

## Shining Star



**Karen Hambrick**

Housekeeper  
4 months at Community

I have a background in the cleaning industry, Prior to joining the team at Hammond Glen, I had cleaning service company for 15 years.

My favorite food is Italian.

My mother instilled in me the following and I have continue to live by it, **“When you go to a job, you do your best and never leave your assignment incomplete.”**

## MARCH BIRTHDAYS

- 2<sup>nd</sup> Sy C.
- 3<sup>rd</sup> Rosalee B.
- 7<sup>th</sup> Gayle O.
- 7<sup>th</sup> Eunice S.
- 8<sup>th</sup> Roy S.
- 9<sup>th</sup> Dale H.
- 13<sup>th</sup> Audrey V,
- 14<sup>th</sup> Will K. (100, Century Club)
- 15<sup>th</sup> Herbert T.
- 16<sup>th</sup> Abbi S.
- 17<sup>th</sup> Myra S,
- 19<sup>th</sup> Murray T.
- 20<sup>th</sup> Angela L. S.
- 21<sup>st</sup> Robert C.
- 25<sup>th</sup> Mary A.H.
- 28<sup>th</sup> Ronald W.



### Leadership Team

- Executive Director.....Bruce Johnson
- Business Office Manager.....Kristen Farol
- Community Development Director.....
- .....Ebony Barbee’-Munguia
- Community Development Coordinator.....
- .....Shanika Smith
- Health & Wellness Director.....
- .....Paulette Ferguson-Brown
- Life Enrichment Director.....
- .....Shalyse Moreland
- Executive Chef.....Peter Cartagena
- Sous Chef.....Jorell Meekins
- Dining Room Coordinator.....Javlin DuBose
- Maintenance Director.....Ryan Ramjit

### Support Team

- Maintenance Coordinator.....Curtis Burrton
- Life Enrichment Assistant.....Martha Childs
- Transportation.....Tay Woods

### Important Phone Numbers

- Main Line.....(404)256-6300
- Beauty Salon.....(404) 860-6477
- Manicures/Byrd’s Nest.....(404) 915-9145

## Meal Times

- Breakfast.....8:30 a.m. - 9:30 a.m.
- Lunch.....12:00 p.m. - 1:30 p.m.
- Dinner.....4:45 p.m. - 6:30 p.m.

## Movie Showings

Everyday 2:00 & 7:00 | Theater Room

- Mondays.....Westerns
- Tuesdays.....Classics
- Wednesdays.....Romance/Comedy
- Thursdays.....Black/African-American
- Fridays.....Action/Adventure
- Saturdays.....Resident Request
- Sundays.....Resident Request

## Reoccurring Activities

- Blood Pressure Checks Wednesdays | 3:00 p.m. | GA
- Bingo | Wednesdays | 7:15 p.m. | MR

## Transportation Schedule

(Please try to sign up 24 hours in advanced)

- Monday**
- Medical Appointments & Pharmacy Pickup .....9:00am - 4:00pm
- Tuesday**
- Kroger 1st Trip.....9:00am-11:30am
- Retail Stores.....1:00pm-4:00pm
- Kroger 2nd Trip.....3:00pm-4:00pm
- Wednesday**
- Medical Appointments & Pharmacy Pickup .....10:00am - 4:00pm
- Thursday**
- Vehicle Maintenance (No Transportation)... 1st Thursday
- Publix 1st Trip.....9:00am-11:30am
- Retail Stores.....1:00pm-2:30pm
- Publix 2nd Trip.....3:00pm-4:00pm
- Friday**
- Medical Appointments & Pharmacy Pickup .....9:00am - 4:00pm

## Special Events

- 3/1 Happy Hour w/Jenni | 3:00|MR
- 3/3 March Birthday Bash | 2:00| MR
- 3/4 Rhythm & Rouge Live Music |2:00| MR
- 3/6 Classical Music Performance | 11:30 |MR
- 3/8 How To Recover From a Fall |1:30|MR
- 3/8 Happy Hour w/Jim |3:00| MR
- 3/14 Art Show w/Todd Paschal |2:00| MR
- 3/14 Sips, Desserts & Music Soiree |6:30 |MR
- 3/15 Happy Hour w/Loose Shoes | 3:00| MR
- 3/16 Current Events | 1:30| MR
- 3/16 Mega Bingo | 3:00| MR
- 3/17 Nat King Cole Tribute Music |3:00| MR
- 3/21 Chef Demo & Tasting |2:30| MR
- 3/22 Happy Hour w/Keith |3:30 |MR
- 3/23 Community Health Fair |2:00-4:30 |MR
- 3/24 Poetry & Wine Gathering |2:00| MR
- 3/28 Chef Demo & Tasting |2:30| MR
- 3/29 Happy Hour | 3:00| MR
- 3/30 Classical Music Performance |3:00|MR
- 3/31 Happy Hour—Bitsyland Band:3:00| MR


