

August 2010

Somerby of Mobile
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DEPARTMENT DIRECTORS

Executive Director

Jane Scrivner

Asst. Executive Director

Linda Best

Resident Services Director

Ellen Alves

Director of Engineering

Ray Mahathy

Lifestyle Director

Debra Krulewicz

Director of Marketing & Sales

Jeff Minton

Director of Housekeeping

Jean Nobles

Director of Health Services

Alicia Austin

Memory Care Coordinator

Joyce Bauer

Director of Dining Services

Julia Coker

Executive Chef

Marilyn Bradley

Dining Room Manager

Brian Walsh

Birthday Bash!

HAPPY BIRTHDAY TO:

1st Betty Hardy
4th Barbara Hannett
7th Marion Hartman
8th Sheila Carrigan
14th Louise Grube
15th Inez Brown
William Clark
Irene Frazer
18th Nancy Harris
22nd Anne Staebell
25th Joyce Stringer
26th Margaret White
30th Betty Palmer
31st Earl Jackson
John Pendergrass
22nd Betty Arrow
24th Betty Diemar

Please join us on
August 22nd as we
celebrate our
August Birthdays!

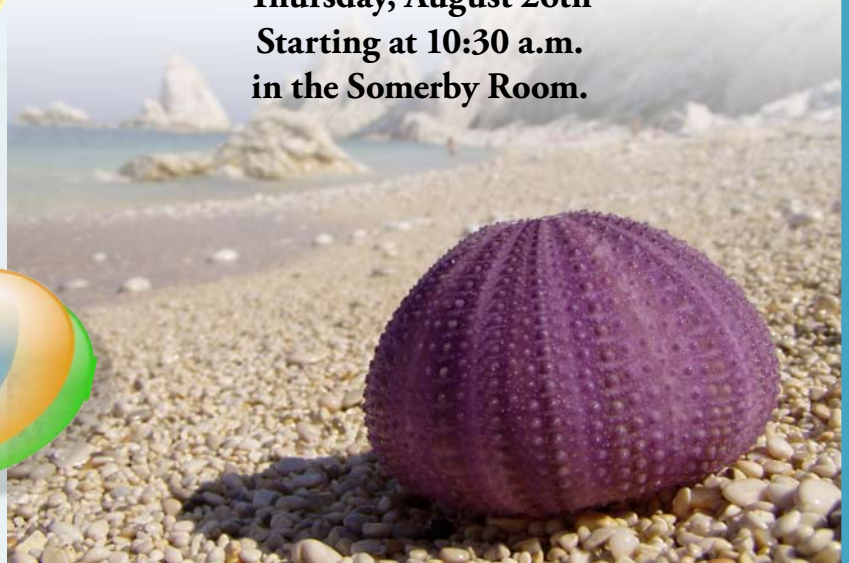


Conductorcise with David Dworkin

Please join us as Maestro David Dworkin, the New York based 75 year old founder of *Conductorcise*, presents an invigorating form of exercise based on conducting techniques while enjoying music from Bach to Beethoven. Dworkin began his career as a clarinetist, performing all over the world and also led orchestras across America and abroad. By attending, you'll learn how innovations such as *Conductorcise* have created an entire Somerby lifestyle designed to help you age successfully.

August will be our first annual celebration of our Masterpiece Living Launch. We have lots of programs planned for the month to help our residents and associates refocus on our successful aging initiative. Look for an announcement on mobility fairs, with our Providence Hospital physical therapy partners.

Thursday, August 26th
Starting at 10:30 a.m.
in the Somerby Room.





Masterpiece Living Spotlight » Andy Anderson



E. Harmon Anderson, Jr. (Andy) attended both Murphy High School and Springhill College. A veteran of the U.S. Army, Andy worked as a manufacturer's representative until 1977 when he formed his own business, Anderson & Associates, from which he retired in 1996.

Andy was married to the late Becky Anderson. They resided in their family home on Dog River that Andy had designed and built. They relocated after Becky's health declined to Kings Mill subdivision, where Andy served as President of the Home Owner's Association. Andy is the co-founder of the Junior Chamber of Commerce Orphans' Christmas shopping tour. This project was announced as the National Award winner from Youth Development Committee on national television by Bob Hope. The national Junior Chamber of Commerce was so impressed with the success of the "shopping tour for orphans", that they adopted it as a national project.

