

February 2012

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

LEADERSHIP TEAM

Executive Director

Debbie Michelet

Director of Business Services

Peggy Stewart

Director of Healthcare

Samantha Fierke, LPN

Director of Resident Services

Katelin Leedham

Director of Sales and Marketing

Carla Breakwell

Director of Dining Services

Gus Plakiotis

Director of Lifestyle Programs

Julie Purdy

Director of Engineering

Steven Rodemoyer

Director of Housekeeping

Harriet Ebanks

SOMERBY BIRTHDAYS



Laura Lee Sillay	February 2
Joyce Touart	February 3
Mary McKinney	February 4
Virginia Poston	February 5
Howard Pier	February 6
Myra Perlmutter	February 10
George Daniels	February 15
Edward Butala	February 18
Charlotte Naish	February 19
Mildred Carlton	February 20
Elizabeth Hornbeck	February 20
Jack Hollander	February 23
Jeannine Dugan	February 24
Velma Hughes	February 24
James Zimmerman	February 24
Cole Mandelblit	February 25
Ralph Neely	February 26
Doris Groceman	February 26
Janice Clifton	February 29



From the Executive Director

February has arrived and it's sure to be another fun month here at Somerby! We will kick off the month with National Wear Red Day on Friday, February 3rd. Heart disease is the number one health issue for women – and this day, we wear red to remind us all to be “heart smart”. Be sure to watch the menu for some heart healthy menu items too. For you football fans, the last game of the season, and perhaps the biggest and best game will be on Sunday, February 5th – the Super Bowl! Join us for some early “tail-gating” in the Alpharetta Room before the game at 6:00 p.m. Those wishing to stay and cheer their team on the big screen are welcome to do so.

And, what would February be without a Valentine's Day Celebration? Did you know that Valentine's Day dates back to Roman times when St. Valentine wrote a letter to someone he admired and signed it “From Your Valentine”...a phrase we still use today! So, we at Somerby will celebrate St. Valentine with a special Valentine's menu you won't want to miss.

It's also a busy month with lots of fun outings. The Men's Club will be heading out to Hudson Grille while the ladies visit a Somerby favorite – Mittie's Tea Room. We'll also visit the Fernbank/IMAX theatre, Booth Western Museum, and a special tour of Covington, Georgia with Jim Howe.

Remember to make each day your Masterpiece...and as always, we thank you for choosing to call Somerby home.

Debbie Michelet
Executive Director

Look us up on:



On The Road Again

SUNDAY DRIVE

Sunday, February 5, 12, 19, and 26

2:00 p.m.

Join our driver for a leisurely drive around town. Your suggestions for new areas within the greater Atlanta area are most welcome. Past scenic routes have included mountains, lakes, and a dam. FREE. We appreciate you only selecting one ride per month so others can participate. Sign up at 9:00am on the Friday before.

TRIP TO THE FERNBANK IMAX AND LUNCH

Thursday, February 2

9:00 a.m.

We are headed to the Fernbank IMAX to see *Born to be Wild*, narrated by Academy-Award winner Morgan Freeman. This movie is an inspiring story of love, dedication and the remarkable bond between humans and animals. This film documents orphaned orangutans and elephants and the extraordinary people who rescue and raise them—saving endangered species one life at a time. Stunningly captured in IMAX, this film is a heartwarming adventure transporting you into the lush rainforests of Borneo with world-renowned primatologist Dr. Biruté Mary Galdikas, and across the rugged Kenyan savannah with celebrated elephant authority Dame Daphne M. Shelldrick, as they and their teams rescue, rehabilitate and return these incredible animals back to the wild. Cost is \$13.00, not including lunch.

LADIES LUNCHEON AT MITTE'S TEA ROOM

Thursday, February 9

11:30 a.m.

Calling all ladies! Join Julie for a scrumptious luncheon and tea at Mittie's. Mittie's is known for their homemade chicken and tuna salad and tomato basil and lobster bisque soup. As we enjoy our meal, we can enjoy an afternoon out with the ladies.

MEN'S CLUB OUTING TO HUDSON GRILLE

Thursday, February 9

11:30 a.m.

Join Gus for a lunch out on the town at Hudson Grille. Hudson's has a great selection of favorites, including mouthwatering burgers and fries and hot and spicy wings. They also have a large variety of beer choices and several large screen TV's to watch your favorite game. Men, you won't want to miss out!

TOUR OF THE SCHAKOLAD CHOCOLATE FACTORY

Thursday, February 16

10:00 a.m.

Since Valentine's Day has just passed we are heading to a local chocolate factory. At the factory we will see how they prepare dark, milk and white chocolates and learn it's history. We will get to try some of the specialty chocolates and even join in some trivia! At the end of the tour we will even get a chance to make and decorate your own chocolate treat. All you chocolate lovers sign up early!

