00 Men's Poker-D 7:15 Dance Night w/ Saxophonist Sonny Calo- S</p> <p style="text-align: center; font-size: 2em;">13</p>	<p>9:30 Shuffleboard-F.C. 1:00 Rummikub-A 1:30 Poker Ladies-D 2:30 Movie Matinee-T <i>Love Happens</i> 7:15 Bridge-A 7:30 Mixed Poker-D</p> <p style="text-align: center; font-size: 2em;">14</p>		
<p>2:00 *Sunday Drive 3:00 Bali Game-D 3:30 Somerset Singers-F.L. 4:30 Movie Matinee-T <i>Love Happens</i> 6:00 Bible Study/Vespers-A with Chip Peagler 7:15 Movie Night- Resident Choice</p> <p style="text-align: center; font-size: 2em;">15</p>	<p>10:30 Red Hat Society Meeting-A 1:00 Rummikub -A.S. 2:30 Tea & Treasures w/ DeAnn- S 3:00 Resident Orientation-A 4:00 Cocktail Hour-S 7:15 Bingo- A</p> <p style="text-align: center; font-size: 2em;">16</p>	<p>10:00 Backgammon -D 11:30 Monthly Resident Barbeque-Lunch-S 9:00 New Residents Breakfast-R 1:00 Men's Poker-D 1:30 Bridge-A 2:00 Art Class-A.S. 4:45 *Dining Out-Village Tavern <i>Love Happens</i> 7:15 Ladies Poker -D Medical Appointments North Fulton area - 9:00am - 3:00pm</p> <p style="text-align: center; font-size: 2em;">17</p>	<p>9:00 Wellness Wednesday-S with blood pressure check 10:00 Bali Game -D 1:30 Scripture Study-A 2:30 Monthly Resident Meeting-S 3:30 Wine and Cheese Social with Somerset Managers-S 3:30 Wii time-F.C. 7:15 High Museum- Salvador Dali Exhibit speaker Ellen Clarke- S</p> <p style="text-align: center; font-size: 2em;">18</p>	<p>9:30 *High Museum Salvador Dali Exhibit 1:00 Ping Pong-D 2:00 Bridge-A. S. 2:30 Kitchen Tour-D.R. 4:00 Cocktail Hour-S 7:15 Movie Night-T <i>Love Happens</i> 7:15 Mixed Poker-D 7:30 Rummikub-A</p> <p style="text-align: center; font-size: 2em;">19</p>	<p>10:15 Word Games & Trivia-A.S 10:45 Theatre Workshop-S 1:30 Catholic Mass-S 2:00 Monthly Birthday Bash-S w/ Akil Shakir 7:00 Men's Poker-D</p> <p style="text-align: center; font-size: 2em;">20</p>	<p>9:30 Shuffleboard-F.C. 1:00 Rummikub-A 1:30 Poker Ladies-D 2:30 Movie Matinee-T <i>2012</i> 7:15 Bridge-A 7:30 Mixed Poker-D</p> <p style="text-align: center; font-size: 2em;">21</p>		
<p>2:00 *Sunday Drive 3:00 Bali Game-D 3:30 Somerset Singers-F.L 4:30 Movie Matinee-T <i>2012</i> 6:00 Bible Study/Vespers-A with Chip Peagler 7:15 Movie Night- Resident Choice</p> <p style="text-align: center; font-size: 2em;">22</p>	<p>11:45 * Men's Club lunch at Hooters with Gus 1:00 Rummikub -A 2:00 Computer Club-A.S. 2:00 Prayer Group-A 3:00 Resident Orientation-A 4:00 Cocktail