

September 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

Director of Marketing

DeAnn Young

Director of Dining Services

Gus Plakiotis

Director of Engineering

Kyle Montague

Director of Lifestyle Programming

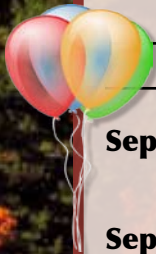
Mandy Etheredge

Director of Housekeeping

Harriet Ebanks

Masterpiece Living Champion

Cathy Parker



SOMERBY RESIDENT'S BIRTHDAYS

September 1

Gail Jones
Barbara Lundberg

September 4

Pat Cannizzaro

September 5

Neil Propst

September 9

Henry Nagel
Fred Petek

September 12

Joyce Ratliff

September 16

Frank duMas

September 20

Pat Champion

September 26

Leo Planakis

September 28

Bruce Cardwell
Bernice Dressler
Penny Pettis

September 30

Mary Lear

From the Executive Director

September at last... and yet another busy month here at Somerby. We will start the month with honoring all of our Somerby Grandparents with a Grandparents Day breakfast on the 11th. This is a special day for you and your families to enjoy a buffet breakfast compliments of the Somerby staff. Be sure to bring the grandchildren over for a delicious breakfast, family pictures and a day when we celebrate you – our Somerby Grandparents.

Now, picture the cool island breezes, the warm sunshine and the scent of beautiful flowers around you as you enjoy the delicious food and music of the islands. Sound good to you? Then you will surely enjoy our second annual Hawaiian Luau here at Somerby on September 22nd. Get out your Hawaiian shirts, leis and grass skirts (coconut bras are optional) for a day of fun – Hawaiian style! You won't want to miss this party complete with music, dancing, and fun (be sure to note the special dining hours).

Last but not least, please join me in welcoming two new staff members. Mandy Etheredge, our Director of Lifestyle Programming, and Kyle Montague, our Director of Engineering. Both are terrific additions to our Somerby family – if you have not already met them, be sure to look them up and say hello!

Thank you for choosing to call Somerby home! And, remember to make each day your Masterpiece!

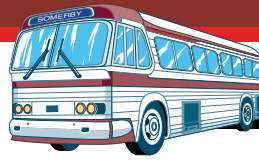
Deb Michelet

Executive Director

Look us up on:



On The Road Again



SUNDAY DRIVE

Sunday, September 5, 12, 26 • 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.

MAYFIELD DAIRY

Thursday, September 2 • 9:30 a.m.

Join us for a free tour of this dairy in Braselton, Georgia to see their state-of-the-art milk production systems and see how their famous yellow jugs are made. See firsthand how they produce the South's favorite ice cream and milk. Afterwards, we will have lunch at the Cracker Barrel, but save room for dessert so we can stop back at the dairy on our way back for a generous scoop of Mayfield ice cream. Sign up required.

WREN'S NEST

Thursday, September 9 • 10:30 a.m.

Our first stop will be for lunch at Chanterelle's Café. This restaurant is primarily cafeteria style and offers French-Creole infused Southern dishes. After lunch, we will have a guided tour of the Queen Anne Victorian home of Joel Chandler Harris which preserves his legacy and the heritage of African American folklore through storytelling, tours and special events. The Wren's Nest serves as an educational resource and entertainment venue for the community, the greater Atlanta area and visitors from around the globe. Cost is \$7.00 for tour plus cost for lunch. Sign up required.

MEN ONLY OUTING- LUNCH AT 57TH FIGHTER GROUP RESTAURANT

Thursday, September 16 • 10:30 a.m.

Gus will be your host as you relive the glory of the 57th Fighter Group and step back in time with Atlanta's favorite World War 11 aviation theme restaurant. The dining experience is inspired with a regional twist on classic American cuisine in an intimate 1940's European farmhouse setting. Their aviation theme, headsets and fantastic view of the runway makes the restaurant the ideal spot for aviation enthusiasts and pilots to fully immerse them in flight while on the ground. Order from the menu. Separate checks. Men only, please. Sign up required.

ROSWELL CULTURAL ARTS CENTER

Sunday, September 19 • 1:45 p.m.

Be sure to visit our Chateau Restaurant for an early brunch before departing for this touching and funny play titled "The Boys Next Door." This production focuses on four adult men living in a group home, along with their caring but overworked counselor. Mingled with scenes from their daily lives, where "little things"

sometimes become momentous and often very funny, are moments of great poignancy. Cost is \$17.00. Sign up required.