TOUR OF COVINGTON, GEORGIA WITH JIM HOWE

Thursday, February 23

10:00 a.m.

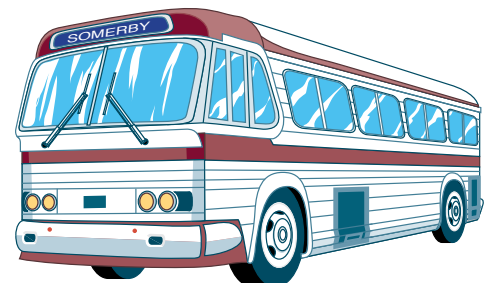
Take a driving tour of Covington's antebellum and neoclassical houses. Drive by a replication of Tara, Scarlett O'Hara's house in *Gone with the Wind*, and Whitehall, Margaret Mitchell's inspiration for *Twelve Oaks*. See the famed courthouse and other sites used in the *Heat of the Night* TV series and drive through the Emory at Oxford campus. We will stop and have lunch on the Covington Square. Please sign up early! Cost is \$12.00, not including lunch.

DINING OUT AT ALPINE BAKERY

Tuesday, February 28

4:30 p.m.

Alpine Bakery has become very popular among our Somerby residents. They have a large selection of food options; from pizza and Stromboli to steak and pasta. You can't miss the large cake display in the front of the restaurant. It will have your mouth watering for a slice. Join us!





Masterpiece Living Spotlight Robert Woodruff

Robert Woodruff was born on December 22 in Newton, Massachusetts. He grew up with one older brother, Barcylei. Robert and his family moved to Baton Rouge, Louisiana when he was a child where he has wonderful memories. He recalls playing with the neighborhood kids everyday while attending Goodwood Elementary School. One of his favorite memories as a child was when he got his first bicycle. He claims, "it was one of the happiest days of my life." While attending high school, Robert had a job working with a contractor. Another great memory he has was when he got his very own corvette at sixteen years old. He spent most of his days working on it and fixing it up!

Robert attended college at Louisiana State University, majoring in Mechanical Engineering. He attended football games as well as basketball games. He remembers watching Pete Maravich play basketball at LSU and has enjoyed seeing him transform over the years into an NBA Star. After Robert graduated from LSU he worked at a consulting engineering firm for three years. He then went on to work as a Mechanical Engineer for the government traveling all over the country. He enjoyed his career and the young people he got to work with. He claims, "It was a very fun environment." He continued his job for the next forty years.

Robert met his lovely wife, Joyce in high school in 1961. They married in 1968, moved to Mobile, Alabama and had two wonderful children; son John and daughter Traci who now live close by. Robert remembers going to soccer games with them every Saturday morning as well as Christmas Pageants that they were involved in. They had wonderful times together as a family traveling to the west and vacationing on four different cruises. Robert's children have given them grandchildren whom he adores and looks forward to visiting with. Robert's wife's profession was a Professor at the University of South Alabama and one of his proudest moments was when she received her PhD, which she worked so hard for.

Both Robert and his wife retired in 2003 and moved to Somerby in March of 2011. Robert enjoys participating in just about everything! He loves exercise as well as playing the Wii Fit in the Fitness Center. He also enjoys musical entertainment, playing games and art class. He claims, "I enjoy socializing with residents and hearing about their life stories." Robert is a great example of what making your life a Masterpiece should be and his positive attitude is infectious to the residents and staff of Somerby!



SUNDANCE

How are the New Year's resolutions going? Many of us like to set goals for ourselves to improve our health, relationships, and quality of life but we often find ourselves losing sight of these goals by February! There is absolutely nothing wrong with setting goals to become a better person, but many

of us fall into the trap of trying to change too much too quickly! Change is easier to adapt to if done slowly. Our goals need to be set in small increments in a short time frame so we feel successful when we achieve them. For example, if your goal this year is to start exercising, you will find more dedication to a program that starts slowly. If you are new to exercise, set a goal to walk 10 minutes, 3 times a day for 2 weeks. After 2 weeks, increase those walks to 15 minutes, 4 times a week and remain at that level for another 2 weeks. You will find less muscle soreness, increased energy, and a positive outlook on life because you are succeeding and meeting your goals. By the end of 2012, you will have fallen into a daily exercise routine without even thinking about it!



CARAVITA
HOME CARE
Personal Care at Home

770-643-1712

SOCIALIZATION IN THE NEW YEAR

A new Gallup poll shows that socialization is clearly linked to happiness and lower stress levels. Seniors (65 and older) report the highest levels of happiness of any age group, and those who spend at least three hours daily socializing are more likely than their peers to report happiness.