He is currently a member of the Springhill Presbyterian Church where he serves on the Personnel Committee. As Founding Director of the Ronald McDonald House of Mobile, he has served this organization as a past President and Board Member and continues his commitment to this worthy organization as Chairman of the Architectural and Construction Committee. This committee was responsible for the renovation and building of the Ronald McDonald House located on Springhill Avenue. He currently serves as consultant for the expansion of the new 32 room addition to this house. Andy has been named Volunteer of the Year, as well as to the Ronald McDonald House Hall of Fame!

Andy is definitely aging successfully! We are pleased and fortunate to have him as a part of our Somerby Community.

Weekly Fitness Schedule

The Fitness room is open 7 days a week from 7 a.m. until 7 p.m. Please exercise with a buddy! Always consult your physician prior to beginning any new exercise program.



Masterpiece Living

Have you gotten involved in Masterpiece Living yet? Would you like to learn more about it? See Debra Krulewicz or Ellen Alves. 662-2729

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am	Walking Club Meet in the Lobby	Walking Club Meet in the Lobby	Walking Club Meet in the Lobby	Walking Club Meet in the Lobby	Walking Club Meet in the Lobby
9:00 am	Water Aerobics 1st Floor – Pool		Water Aerobics 1st Floor – Pool		Water Aerobics 1st Floor – Pool
10:00 am	Level 1 Exercises The Inn	Yoga The Inn	Level 1 Exercises The Inn	Level 1 Exercises The Inn	Level 1 Exercises The Inn
	Level 2 Exercises Somerby Room	Level 2 Exercises Somerby Room	Yoga Somerby Room		Level 2 Exercises Somerby Room
11:00 am	Wii Balance The Inn	Balance Class with Lisa Somerby Room	Wii Balance The Inn	Wii Bowling The Inn	
		Wii Tennis The Inn			
1:00 pm				Balance Class with Lisa Somerby Room	
2:00 pm	Water Exercise Pool		Water Exercise Pool		Water Exercise Pool
3:45 pm	Tai Chi Somerby Room		Personal Fitness by appt.		Personal Fitness by Appt.



Masterpiece Moments



WATERCOLOR CLASSES WITH NANCY HANRETH

This Group meets every Tuesday at 1:00 pm in the Arts & Crafts Room. Whether you are experienced or aren't sure of how to hold a brush, this is the class for you. Nancy is highly praised by her students on her ability to guide and teach even the most novice artist the skill of watercolor art! Sign up at the Concierge desk by Monday if you would like to join the class.

MEN'S CLUB BREAKFAST

Gentlemen, join Jeff Minton in the Dining Room every Thursday morning at 8 a.m. for breakfast and conversation with the men.

SOMERBY BOOK CLUB

This new club meets every Thursday morning at 11:00 a.m. in the library for a book reading/review of the one of the current books listed on the New York Times Best Sellers list. Our facilitator will read chapters of the book and the group will enjoy stimulating conversation surrounding the works. This month's reading: Lowcountry Summer by Dorothea Benton Frank. One copy of the book will be available in the library. You may purchase your private copy (if you wish) at Books-A-Million.

NEUROBICS

Neurobics is information and exercises for your brain! If you haven't yet participated in this exciting and informative six week course you need to sign up now! Participants meet each Tuesday at 11:00 a.m. in the theater. The goal of this course is for the participants to gain a greater understanding of the Masterpiece Living concept. Neurobics provides the scientific information that is the basis of Masterpiece Living as well as the simple ways that you can improve your brain function. Each graduating class is celebrated with a special graduation luncheon! Please sign up at the front desk to attend.

PBS MASTER PIECE MUSIC SERIES

Celebrating all genres of musical genius- PBS Master Piece concerts are shown every Wednesday night at 7:30pm in the Theater. August 4th we will enjoy Louis Armstrong and friends for an evening of jazz. August 11th we will stomp our feet and sore to the heavens with the powerfully sweet voices of Celtic Women. On August 18th, Andre Rieu, master violinist will enthrall us with his mastery of the strings and we will finish our month with the music of Roy Orbison "In Dreams".

THE DING-A-LINGS

Our hand bell choir under the direction of Beverly Dennis meet every Saturday at 11:00 a.m. in the den. You are welcome to join this group - even if you cannot read a note of music!

THE PHOTOGRAPHY CLUB

Grab your camera and join your neighbors as they enter into the world of digital photography! Unlike film, digital photography offers the artist a vast array of options. This club meets the 2nd Wednesday of each month at 1:30 p.m. in the theater for critiquing photos and instruction. This club will participate in one "off campus" photo shoot per month. On Saturday, August the 14th will travel to Dauphin Island. Interested? Sign up with the concierge.