NORTH FULTON HOSPITAL SENIOR EXPO AT VERIZON AMPHITHEATRE

Thursday, September 23 • 9:00 a.m. - 1:00 p.m.

Join us for this second annual event that celebrates youthful living at any age! Come to receive a variety of free screenings, including: blood pressure, body mass index, bone density, total cholesterol, glucose, hearing, and skin. Also enjoy the many activities offered each hour, to include: bingo, arts and crafts, exercise classes, dancing, backstage tours of the venue and entertainment. Refreshments will be provided. Our Somerby bus will shuttle you to and from the amphitheatre. Sign up required.

RED HAT SOCIETY BREAKFAST AT "THE FLYING BISCUIT"

Monday, September 27 • 8:30 a.m.

Since this restaurant opened in 1993, they have tripled in size and the décor, like the food, is eclectic and cheerful. It is time to put on your red hat and purple outfit and join us for breakfast at their nearby newest location. Try their "flying fried green tomatoes" or "eggstra-ordinary" breakfast, southern scramble or "egg-ceptional" breakfast. Order from the menu. Separate checks. Sign up required.

DINING OUT-BAHAMA BREEZE

Tuesday, September 28 • 4:45 p.m.

In keeping with our island theme this month, you are welcome to join us to relax, kick back and enjoy one of the refreshing handcrafted tropical drinks and dinner at Bahama Breeze. Their menu features fresh seafood, wood-grilled steaks and delicious chicken. All menu items are freshly prepared with the highest quality ingredients and splashed with the flavors of the islands. Order from the menu. Separate checks. Sign up required.

TOUR OF MIDWAY UNITED METHODIST CHURCH- LUNCH AT THE MEAL HOUSE

Thursday, September 30 • 9:30 a.m.

By popular resident request, we are scheduling another outing to tour this church. In the mid-1800's the first congregation of this church built a small, wood frame church that was destroyed by a tornado in 1920. Undaunted, the congregation came together again and rebuilt one of the most beautiful chapels in the South. Somerby resident Bill Rowe has volunteered to give us a repeat educational tour of this chapel after we have lunch at this nearby restaurant that offers a delicious daily special of one meat with two vegetables and cornbread or rolls. Separate checks. Sign up required.



HELP US HIT A HOME RUN!

Be on the lookout this month for Somerby's annual Resident Expectation Survey. This survey is very important to all of us at Somerby and is YOUR opportunity to share your thoughts with us regarding our community. Our "homerun" this year is a 93% response rate – and I know with your help, we can do it!

More details will be forthcoming. . .but get ready and help us get the big hit!

ONE-YEAR ANNIVERSARY



Masterpiece Living

Cathy Parker, *Masterpiece Living Champion*

It seems impossible that it has been a year since Somerby began its partnership with Masterpiece Living. Our initial launch was fun and exciting and has helped us to begin our personal journeys toward "Successful Aging." We are all more aware of creating and involving ourselves in purposeful activities—ones that focus on our Physical, Intellectual, Social, and Spiritual growth.

Last month, our staff went through its annual Masterpiece Living training. Beginning September 1, we will be offering a new session of Neurobics for residents. It is time for all of our newer residents to get involved by filling out their reviews—and it is time for the annual reviews for those who have done theirs previously. Please plan to attend our Luau, on September 22, for a very special event celebrating our first year as a Masterpiece Living Community. Let's continue making each day your masterpiece!



SUNHEALTHCARE
Caring is the Key in Life

Can you believe summer is almost over and the fall season is near? I am looking forward to cooler weather, autumn colors, and football! The fall is a great time to get outside and start walking again! Thirty minutes of brisk walking 4 to 5 times a week can lower your risk of heart disease, help you maintain a healthy weight to prevent arthritis, and improve your mental well being. Walking your way to health and fitness is only one way you can age well and in place. Stop by the therapy room for other tips and suggestions on maintaining a healthy lifestyle. This month we will be presenting our September ***Staying in Step*** lecture on Tuesday, September 14th at 3 pm in the Somerby room. The topic is ***Active Aging*** and we will discuss ways to promote and maintain a high quality of life in our senior years. Please mark it on your calendars and make time to come have fun and learn with your Sundance rehab team. Be a good neighbor and invite one of our new residents to join you. Look for quizzes in your Somerby mailboxes in the next few weeks and be sure to fill them out and bring them to the lecture for the chance of winning a door prize. The Parkinson's support group will not meet in September. 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



Masterpiece Living Spotlight ELEANOR POPE



Eleanor Pope, better known as "Mickey" was born in Pittsburgh, Pennsylvania. After high school and secretarial college, she was employed as a private secretary to a team of physicists at Westinghouse Research in Pittsburgh. In her free time, she took flying lessons in a Piper Cub but never had the opportunity to fly solo. The war stirred her patriotism and she enlisted in the Nurse Cadets, graduating in 1948. Her nursing career encompasses Maternal Child Nursing, teaching and training nurses for 10 years and as a supervisor for 25 years before retiring.

