



LEGACY RIDGE

AT ALPHARETTA

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The Cornhole Craze

The casual game of cornhole has become serious competition. A longtime favorite at tailgating events and backyard parties, this variation of beanbag toss now has players competing in tournaments at local, state, college and national levels. It's even aired on sports channel ESPN, and fans aim to make cornhole an Olympic sport in coming years.

Bedtime Puzzles

Many people read in bed as a way to wind down and avoid screen time, either from a phone, tablet or TV, before going to sleep. If you're not into reading, try working on a crossword, word search or other puzzle. It will have a similar effect as reading a book.

Remember When: Woodie Wagons

It's a classic car style that immediately evokes nostalgia. But when the first wood-paneled station wagons hit the road in the 1930s, they were already hearkening back to a simpler time, when car bodies were built from lumber. With a polished, handcrafted look, the lovingly nicknamed "woodie wagons" appealed to luxury car owners as well as families, who could pile the kids in the large vehicle for everyday travel or longer road trips. Gradually, automakers quit using wood due to its rising cost and problems with weatherproofing, but used woodie wagons found a new crowd, the surfer youth of 1960s California, who cherished the affordable cars for their off-roading ability and space for surfboards.

July 2022

Resident Spotlight!



Our resident of the month is Ms. Elaine! Elaine is one of our resident ambassadors and is always helping others in the community. She always has a big smile on her face and is always making other residents and staff smile. She loves spending time with her family, bingo, and gardening. A fun fact about Ms. Elaine is that she has

lived in Montreal!

Associate Spotlight!



Our associate of the month of July is our WONDERFUL care staff. Each and everyone of them go above and beyond to make sure the residents are taken care of. This team looks out for one another and is always helping another team member if they need help. We are so lucky to have this amazing group of people represent Legacy Ridge!





Fruit Salad Sing-Along

Musical artists have spent decades crooning about love, life and ... fruit? Enjoy a taste of these sweet picks.

Year	Song	Artist
1942	“Don’t Sit Under the Apple Tree (With Anyone Else but Me)”	The Andrews Sisters
1956	“Day-O (The Banana Boat Song)”	Harry Belafonte
1967	“Strawberry Fields Forever”	The Beatles
1968	“I Heard It Through the Grapevine”	Marvin Gaye
1970	“One Bad Apple”	The Osmonds
1970	“Tangerine”	Led Zeppelin
1985	“Raspberry Beret”	Prince and the Revolution
1993	“Lemon”	U2
2004	“Black Horse and the Cherry Tree”	KT Tunstall
2006	“Banana Pancakes”	Jack Johnson
2015	“Mango Tree”	Zac Brown Band

“This Month In History”

JULY

1790: The District of Columbia is established as the seat of the U.S. government.

1933: American aviator Wiley Post completes the first solo flight around the world in seven days and 18 hours.

1935: British publishing house Penguin Books releases the first paperbacks, making high-quality literature more affordable and available to the general public.

1955: “The Lawrence Welk Show” premieres on national TV. The bandleader and accordionist hosted a

variety of talented singers and dancers for nearly 30 years.

1971: Koko the gorilla is born at the San Francisco Zoo. Taught sign language at age 1, she gained a vocabulary of 1,000 signs during her lifetime.

1997: At age 16, Martina Hingis of Switzerland becomes the youngest Wimbledon singles champion in 110 years.

2008: NASA’s Phoenix Mars Lander spacecraft confirms the presence of frozen water in the soil of the red planet.

2018: Cardi B is the first female rapper to score two No. 1 hits on Billboard’s Hot 100 singles chart.

2020: NFL quarterback Patrick Mahomes of the Kansas City Chiefs signs the largest contract for an athlete in sports history. The 12-year deal totaled over \$500 million.