YOGA

More than exercise... Yoga is remarkable at helping us to slow down, learn to breath, improve balance, increase energy, strength and release stress. Rhonda will be in the Somerby Room, every Wednesday at 10:00 a.m. for your hour of Yoga!

TAI CHI/CHI GONG

Kelly is in the Somerby room each Monday afternoon at 3:45 p.m. to guide you through the movements of this ancient form of exercise! Like Yoga, Tai Chi provides you with a deeper understanding of yourself as well as helping you to gain better balance.

TEA AND TREASURES WITH JANE

We invite our residents to attend a lively tea party on Tuesday, August 17th at 2:00 p.m. in the Somerby room where they will hear stories spun by their neighbors about an heirloom or sentimental treasure that they bring to the social.

SOMERBY FLOWER COMMITTEE

The flower committee meets every Saturday & Wednesday morning at 9:00 a.m. to arrange the restaurant table flowers. Members of the flower committee assist residents in The Inn with arranging flowers for Assisted Living. This is a special neighbor to neighbor project.

PIANO BAR

What an awesome opportunity to be social! We encourage you to gather every Friday evening and enjoy a cold beverage with your neighbors while the piano plays tunes that you love! Gather in the Library every Friday at 4:00 - 5:00 p.m. Bring your own libations with you, we'll provide the mixers.

HISTORY REVIEW WITH RAY

Ray continues his review of the book "1942, The Year That Tried Men's Souls". This historical novel retells the battles of WWII, and is the single most complete documentary of the greatest war ever fought. Join Ray in the Theater on Tuesday, August 19th at 2:00 p.m.

"FUN WITH WORDS?"

Words have different meanings when used in different contexts and have changed meanings through the ages? Join Jeff Minton as he facilitates this hilarious new activity with you & your neighbors! Jeff will be in the theater on Tuesday, August 31st, at 2:00 p.m.

MUSIC WITH GERRY SQUIRES

Music moves our souls and raises our spirits! Join Gerry Squires every Sunday at 2:30 p.m. in The Inn for this weekly concert.

Conductoreise EVENT - AUGUST 26TH

A Sound workout for mind, body and soul!

Thursday, August 26th at 10:30 a.m.

Place yourself in the sneakers of an orchestra conductor and raise your baton to the drama of a Beethoven symphony, the charm of a Strauss waltz, or the dazzle of a Bernstein dance as you enjoy the greatest musical WORKOUT you've ever experienced, under the expert, exhilarating guidance of maestro David Dworkin! Join David on in the Somerby room for this most exciting event!

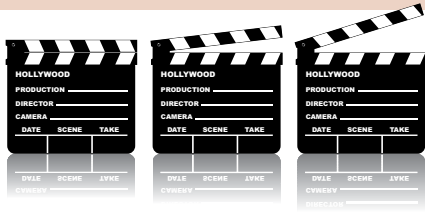
Bingo for Bucks will be held in the Somerby room at 2:15 p.m.

And we'll finish our day with a Wine and Cheese pairing at 3:30 p.m. in the Lobby.