Mickey married Tom after graduating from nursing school and they had 5 children. After living in Indiana for 33 years, they moved to Naples, Florida. After Tom passed away, Mickey remained in Naples, continuing to work as a nursing supervisor. She relocated to Atlanta to be near her daughter, Kathy. Mickey has 15 grandchildren and will have 3 great grandchildren by this October.

Mickey has been a member of our Somerby family for a year and a half now. She is very busy pursuing her acting career with our Theatre Workshop. She was in our first play titled "All Aboard"; the second play titled "The Matchmakers Mishap" and is currently busy rehearsing as Hilda in our play "Hilda's Birthday" which is scheduled to premiere in October. She also meets for weekly rehearsal with the Somerby Singers, is a volunteer Monday night bingo caller, and is a member of the Activity, Welcome, and Ways and Means Committees. She participates in the monthly Book Club and often leads the book review. She attends Computer Classes, weekly outings, plays the popular Rummikub and Bali games and spends time on the treadmill in the Fitness Center. She is also a recent recipient of the Silver Sneaker award from our Masterpiece Living "Walk to Wellness" program.

She feels the Activities and Fitness Programs are the heart of Somerby. She says "it is what keeps all of us going every day. The warmth and friendship of the residents and staff is the key, along with all of the many programs that are offered." Mickey is a great example of the Masterpiece Living motto of "nurturing and inspiring successful aging each and every day"!

CAREGIVER SUPPORT GROUP MEETING

Thom Corrigan, MSW, CMC, is a certified geriatric care manager and social worker who facilitates our monthly Family & Caregiver Support Group Meetings.

Thom recently spoke at Family Night for our families and explained the benefits of attending the group. These include:

- **Being with others in similar situations.**
- **Having others to talk with about life's stressors.**
- **A confidential place to talk about feelings and emotions**
- **An opportunity to learn more about health related issues.**
- **Understanding and support**
- **Additional resources to help with various needs.**

The group will meet on Monday, September 13 at 6:45 p.m. in the Somerby room and the second Monday of each month thereafter.