Hour-S 7:15 Bingo-A</p> <p style="text-align: center; font-size: 2em;">23</p>	<p>10:00 Backgammon -D 1:00 Men's Poker-D 1:30 Bridge-A 2:00 Art Class-A.S. 2:30 Ice Cream Social-S 7:15 Movie Night-T <i>2012</i> 7:30 Ladies Poker -D</p> <p style="text-align: center; font-size: 2em;">24</p>	<p>9:00 Wellness Wednesday-S w/ blood pressure check 10:00 Parkinson's Support Group with Sundance-A.S. 10:00 Bali Game -D 1:30 Scripture Study- A 3:30 Wii time-F.C. 7:15 Storyteller Nancy Riggs- S</p> <p style="text-align: center; font-size: 2em;">25</p>	<p>9:00 *Crane Creek Vineyards 1:00 Ping Pong-D 2:00 Bridge-A 4:00 Cocktail Hour-S 7:15 Movie Night-T <i>2012</i> 7:15 Mixed Poker-D 7:30 Rummikub-A</p> <p style="text-align: center; font-size: 2em;">26</p>	<p>10:15 Word Games & Trivia-A 10:45 Theatre Workshop-S 1:30 Catholic Mass-A 3:00 Rummikub-A.S 3:30 Shabbat Service with Gesher L'Torah-A 4:00 Book Review "Plain Truth"-L 7:00 Men's Poker-D 7:15 Dance Night- S Keyboard music with Jim Pearce</p> <p style="text-align: center; font-size: 2em;">27</p>	<p>9:30 Shuffleboard-F.C. 1:00 Rummikub-A 1:30 Poker Ladies-D 2:30 Movie Matinee-T <i>The Blind Side</i> 7:15 Bridge-A 7:30 Mixed Poker-D</p> <p style="text-align: center; font-size: 2em;">28</p>		
<p>2:00 *Sunday Drive 3:00 Bali Game-D 3:30 Somerset Singers-F.L. 4:30 Movie Matinee -T <i>The Blind Side</i> 6:00 Bible Study/Vespers-A with Chip Peagler 7:15 Movie Night- Resident Choice</p> <p style="text-align: center; font-size: 2em;">29</p>	<p>1:00 Rummikub -A.S. 2:30 What's Cooking with Chef Veronica -S 3:00 Resident Orientation-A 4:00 Cocktail Hour-S 7:15 Bingo-A</p> <p style="text-align: center; font-size: 2em;">30</p>	<p>10:00 Backgammon -D 1:00 Men's Poker-D 1:30 Bridge-A 2:00 Art Class-A.S. 2:00 Restaurant Review with Gus-S 7:15 Movie Night-T <i>The Blind Side</i> 7:30 Ladies Poker -D</p> <p style="text-align: center; font-size: 2em;">31</p>	<p>Somerby of Alpharetta 100 Somerby Drive Alpharetta, Ga. 30009 770-650-9577 www.somerbyofalpharetta.com Somerby Fun Line 678-987-7090</p>			<p>Bold -Somerby Specials Bold with *-Road Scholars</p> <p style="text-align: center;">Please see Transportation Schedule for detailed daily schedule</p>		<p>Room Key A.L. Assisted Living A.S. Art Studio A Alpharetta Room-2nd Floor D Den-3rd Floor F.C. Fitness Center-P1 F.L. Front Lobby L Library P.D.R. Private Dining Room P Pool-P1 R. Restaurant S Somerby Room T Theater-4th Floor W.R. Westside Room</p>