The level of happiness reported increases with each hour of social time. Most interesting is that the senior group seems able to maintain their levels of happiness with less social time, provided they are getting at least a few hours each day.

The biggest gap, it seems, is between seniors who get no social time and those who get at least three hours of socialization each day. In fact, the number of seniors reporting happiness and contentment increases by 20 percent between zero and three hours of socialization. I encourage each and every one of you to utilize the community in which you live. Try and get out even if for a short while for an activity, happy hour, or walk around the building.

FAMILY CAREGIVER SUPPORT GROUP

Meets every third Wednesday at 11:30 a.m.
in the Art Studio on P1. Boxed lunches will be
provided. Please RSVP at Concierge desk.

Here at Sundance Rehab, we are in the business of goal setting and helping our clients achieve success. If your doctor has prescribed physical, occupational, or speech therapy for you, our team will be happy to meet with you, perform an evaluation, and set reasonable goals for you to improve your health and well-being. A therapist can be a strong motivator and a very positive influence in all areas of your life. . Don't miss out on our monthly lecture on Tuesday, February 14th, 2012 in the Somerby room. Our door is always open in the fitness center! We'd love to meet you and discuss how we can help with any challenges you may encounter. We look forward to spending this year with you. It is our pleasure to work with you. Thank you for choosing Sundance as your rehabilitation provider at Somerby of Alpharetta.

