



## LEGACY RIDGE AT BUCKHEAD

## ASSISTED LIVING & MEMORY CARE

4804 Roswell Road • Atlanta, GA 30342 • (404) 531-0145

### Celebrate Our Freedom

On July 4, all across the land of the free and the home of the brave, the U.S. commemorates the adoption of the Declaration of Independence by the Continental Congress in 1776. Happy birthday, America!

### Introducing Elvis

July is a milestone month for Elvis Presley fans. On July 19, 1954, the future King of Rock 'n' Roll released his first commercial single: "That's All Right," with "Blue Moon of Kentucky" on the B-side. Shortly after, on July 30, Presley gave his first paid concert performance in Memphis, opening for country artist Slim Whitman. The price of admission was only \$1.

### An All-Star Shoe

Favored for their casual, vintage vibe, Converse All Star sneakers actually began as basketball shoes. In 1917, the footwear company released shoes called "Non-Skids," but sales were slow—until semi-pro basketball player Charles H. Taylor joined the team. Not only did Taylor suggest improvements to the sneakers, now named All Stars, but he also traveled around the country giving basketball lessons and showing off the shoes. His efforts paid off: In 1932, the All Star design was updated to feature the name "Chuck Taylor." Four years later, the sneaks became the official basketball shoe of Team USA at the Olympics, an honor they held until 1968.

### 'Bell' Is One

How many words can you come up with using the letters in "bald eagle"?

## July 2024



### Wonderful Watermelon

Nothing says summer like a juicy slice of watermelon. Not only is this refreshing fruit a great way to stay hydrated on hot days, but it also contains a type of amino acid that can provide relief to sore muscles.

### Reading Challenge: Sand, Surf and Storytime


Celebrate summer with a "beach read" challenge! Check out bestselling beach reads from the last few years, and aim to finish five new-to-you titles. Or take a more creative approach by finding books with "beach" in the title or that take place near an ocean.

### Avoid Delays at the Doctor

The average wait time to see a doctor is 18 minutes. To help avoid this delay, doctors advise asking for the first or second appointment of the day. These are prime slots because office schedules aren't yet backed up due to emergencies and late patients.

