

Shining Star



Renee Rodgers

**Culinary
8 Months**

Renee was born in Ohio, but has lived in Georgia for the last 9 years. When she isn't at work Renee enjoys coloring, doing her nails, and watching Netflix. Her favorite food is steak and chicken fingers. One thing you may not know about Renee is that as a child, she participated in dance, cheer, gymnastics, and soccer. She says that the best part of her job is getting to interact with the residents.

AUGUST BIRTHDAYS

Roy D 8/7
 Marion B 8/7
 Jeanine D 8/7
 Warren H 8/11
 Pat C 8/11
 Pat R 8/12
 Jeannie G 8/16
 Barney B 8/20
 Lillye S 8/22
 Merlyn J 8/28
 Charlotte G 8/31



What's Going On In

August

2022



This is Sunshine's 10th annual August Wellness Month. For this year's Wellness Month we want to offer our residents the *Sunshine Wellness Experience*. Throughout the month there will be opportunities to learn information from local wellness professionals about wellness practices for you to live a healthier life. We have upcoming exercise challenges, informative wellness seminars, instructional workshops, exciting new activities and prizes for everyone!

Every resident will receive a special Wellness Calendar and a Wellness Stamp Card. When you attend any of the Wellness events highlighted on the Wellness Calendar, you will be rewarded with a stamp on your Wellness Stamp Card. At the end of the month be sure to turn in your completed Stamp Card to you Life Enrichment Director and you will be recognized and awarded at our Wellness Awards Ceremony. A \$50 gift card will be awarded to the Wellness Month Champion!

Team Members

Executive Director.....Stephanie Hendrix
 Business Office Manager.....Zanna Everett
 Maintenance Director.....George Kahl
 Executive Chef.....Chauntelle Patterson-High
 Life Enrichment Director.....Megan Cordle
 Community Development Director.....
Kim Slaughter

Concierge

Brigette Prinkleton, Susan Bell,
 Will Miner, Debra Klubenspies,
 Eddie Brinson and Jackie Forde

Culinary

Hannah Bergbauer, Patricia Tumlin,
 Renee Rodgers, Laney Hardin,
 Alana Noble, Jeremiah Slusher,
 Jimi Bakare, Nicole Josephs,
 Jaylen Williams, Eric Speed,
 Nicole Howell, Mansfeild Cole, and
 Kenneth Emerson- Smith

Housekeeping

Candy Hale, Vickie Walker
 And Karen Bates

Transportation

Ila Awtrey and Tyree Tittle

Meal Times

Breakfast.....7:30 a.m. - 9:30 a.m.
 Lunch.....11:30 a.m. - 1:30 p.m.
 Dinner.....4:30 p.m. - 6:00 p.m.

Movie Showings

Saturdays @ 2pm & Sundays @ 4:00pm in Theatre

Reoccurring Activities

Prize Bingo | Mondays & Thursdays @2:30pm- MS
 Quarter Bingo | Mon/ Fri/ Sat @ 6pm- MS
 Big Daddy Malts | Tuesdays @1:00-3:00pm-MS
 Wii Bowling | Tues, Thurs @ 1:00pm-CR
 Ladies Prayer Group | Tuesdays @ 10:30am-C
 Sunshine News Hour | Wednesdays @ 1:45pm- T
 Country Store is OPEN! | Mon- Thurs @ 2-4pm
 Communion | Tuesdays @ 2pm- C
 Church Service | Sundays @ 2:30pm- C
 Weights| Mondays @ 10am- CR
 Walking on Sunshine Club / Mileage Challenge| ALL
 MONTH LONG
 Preaching w/ Pastor Bryan | Thursdays @ 6pm

Transportation Schedule

Walmart Shopping.....Mondays @1:00pm
 Kroger/ Publix Shopping.....Fridays @
 10:00am

Medical Appointments/ Shuttle

Bus.....Tues/Wed/Thurs

Please sign up at least 24 hours in advanced for
 medical appointments & shuttle bus
 transportation-

-Please check the calendar & sign up book for
 other scheduled outings-
 -Please check sign up book regularly for on & off
 site activities that require sign up. A* beside the
 activity requires sign up-

Special Events

Wellness Month

8/2 Activity Meeting | 3:00pm
 8/5 Lunch @ Cracker Barrel Douglasville | 1:00 pm
 8/7 Miniature Horse Visit | 11:00am- 12:30pm
 8/10 S'mores Social | 2:00pm
 8/12 Chair Massages w/ Lisa | 1:30-2:30pm & Three stands Vinyard | 2:00
 8/17 Hiram Goodwill Shopping | 5:30pm
 8/19 Trip to Douglas County Museum of History and Art | 1:30pm
 8/20 Pet Therapy w/ Beretta | 11-12:30pm
 8/23 Baking Class | 3:00pm
 8/24 Afternoon Tea Social | 2:00pm
 8/25 Show and Tell | 1:45pm
 8/26 Dog Meet up | 2:00pm
 8/31 Health Chat w/ Lisa | 1:45pm
 8/31 Lunch @ Wallace BBQ | 1:00pm