Somerset Lifestyles - September 2010 - Independent Living

SUN

MON

TUE

WED

THU

FRI

SAT

<p style="text-align: center;">Somerby of Alpharetta</p> <p style="text-align: center;">100 Somerby Drive Alpharetta, Ga. 30009 770-650-9577 www.somerbyofalpharetta.com Somerset Fun Line 678-987-7090</p>	<p style="text-align: center;">Bold -Somerset Specials Bold with *-Road Scholars</p> <p style="text-align: center;">Please see Transportation Schedule for detailed daily schedule</p>		<p>9:00 Wellness Wednesday "Weight & Wellness Tips" w/Cara Vita Home Care-S</p> <p>9:00 Q & A with Attorney Patricia Elrod-Hill- V.A. Benefits and Medicaid- S</p> <p>10:00 Neurobics Class-A 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 Clarinet Choir- S</p> <p style="text-align: center; font-size: 2em;">1</p>	<p>9:30 *Tour of Mayfield Dairy & Lunch at Cracker Barrel</p> <p>1:00 Ping Pong-D 2:00 Bridge-A 4:00 Cocktail Hour-S 7:15 Movie Night-T <i>The Blindside</i> 7:15 Mixed Poker-D 7:30 Rummikub-A</p> <p style="text-align: center; font-size: 2em;">2</p>	<p>10:15 Word Games & Trivia-A 10:30 Putting Practice -F.C. 10:45 Theatre Workshop-S 1:30 Catholic Mass-A 3:00 Rummikub-A.S 3:30 Shabbat -Rosh Hashana- New Year's Celebration with Temple Emanu-El-A 4:00 Current Events Discussion- A 7:00 Men's Poker-D</p> <p style="text-align: center; font-size: 2em;">3</p>	<p>9:30 Shuffleboard-F.C. 1:00 Game time-A 1:30 Poker Ladies-D 2:30 Movie Matinee-T <i>The Longest Yard</i> 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 3:00 Bali Game-A 3:30 Somerset Singers-F.L. 4:30 Movie Matinee-T <i>The Longest Yard</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;">5</p>	<p style="text-align: center; font-size: 2em;">6</p> <p style="text-align: center;">Administrative Holiday</p> <p style="text-align: center; font-size: 1.5em;">Labor Day</p> <p style="text-align: center;">Dining Hours 11:00 a.m. - 2:00 p.m.</p>	<p>8:30 Men's Breakfast-R Guest Speaker-"No Longer Bound" Representatives</p> <p>10:00 Backgammon-A 1:00 Men's Poker-D 1:30 Bridge-A 2:00 Art Class-A.S. 7:15 Movie Night-T <i>The Longest Yard</i> 7:30 Ladies Poker -D</p> <p style="text-align: center; font-size: 2em;">7</p>	<p>9:00 Wellness Wednesday with hearing aid consult-S</p> <p>10:00 Neurobics Class-A</p> <p>10:00 Bali Game -D 1:30 Scripture Study -A 3:30 Wii Time -F.C. 7:15 Juggler-Adam Boehmer-S</p> <p style="text-align: center; font-size: 2em;">8</p>	<p>10:30 *Tour of Wrens Nest</p> <p>1:00 Ping Pong-D 2:00 Bridge-A 4:00 Cocktail Hour-S 7:15 Movie Night-T <i>The Longest Yard</i> 7:15 Mixed Poker-D 7:30 Rummikub-A</p> <p style="text-align: center; font-size: 2em;">9</p>	<p>10:15 Word Games & Trivia-A 10:45 Theatre Workshop-S 1:30 Catholic Mass-A 3:00 Rummikub-A.S 7:00 Men's Poker-D 7:15 Dance Night w/Synergy Duo-S</p> <p style="text-align: center; font-size: 2em;">10</p>	<p>9:30-11:00 Grandparent's Day Breakfast- R</p> <p>9:30 Shuffleboard-F.C. 1:00 Game time-A 1:30 Poker Ladies-D 2:30 Movie Matinee-T <i>Varsity Blues</i> 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 3:00 Bali Game-A 3:30 Somerset Singers-F.L. 4:30 Movie Matinee-T <i>Varsity Blues</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;">12</p>	<p>11:30 Monthly Resident Barbecue Lunch-S</p> <p>1:00 Rummikub -A.S. 2:00 Computer Club-A 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;">13</p>	<p>9:00 New Residents Breakfast-R</p> <p>10:00 Backgammon-A 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>Varsity Blues</i> 7:30 Ladies Poker -D</p> <p style="text-align: center; font-size: 2em;">14</p>	<p>9:00 Wellness Wednesday-S with blood pressure check</p> <p>10:00 Neurobics Class-A</p> <p>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 