Kim Shepard, PTA, Therapy Program Manager
SunDance Rehabilitation
678-339-3542

Somerset Lifestyles - February 2012 - Independent Living

SUN

MON

TUE

WED

THU

FRI

SAT

<p style="text-align: center;">Somerby of Alpharetta 100 Somerby Drive • Alpharetta, GA 30009 770-650-9577 www.somerbyofalpharetta.com Somerset Fun Line 678-987-7090</p>																													
<p>9:00 Arthritis Water Class –P 9:00 Q&A with Attorney Patricia Elrod-Hill- S 10:00 Bali Game –D 11:15 Zumba Gold Exercise-S 1:00 Aqua Body Balance-P 2:00 Somerset University-T 3:00 New Resident Orientation-A 3:30 Wii Time -F.C. 3:30 Scripture Study –A.S 4:00 Spanish 101 Class- A.S 7:30 Bingo- A</p> <p style="text-align: center; font-size: 2em;">1</p>	<p>9:00 Arthritis Water Class –P 9:00 * Outing to the Fernbank IMAX and Lunch 11:15 Level II Exercise - S 1:00 Ping Pong-D 1:15 Strength Training/ Mat Exercise – F.C 2:00 Bridge- A 4:30 Cocktail Hour-A 7:15 Movie Night-T “Country Strong” 7:30 Mixed Poker-D 7:30 Rummikub-A</p> <p style="text-align: center; font-size: 2em;">2</p>	<p>9:00 Arthritis Water Class –P 9:00 Arthritis Water Class –P 10:15 Brain Aerobics-A 11:15 Tai Chi- A 1:00 Water Walking-P 1:30 Catholic Mass – A 3:00 Rummikub-A 7:00 Men’s Poker-D <i>Podiatrist 9:00a.m. Assisted Living Lobby</i> <i>National Go Red Day!</i></p> <p style="text-align: center; font-size: 2em;">3</p>	<p>10:00 Meditation Class with Caitlin- S 1:00 Game Time-A 2:30 Movie Matinee-T “Best Years of Our Lives” 7:15 Bridge-A 7:30 Mixed Poker-D</p> <p style="text-align: center; font-size: 2em;">4</p>	<p>2:00 * Sunday Drive 2:00 Game Time-A 2:30 Movie Matinee-T “Best Years of Our Lives” 3:00 Bali Game-A 6:00 Bible Study/Vespers with Chip Peagler –S 6:15 Super Bowl Party-A</p> <p style="text-align: center; font-size: 2em;">5</p>	<p>9:00 Arthritis Water Class –P 10:00 MPL’s Nourish Program w/ Julie-A 10:30 Prayer Group-A.S 11:15 Level I Exercise- S 12:45 Somerset Singers- A 1:00 Rummikub –A 1:00 Gin Rummy – D 1:00 Aqua Body Balance-P 3:00 Yolates – F.C 4:30 Cocktail Hour-A 7:15 Movie Night-Resident Choice – T</p> <p style="text-align: center; font-size: 2em;">6</p>	<p>9:00 Arthritis Water Class –P 10:00 Neurobics Class-A 11:15 Level II Exercise- S 1:00 Men’s Poker-D 1:15 Strength Training/ Mat Exercise – F.C 1:30 Mah Jong - A 2:00 Art Class-A.S. 7:00 Game Night - A 7:15 Movie Night-T “Best Years of Our Lives” 7:30 Mixed Poker -D</p> <p style="text-align: center; font-size: 2em;">7</p>	<p>9:00 Arthritis Water Class –P 9:00 Wellness Wednesday with Hearing Aid Checks-S 10:00 Bali Game –D 10:30 Craft Class with Peggy-A.S 11:00 Special Musical Performance with Mt. Pisgah Elementary Children-S 11:15 Line Dancing - F.C 1:00 Aqua Body Balance-P 2:00 Somerset University-T 3:30 Wii Time -F.C. 3:00 New Resident Orientation-A 3:30 Scripture Study –A.S 4:00 Spanish 101 Class- A.S 7:30 Bingo- A</p> <p style="text-align: center; font-size: 2em;">8</p>	<p>9:00 Arthritis Water Class –P 11:15 Level II Exercise- S 11:30 Ladies Luncheon to Mittie’s Tea Room 11:30 Men’s Club Outing to Hudson Grille 1:00 Ping Pong-D 1:15 Strength Training/Mat Exercise – F.C 2:00 Bridge- A 4:30 Cocktail Hour-A 7:15 Movie Night-T “Best Years of Our Lives” 7:30 Mixed Poker-D 7:30 Rummikub-A <i>Alpharetta Library Bookmobile 12:00p.m.-1:00p.m.</i></p> <p style="text-align: center; font-size: 2em;">9</p>	<p>9:00 Arthritis Water Class –P 10:15 Brain Aerobics-A 11:15 Yoga- A 1:00 Water Walking-P 1:30 Catholic Mass – A 3:00 Rummikub-A 3:30 Shabbat Service with Temple Emanu-El- A 7:00 Men’s Poker-D 7:15 Valentine’s Dance Night with Alan Kneiter Swing Duo-A</p> <p style="text-align: center; font-size: 2em;">10</p>	<p>10:00 Meditation Class with Caitlin- S 1:00 Game Time-A 2:30 Movie Matinee-T “Water for Elephants” 7:15 Bridge-A 7:30 Mixed Poker-D</p> <p style="text-align: center; font-size: 2em;">11</p>	<p>2:00 *Sunday Drive 2:00 Game Time-A 2:30 Movie Matinee-T “Water for Elephants” 3:00 Bali Game-A 5:00 Musical Entertainment with Judy Boehm Duo-S 6:00 Bible Study/Vespers with Chip Peagler -A</p> <p style="text-align: center; font-size: 2em;">12</p>	<p>9:00 Arthritis Water Class –P 10:00 MPL’s Nourish Program w/ Julie-A 11:15 Level I Exercise- S 12:45 Somerset Singers- A 1:00 Rummikub –A 1:00 Gin Rummy – D 1:00 Aqua Body Balance-P 2:00 Tea & Treasures with Carla - S 3:00 Yolates – F.C 4:30 Cocktail Hour-A 7:15 Movie Night- Resident Choice – T</p> <p style="text-align: center; font-size: 2em;">13</p>	<p>9:00 Arthritis Water Class –P 10:00 Neurobics Class-A 11:15 Level II Exercise- S 1:00 Men’s Poker-D 1:15 Strength Training/ Mat Exercise – F.C 1:30 Mah Jong - A 2:00 Art Class-A.S. 3:00 Staying in Step with Sundance Rehab-S 7:00 Game Night- A 7:15 Movie Night-T “Water for Elephants” 7:30 Mixed Poker –D 7:30 Book Club- L <i>Happy Valentine’s Day!