AUGUST

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



CREEKSIDE PINES
RETIREMENT COMMUNITY
1011 Merchants Drive
Dallas, GA 30132
(678)363-0777

7
10:00 Walking On Sunshine Club-P
11:00-12:30 Mini Horse Visit- P
1:30 Game-Rummikub- CR
2:30 Church Service w/ Tommy-C
4:00 Movie Hour- T
(The man from Toronto)
6:00 Games/ Puzzles- CR

14
10:00 Walking On Sunshine Club-P
1:30 Game-Rummikub- CR
2:30 Church Service w/ Jerry- C
4:00 Movie Hour- T
(Big Fish)
6:00 Games/ Puzzles- CR

21
10:00 Walking On Sunshine Club-P
1:30 Game-Rummikub- CR
2:30 Church Service w/ Tommy-C
4:00 Movie Hour- T
(Love me tender)
6:00 Games/ Puzzles- CR

28
10:00 Walking On Sunshine Club-P
1:30 Game-Rummikub- CR
2:30 Church Service w/ Jerry- C
4:00 Movie Hour- T
(The pursuit of happiness)
6:00 Games/ Puzzles- CR

1
10:00 Weights-CR
10:30 Walking on Sunshine Club-P
11:00 Cognitive Packet
Pick up - MS
11:00 Wellness Month Kick off- DR
1:00 Hiram Walmart Shopping*
2:30 Prize Bag Bingo-MS
3:30 Game- Yahtzee- CR
6:00 Quarter Bingo-MS

8
10:00 Weights-CR
10:30 Walking on Sunshine Club-P
11:00 Cognitive Packet
Pick up - MS
1:00 Dallas Walmart Shopping*
2:30 Prize Bag Bingo-MS
3:30 Game- Guess Who- CR
6:00 Quarter Bingo-MS

15
10:00 Weights-CR
10:30 Walking on Sunshine Club-P
11:00 Cognitive Packet
Pick up - MS
11:00 Cognitive Class- MS
1:00 Hiram Walmart Shopping*
2:30 Prize Bag Bingo-MS
3:30 Game-Uno-CR

22
10:00 Weights- CR
10:30 Walking on Sunshine Club-P
11:00 Cognitive Packet
Pick up - MS
11:00 Cognitive Class- MS
1:00 Dallas Walmart Shopping*
2:30 Prize Bag Bingo-MS
3:30 Game- Been there done that- CR
6:00 Quarter Bingo-MS

29
10:00 Weights -CR
10:30 Walking on Sunshine Club-P
11:00 Cognitive Packet
Pick up - MS
11:00 Jeopardy- CR
1:00 Hiram Walmart Shopping*
2:30 Prize Bag Bingo-MS
6:00 Quarter Bingo-MS

2
10:00 Sit & Stretch- CR
10:30 Ladies Prayer Group- C
11:00 Walking On Sunshine Club-P
1:00-3:00 Big Daddy Malts- MS
1:00 Wii Bowling- CR
2:00 Communion-C
3:00 Activity Meeting- CR
6:00 Games- DR

9
10:00 Sit & Stretch- CR
10:30 Ladies Prayer Group- C
11:00 Walking On Sunshine Club-P
1:00-3:00 Big Daddy Malts- MS
1:00 Wii Bowling- CR
2:00 Communion-C
3:00 Tech Tuesday- L
6:00 Games- CR

16
10:00 Sit & Stretch- CR
10:30 Ladies Prayer Group- C
11:00 Walking On Sunshine Club-P
1:00-3:00 Big Daddy Malts- MS
1:00 Wii Bowling- CR
2:00 Communion-C
3:00 Tech Tuesday- L
6:00 Games- CR

23
10:00 Sit & Stretch- CR
10:30 Ladies Prayer Group- C
11:00 Walking On Sunshine Club-P
1:00-3:00 Big Daddy Malts- MS
1:00 Wii Bowling- CR
2:00 Communion-C
3:00 Baking Class*
6:00 Games-CR

30
10:00 Sit & Stretch- CR
10:30 Ladies Prayer Group- C
11:00 Walking On Sunshine Club-P
1:00-3:00 Big Daddy Malts- MS
1:00 Wii Bowling- CR
2:00 Communion-C
3:00 Craft Class-MS*
6:00 Games- CR



3
10:00 Exercise Class -DR
11:00 Cornhole-P
11:00 Walking On Sunshine Club-P
1:45 Coffee Talk/ Sunshine News -T
2:00 Craft Class- MS *
3:00 Darts-CR
6:00 Games-DR

10
National S'mores Day
10:00 Exercise Class -DR
11:00 Cornhole-P
11:00 Walking On Sunshine Club-P
1:00 Library Trip*
1:45 Coffee Talk/ Sunshine News- T
2:00 S'mores Social-MS
6:00 Games - CR