**YOU DON'T WANT TO MISS ONE THING
THAT THIS DAY HAS TO HOLD!**

Someryby Lifestyles - August 2010 - Independent Living

SUN	MON	TUE	WED	THU	FRI	SAT	
11 am Sunday Services 2:00 pm Movie's from Yesterday : Comedy "All of Me" 2:30 pm Music with Gerry Squires 3:00 pm Billards	10 am Knit Wits 11:00 am Garden Home Meeting 11:00 am Lunch Out- the Delta Fish House 1:00 pm Bridge 4:30 pm Wine Bar 7:30 pm Dominos Club	9am-12pm Merchants Bank 11:00 am IL/Villa Town Hall Meeting 11:00 am Catholic Communion 1:00pm Watercolor Class 2:00 pm Back to School Bash! 3:30 pm Bingo for Bucks 7:30 pm Scrabble Club	9 am Winn Dixie 10am Flower Committee 10am Yoga 11 am Bible Study 1 pm Bridge 2 pm Cryptogram s 7:30 pm PBS Masterpiece Music: Louis Armstrong	8:00 am Men's Club Breakfast 9:00-12:00pm Merchants Bank 11:00 am Book Reading/ Review Club: <i>Lowcountry Summer,</i> Dorothea Benton Frank Birthday Bash 2:00 pm Bingo for Bucks 3:30 pm Bridge with John 7:30 pm	10:00 am Walmart 11:00 am Scattagories 1:00 pm Odyessey 1:00 pm Bridge 3:00 pm Coffee Cafe 4:00 pm Piano Bar 5:00 pm Temple	10:00 am Flower Committee 11:00 am Handbells 2:00 pm New Releases: "Creation" 7:00 pm Bingo for Bucks! 7:30pm Playhouse in the Park : "High School Musical 2"	
11 am Sunday Services 2:00 pm Movie's from Yesterday: Comedy "Unconditional Love" 2:30 pm Music of Gerry Squires 3:00 pm Billards	10 am Knit Wits 10:30 am Shopping the Eastern Shore Center 1:00 pm Bridge 4:30pm Wine Bar 7:30pm Dominos Club	9am-12pm Merchants Bank 11:00 am Neurobics 11:00 am Catholic Communion 1:00pm Watercolor Class 2:00 pm Memories for You! 3:30 pm Bingo for Bucks 7:30 pm Scrabble Club	9 am Winn Dixie 10 am Flower Committee 10 am Yoga 11:00 am Henry Lee 11 am Bible Study 1 pm Bridge 2 pm Cryptogram s 7:30 pm PBS Masterpiece Music: Celtic Women	8:00 am Men's Club Breakfast 9:00-12:00pm Merchants Bank 11:00 am Book Reading/ Review Club 1:00 pm Men's Poker 2:00 pm Chef's Series 3:30 pm Bingo for Bucks 7:30 pm Bridge with John	10:00 am Walmart 11:00am Scattagories 1:00 pm Odyessey 1:00 pm Bridge 3:00 pm Coffee Cafe' 4:00 pm Piano Bar 5:00 pm Temple	10:00 am Flower Committee 11:00 am Handbells 2:00 pm New Releases: "Dear John" 4:30pm Casino Night 7:00 pm Bingo for Bucks!	
11 am Sunday Services 2:00 pm Movie's from Yesterday: Comedy "A Prairie Home" 2:30 pm Music of Gerry Squires 3:00 pm Billards	10 am Knit Wits 10:30 am Tour of The Visitation Monestary 1:00 pm Bridge 4:30pm Wine Bar 7:30pm Dominos Club	9am-12pm Merchants Bank 9am-12pm Mobility Reviews 11:00 am Neurobics 11:00 am Catholic Communion 1:00 pm Watercolor Class 2:00 pm Tea & Treasures with Jane 3:30 pm Bingo for Bucks 7:30 pm Scrabble Club	9 am Winn Dixie 10 am Flower Committee 10 am Yoga 11 am Bible Study 1 pm Bridge 2 pm Cryptograms 4:30 pm Dine Around Town: <i>Japanese Steak House</i> 7:30 pm PBS Masterpiece Music: Andre Rieu	8:00 am Men's Club Breakfast 9:00-12:00pm Merchants Bank 11:00 am Book Reading/ Review Club 1:00 pm Men's Poker 2:00 pm History Review with Ray 3:30 pm Hawaiian Cocktail Party 7:30 pm Bridge with John	10:00 am Walmart 11:00 am Scattagories 1:00 pm Odyessey 1:00 pm Bridge 3:00 pm Coffee Cafe 4:00 pm Piano Bar 5:00 pm Temple	10:00 am Flower Committee 11:00 am Handbells 2:00 pm New Releases: "Invictus" 7:00 pm Bingo for Bucks! 8:00 pm Joe Jefferson Playhouse: "The Full Monty"	
11 am Sunday Services 2:00 pm Movie's from Yesterday: Musical "Annie" 2:30 pm Music of Gerry Squires 3:00 pm Billards	10 am Knit Wits 10:30 am Casino Trip 1:00 pm Bridge 4:00 pm New Resident Welcome Social 7:30 pm Dominos Club	9am-12pm Merchants Bank 11:00 am Neurobics 11:00 am Catholic Communion 1:00 pm Watercolor Class 2:00 pm World Tour with Al Story 3:30 pm Bingo for Bucks 7:30 pm Scrabble Club 7:30 pm USA Laidlaw-Archduke Trio	9am Winn Dixie 10am Flower Committee 10am Yoga 11 am Bible Study 2 pm Cryptograms 7:30 pm PBS Masterpiece Music: Roy Orbison	8:00 am Men's Club Breakfast 9:00-12:00pm Merchants Bank 10:30am Conductorcise Event 2:15 pm Bingo for Bucks 3:30 pm Wine & Cheese pairing 7:30 pm Bridge with John	10:00 am Walmart 10:00 am Conductorcise Event 11:00 am Scattagories 1:00 pm Odyessey 1:00 pm Bridge 3:00 pm Coffee Cafe 4:00 pm Piano Bar 5:00 pm Temple	10:00 am Flower Committee 11:00 am Handbells 2:00 pm New Releases: "Proof" 7:00 pm Bingo for Bucks! 6:00 pm The Mobile International Beer Festival	
11 am Sunday Services 2:00 pm Movie's from Yesterday : Comedy "Keeping Up with the Steins" 2:30 pm Music of Gerry Squires 3:00 pm Billards	10 am Knit Wits 10:30 am Tour of the Greek Orthodox Church in Malbis 11:00 am Crafting with Debra 1:00 pm Bridge 4:30pm Wine Bar 7:30pm Dominos Club	9am-12pm Merchants Bank 10:30 am Scrapbook Club 11:00 am Catholic Communion 1:00pm Watercolor Class 2:00 pm Fun with Words, with Jeff 3:30 pm Bingo for Bucks 7:30 pm Scrabble Club	Somerby of Mobile 901 Somerby Drive • Mobile, Alabama 36695 Phone: (251)776-1455 Fax: (251) 662-2721 Good Times Line: (251) 662-2729				