New Horizons Jazz Band- S</p> <p style="text-align: center; font-size: 2em;">15</p>	<p>10:30 *Men Only Outing- Lunch at "57th Fighter Group Restaurant"</p> <p>1:00 Ping Pong-D 2:00 Bridge-A. S. 2:30 Kitchen Tour-D.R. 4:00 Special Cocktail Hour-S 7:15 Movie Night-T <i>Varsity Blues</i> 7:15 Mixed Poker-D 7:30 Rummikub-A</p> <p style="text-align: center; font-size: 2em;">16</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/ Van Cowart 4:00 Current Events Discussion Group-A 7:00 Men's Poker-D</p> <p style="text-align: center; font-size: 2em;">17</p>	<p>9:30 Shuffleboard-F.C. 1:00 Game time-A 1:30 Poker Ladies-D 2:30 Movie Matinee-T <i>Remember the Titans</i> 7:15 Bridge-A 7:30 Mixed Poker-D</p> <p style="text-align: center; font-size: 2em;">18</p>
<p>1:45 *Roswell Cultural Arts "The Boys Next Door"</p> <p>2:00 Game Time-A 3:00 Bali Game-A 3:30 Somerset Singers-F.L. 4:30 Movie Matinee-T <i>Remember the Titans</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;">19</p>	<p>1:00 Rummikub -A 2:30 Tea & Treasures w/DeAnn- S</p> <p>3:00 Resident Orientation-A 4:00 Cocktail Hour-S 7:15 Bingo-A</p> <p style="text-align: center; font-size: 2em;">20</p>	<p>10:00 Backgammon-A 1:00 Men's Poker-D 1:30 Bridge-A 2:00 Restaurant Review with Gus-S 2:00 Art Class-A.S. 7:15 Movie Night-T <i>Remember the Titans</i> 7:30 Ladies Poker -D</p> <p style="text-align: center; font-size: 2em;">21</p>	<p>9:00 Wellness Wednesday-S with blood pressure check</p> <p>10:00 Neurobics Class-A</p> <p>10:00 Bali Game -D 1:30 Scripture Study- A 3:30 Wii time-F.C. 5:30 Hawaiian Cocktail Hour-S 6:30 Kele's Pacific Paradise Hula Dancers-S</p> <p style="text-align: center;">Hawaiian Luau Special Dining Hours 11:00 a.m. - 2:00 p.m.</p> <p style="text-align: center; font-size: 2em;">22</p>	<p>9:00-1:00 *North Fulton Hospital Senior Expo at Verizon Amphitheatre</p> <p>1:00 Ping Pong-D 2:00 Bridge-A 4:00 Cocktail Hour-S 7:15 Movie Night-T <i>Remember the Titans</i> 7:15 Mixed Poker-D 7:30 Rummikub-A</p> <p style="text-align: center; font-size: 2em;">23</p>	<p>10:15 Word Games & Trivia-A 10:45 Theatre Workshop-S 1:30 Catholic Mass-A 2:30 Craft Class with Peggy-A.S. 3:00 Rummikub-A.S 3:30 Shabbat Service w/Gesher L'Torah-A 4:00 Book Review "Laura Bush: From the Heart"-L 7:00 Men's Poker-D 7:15 Dance Night- S Keyboard and song w/Jeni Michelson</p> <p style="text-align: center; font-size: 2em;">24</p>	<p>9:30 Shuffleboard-F.C. 1:00 Game time-A 1:30 Poker Ladies-D 2:30 Movie Matinee-T <i>Rudy</i> 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 3:00 Bali Game-A 3:30 Somerset Singers-F.L. 4:30 Movie Matinee-T <i>Rudy</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;">26</p>	<p>8:30 Red Hat Society Breakfast at "The Flying Biscuit Cafe"</p> <p>1:00 Rummikub -A.S. 2:00 Computer Club-A 2:00 Prayer Group-A 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;">27</p>	<p>10:00 Backgammon-A 1:00 Men's Poker-D 1:30 Bridge-A 2:00 Art Class-A.S. 4:45 *Dining Out- Bahama Breeze 7:15 Movie Night-T <i>Rudy</i> 7:30 Ladies Poker -D</p> <p style="text-align: center; font-size: 2em;">28</p>	<p>9:00 Wellness Wednesday-S w/blood pressure check</p> <p>10:00 Neurobics Class-A</p> <p>10:00 Bali Game -D 1:30 Scripture Study- A 2:00 Fast Friends-A 3:30 Wii time-F.C. 7:15 Violin and Song with Vikki Oliphant- S</p> <p style="text-align: center; font-size: 2em;">29</p>	<p>9:30 *Tour of Midway UMC Lunch at "Meal House"</p> <p>1:00 Ping Pong-D 2:00 Bridge-A 4:00 Cocktail Hour-S 7:15 Movie Night-T <i>Rudy</i> 7:15 Mixed Poker-D 7:30 Rummikub-A</p> <p style="text-align: center; font-size: 2em;">30</p>	<p style="text-align: center;">Room Key:</p> <p>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>	