17
National Thrift Shop Day
10:00 Exercise Class- DR
11:00 Cornhole-P
11:00 Walking On Sunshine Club-P
1:45 Coffee Talk/ Sunshine News -T
5:30 Hiram Goodwill Shopping*
6:00 Games- CR

24
10:00 Exercise Class- DR
10:30 Walking On Sunshine Club-P
11:00 Cornhole-P
1:00 Library Trip*
1:45 Sunshine News -T
2:00 Afternoon Tea Social- MS
6:00 Games/ Puzzles- CR

31
10:00 Exercise Class- DR
10:30 Walking On Sunshine Club-P
11:00 Cornhole-P
1:00 Lunch @ Wallace BBQ
1:45 Health Chat w/ Lisa
6:00 Games- CR



4
10:00 Balance Class- CR
11:00 Walking On Sunshine Club-P
1:00 Wii Bowling-CR
2:30 Prize Bag Bingo-MS
3:30 Bible Study w/ Nancy- C
6:00 Preaching w/ Pastor Bryan- C

11
10:00 Balance Class- CR
11:00 Walking On Sunshine Club-P
1:00Wii Bowling-CR
1:45 Show and Tell- CR
2:30 Prize Bag Bingo-MS
3:30 Bible Study w/ Nancy- C
6:00 Preaching w/ Pastor Bryan- C

18
10:00 Balance Class- CR
11:00 Walking On Sunshine Club-P
1:00 Wii Bowling-CR
2:30 Prize Bag Bingo-MS
3:30 Bible Study w/ Nancy- C
6:00 Preaching w/ Pastor Bryan-

25
10:00 Balance Class- CR
11:00 Walking On Sunshine Club-P
1:00 Wii Bowling-CR
1:45 Book Club -MS
2:30 Prize Bag Bingo-MS
3:30 Bible Study w/ Nancy- C
6:00 Preaching w/ Pastor Bryan- C

Life Enrichment Director:
Megan.cordle@sunshineret.com

Like us on Facebook:
Facebook.com/CreeksidePinesRet

5
10:00 Kroger Shopping*
10:00 Walking On Sunshine Club-P
11:00 Ladderball-P
1:00 Lunch @ Cracker Barrel*
3:00 Happy Hour-CR
4:00 Gospel Piano w/ Vickie-DRL
6:00 Quarter Bingo-MS

12
10:00 Publix Shopping*
10:00 Walking On Sunshine Club-P
11:00 Ladderball-P
1:30-2:30 Chair Massages w/ Lisa-FR
2:00 Three Strands Vineyard
3:00 Happy Hour-CR
6:00 Quarter Bingo-MS

19
10:00 Kroger Shopping*
10:00 Walking On Sunshine Club-P
11:00 Ladderball-P
1:30 Douglas County Museum of History & Art*
3:00 Happy Hour-CR
4:00 Gospel Piano w/ Vickie-DRL
6:00 Quarter Bingo- MS

26
National Dog Day
10:00 Publix Shopping*
10:00 Walking On Sunshine Club-P
11:00 Ladderball- P
2:00 Dog Meet up in the community dog park
3:00 Happy Hour- CR
6:00 Quarter Bingo- MS



6
10:00 Heart Exercise- FR
10:30 Walking on Sunshine Club-P
11:00 Rose Colored Lasses- MS
1:30 Game- Rummikub- DR
2:00 Movie Hour-T
(Troy)
3:00 Sewing Club- CR
6:00 Quarter Bingo-MS

13
10:00 Heart Exercise- FR
10:30 Walking on Sunshine Club
11:00 Rose Colored Lasses- MS
1:30 Game- Rummikub- DR
2:00 Movie Hour-T
(Elvis- Double Trouble)
3:00 Sewing Club- CR
6:00 Quarter Bingo-MS

20
10:00 Heart Exercise- FR
10:30 Walking on Sunshine Club-P
11:00 Rose Colored Lasses- MS
1:30 Game- Rummikub- DR
2:00 Movie Hour- T
(10,000 BC)
6:00 Quarter Bingo-MS

27
10:00 Heart Exercise- FR
10:30 Walking on Sunshine Club-P
11:00-12:30 Pet Therapy w/ Beretta- DR
11:00-2:00 Paparazzi Jewlery-DRL
1:30 Game- Rummikub- DR
2:00 Movie Hour- T
(The Ice Road)
3:00 Sewing Club- CR
6:00 Quarter Bingo-MS

Room Key
DR-Dining Room
MS-Malt Shop
FR-Fitness Room
CR-Club Room
P- Patio
T- Theatre
C- Chapel

AUGUST 2022

wellness challenge
SUNSHINE'S 10TH ANNUAL
get fit | get informed | get restored | give back

Activities Subject to Change