

AUGUST 2015

A Family Affair!



“A Family Affair,” our new monthly gathering, was a huge success as you can see by the many smiling faces in these photos. Sign up and join us on Sunday, August 16th, when you can **Make Your Own Dessert Smoothie!**



Relaxing Times!



Above: Hammond Glen’s Outdoor Summer Concert Series continues to be well received. Watch for the next concert and invite your family and friends to join us for some great music.

Right: Our Lanai is truly an oasis where you can relax, enjoy a good book or watch the koi swim.



Here’s three things you didn’t know about Assistant Life Enrichment Director **Ashley Hurd**. She played quarterback on her high school football team and was the only girl on the team. She plays the trumpet and loves to paint. Now you know!



A SENIOR COMMUNITY

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.....Transportation

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Happenings

August is

wellness month

“Wear your pendant day” is everyday!

August special: wear your pendant and expect the unexpected!
Wear your pendant to qualify for fun, giveaways and prizes!

get informed

A healthy mind is an active mind—stay informed with these outstanding programs...

• **NEW!** Alternative Health and Wellness Series with Sharon Reynolds.

Wednesday, August 5th at 1:00 p.m.

“Mind Body Spirit—How They Are All Connected”
Tuesday, August 11th at 11:00 a.m.

“Enneagrams and How Personality Motivates Behavior”
Wednesday, August 19th at 1:00 p.m.

“Behavioral Styles—Why You Do What You Do”
Tuesday, August 25th at 11:00 a.m.

“Introduction to Meditation”

• **Pendant Awareness Day is Tuesday, the 25th!**

Popsicles and Pendants at 2:00 p.m.

You must show your pendant to receive a popsicle!

Champagne Pendant Awareness Party and Event
at 4:00 p.m. with Right at Home

• **Monthly Foundation Therapy Lectures**

“Osteoporosis: Safety with Diet and Exercise”
on Monday, August 17th at 3:00 p.m.

• **ADA Medical Supply**

Free adjustments, information and demonstrations

• **Audiological Consultants**

• **Trimark’s Wellness Clinic**

• **Coffee Talk & Danish**

Engage in an open and frank discussion with our resident Carol and The Alzheimer’s Association

• **Benson Center Swim Orientation**

Benson Center Offers Free Programs for Fulton County Residents—that means **YOU!** Learn more by visiting the Center on Fridays

• **Trending Now: Current Events & Team Trivia**

get fit

Avail yourself of a multitude of opportunities to get active at Hammond Glen...

• **Walking with the Staff at Perimeter Mall**

Earn a black T-shirt

• **Chattahoochee River Trail**

Earn a black T-shirt

• **Blaze Your Own Walking Path**

within the safe confines of the Hammond Glen property. Walk in the parking lot, through the building or round and round the Meeting Room.

• **Fitness Class, Theraband, Yoga and Zumba**

• **Wii Golf and Wii Bowling – What a blast!**

• **Hammond Glen Goes to The Benson Center**

Enjoy free registration, free exercise classes and Free Swim Fridays! Other free programs and classes available.

• **NEW! Meditation**

Attend “Introduction to Meditation” on Tuesday, August 25th and practice Meditation twice a month on Wednesdays starting in September!

• **On-site Physical Therapy Department**

See Katherine Parson for Details

• **Full Exercise Room with Equipment**

get restored

Take part in some amazing activities and events...

• **Sound of Music Sing a Long at the Fox Theatre**

• **Cirques Du Soleil—VAREKAI Tales of the Forest**

• **Guys & Dolls Adult Chorus Performs Gershwin**

• **High Museum of Art**

Enjoy a free visit on Saturdays AND Sundays!

• **Etowah Indian Mounds Trip**

Only a short bus ride away, visit a fascinating Native American sacred historical site. Box lunch provided.

• **Free Pancake Breakfast**

• **Full Service Beauty Parlor/Barber Shop**

Look great with assistance from our in-house salon

• **Free Men’s Breakfast and Club**

• **Concierge Services Available**

Sign up at Front Desk

• **Unwind in Cushy Recliners with Movies**

Monday through Saturday at 2:00 and 7:30 p.m. or
on Sundays at 2:00, 4:30 and 7:30 p.m.

• **Get Crafty on Fridays—Express your Creative YOU!**

• **Knit and Crochet—now on two Tuesdays a month!**

• **Right at Home Services**

A little help with daily living activities is just a phone call away and can bring great peace of mind. Inquire at Front Desk.

• **Happy Hour with Entertainment and the Outdoor Concert Series**

Music is the best medicine and the wine doesn’t hurt!

• **Relax on the Lanai—Meditate, read, daydream...**

• **Resident Poetry, Literature and Philosophy**

An open group and discussion.

• **International Lunch Club**

Dine in a new country each month.

• **Gardening**

Claim a spot in our raised beds or care for what’s already there. Watch for higher beds with easier access.

• **Meeting Spiritual Needs**

Hammond Glen has regular Bible Study, Worship Services, Shabbat Services and Mass.

• **Attend Our Second Family Affair on August 16th**

at 1:00 p.m. in honor of Wellness Month—Create your own healthy dessert smoothie

give back

Embrace the spirit of volunteerism here at Hammond Glen...

• **Alzheimer’s Fundraiser Mondays**

Hot dogs, hamburgers and pizza for a great cause.

• **Volunteer at Hammond Glen**

Check with Life Enrichment and Marketing to take part in some wonderful opportunities. If you’re at an activity and see an opportunity, just “jump in” or ask how you can help!

• **Share Your Talent in the Variety Show!**

Sign up today in the book by the Theatre and be a part of this fun event on Thursday, August 27th.

• **Attend the Open Activity Meeting**

Share your thoughts and ideas!

• **Bring a Friend**

Going to an activity, an outing or making a dinner reservation? Invite another resident to join you!

• **Spread the Word About Hammond Glen**

to outsiders, family members, community organizations and especially to your neighbors at Hammond Glen about how to get the “Wellness” out of their experience. Our home is your home at Hammond Glen.

• **A Simple Smile Can Go a Long Way**

Every time you smile at or say thank you to another resident, staff member or a complete stranger, you are giving that person a gift and it’s free!

• **Become a “New Resident Buddy”**

Visit our Marketing Department for details.

• **Volunteer at the Sandy Springs Festival**

We will have a booth at this year’s Sandy Springs Festival on September 19th and 20th. Be a Hammond Glen Ambassador by helping staff our booth and engage the community. Contact Life Enrichment for shift details.