Q & A WITH ATTORNEY PATRICIA ELROD-HILL

Wednesday, September 1 • 9:00 a.m. Somerby Room

On the first Wednesday of every month, we have scheduled a free legal question and answer session. On this day, Patricia, who is an Elder Law Attorney, will provide accurate and up to date information about Medicaid rules and Veteran's benefits and how Georgia law may affect estate planning and asset protection.

PET VISITS WITH CANINE ASSISTANTS

Wednesday, September 1 • 3:30 p.m. Somerby Room

By popular resident request, we will continue to 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.

CLARINET CHOIR

Wednesday, September 1 • 7:15 p.m. Somerby Room

This quartet consists of two men and two women who have performed together for over a year. This evening they will be playing classical, jazz plus so much more. They were invited to play in Spivey Hall this past year for a woodwind showcase with musicians throughout the state of Georgia.

CURRENT EVENTS DISCUSSION

Friday, September 3 & 17 • 4:00 p.m. Alpharetta Room

Mr. Louis Sillay 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.

MEN'S BREAKFAST

Tuesday, September 7 • 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 a representative from "No Longer Bound." Paul Smith, who was last month's speaker, will also return this month. Please sign up.

JUGGLER- ADAM BOEHMER

Wednesday, September 8 • 7:15 p.m. Somerby Room

The Boehmer family has won a number of awards and has performed all over the United States. Adam will be here tonight captivating audiences with his varied juggling, gymnastics, and unicycling skills.

SHABBAT SERVICE

Friday, September 3 & 24 • 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 and we will have a Rosh Hashana New Year's Celebration. On the 4th Friday, Geshar L'Torah from Alpharetta will host this service.

SOMERBY DANCE NIGHT

Friday, September 10 & 24 • 7:15 p.m. Somerby Room

Wear your dancing shoes for these two fabulous nights of fun. The first night, September 10th, music will be provided by a new band to Somerby, Synergy Duo. On September 24th, we will have keyboard music and song with Jeni Michelson. We will provide the dance floor and mixers. We ask that you bring your beverage of choice.

SOMERBY MONTHLY RESIDENT LUNCH BARBEQUE

Monday, September 13 • 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!

COMPUTER CLUB

Monday, September 13 & 27 • 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.

MONTHLY RESIDENT'S MEETING

Wednesday, September 15 • 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. The Wine and Cheese Social will immediately follow the meeting.

NEW HORIZONS JAZZ BAND

Wednesday, September 15 • 7:15 p.m. Somerby Room

This 18 piece band will be playing your favorite jazz and big band sounds from the 1940's. Please join us and be ready to tap your feet and enjoy the music.

SPECIAL COCKTAIL HOUR

Thursday, September 16 • 4:00 p.m. Somerby Room

Meet Somerby's new Medical Director, Dr. Sonia Nandi, who is the area's only Board Certified Gerontologist. Enjoy cocktails, appetizers and medical advice, compliments of Premier Medical Associates.

MONTHLY BIRTHDAY BASH

Friday, September 17 • 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. This month we will have guitar music and song with Van Cowart.

HAWAIIAN LUAU

Wednesday, September 22 • 5:30 p.m. Somerby Room

We will begin with a cocktail hour and Hawaiian music with a lap steel, keyboard and traditional Hawaiian songs. Our luau dance program with Kele's Polynesian Paradise hula dancers will begin at 6:30p.m. Please note that special dining hours will be from 11:00a.m. to 2:00 p.m.

FAST FRIENDS

Wednesday, September 29 • 2:00 p.m. Alpharetta Room

Because this event was so popular, we are going to give you all another opportunity to make new friends and have fun doing it. You will each have a list of questions to ask before switching seats to ask a different person more "getting to know you" questions.

VIOLIN & SONG WITH VIKKI OLIPHANT

Wednesday, September 29 • 7:15 p.m. Somerby Room

Vikki is a graduate of the Juilliard School in New York City. She has been teaching violin, guitar, piano and voice for over 20 years. Let's give her a warm Somerby welcome.

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.

THE BLINDSIDE

Starring Sandra Bullock & Tim McGraw –PG-13
Thursday, September 2 at 7:15 p.m.

THE LONGEST YARD

Starring Burt Reynolds & Eddie Albert- R
Saturday, September 4 at 2:30 p.m.
Sunday, September 5 at 4:30 p.m.
Tuesday, September 7 at 7:15 p.m.
Thursday, September 9 at 7:15 p.m.

VARSITY BLUES

Starring James Van Der Beek & Jon Voight- R
Saturday, September 11 at 2:30 p.m.
Sunday, September 12 at 4:30 p.m.
Tuesday, September 14 at 7:15 p.m.
Thursday, September 16 at 7:15 p.m.

REMEMBER THE TITANS

Starring Denzel Washington & Will Patton- PG
Saturday, September 18 at 2:30 p.m.
Sunday, September 19 at 4:30 p.m.
Tuesday, September 21 at 7:15 p.m.
Thursday, September 23 at 7:15 p.m.

RUDY

Starring Sean Astin & Ned Beatty-PG
Saturday, September 25 at 2:30 p.m.
Sunday, September 26 at 4:30 p.m.
Tuesday, September 28 at 7:15 p.m.
Thursday, September 30 at 7:15 p.m.

Future Fun Events!

Shopping and Guided Bus Tour
of Roswell

Shopping, Lunch and Wine Tasting
in Helen

Lunch at Smith House and
Shopping in Dahlonega

Visit to the Apple Farms of Ellijay

Men's Club Breakfast at
The Flying Biscuit

Theatre Workshop presents
"Hilda's Birthday"

Halloween Party

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 12:30 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.

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