This Month's Movies

SATURDAYS

August 7th - **CREATION (2009)**
Starring; Paul Bettany and Jennifer Connelly
Rated PG13

August 14th - **"DEAR JOHN" (2010)**
Starring; Channing Tatum, Amanda Seyfried
Rated PG13

August 21st - **"INVICTUS" (2009)**
Starring; Morgan Freeman and Matt Damon
Rated PG13

August 28th - **"PROOF" (2005)**
Starring; Gwyneth Paltrow, Jake Gyllenhaal
Rated PG13

MOVIES BEGIN AT 2 PM

Popcorn served 15 minutes prior to showtime.
THEATER, 3rd Floor

FAMILY EMAIL ADDRESSES

Somerby strives to be environmentally conscious. In order to reduce our carbon footprint and reduce the amount of paper being used to mail monthly newsletters to families, on August 1st we will begin emailing our newsletters & calendars to families that have supplied us with an email address. If you have not provided us with this information and wish to continue receiving our newsletter please call us at 776-1455 or email Debra Krulewicz at dkrulewicz@somerbywm.com

TOWN HALL MEETINGS

Garden Homes
Monday
August 2nd
11:00 am
Somery Room

Independent Living/Villa's
Tues., August 3rd
11:00 am
Somery Room

The Inn
Thursday
August 5th
2:00 pm
The Inn

Somerby Shuttle

Please sign up with the concierge one hour prior to the trip departure.
All trips leave from the Main Lobby

ERRANDS

Bank, Post Office, and Public Library
Every Monday beginning @ 9:15 am.

GROCERY

Winn Dixie, every Wednesday at 9:00 am

Walmart, every Friday @ 10:00 am & 11:00 am

RELIGIOUS

Springhill Avenue Temple
Fridays @ 5:00 pm

St. Paul Lutheran Church
Sundays @ 9:30 am

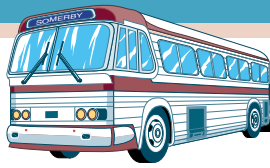
Our Savior Catholic Church
Sundays @ 10:45 am

MERCHANTS BANK

We are proud to be a part of the Somerby community! Please stop by and ask Brooke or Stacy about our special offerings to Somerby residents. We're community-minded, just like you! Visit us Tuesday and Thursdays from 9am to noon for your banking needs. We are located across from the elevators in the main lobby.

We are excited to be part of your new resident social! Come by and enter for our special drawing!

Out & About



Minimum of six required for all trips. Be sure to sign up for the trip of your choice two days prior to the event.

PLAYHOUSE IN THE PARK PRESENTS "HIGH SCHOOL MUSICAL 2"

Saturday, August 1st - 7:30 at the Playhouse.

Sequel to High School Musical, school's out for the summer and the East High Wildcats are ready to make it the time of their lives. \$12.00, Reservations can be made by calling 602-0630.

LEISURELY LUNCH OUT "THE DELTA FISH HOUSE"

Monday, August 2nd - located on Mobile Bay.