MEN'S BREAKFAST

Tuesday, August 3 - 8:30 a.m. Restaurant

We encourage all Somerby men to join this monthly gathering for breakfast and meet new friends. This month's guest speaker will be Paul Smith, who will be speaking about his career as president of Atlanta Kroger Marketing Area. Please sign up.

Q & A WITH ATTORNEY PATRICIA ELROD-HILL

Wednesday, August 4 - 9:30 a.m. Somerby Room

On the first Wednesday of every month, we have scheduled a free legal question and answer session. Patricia is an Elder Law Attorney and will answer your questions about estate planning, elder law and disabilities, among other things.

PET VISITS WITH CANINE ASSISTANTS

Wednesday, August 4 - 3:30 p.m. Somerby Room

This month we will have a representative volunteer from this organization who will bring a therapy dog to Somerby. This visit will allow us the opportunity to learn more about the program and interact with the service dogs in a relaxed and informal atmosphere. Please join us.

KEYBOARD MUSIC WITH JENI MICHELSON

Wednesday, August 4 - 7:15 p.m. Somerby Room

Jeni has been here by herself and with her band at our recent "Sock Hop." This informal evening of music will also present all of your favorites songs. Jeni will also accept requests throughout the evening.

BOOKLIFTING DAY

Friday, August 6 - Library area

It is time again to clear some space in our library. Therefore, we will have books on tables in the hallway just outside the library for you to take at no charge. Take as many as you would like but please do not return them.

CURRENT EVENTS DISCUSSION

Friday, August 6 & 20 - 4:00 p.m. Alpharetta Room

Mr. John Peltier will host this "Humanist" informal current events discussion group that will meet on the 1st and 3rd Friday of each month. Humanism is a philosophy rather than a religion and focuses on world events with man as the center of all things. Please join us for this intellectually stimulating program.

COMPUTER CLUB

Monday, August 9 & 23 - 2:00 p.m. Art Studio

Somerby resident Louis Sillay will host this class that will teach the fundamentals of using computers for email and simple graphics. Due to the large turn out last month, Mr. Sillay has kindly consented to host this class twice a month on the 2nd and 4th Monday. Sign up required.

CAREGIVER SUPPORT GROUP MEETING

Monday, August 9 - 6:45 p.m. Somerby Room

This informal family caregiver support group meeting will now take place on the second Monday of every month. Ellis Davis and Thom Corrigan are facilitators of the group. We seek your input and ideas for future topics of interest.

BELLY DANCERS FOR ARABIAN NIGHTS THEME MEAL DAY

Wednesday, August 11 - 7:15 p.m.-Somerby Room

Please join us for a special meal created by our Chef Veronica and for entertainment with belly dancers!

SHABBAT SERVICE

Friday, August 13 and 27 - 3:30 p.m. Alpharetta Room

A Shabbat Service will take place on the 1st Friday of this month with Maralyn Lieberman from Temple Emanu-El of Greater Atlanta. On the 4th Friday, Geshet L'Torah from Alpharetta will host this service.

SOMERBY DANCE NIGHT

Friday, August 13 & 27 - 7:15 p.m. Somerby Room

Wear your dancing shoes for these two fabulous nights of fun. The first night, August 13th, saxophone music will be provided by a new entertainer to Somerby, Sonny Calo. On August 27th, we will have keyboard music and song with Jim Pearce. We will provide the dance floor and mixers. We ask that you bring your beverage of choice.

RED HAT SOCIETY MEETING

Monday, August 16 - 10:30 a.m. Alpharetta Room

This month we will have a meeting to discuss our upcoming charitable projects and our next outing. The lap blankets we will be donating to a nearby nursing home, are all cut and ready for the next step of tying the knots.

TEA & TREASURES WITH DEANN

Monday, August 16 - 2:30 p.m. Somerby Room

Please bring your treasured items to this special event monthly. What is your greatest treasure? Join us and share your treasures story while joining your friends for tea.

SOMERBY MONTHLY RESIDENT LUNCH BARBEQUE

Tuesday, August 17 - 11:30 a.m. -1:30 p.m. Somerby Room

Please join us for our monthly complimentary lunch barbecue. You will be served burgers, hot dogs, salads, fruit, desserts and much more by our Somerby staff. See you there!

MONTHLY RESIDENT'S MEETING

Wednesday, August 18 - 2:30 p.m. Somerby Room

We encourage everyone to attend this informative meeting run by our Resident Council. Your participation and input is most important. Bring your \$1.00 bills and participate in our 50-50 raffle.