# July 2024

- Sunroom
- Bistro
- Courtyard
- Media Room
- Library
- Resident Led
- Outing
- † Bible
- Cinema
- Garden Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p style="text-align: right; margin-right: 5px;">1</p> <p>10:00 <span style="color: blue;">■</span> Morning Walk</p> <p>11:00 <span style="color: yellow;">■</span> Trivia!</p> <p>2:00 <span style="color: blue;">■</span> Shopping Trip 🚗</p> <p>3:00 <span style="color: yellow;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">2</p> <p>10:00 <span style="color: yellow;">■</span> Morning Zumba</p> <p>11:00 Medical Transportation 🚗</p> <p>2:00 <span style="color: blue;">■</span> Tabletop Games : Uno Edition</p> <p>3:00 <span style="color: yellow;">■</span> Chocolate Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">3</p> <p>10:00 <span style="color: yellow;">■</span> Morning Stretches</p> <p>11:00 <span style="color: blue;">■</span> Out to Lunch 🚗</p> <p>3:00 <span style="color: yellow;">■</span> NP* No-bake Alligator Cookies</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Women's Choice Movie Night</p>	<p style="text-align: right; margin-right: 5px;">4</p> <p><b>Independence Day</b></p> <p>10:00 <span style="color: yellow;">■</span> Morning Moves</p> <p>10:30 <span style="color: purple;">■</span> Gardening 🌿</p> <p>11:00 <span style="color: yellow;">■</span> Fireworks Sip N' Paint 🚗</p> <p>2:00 <span style="color: blue;">■</span> Thirsty Thursday &amp; Trivia!</p> <p>3:30 <span style="color: yellow;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">5</p> <p>10:00 <span style="color: yellow;">■</span> Morning Exercise</p> <p>10:30 <span style="color: yellow;">■</span> Brain Teasers : Word search, Sudoku, Crossword</p> <p>2:00 <span style="color: lightblue;">■</span> Jigsaw Puzzles</p> <p>3:00 <span style="color: red;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Men's Choice Movie Night</p>	<p style="text-align: right; margin-right: 5px;">6</p> <p>10:00 <span style="color: yellow;">■</span> Morning Exercise</p> <p>10:30 <span style="color: purple;">■</span> Garden Walk</p> <p>2:00 <span style="color: lightblue;">■</span> Jigsaw Puzzles</p> <p>3:00 <span style="color: red;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>
<p style="text-align: right; margin-right: 5px;">7</p> <p>9:30 Morning Church Services †</p> <p>1:30 <span style="color: blue;">■</span> Ice Cream Social</p> <p>3:00 <span style="color: red;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">8</p> <p>10:00 <span style="color: blue;">■</span> Morning Walk</p> <p>11:00 <span style="color: yellow;">■</span> Trivia!</p> <p>2:00 <span style="color: blue;">■</span> Shopping Trip 🚗</p> <p>3:00 <span style="color: yellow;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">9</p> <p>10:00 <span style="color: yellow;">■</span> Morning Zumba</p> <p>11:00 Medical Transportation 🚗</p> <p>2:00 <span style="color: yellow;">■</span> Tabletop Games : Dominos Edition</p> <p>3:00 <span style="color: yellow;">■</span> Chocolate Bingo</p> <p>5:00 <span style="color: blue;">■</span> Takeout Tuesday</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">10</p> <p>10:00 <span style="color: yellow;">■</span> Morning Stretches</p> <p>11:00 <span style="color: blue;">■</span> Out to Lunch 🚗</p> <p>3:00 <span style="color: yellow;">■</span> NP* Art! Making Tree Frogs</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Women's Choice Movie Night</p>	<p style="text-align: right; margin-right: 5px;">11</p> <p>10:00 <span style="color: yellow;">■</span> Morning Moves</p> <p>10:30 <span style="color: purple;">■</span> Gardening 🌿</p> <p>11:00 Medical Transportation 🚗</p> <p>2:00 <span style="color: blue;">■</span> Thirsty Thursday &amp; Trivia!</p> <p>3:30 <span style="color: yellow;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">12</p> <p>10:00 <span style="color: yellow;">■</span> Morning Exercise</p> <p>10:30 <span style="color: yellow;">■</span> Brain Teasers : Word search, Sudoku, Crossword</p> <p>2:00 <span style="color: lightblue;">■</span> Jigsaw Puzzles</p> <p>3:00 <span style="color: red;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Men's Choice Movie Night</p>	<p style="text-align: right; margin-right: 5px;">13</p> <p>10:00 <span style="color: yellow;">■</span> Morning Exercise</p> <p>10:30 <span style="color: purple;">■</span> Garden Walk</p> <p>2:00 <span style="color: lightblue;">■</span> Jigsaw Puzzles</p> <p>3:00 <span style="color: red;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>
<p style="text-align: right; margin-right: 5px;">14</p> <p>9:30 Morning Church Services †</p> <p>1:30 <span style="color: blue;">■</span> Ice Cream Social</p> <p>3:00 <span style="color: red;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">15</p> <p>10:00 <span style="color: blue;">■</span> Morning Walk</p> <p>11:00 <span style="color: yellow;">■</span> Trivia!