

Our 2024 July Challenge

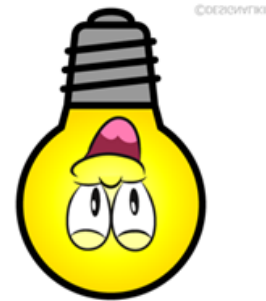
Our Challenge to residents continues. Here are some additional ways we all can save on Clairmont Place expenses



AND help protect the environment:

The 4th of July sales are a great way to save on buying! If you are replacing appliances, try getting very energy efficient ones – saving \$ for both you and Clairmont Place.

Which lights in your condo do you use the most?
Try using **LEDs** for these lights – the LEDs use only a fraction of electricity compared to incandescent bulbs.¹



Use **cold water** to wash clothes and only wash **full loads**.
(Yes, clothes become very clean even in cold water these days.)



Run your dishwasher only when you have a **full load**.

Turn off computers, tvs, etc. when not in use – even when on “stand-by” or “sleep” modes they are using electricity.

¹BTW, some of you may have noticed that maintenance is now replacing burned-out bulbs in our hallways and common areas with LED lights. Guess why they’re doing that...

Clairmont Conversation July 2024



**CLAIRMONT
PLACE**

Clairmont Place Board of Directors

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Montclair Administrator
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Clairmont Place
A Senior Independent Living Condominium
Community,
2100 Clairmont Lake, Decatur, GA 30033

Clairmont Place News

NOTES FROM LISA – **DON'T FORGET!**

July 4th, BBQ Lunch Buffet will be the only meal of the day.

July 9 at 1:30pm Mobility City will be here for complimentary tune-ups to your walkers and wheelchairs. Community Room

Walmart and Dollar Tree run once a month on the third Thursday, at 1pm. This month it will be July 18.



We had a fabulous Centenarian Cocktail party on June 2 and celebrated those 97 years through 102! Such a wonderful celebration! Those in that age range were:

Mildred Rivers- 1921
Dot Hullings- 1923
Bernice Jackson- 1924
Leni Rausch- 1925
Wilhelmina Blitz- 1925
Eva Martin- 1926
Julia Waggoner- 1926
Virginia Hubbard- 1927

ROUNDING UP Your Monthly Invoice

An easy way for you to contribute to the capital reserve fund is to "round up" on your monthly invoice. We request that you put a note in the memo line of the check that any amount of the check above the amount of the invoice for that month be directed to the capital reserve fund. On June 18, 2024, the rounding up contribution in June was \$940. Capital reserve funds are used with Board approval on larger projects ranging from dredging the lake to replacing commercial kitchen appliances.

History Lessons –

In 2003 Clairmont Place distributed "Security Measures for Clairmont Place Residents." The recommended security measures are timely and relevant twenty years later:

Review your Homeowners' Insurance for coverage for loss of car and/or other valuable belongings.

Determine if you need additional coverage.

Identify a safe place in your condo for keeping such valuables you wish to keep with you. Use a safe deposit box for other valuables.

List and photograph your valuables.

Lock your condo at all times.

Refuse admission to your condo of any unknown person.

Refrain from admitting any other person to either 1800 or 2100 building unknown to you.

[obsolete]

Assume personal responsibility for your condo key as well as your Security Access Card.

Use a club or other anti-theft device in your car.

Employ aides, companions and other helpers from a reputable agency that bonds and insures their employees.

Report to the Front Desk any strangers or suspicious activity you encounter in the 1800, 2100 buildings, parking lot and around lake area.

ENTRY OF GUESTS TO 1800 BUILDING

The updated callbox to the 1800 building is fully operational. When a guest calls you from the callbox, simply press "9" on your telephone and the doors to the 1800 building will open. If you are not expecting a visitor or if you do not know who the guest is, please do not let them in.

The condominiums at Clairmont Place are for owners who can reside safely in independent living. If you cannot push the "9" button on your telephone to admit visitors, that may be a sign that you are not able to live safely on your own. Would you be able to dial "911" in an emergency? Would you be able to call the front desk to report a water leak in your unit?

Part of living in community means that individual residents each take on the responsibility of helping to keep our community safe. Our community will benefit when each resident steps up to admit their visitor to the 1800 building or arranges to have someone else present in the condo capable of responsibly completing that task.