This brand new restaurant specializes in fresh seafood with full lunch meals beginning at \$7.95.

SHOPPING THE EASTERN SHORE

Monday, August 9th

So many stores, so little time! Shoppers wear proper shoes to enjoy this outside mall that includes Dillard's, Coldwater Creek, Ann Taylor and many more! Bus is leaving for "retail therapy" at 10:30 a.m.

EVENING CASINO TRIP!

Saturday, August 14th

Jump on the bus for the Hard Rock Casino in Biloxi! Don't forget to bring your ID- just in case you hit the "big one"! Bus is leaving at 4:30 p.m.

HISTORIC MOBILE TOUR: THE VISITATION MONASTERY

Monday, August 16th

Built in 1835, the Monastery was first used as an elementary and high school for the children in and around Mobile. This site is not usually open to the public, but the sisters and Mother Rosemary have willingly agreed to open the building just for us! Sorry, but this site is not fully handicapped accessible. Wheelchairs will not be able to participate in the full tour, however the grounds and gift shop are accessible. Bus will be leaving at 10:30 for this trip.

DINE AROUND TOWN JAPANESE SUSHI/STEAK HOUSE

Wednesday, August 18th

Mobile's newest Japanese Steak house is right next door! If you haven't visited one of these most entertaining restaurants you are in for a real treat! Bus leaves at 4:30 p.m.

DAUPHIN ISLAND, AL PHOTO SHOOT

Saturday, August 21st

This little Island is our diamond in the rough. There is so much to photograph here, you may be able to do a little "journalism" photography while we are there! Don't forget your wallet, we'll lunch on our way home. Leaving promptly at 9:00 a.m.

JOE JEFFERSON PLAYHOUSE PRESENTS "THE FULL MONTY"

Saturday, August, 21st

What a wonderfully hilarious journey as the guys work through feelings of worthlessness, fear and anxieties and they come to discover that not only are they stronger as a group but that the strength they find in each other gives them the individual courage to face and overcome their own demons. Tickets are \$15.00 – by reservation only. Call the Playhouse at 471-1534 to arrange for yours! The show begins at 8:00 p.m., the bus will be leaving at 6:45 p.m. to permit us time to be in our seats twenty minutes prior to the curtain!

MOBILE'S 13TH ANNUAL BEER FESTIVAL

Saturday, August 28th

For the 13th year running, both local and regional beer connoisseurs will descend upon downtown taverns and restaurants to sample over 50 different microbrew and imports. Festival runs from 6-9 p.m. –we'll leave Somerby at 6:00 p.m.

GREEK ORTHODOX CHURCH, MALBIS, ALABAMA

Monday, August 30th

Dedicated in January of 1965, the Greek Orthodox Church is treasured for its rich paintings and intricate mosaics. The bus will be leaving promptly at 10:30am.

USA LAIDLAW PRESENTS; ARCHDUKE PIANO TRIO

Tuesday, August 31st

The Archduke Piano Trio plays Turina and Brahms. Enen Yu, violin / Guo-Sheng Huang, cello and Robert Holm, on piano. Tickets \$3.00. We must be in our seats no later than 20 minutes prior to show. We will leave promptly at 6:45pm.

ASSOCIATE OF THE MONTH

Stephanie Cowans

Stephanie Cowans, has been a valued associate with the Housekeeping Department for five years. When asked what she enjoys most about her work here at Somerby, Stephanie credits the joy she receives in her interactions with the residents as being her greatest pleasure. Stephanie's calm and quiet personality provides comfort to those she serves. Her residents love her. Jean Nobles, Director of Housekeeping states, "Stephanie is a dedicated employee and has an incredible eye for detail. She is a pleasant associate to work with and a true asset to Somerby."



When not at Somerby, Stephanie enjoys spending time with her four grandchildren and four children. She is also an avid reader!

CONGRATULATIONS STEPHANIE!

GOOD FRIENDS MAKE GREAT NEIGHBORS!

Our best advertisement is a satisfied resident and his or her family! Since opening, we have benefited significantly by resident referrals of friends and former neighbors. Would you like to get in on \$500 off your month's rent rent? If you refer someone to Somerby and it results in us adding another new resident, you can receive \$500.00! First call Jeff Minton or Nancy Eastman and provide your friend or neighbor's name and phone number-and we'll do the rest!

New residents – we invite you to plan a complimentary housewarming party for your friends! Somerby will cover the expense of this party! Jeff or Nancy will assist you with the plans.