</i></p> <p style="text-align: center; font-size: 2em;">14</p>	<p>9:00 Arthritis Water Class –P 9:00 Wellness Wednesday-S 10:00 Bali Game – D 11:15 Zumba Gold Exercise–S 1:00 Aqua Body Balance-P 2:00 Somerset University-T 3:00 Juice Bar-A 3:30 Wii time-F.C. 3:00 New Resident Orientation-A 3:30 Scripture Study – A.S 4:00 Spanish 101 Class- A.S 7:30 Bingo-A</p> <p style="text-align: center; font-size: 2em;">15</p>	<p>9:00 Arthritis Water Class –P 10:00 Tour of the Schokolad Chocolate Factory Level II Exercise - S 1:00 Ping Pong-D 1:15 Strength Training/ Mat Exercise – F.C 2:00 Bridge-A 2:30 Kitchen Tour - R 4:30 Cocktail Hour– A 7:15 Movie Night-T “Water for Elephants” 7:15 Mixed Poker-D 7:15 Gospel Sing Along-A</p> <p style="text-align: center; font-size: 2em;">16</p>	<p>9:00 Arthritis Water Class –P 10:15 Brain Aerobics-A 11:15 Tai Chi- A 1:00 Water Walking-P 1:30 Catholic Mass-A 3:00 Rummikub-A 2:00 Birthday Party with Paula Jones -S 7:00 Men’s Poker-D <i>Book Give Away</i></p> <p style="text-align: center; font-size: 2em;">17</p>	<p>10:00 Meditation Class with Caitlin- S 1:00 Game Time-A 2:30 Movie Matinee-T “Apollo 13” 7:15 Bridge-A 7:30 Mixed Poker-D</p> <p style="text-align: center; font-size: 2em;">18</p>	<p>2:00 *Sunday Drive 2:00 Game Time-A 2:30 Movie Night- T “Apollo 13” 3:00 Bali Game-A 5:00 “Love Songs” Sing Along with Pam Yarjan-S 6:00 Bible Study/Vespers with Chip Peagler - A</p> <p style="text-align: center; font-size: 2em;">19</p>	<p>9:00 Arthritis Water Class –P 10:30 Prayer Group-A.S 11:15 Level I Exercise- S 12:45 Somerset Singers- A 1:00 Rummikub –A 1:00 Gin Rummy – D 1:00 Aqua Body Balance-P 2:00 Chateau Chit Chat-S 3:00 Yolates – F.C 4:30 Cocktail Hour-A 7:15 Movie Night- Resident Choice – T</p> <p style="text-align: center; font-size: 2em;">20</p>	<p>9:00 Arthritis Water Class –P 10:00 Neurobics Class-A 11:15 Level II Exercise-S 1:00 Men’s Poker-D 1:15 Strength Training/ Mat Exercise – F.C 1:30 Mah Jong - A 2:00 Art Class-A.S. 2:00 Monthly Resident Meeting-S 3:00 Mardi Gras Social with Somerset Managers-S Game Night – A 7:15 Silver Surfers in Cyberspace-A 7:15 Movie Night-T “Apollo 13” 7:30 Mixed Poker -D</p> <p style="text-align: center; font-size: 2em;">21</p>	<p>9:00 Arthritis Water Class –P 9:00 Wellness Wednesday-S 10:00 Bali Game –D 10:30 Craft Class with Peggy-A.S 11:15 Level I Exercise—S 1:00 Aqua Body Balance-P 1:30 Mah Jong-A 2:00 Somerset University-T 3:00 New Resident Orientation-A 3:30 Wii time-F.C. 3:30 Scripture Study- A.S 4:00 Spanish 101 Class- A.S 7:30 Bingo-A</p> <p style="text-align: center; font-size: 2em;">22</p>	<p>9:00 Arthritis Water Class –P 11:00 * Tour of Covington, Georgia with Jim Howe Level II Exercise - A 1:00 Ping Pong-D 1:15 Strength Training/ Mat Exercise – F.C 2:00 Bridge-A 2:30 Crocheting with Harriet-A.S. 3:30 Canine Visits –A 4:30 Cocktail Hour–A 7:15 Movie Night-T “Apollo 13” 7:15 Mixed Poker-D 7:30 Rummikub-A <i>Alpharetta Library Bookmobile 12:00p.m.-1:00p.m.</i></p> <p style="text-align: center; font-size: 2em;">23</p>	<p>9:00 Arthritis Water Class –P 10:15 Brain Aerobics – A 11:15 Yoga- A 1:00 Water Walking-P 1:30 Catholic Mass – A 2:00 “Let’s Talk Movies!” w/ Katelin- S 3:00 Rummikub – A 7:00 Men’s Poker – D 7:15 Dance Night with Raquel Bustos-A</p> <p style="text-align: center; font-size: 2em;">24</p>	<p>10:00 Meditation Class with Caitlin- S 1:00 Game Time-A 2:30 Movie Matinee-T “The Adjustment Bureau” 7:15 Bridge-A 7:30 Mixed Poker-D</p> <p style="text-align: center; font-size: 2em;">25</p>	<p>2:00 *Sunday Drive 2:00 Game Time-A 2:30 Movie Night- T “The Adjustment Bureau” 3:00 Bali Game-A 5:00 Alan J and Friends Musical Performance-S 6:00 Bible Study/Vespers with Chip Peagler - A</p> <p style="text-align: center; font-size: 2em;">26</p>	<p>9:00 Arthritis Water Class –P 11:15 Level I Exercise- S 12:45 Somerset Singers- A 1:00 Rummikub –A 1:00 Gin Rummy – D 1:00 Aqua Body Balance-P 3:00 Yolates – F.C 4:30 Cocktail Hour-A 7:15 Movie Night- Resident Choice – T</p> <p style="text-align: center; font-size: 2em;">27</p>	<p>9:00 Arthritis Water Class –P 10:00 Neurobics Class-A 11:15 Level II Exercise- S 1:00 Men’s Poker-D 1:15 Strength Training/ Mat Exercise – F.C 1:30 Mah Jong - A 2:00 Art Class-A.S. 3:30 Line Dancing-F.C 4:30 *Dining Out: Alpine Bakery 7:00 Game Night– A 7:15 Movie Night-T “The Adjustment Bureau” 7:30 Mixed Poker–D</p> <p style="text-align: center; font-size: 2em;">28</p>	<p>9:00 Arthritis Water Class –P 9:00 Wellness Wednesday-S 10:00 Bali Game –D 11:15 Level I Exercise—S 1:00 Aqua Body Balance-P 1:30 Mah Jong-A 2:00 Somerset University-T 3:00 New Resident Orientation-A 3:30 Wii time-F.C. 3:30 Scripture Study- A.S 4:00 Spanish 101 Class- A.S 7:30 Bingo-A</p> <p style="text-align: center; font-size: 2em;">29</p>	<p style="text-align: center;">Room Key for Independent Living:</p> <p>A-Alpharetta Room (2nd Floor) T-Theater (4th Floor) F.C.-Fitness Center (P1) AS- Art Studio (P1) L-Library (2nd Floor) R – Restaurant P-Pool (P1) D- Den (3rd Floor) S-Somerby Room (1st Floor)</p> <p style="text-align: center;">Bold -Somerset Specials</p> <p style="text-align: center;">Please see Transportation Schedule for detailed daily schedule.</p>