WINE AND CHEESE SOCIAL

Wednesday, August 18 - 3:30p.m. Somerby Room

Join us for our monthly social with the Somerby Managers. This is a great opportunity for us all to socialize and get to know you and vice versa. See you there, immediately following the Monthly Residents Meeting.

HIGH MUSEUM SPEAKER

Wednesday, August 18 - 7:15 p.m. Somerby Room

Jodi O'Gara from the High Museum will host a free presentation and discussion about the museums history and the current Salvatore Dali exhibit that we will be going to see the following day. Get to know Salvatore Dali, whose larger than life personality is as well known as his art.

MONTHLY BIRTHDAY BASH

Friday, August 20 - 2:00 p.m. Somerby Room

Please join our Somerby residents who are celebrating a birthday this month and share cake, ice cream, punch, and warm birthday wishes with them. In the event you may have missed this entertainer, Akil Shakir the last time he was here with the Motown sounds, you really must catch his show.

ICE CREAM SOCIAL

Tuesday, August 24 - 2:30 p.m. Somerby Room

In honor of National Senior Day that was officially celebrated on August 21, we would like to have an ice cream social to celebrate "you." Come and join us for your favorite ice cream with special toppings.

STORYTELLING WITH NANCY RIGGS

Wednesday, August 25 - 7:15 p.m. Somerby Room

New to our calendar will be an evening of storytelling for your enjoyment.

Now Showing

EVERY SUNDAY AT 7:15 P.M.

Residents are welcome to bring their favorite DVD film to the movie theater where all residents can vote on the movie the majority would like to see.

ALL OF ME

Steve Martin and Lily Tomlin -PG

Sunday, August 1 at 4:30 p.m.

Tuesday, August 3 at 7:15 p.m.

Thursday, August 5 at 7:15 p.m.

DID YOU HEAR ABOUT THE MORGAN'S?

Hugh Grant & Jessica Parker- PG13

Saturday, August 7 at 2:30 p.m.

Sunday, August 8 at 4:30 p.m.

Tuesday, August 10 at 7:15 p.m.

Thursday, August 12 at 7:15 p.m.

LOVE HAPPENS

Aaron Eckhart & Jennifer Aniston-PG13

Saturday, August 14 at 2:30 p.m.

Sunday, August 15 at 4:30 p.m.

Tuesday, August 17 at 7:15 p.m.

Thursday, August 19 at 7:15 p.m.

2012

John Cusack & Amanda Peek- PG13

Saturday, August 21 at 2:30 p.m.

Sunday, August 22 at 4:30 p.m.

Tuesday, August 24 at 7:15 p.m.

Thursday, August 26 at 7:15 p.m.

THE BLIND SIDE

Sandra Bullock & Tim McGraw- PG13

Saturday, August 28 at 2:30 p.m.

Sunday, August 29 at 4:30 p.m.

Tuesday, August 31 at 7:15 p.m.

Future Fun Events!

Bus tour of Roswell and shopping

Mayfield Dairy

Verizon Amphitheatre Senior Day

Midway United Methodist tour and lunch at the Meal House

Dining Out at Bahama Breeze

Hawaiian Luau

Theatre Workshop presents
"Hilda's Birthday"

Weekly Shuttle Services

SUNDAY CHURCH SHUTTLE

PLEASE NOTE NEW CHANGES

Our Sunday church shuttle will now begin at 8:15 a.m. and end at 12:30p.m. Our first stop is the Alpharetta Presbyterian Church, followed by the Alpharetta First Baptist, St. Thomas Aquinas, Alpharetta First United Methodist, and St. David Episcopal Church.

NORTH POINT PKWY AND MANSELL RD. ERRANDS

PLEASE NOTE NEW CHANGES

Every Monday - 9:15 a.m. with last return to Somerby at 1:00 p.m.