## Outings

- 3/17 Lunch Outing—Persepolis Resturant| 1 2:00
- 3/31 Movie Outing—A Good Person | 1:00

# MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p><b>HAMMOND GLEN</b> RETIREMENT COMMUNITY 335 Hammond Drive Sandy Springs, GA 30328 404.856.6300</p>	CR-Conference Room GA-Gallery GR-Game Room ER-Exercise Room LB-Library MR-Meeting Room MS-Malt Shop TR=Theater Room	Shalyse (Shay) Moreland Life Enrichment Director 470.532.3721 302LED@sunshineret.com   Facebook.com/HammondGlen Instagram:@hammondglenretirement	10:30 Calisthenics (MR) <b>1</b> 1:00 Mahjong for Beg & Inter. GR 11:00-1:00 Popcorn Snack (MS) <b>3:00 Happy Hour—Jeni (MR)</b> 2:00 & 7:00 Movie Showing (TR) 7:15 Bingo (MR)	10:00-12:00 Country Store MS <b>2</b> 10:30 Exercise w/Nancy (MR) 1:00-3:00 Popcorn Snack (MS) 2:00 & 7:00 Movie Showing (TR)	10:30 Chair Exercise w/Jackie <b>3</b> 11:00-1:00 Popcorn Snack (MS) <b>2:00 March Birthday Bash (MR)</b> 2:00 & 7:00 Movie Showing (TR) 2:00 Knitting (GR) 7:00 Shabbat Service (MR)	10:00—Community Walk <b>4</b> <b>2:00 Rhythm &amp; Rouge Music MR</b> 2:00 & 7:00 Movie Showing (TR) 3:00 Pet Therapy (Walk your pet) <b>WEAR YOUR FAVORITE BLUE (Colan Cancer Awareness)</b>	
	9:00 Community Walk  <b>5</b> 10:30 S.S.U.M.C. Bus Pickup 11:15 St. Jude Communion (CR) 2:00 Share Your Pet Recipes (LB) 2:00 & 7:00 Movie Showing (TR)	10:30 Resistance Bands MR <b>6</b> 11:00 Sunshine News Plans (MR) <b>11:30 Classical Piano Music (MR)</b> 1:15 Canasta (MR) 1:30 Bible Study (GR) 2:30 Bridge (MS) Purim Day <a href="#">Jewish Observance</a>	10:30 Exercise w/Ingrid MR <b>7</b> 11:00-1:00 Fresh Cookies (MS) <b>1:15 Trivia (MR)</b> 2:00-4:00 Country Store Open (MS) 2:00 & 7:00 Movie Showing (TR)	10:30 Calisthenics (MR) <b>8</b> 11:00-1:00 Popcorn Snack (MS) <b>1:30 Fall Recovery w/Bev (MR)</b> <b>3:00 Happy Hour w/Jim (MR)</b> 2:00 & 7:00 Movie Showing (TR) 7:15 Bingo (MR)	10:00-12:00 Country Store MS <b>9</b> 10:30 Pilates & Yoga w/Nancy (MR) <b>1:45 Resident Council (MR)</b> 1:00-3:00 Varieties of Popcorn (MS) 2:00 & 7:00 Movie Showing (TR) Popcorn Lover's Day	10:30 Chair Exercise w/Jackie <b>10</b> 1:00-3:00 Fresh Cookies (MS) 2:00 Knitting (GR) 2:00 & 7:00 Movie Showing (TR) 7:00 Shabbat Service (MR)	9:00 Community Walk <b>11</b> 10:00 Treadmill Walking (ER) <b>2:00 Book Group (CR)</b> <b>2:00 Act Up Performance (MR)</b> 2:00 & 7:00 Movie Showing (TR) 3:00 Pet Therapy (Walk your pet)
	9:00 Community Walk  <b>12</b> 10:30 S.S.U.M.C. Bus Pickup 11:15 St. Jude Communion CR <b>2:00 Christian Worship (MR)</b>  2:00 Share Your Pet Recipes (LB) 2:00 & 7:00 Movie Showing (TR) <b>6:00-March Madness Selection (GA)</b> (\$2.00 per sheet & 2 maximum)	10:30 Resistance Bands MR <b>13</b> 11:00 Sunshine News Plans (MR) 1:15 Canasta (MR) 1:30 Bible Study (GR) 2:30 Bridge (MS) 2:00 & 7:00 Movie Showing (TR)	10:30 Balancing w/Bev (MR) <b>14</b> <b>2:00 Art Show (MR)</b> 2:00-4:00 Country Store Open (MS) 2:00 & 7:00 Movie Showing (TR) <b>7:00 Sip, Desserts, Music Soiree MR</b>	10:30 Calisthenics (MR) <b>15</b> 11:00-1:00 Popcorn Snack (MS) 1:00 Mahjong for Beg & Inter. GR <b>3:00 Happy Hour—Loose Shoes MR</b> 2:00 & 7:00 Movie Showing (TR) 7:15 Bingo (MR)	10:00-12:00 Country Store MS <b>16</b> 10:30 Pilates & Yoga w/Nancy (MR) <b>1:30 Current Events (MR)</b> 2:00 & 7:00 Movie Showing (TR)	10:30 Chair Exercise w/Jackie <b>17</b> <b>12:00 Lunch Outing—Persepolis Res</b> 2:00 & 7:00 Movie Showing (TR) 2:00 Knitting (GR) <b>3:00 Nat King Cole Tribute Music</b> 7:00 Shabbat Service (MR)	10:00 Community Walk <b>18</b> 2:00 & 7:00 Movie Showing (TR) 3:00 Pet Therapy (Walk your pet)
	9:00 Community Walk  <b>19</b> 10:30 S.S.U.M.C. Bus Pickup <b>2:00 Let's Talk Yiddish (MR)</b> 2:00 Share Your Pet Recipes (LB) 11:15 St. Jude Communion (CR) 2:00 & 7:00 Movie Showing (TR)	10:30 Resistance Bands MR <b>20</b> 11:00 Sunshine News Plans (MR) 1:15 Canasta (MR) 1:30 Bible Study (GR) <b>3:00 Hammond Glen Singing (MR)</b> 7:00 Bridge (MS)	10:30 Exercise w/Ingrid MR <b>21</b> <b>1:15 Trivia (MR)</b> 2:00 Knitting (GR) <b>2:30 Chef Demo &amp; Tasting (MR)</b> 2:00-4:00 Country Store Open (MS) 2:00 & 7:00 Movie Showing (TR)	10:30 Calisthenics (MR) <b>22</b> 1:00 Mahjong for Beg & Inter. GR 1:00-3:00 Fresh Cookies (MS) <b>3:30 Happy Hour w/Keith (MR)</b> 2:00 & 7:00 Movie Showing (TR) 7:15 Bingo (MR)	10:00-12:00 Country Store MS <b>23</b> 10:30 Pilates & Yoga w/Nancy (MR) 1:00-3:00 Popcorn Snack (MS) <b>2:00-4:30 Community Health Fair</b> 2:00 & 7:00 Movie Showing (TR)	10:30 Chair Exercise w/Jackie <b>24</b> 1:00 Popcorn Snack (MS) <b>2:00 Poetry &amp; Wine Gathering (MR)</b> 2:00 Knitting (GR) 2:00 & 7:00 Movie Showing (TR) 7:00 Shabbat Service (MR)	9:00 Community Walk <b>25</b> 10:00 Treadmill Walking (ER) 2:00 & 7:00 Movie Showing (TR) 3:00 Pet Therapy (Walk your pet) <b>8:00 Juke Bix Social (MS)</b>
	9:00 Community Walk  <b>26</b> 10:30 S.S.U.M.C. Bus Pickup 11:15 St. Jude Communion (CR) 2:00 Share Your Pet Recipes (LB) <b>2:00 Christian Worship (MR)</b>  <b>3:00 Group Discussion w/Bill (MR)</b>	10:30 Resistance Bands MR <b>27</b> 11:00 Sunshine News Plans (MR) <b>11:30 Classical Piano Music (MR)</b> 1:15 Canasta (MR) 1:30 Bible Study (GR) 2:30 Bridge (MS) 2:00 & 7:00 Movie Showing (TR)	10:30 Exercise w/Ingrid (MR) <b>28</b> 2:00-4:00 Country Store Open (MS) <b>2:30 Chef Demo &amp; Tasting (MR)</b> 2:00 & 7:00 Movie Showing (TR)	10:30 Calisthenics (MR) <b>29</b> 1:00 Mahjong for Beg & Inter. GR 11:00-1:00 Popcorn Snack (MS) <b>3:00 Happy Hour (MR)</b> 2:00 & 7:00 Movie Showing (TR) 7:15 Bingo (MR)	10:00-12:00 Country Store MS <b>30</b> 10:30 Pilates & Yoga w/Nancy (MR) 1:00-3:00 Popcorn Snack (MS) <b>3:00 Classical Musical Perform. MR</b> 2:00 & 7:00 Movie Showing (TR)	10:30 Chair Exercise w/Jackie <b>31</b> 1:00-3:00 Fresh Cookies (MS) 2:00 & 7:00 Movie Showing (TR) 2:00 Knitting (GR) <b>3:00 Happy Hour—Bitsyland (MR)</b> 7:00 Shabbat Service (MR)	

# MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Haven At Hammond Glen Personal Care</b>  335 Hammond Drive Sandy Springs, GA 30328	CC-Creative Corner CR-Conference Room GA-Gallery GR-Game Room LB-Library MR-Meeting Room MS-Malt Shop TR-Theater Room	Martha Childs Life Enrichment Assistant 470.532.3721 302LED@sunshineret.com   Facebook.com/HammondGlen Instagram:@hammondglenretirement	10:00 Scrabble (CC) <b>1</b> 11:00 Decorating w/Candy (CC) 1:00 Movie Showing (CC) 3:00 Happy Hour-Jeni (MR)	10:30 Cardio Drumming CC <b>2</b> 1:00-3:00 Popcorn Snack (CC) 2:00 Resident Outing on Bus 6:00 Movie Showing (CC)	11:00 Cookies & Coloring CC <b>3</b> 2:00 March Birthday Bash (MR) 6:00 Bingo (CC) 7:00 Shabbat Service (MR)	10:00-Community Walk <b>4</b> 2:00 Muffins & Coloring (CC) 3:00 Rhythm & Rouge Music MR 6:00 Movie Showing (CC) WEAR YOUR FAVORITE BLUE (Colan Cancer Awareness)
9:00 Community Walk <b>5</b> 10:30 S.S.U.M.C. Bus Pickup 11:15 St. Jude Communion (CR) 2:00 Share Your Pet Recipes (LB) 2:00 Rose Kiss Craft (CC) 6:00 Movie Showing (CC)	10:00 Container Gardening <b>6</b> 11:30 Classical Piano Music (MR) 2:00 Cheetos & Jenga (CC) 2:00 Movie Showing (CC) 6:00 Bingo (CC)	10:30 Cardio Drumming CC <b>7</b> 2:00 Knitting/Crocheting (CC) 1:15 Trivia (MR) 2:00-4:00 Country Store Open (MS) 6:00 Movie Showing (CC)	10:45 Town Hall Meeting MR <b>8</b> 11:00-1:00 Popcorn Snack (MS) 1:30 Fall Recovery w/Bev (MR) 3:00 Happy Hour-w/Jum (MR) 6:00 Movie Showing (CC) 7:15 Bingo (MR)	10:30 Cardio Drumming CC <b>9</b> 1:45 Resident Council (MR) 1:00-3:00 Popcorn Snack (CC) 6:00 Movie Showing (CC)	11:00 Shuffleboard (CC) <b>10</b> 1:30 Bingo (CC) 6:00 Movie Showing (CC) 7:00 Shabbat Service (MR)	9:00 Community Walk <b>11</b> 2:00 Muffins & Coloring (CC) 2:00 Book Group (CR) 2:00 Act Up Performance (MR) 3:00 Pet Therapy (Walk your pet)
9:00 Community Walk <b>12</b> 10:30 S.S.U.M.C. Bus Pickup 11:15 St. Jude Communion CR) 2:00 Christian Worship (MR) 6:00 March Madness Tailgate (GA) 6:00 Movie Showing (CC)	10:00 Coloring & Cake CC <b>13</b> 11:00 Valentine Door Tags (CC) 2:00 Movie Showing (CC) 6:00 Bingo (CC)	11:00 Shoot Your Shot (CC) <b>14</b> 2:00-4:00 Country Store Open (MS) 2:00 Cheetos & Jenga (CC) 6:00 Movie Showing (CC) 7:00 