</p> <p>2:00 <span style="color: blue;">■</span> Shopping Trip 🚗</p> <p>3:00 <span style="color: yellow;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">16</p> <p>10:00 <span style="color: yellow;">■</span> Morning Zumba</p> <p>11:00 Medical Transportation 🚗</p> <p>1:00 <span style="color: yellow;">■</span> NP* Virtual Tour of Everglades</p> <p>2:00 Tabletop Games : Scrabble Edition</p> <p>3:00 <span style="color: yellow;">■</span> Chocolate Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">17</p> <p>10:00 <span style="color: yellow;">■</span> Morning Stretches</p> <p>11:00 <span style="color: blue;">■</span> Out to Lunch 🚗</p> <p>3:00 <span style="color: yellow;">■</span> Sip N' Paint</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Women's Choice Movie Night</p>	<p style="text-align: right; margin-right: 5px;">18</p> <p>10:00 <span style="color: yellow;">■</span> Morning Moves</p> <p>10:30 <span style="color: purple;">■</span> Gardening 🌿</p> <p>11:00 Medical Transportation 🚗</p> <p>2:00 <span style="color: blue;">■</span> Thirsty Thursday &amp; Trivia!</p> <p>3:30 <span style="color: yellow;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">19</p> <p>10:00 <span style="color: yellow;">■</span> Morning Exercise</p> <p>10:30 <span style="color: yellow;">■</span> Brain Teasers : Word search, Sudoku, Crossword</p> <p>2:00 <span style="color: lightblue;">■</span> Jigsaw Puzzles</p> <p>3:00 <span style="color: red;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Men's Choice Movie Night</p>	<p style="text-align: right; margin-right: 5px;">20</p> <p>10:00 <span style="color: yellow;">■</span> Morning Exercise</p> <p>10:30 <span style="color: purple;">■</span> Garden Walk</p> <p>2:00 <span style="color: lightblue;">■</span> Jigsaw Puzzles</p> <p>3:00 <span style="color: red;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>
<p style="text-align: right; margin-right: 5px;">21</p> <p>9:30 Morning Church Services †</p> <p>1:30 <span style="color: blue;">■</span> Ice Cream Social</p> <p>3:00 <span style="color: red;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">22</p> <p>10:00 <span style="color: blue;">■</span> Morning Walk</p> <p>11:00 <span style="color: yellow;">■</span> Trivia!</p> <p>2:00 <span style="color: blue;">■</span> Shopping Trip 🚗</p> <p>3:00 <span style="color: yellow;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">23</p> <p>10:00 <span style="color: yellow;">■</span> Morning Zumba</p> <p>11:00 Medical Transportation 🚗</p> <p>2:00 Tabletop Games : LCR dice</p> <p>3:00 <span style="color: yellow;">■</span> Chocolate Bingo</p> <p>5:00 <span style="color: blue;">■</span> Takeout Tuesday</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">24</p> <p>10:00 <span style="color: yellow;">■</span> Morning Stretches</p> <p>11:00 <span style="color: blue;">■</span> Out to Lunch 🚗</p> <p>3:00 <span style="color: yellow;">■</span> NP* Make Alligator Pie</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Women's Choice Movie Night</p>	<p style="text-align: right; margin-right: 5px;">25</p> <p>10:00 <span style="color: yellow;">■</span> Morning Moves</p> <p>10:30 <span style="color: purple;">■</span> Gardening 🌿</p> <p>11:00 Medical Transportation 🚗</p> <p>1:00 <span style="color: blue;">■</span> Making Jewelry with JoEllen</p> <p>2:00 <span style="color: blue;">■</span> Thirsty Thursday &amp; Trivia!</p> <p>3:30 <span style="color: yellow;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">26</p> <p>10:00 <span style="color: yellow;">■</span> Morning Exercise</p> <p>10:30 <span style="color: yellow;">■</span> Brain Teasers : Word search, Sudoku, Crossword</p> <p>2:00 <span style="color: lightblue;">■</span> Jigsaw Puzzles</p> <p>3:00 <span style="color: red;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Men's Choice Movie Night</p>	<p style="text-align: right; margin-right: 5px;">27</p> <p>10:00 <span style="color: yellow;">■</span> Morning Exercise</p> <p>10:30 <span style="color: purple;">■</span> Garden Walk</p> <p>2:00 <span style="color: lightblue;">■</span> Jigsaw Puzzles</p> <p>3:00 <span style="color: red;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>
<p style="text-align: right; margin-right: 5px;">28</p> <p>9:30 Morning Church Services †</p> <p>1:30 <span style="color: blue;">■</span> Ice Cream Social</p> <p>3:00 <span style="color: red;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">29</p> <p>10:00 <span style="color: blue;">■</span> Morning Walk</p> <p>11:00 <span style="color: yellow;">■</span> Trivia!</p> <p>2:00 <span style="color: blue;">■</span> Shopping Trip 🚗</p> <p>3:00 <span style="color: yellow;">■</span> Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">30</p> <p>10:00 <span style="color: yellow;">■</span> Morning Zumba</p> <p>11:00 Medical Transportation 🚗</p> <p>1:00 <span style="color: red;">■</span> Resident Council Meeting</p> <p>2:00 Tabletop Games : Uno Edition</p> <p>3:00 <span style="color: yellow;">■</span> Chocolate Bingo</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Movies &amp; Popcorn 🎬</p>	<p style="text-align: right; margin-right: 5px;">31</p> <p>10:00 <span style="color: yellow;">■</span> Morning Stretches</p> <p>11:00 <span style="color: blue;">■</span> Out to Lunch 🚗</p> <p>3:00 <span style="color: yellow;">■</span> NP* Tackle Box aka Snack Box</p> <p>6:00 <span style="color: red;">■</span> TV Series</p> <p>7:00 <span style="color: red;">■</span> Women's Choice Movie Night</p>			

# "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.

## Our Leadership Team

### Executive Director

*Jo Ellen Spivey*

### Business Office Coordinator

*Cassandra Ethridge*

### Wellness Director

*Shaneikia Bennett*

### Maintenance Director

*Tonzia Wei*

### Dining Services Director

*Kevin Perry*

### Sales and Marketing Director

*Natalie Johnson*

### Assisted Living Lifestyle Director

*Jessica Stillings*

### Memory Care Lifestyle Coordinator

*Deakina Green*