July Event Information

When you are signing up for these events, please take note of the deadline. If you cancel a trip after the deadline, please understand that you will be charged for the event.

PLEASE SIGN UP AT THE FRONT DESK FOR ALL EXCURSIONS.

Mark your calendars! **If highlighted in blue, you must sign up at the front desk and there is a fee involved unless otherwise noted.**

NO OUTING THE WEEK OF JULY 4.

July 4, Patriotic music with Jonny 1pm in main dining room.

July 9, Walker and Wheelchair tune ups in community room at 1:30.

July 12, Sweet Water Brewing Company tour. Bus leaves at 4:15 for a 5pm tour. \$10 + bus.

July 13- City Springs Theatre presentation of The Jersey Boys- ticket holders only. Bus leaves at 1 for 2pm show.

July 13- Frank Hamilton School Open Jam, 4pm in community room.

July 14- Druid Hills Billys, 4pm in community room.

July 16- Tour Mountain Fresh Creamery and picnic. Bus leaves at 10:45, Cost is based on number going but should be between \$20-\$30.

July 19- Trip to Dekalb Farmers Market- NO CASH, MUST HAVE CHECK OR DEBIT CARD. Bus leaves at 10am.

July 21- Music with Jonny in Montclair at 4pm.

July 23- NEW RESIDENT DINNER 5PM

July 24- Flamenco performance at 1pm in the main dining room.

July 26- Visit the Horizon of Khufu- Ancient Egypt. \$29 + Bus.

July 29—Joel and Greg are back to perform for dinner at 4:15—6 PM

July 30—Estate Planning 101—Guest Speaker Melissa Walker will discuss the ins and outs of estate planning. 10:15 AM in the Community Room

July 31- The Art Station Presents: A Dog Story, bus leaves at 9:30 for 10:30 show. \$17 + Bus fee

July Coffee Chat Speakers

9:00 AM

7/3- Debbie Hughes with Personal Care

7/10- Reid Jenkins

7/17- HealthPro Heritage- our new therapy partners

7/24- Betsy Hoddinott

7/31- Atlanta Urgent Care



Recent Outings to Alpaca Farm and Atlanta Federal Monetary Museum and local Chocolatier