Masterpiece moments are defined by activities that promote social, spiritual, physical, or intellectual growth. All of our activities serve at least one of these purposes. Here are some highlights from this month's offerings:

WATER AEROBICS

Mondays and Wednesdays • 1:00 p.m. Pool

This 40-minute class provides non-impact cardiovascular exercise along with stretching, flexibility, and range of motion exercises. We will use water resistance for strength work in the pool. It is a great way to exercise! Come and join us in the water!

SOMERBY SINGERS

Every Monday • 12:45 p.m. Alpharetta Room

The Somerby Singers, led by Rita Schoenberg, gather every Monday afternoon in the Alpharetta Room to rehearse and enjoy singing together accompanied by Pam Hill on piano. They always welcome new members!

NEUROBICS CLASS

Every Tuesday • 10:00 a.m. Alpharetta Room

Due to the popularity of this course, Cindy will be teaching an on-going series. Neurobics will help raise awareness about memory and again, reveal memory strategies, outline the connection between challenging your mind and aging successfully, and help you feel more confident and comfortable with your memory. This class is great for everyone!

SOMERBY UNIVERSITY

Every Wednesday • 2:00 p.m. Theatre

We are beginning a new series called "The US and Middle East" 1914 to 9/11" taught by Professor Salim Yaqub This lecture series is a narrative history of U.S. political involvement in the Middle East from World War I to the present day. Presented from a historian's perspective, it is meant to strengthen your ability to place today's headlines into historical context, evaluate what is most likely to happen next, and understand those oncoming events when they do occur. This is a great way to learn something new and we encourage everyone to join us in the Theatre every Wednesday at 2:00 p.m.

SPANISH 101 CLASS

Every Wednesday • 4:00 p.m. Art Studio

Our volunteer, Clara is teaching a Spanish class to all those who are interested in learning a new language. This is a beginner course and you may join at any time. All are welcome! Soon our residents will be speaking Spanish to each other in the halls. What a great way to live the Masterpiece Living lifestyle and learn a new language.

MEDIATION CLASS WITH CAITLIN

Every Saturday • 10:00a.m. Somerby Room

Come join our new meditation class to help reduce stress, tension and let your mind drift away taking you to a place of no worries. Soft, relaxing music and imagery descriptions could be the one thing you need to give you a positive outlook on life. Sit back, relax and get ready for a vacation right at your own home!

NATIONAL GO RED DAY!

Friday, February 3 • All Day

National Wear Red Day is the day men and women across the country show their support for woman's heart disease awareness by wearing red. Heart disease is the #1 killer of women in America. The Red Dress is the symbol for National Red Day and Go Red for Women movement. It is your opportunity to join with millions to stand up to heart disease by wearing your favorite red dress, shirt, or tie, or red dress pin. Please join us and show your support for women and wear red!

SUPER BOWL PARTY

Sunday, February 5 • 6:15 p.m. Alpharetta Room

Super Bowl XLVI will be played at the Lucas Oil Stadium in Indianapolis, Indiana. Come join us in your team's colors and team spirit. We will have snacks and drinks for everyone to enjoy the Super Bowl on the big screen TV.