The bus will shuttle you to North Point Mall, Wachovia Bank, Bank of America, Regions Bank, Target, Bed, Bath & Beyond, Wal-Mart and Kroger. There will no longer be an afternoon Kroger shuttle.

MEDICAL APPOINTMENTS-NORTH FULTON AREA

Every Tuesday within a 5 mile radius of Somerby - 9:00 a.m. – 3:00 p.m.

Medical appointments to this area are scheduled only on Tuesday. The last pick up to return to Somerby is at 4:00 p.m. Sign up at the Front Desk.

MEDICAL APPOINTMENTS – ST. JOSEPH'S AND NORTHSIDE HOSPITAL AREA

The 1st, 3rd and 5th Wednesday - 9:00 a.m. and 10:30 a.m.

Medical appointments to this hospital area in Dunwoody are scheduled only on Wednesday morning. The last return to Somerby is at 12:00 p.m. Sign up at the Front Desk.

MEDICAL APPOINTMENTS- EMORY/JOHN'S CREEK

The 2nd and 4th Wednesday - 9:00 a.m. and 10:30 a.m.

This location is new to our schedule. Please check dates when scheduling doctor appointments at the Front Desk. The last return is at 12:00 p.m.

KROGER, PUBLIX AND FRESH MARKET

PLEASE NOTE NEW PICK-UP TIME

Every Wednesday at 1:00 and 2:00 p.m.

These grocery stores are all located at Haynes Bridge and Old Alabama Road. The last pickup has been changed to 3:30 p.m. instead of 4:00 p.m.

NORTH POINT PKWY AND MANSELL RD. ERRANDS

Every Friday EXCEPT the last Friday of each month

9:15 a.m. with last return to Somerby at 12:30 p.m.

The bus will shuttle you to North Point Mall, Wachovia Bank, Bank of America, Regions Bank, Target, Bed, Bath & Beyond and other stores along North Point Parkway, and also Wal-Mart.

SYNAGOGUE SHUTTLE

Every Saturday at 9:15 a.m.

We will shuttle you to Temple Beth Tikvah on Coleman Road and to Temple Kehillat Chaim on Green Street in Roswell. We will pick you up at 12:30 p.m.

PUBLIX SHUTTLE

Every Saturday from 10:00 a.m. to 11:30 a.m.

The bus will shuttle you to this grocery store located on Haynes Bridge and Old Milton Parkway. We will also stop at Rite Aid Drug Store.

Weekly Fitness Schedule

We encourage you to participate in some form of exercise daily. Please consult with your doctor before beginning any exercise program. Cathy Parker, our Fitness Coordinator, will be happy to help you design a personal fitness program to meet your individual needs. If you are working out in the Fitness Center when the Fitness Coordinator is not available, we suggest that you exercise with a friend. The pool will be closed to personal swimming during water aerobics class.



Masterpiece Living

Have you gotten involved in Masterpiece Living yet? Would you like to learn more about it? See Cathy Parker in the Fitness Center. 678-987-7064

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 a.m.		Walk with Life Trail		Walk with Life Trail	
11:15 a.m.	Level I Exercise	Level II Exercise	Level I Exercise 1st & Zumba 3rd Week Pat Laster - Yoga 2nd & 4th week	Level II Exercise	T'ai Chi* 1st & 3rd week Yoga* 2nd & 4th week
12 noon	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training
2:00 p.m.	Arthritis Water Class	Strength Training	Special Programming (check calendar)	Strength Training	Arthritis Water Class
3:30 p.m.	Yolates	Line Dancing 4th week	Wii time	Laughter Yoga 4th week	
4:00 p.m.	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training

Somerby's Fitness Center is open 24 hours a day for your convenience. If you would like assistance when using the equipment, our Fitness Coordinator's Personal Training hours are listed above.

* Friday Yoga and T'ai Chi classes are held in the Alpharetta Room.

* All exercise classes will now be held in the Somerby Room