| SUN | MON | TUE | WED | THUR | FRI | SAT |
|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <div>Floor Meetings- time varies</div> <div>9:00 Walking Group With Erin Swenson (Green Awning)</div> <div>9:15 Strength, Stretch & Balance (CR)</div> <div>10:00 Resident Art Class (CFTR)</div> <div>1:00 Shopping at Toco Hills</div> | <div>9:00 Local Doctors 9AM-4PM</div> <div>9:00 Men's Coffee (AG)</div> <div>9:15 Core Strength (CR)</div> <div>11:00 Technology Help (CR)</div> <div>2:00 Handy Hands (3rd Floor)</div> <div>2:15 Aqua Aerobics</div> <div>2:30 Rummikub (LR)</div> | <div>Lisa Out</div> <div>1:00 Local Doctors 1-4</div> <div>9:00 Coffee Chat with Debbie Hughes and Personal Care (Dining Room)</div> <div>10:00 Blood Pressure Screening (Bar)</div> <div>10:00 Prospective residents informational meeting (CR)</div> <div>10:30 Exercise by Bradford (Channel 961)</div> <div>2:00 Chapel (CR)</div> <div>2:45 Bingo (AG)</div> | <div>Independence Day</div> <div>BBQ Lunch Only Meal of the Day</div> <div>1:00 Patriotic Songs & More with Jonny (MDR)</div> <div>6:30 Trivia (Floor Common Area)</div> <div>7:00 Mahjong (LR)</div> | <div>Lisa Out</div> <div>4:00 Happy Hour and Sing-a-long with Howard (CB)</div> | <div>9:15 Seated Yoga Class (CR)</div> <div>10:30 Senior Fit Exercise by Bradford (Channel 961)</div> <div>10:30 Floor & More Yoga (CR)</div> <div>7:15 Sing-a-long with Howard (7th Floor)</div> |
| <div>2:00 Manipulation (LR)</div> <div>4:00 Music with Jonny (MTCL)</div> | <div>Sandy Porter</div> <div>9:00 Walking Group With Erin Swenson (Green Awning)</div> <div>9:15 Strength, Stretch & Balance (CR)</div> <div>10:00 Resident Art Class (CFTR)</div> <div>1:00 Shopping at Toco Hills</div> <div>3:45 Caregivers Group (CFTR)</div> <div>3:45 Life Changes Support Group (BRD)</div> | <div>Claudia Shorr</div> <div>Susan Pins</div> <div>9:00 Local Doctors 9AM-4PM</div> <div>9:00 Men's Coffee (AG)</div> <div>9:00 Car Detailing by David Dorsey 9-2</div> <div>9:15 Core Strength (CR)</div> <div>1:30 Tune Up Day (CR)</div> <div>2:00 Handy Hands (3rd Floor)</div> <div>2:00 Montclair Committee Meeting (CR)</div> <div>2:15 Aqua Aerobics</div> <div>2:30 Rummikub (LR)</div> | <div>James Freeman</div> <div>1:00 Local Doctors 1-4</div> <div>9:00 Coffee Chat with Reid Jenkins (Dining Room)</div> <div>10:00 Ageless Grace with Debbie (CR)</div> <div>10:30 Exercise by Bradford (Channel 961)</div> <div>2:00 Chapel (CR)</div> <div>2:45 Bingo (AG)</div> | <div>9:00 Long Distance Doctors 9-4</div> <div>9:00 Strength, Stretch & Balance (CR)</div> <div>10:00 The Drawing Board (CFTR)</div> <div>10:30 Environmental Protection Committee (CR)</div> <div>6:30 Trivia (Floor Common Area)</div> <div>7:00 Mahjong (LR)</div> | <div>Joan DeWitt</div> <div>10:30 Writer's Group (CFTR)</div> <div>4:00 Happy Hour and music with Reid Jenkins (CB)</div> <div>4:15 Sweetwater Beer tour</div> | <div>Judith Greenberg</div> <div>9:15 Seated Yoga Class (CR)</div> <div>10:30 Senior Fit Exercise by Bradford (Channel 961)</div> <div>10:30 Floor & More Yoga (CR)</div> <div>1:00 City Springs Theatre Presents: Jersey Boys</div> <div>3:30 Frank Hamilton School Open Jam (CR)</div> <div>7:15 Sing-a-long with Howard (7th Floor)</div> |
| <div>2:00 Manipulation (LR)</div> <div>4:00 Music with the Druid Hills Billys (CR)</div> | <div>9:00 Walking Group With Erin Swenson (Green Awning)</div> <div>9:15 Strength, Stretch & Balance (CR)</div> <div>10:00 Resident Art Class (CFTR)</div> <div>1:00 Shopping at Toco Hills</div> <div>6:30 Game Night (AG)</div> | <div>8:45 Mountain Fresh Creamery Tour and Picnic</div> <div>9:00 Local Doctors 9AM-4PM</div> <div>9:00 Men's Coffee (AG)</div> <div>9:15 Core Strength (CR)</div> <div>11:00 Technology Help (CR)</div> <div>2:00 Handy Hands (3rd Floor)</div> <div>2:15 Aqua Aerobics</div> <div>2:30 Rummikub (LR)</div> <div>3:00 Progressives Meeting (CR)</div> | <div>1:00 Local Doctors 1-4</div> <div>9:00 Coffee Chat with HealthPro Heritage (Dining