MASTERPIECE LIVING'S NOURISH PROGRAM

Monday, February 6 and 13 • 10:00 a.m. Alpharetta Room

What are your meals doing for you? Do they support your overall wellness? A fresh look at nutrition, Nourish is an interactive nutrition experience program by Masterpiece. The Nourish experience connects nutrition to the 4 components of wellness: social, spiritual, intellectual and physical. Topics include: food recommendations, the importance of nutrition at any age, food as energy, mindful eating, the dining experience, calories, organic/locally grown/natural foods, superfoods and food legacies. Learn, discuss and explore nutrition in new ways to support your successful aging journey.

CRAFT CLASS WITH PEGGY

Wednesday, January 11 and 25 • 10:30 a.m. Art Studio

Join Peggy as each month she creates a new craft for our residents to make. In past classes they have made decorative picture frames and plates, holidays trees, and floral arrangements. See display in Mail Room for monthly craft project. *Sign up required. Cost TBD.*

ALPHARETTA LIBRARY BOOKMOBILE

Thursday, February 9 and 23 • 12:00p.m.-1:00p.m. Front Lobby

We are very excited to be introducing the Bookmobile to Somerby every 2nd and 4th Thursday of the month. The Bookmobile will be parked outside the main lobby. You may get onto their bus and browse their shelves of books. They carry hundreds of books including nonfiction regular and large print, fiction regular and large print, best sellers, new books, books on CD, and books on DVD. What a great opportunity to read new books!

TEA AND TREASURES WITH CARLA

Monday, February 13 • 2:00 p.m. Somerby Room

Bring something that is your greatest treasure to share with our group. You enjoy tea and learn what other residents treasure as well.

BOOK CLUB

Tuesday, February 14 • 7:30 p.m. Library

The book club joins together monthly to hear about a specific book, to discuss recent books read, and to make recommendations. If you love to read anything from light romances to heavy classics, please come and join in the camaraderie. Everyone is encouraged to come, even if you haven't read the book.

JUICE BAR

Wednesday, February 15 • 3:00 p.m. Somerby Room

Come try a new drink, learn different recipes and all the latest information on ways to "juice" with fresh fruits and vegetables. It's a great way to get all the fruits and vegetables for the day and tastes delicious. Everyone needs to try it if you have not already. The juice bar is a hit!

GOSPEL SING ALONG

Thursday, February 16 • 7:15 p.m. Somerby Room

We welcome First Baptist of Alpharetta for a Gospel Sing Along. Kraig Kelsey and other quartets and duos will be leading worship each month in the Somerby Room. They will provide the words to the songs for you to read along.

BOOK GIVE AWAY

Friday, February 17 • All Day

The Somerby Library will be giving away books outside the Alpharetta Room. Please feel free to come by and take any books you might enjoy. Remember the rule- you can take it, but you can't bring it back!

MONTHLY BIRTHDAY PARTY

Friday, February 17 • 2:00 p.m. Somerby Room

Be sure to mark your calendar and join us to celebrate the February birthdays with local favorite singer, Akil Shakir. As you listen to Jennifer you will enjoy what is being called "the best" birthday cake and ice cream! Come join in the fun!

SILVER SURFERS IN CYBERSPACE

Tuesday, February 21 • 7:15 p.m.

Are you having trouble with your cell phone? Or have an Ipad, but don't know how to turn it on? We have got a solution for you! One of our resident's daughters will be holding a workshop to help you with all your technology problems. She will be holding this workshop as a beginning class to inform you of what you will learn in the future sessions. We encourage all of you to come and see what it's about and to learn about the technology around you.

CROCHETING WITH HARRIET

Thursday, February 23 • 2:30 p.m. Art Studio

If you love to crochet- then this is for you! If you are interested in learning how to crochet- this class is for you! Harriet will working on a baby blanket and needs your help to complete it. If you do not know how to crochet she will teach you. Crochet is a great way to relieve stress and make a nice gift for someone or keep it for yourself.

"LET'S TALK MOVIES!" WITH KATELIN

Friday, February 24 • 2:00 p.m. Somerby Room

Have you seen a good movie recently? We invite you to come and share it with Katelin and other residents. The group will meet and discuss current and older movies and the likes and dislikes. All you movie buffs mark your calendars!

NOW SHOWING

EVERY MONDAY 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.

BEST YEARS OF OUR LIVES

The postwar classic *The Best Years of Our Lives*, based on a novel in verse by MacKinlay Kantor about the difficult readjustments of returning World War II veterans, tells the intertwined homecoming stories of ex-sergeant Al Stephenson (Fredric March), former bombardier Fred Derry (Dana Andrews), and sailor Homer Parrish (Harold Russell). Not Rated

Saturday, February 4 at 2:30 p.m.