Sip, Desserts, Music Soirée MR	1:00 Sip & Painting (CC) <b>15</b> 3:00 Happy Hour-Loose Shoes MR 6:00 Movie Showing (CC) 7:15 Bingo (MR)	10:00-12:00 Country Store MS <b>16</b> 10:30 Cardio Drumming CC 1:30 Current Events (MR) 3:00 Mega Bingo (MR) 6:00 Movie Showing (CC)	10:30 Putt Purr Golf (CC) <b>17</b> 11:00-1:00 Popcorn Snack (CC) 6:00 Movie Showing (CC) 7:00 Shabbat Service (MR)	10:00 Sit & Be Fit (CC) <b>18</b> 11:00 Scrabble (CC) 1:00 Movie Showing (CC) 2:00 & 7:00 Movie Showing (TR) 3:00 Pet Therapy (Walk your pet)
9:00 Community Walk <b>19</b> 10:30 S.S.U.M.C. Bus Pickup 2:00 Share Your Pet Recipes (LB) 2:00 Let's Talk Yiddish (MR) 11:15 St. Jude Communion (CR) 6:00 Movie Showing (CC)	10:30 Puzzles & Pretzels CC <b>20</b> 2:30 Bridge Monday (MS) 3:00 Hammond Glen Singers MR 6:00 Bingo (CC)	10:30 Chair Yoga (CC) <b>21</b> 1:15 Trivia (MR) 2:00-4:00 Country Store Open (MS) 6:00 Movie Showing (CC)	10:30 Shuffleboard (CC) <b>22</b> 11:00-1:00 Popcorn Snack (MS) 3:30 Happy Hour w/Keith (MR) 2:00 & 7:00 Movie Showing (TR) 7:15 Bingo (MR)	10:00-12:00 Country Store MS <b>23</b> 10:30 Name That Tune (CC) 1:00-3:00 Popcorn Snack (MS) 2:00 Community Health Fair MR 6:00 Movie Showing (CC)	10:30 Ceramic Social (CC) <b>24</b> 11:00-1:00 Popcorn Snack (CC) 2:00 Poetry & Wine Gathering (MR) 6:00 Movie Showing (CC) 7:00 Shabbat Service (MR)	9:00 Community Walk <b>25</b> 11:00 Pretzels & Puzzles (CC) 3:00 Pet Therapy (Walk your pet) 6:00 Movie Showing (CC)
9:00 Community Walk <b>26</b> 10:30 S.S.U.M.C. Bus Pickup 11:15 St. Jude Communion (CR) 2:00 Share Your Pet Recipes (LB) 2:00 Christian Worship (MR) 6:00 Movie Showing (CC)	10:30 Cardio Drumming CC <b>27</b> 11:30 Classical Music Per (MR) 2:00 Cheetos, Jenga, Movie (CC) 6:00 Bingo (CC)	10:30 Cheetos & W.S. (CC) <b>28</b> 2:30 Chef Demo & Tasting (MR) 2:00-4:00 Country Store Open (MS) 6:00 Movie Showing (CC)	10:00 Scrabble (CC) <b>29</b> 11:00 Paint Therapy (CC) 1:00 Movie Showing (CC) 3:00 Happy Hour MR	10:30 Cardio Drumming CC <b>30</b> 1:00-3:00 Popcorn Snack (CC) 3:00 Classical Music Perform. MR 2:30 Cheetos & Jenga (CC) 6:00 Movie Showing (CC)	10:30 Noodle Ball (CC) <b>31</b> 11:00 Cookies & Coloring CC 2:00 3:00 Happy Hour- Bitsyland (MR) 6:00 Bingo (CC) 7:00 Shabbat Service (MR)	