Sunday, February 5 at 2:30 p.m.

Tuesday, February 7 at 7:15 p.m.

Thursday, February 9 at 7:15 p.m.

WATER FOR ELEPHANTS

A handsome veterinary student falls for a married circus performer in this romantic drama adapted from author Sara Gruen's best-selling novel, and directed by Francis Lawrence (*I Am Legend*). When Jacob (Robert Pattinson) meets Marlena (Reese Witherspoon), it's love at first sight — their shared affections for an extraordinary elephant stirring profound feelings of compassion within both of them. Theirs is a love that could span lifetimes, though the wrath of Marlena's dangerously domineering husband, August (Christoph Waltz), threatens to spell tragedy for all involved. Rated PG13

Saturday, February 11 at 2:30 p.m.

Sunday, February 12 at 2:30 p.m.

Tuesday, February 14 at 7:15 p.m.

Thursday, February 16 at 7:15 p.m.

APOLLO 13

Houston, we have a problem." Those words were immortalized during the tense days of the Apollo 13 lunar mission crisis in 1970, events recreated in this epic historical drama from Ron Howard. Astronaut Jim Lovell (Tom Hanks) leads command module pilot Jack Swigert (Kevin Bacon) and lunar module driver Fred Haise (Bill Paxton) on what is slated as NASA's third lunar landing mission. All goes smoothly until the craft is halfway through its mission, when an exploding oxygen tank threatens the crew's oxygen and power supplies. Rated PG

Saturday, February 18 at 2:30 p.m.

Sunday, February 19 at 2:30 p.m.

Tuesday, February 21 at 7:15 p.m.

Thursday, February 23 at 7:15 p.m.

THE ADJUSTMENT BUREAU

The budding romance between a rising U.S. congressman and a gifted ballet dancer is unexpectedly complicated by otherworldly forces seeking to drive them apart by altering the very fabric of reality in this high-concept sci-fi thriller based on a story by famed author Philip K. Dick. David Norris (Matt Damon) is a rising New York congressman whose everyman charisma has earned him a loyal following among locals. One night, after suffering a crushing political defeat, David is rehearsing his concession speech in a hotel bathroom when out of a stall wanders Elise (Emily Blunt), who was hiding out from security guards after crashing a wedding. Rated PG13

Saturday, February 25 at 2:30 p.m.

Sunday, February 26 at 2:30 p.m.

Tuesday, February 28 at 7:15 p.m.

Thursday, March 1 at 7:15 p.m.

Notable Events Coming in March

Tour of the National Reserve Building

RUMC Outreach Choir Performance

Sham-Rock and Roll Party

AARP Tax Aide

Weekly Shuttle Services

SUNDAY CHURCH SHUTTLE

Our Sunday church shuttle will begin at 8:15 a.m. and end at 12:30 p.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.

HIGHWAY 9 NORTH SHOPPING ERRAND SHUTTLE

Every Monday

Pick up times from Somerby at 9:15, 10:00, 12:00 and 1:30p.m. with last return to Somerby at 3:30 p.m. The bus will shuttle you to the shops on Highway 9 North. These include: Big Lots, Kohls, Dollar Tree, Staples, Lowes, Super Target, Aldi, and other stores on Highway 9 North.

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

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 HOSPITAL AREA

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

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 last 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.

WALMART /BANKS /NORTH POINT PKWY ERRANDS

Every Friday

Pick up times from Somerby at 9:15 a.m., 10:00 a.m., 12:00 p.m. and 1:30 p.m. with last return to Somerby at 3:30 p.m. The bus will shuttle you to Wal-Mart, North Point Mall, Wells Fargo, Bank of America, Regions Bank, and other stores on North Point Pkwy.

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. Pia Equels, 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 arthritis water class.



MASTERPIECE LIVING

Have you gotten involved in Masterpiece Living yet?

Would you like to learn more about it?

See Julie Purdy in the Fitness Center.

678-987-7063

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 a.m.	Arthritis Water Class	Arthritis Water Class	Arthritis Water Class	Arthritis Water Class	Arthritis Water Class	
10:00 a.m.						Meditation Class with Caitlin
11:15 a.m.	Level I Exercise	Level II Exercise	Level I Exercise 1st week Line Dancing 2nd Week Zumba Gold Exercise 3rd Week Mat Exercise 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	
1:00 p.m.	Water Aerobics	Strength Training	Water Aerobics	Strength Training	Water Walking	
3:30 p.m.	Yolates	Line Dancing 4th week	Wii Time	Laughter Yoga 4th week	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 and are only by appointment.

*** All exercise classes will be held in the Somerby Room unless otherwise posted.**

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