Room)</div> <div>10:00 Hands on Art Instruction (CFTR)</div> <div>10:30 Exercise by Bradford (Channel 961)</div> <div>2:00 Chapel (CR)</div> <div>2:45 Bingo (AG)</div> <div>6:45 Book Lovers</div> | <div>9:00 Strength, Stretch & Balance (CR)</div> <div>10:00 Pet Nail-Trimming with Yonah</div> <div>10:00 The Drawing Board (CFTR)</div> <div>1:00 Walmart and Dollar Tree Run</div> <div>3:00 Landscape Committee (CR)</div> <div>6:30 Trivia (Floor Common Area)</div> <div>7:00 Mahjong (LR)</div> | <div>10:00 Trip to Dekalb Farmers Market</div> <div>4:00 Happy Hour and Music with the Gum Strummers (CB)</div> | <div>9:15 Seated Yoga Class- CANCELLED (CR)</div> <div>10:30 Senior Fit Exercise by Bradford (Channel 961)</div> <div>10:30 Floor & More Yoga- CANCELLED (CR)</div> <div>7:15 Sing-a-long with Howard (7th Floor)</div> |
| <div>Annette Ford</div> <div>2:00 Manipulation (LR)</div> <div>4:00 Music with Jonny (MTCL)</div> | <div>9:00 Walking Group With Erin Swenson (Green Awning)</div> <div>9:15 Strength, Stretch & Balance (CR)</div> <div>10:00 Resident Art Class (CFTR)</div> <div>11:00 The Sing-a-longs (MTCL)</div> <div>1:00 Shopping at Toco Hills</div> <div>3:45 Caregivers Group (CFTR)</div> <div>3:45 Life Changes Support Group (BRD)</div> <div>6:30 Poetry for the mind (CR)</div> | <div>Joyce Wiley</div> <div>9:00 Local Doctors 9AM-4PM</div> <div>9:00 Men's Coffee (AG)</div> <div>9:15 Core Strength (CR)</div> <div>11:00 Community Life! Committee (CFTR)</div> <div>2:00 Finance Committee (BRD)</div> <div>2:00 Handy Hands (3rd Floor)</div> <div>2:15 Aqua Aerobics</div> <div>2:30 Rummikub (LR)</div> <div>5:00 New Resident Dinner (Dining Room)</div> | <div>Barbara Fountain</div> <div>1:00 Local Doctors 1-4</div> <div>9:00 Coffee Chat with Betsy Hoddinott (Dining Room)</div> <div>10:00 Ageless Grace with Debbie (CR)</div> <div>10:30 Exercise by Bradford (Channel 961)</div> <div>1:00 Flamenco Dancing with Ania (MDR)</div> <div>2:00 Chapel (CR)</div> <div>2:45 Bingo (AG)</div> | <div>9:00 Long Distance Doctors 9-4</div> <div>9:00 Strength, Stretch & Balance (CR)</div> <div>10:00 The Drawing Board (CFTR)</div> <div>1:30 Board of Directors Meeting (Dining Room)</div> <div>6:30 Trivia (Floor Common Area)</div> <div>7:00 Mahjong (LR)</div> | <div>Lynne Rea</div> <div>10:30 Writer's Group (CFTR)</div> <div>11:15 Visit the Horizon of Khufu and Lunch at New Realm Restaurant</div> <div>4:00 Happy Hour with Piano and Song by Beth Moore (CB)</div> | <div>9:15 Seated Yoga Class- CANCELLED (CR)</div> <div>10:30 Senior Fit Exercise by Bradford (Channel 961)</div> <div>10:30 Floor & More Yoga- CANCELLED (CR)</div> <div>10:30 Therapy Dog Visit (MTCL)</div> <div>7:15 Sing-a-long with Howard (7th Floor)</div> |
| <div>Anne Adamson</div> <div>2:00 Manipulation (LR)</div> | <div>9:00 Walking Group With Erin Swenson (Green Awning)</div> <div>9:15 Strength, Stretch & Balance (CR)</div> <div>10:00 Resident Art Class (CFTR)</div> <div>1:00 Shopping at Toco Hills</div> <div>1:30 Dining Services Committee (PDR)</div> <div>4:15 Flute and Piano Background Music for Dinner</div> | <div>Nonagene Freeman</div> <div>Betsy Hoddinott</div> <div>9:00 Local Doctors 9AM-4PM</div> <div>9:00 Men's Coffee (AG)</div> <div>9:15 Core Strength (CR)</div> <div>10:15 Estate Planning 101 (CR)</div> <div>2:00 Handy Hands (3rd Floor)</div> <div>2:15 Aqua Aerobics</div> <div>2:30 Rummikub (LR)</div> | <div>1:00 Local Doctors 1-4</div> <div>9:00 Coffee Chat with Atlanta Urgent Care (Dining Room)</div> <div>9:30 The ArtStation Presents: A Dog Story</div> <div>10:30 Exercise by Bradford (Channel 961)</div> <div>2:00 Chapel (CR)</div> <div>2:45 Bingo (AG)</div> | <div>LOCATION KEY</div> <div>AG - Art Gallery</div> <div>BRD - Board Room</div> <div>CB - Coffee Bar</div> <div>CR - Community Room</div> <div>CFTR - Craft Room</div> <div>LR - Living Room</div> <div>MDR - Main Dining Room</div> <div>MTCL - Montclair</div> <div>PDR - Private Dining Room</div> | | |

July 2024

Clairmont Place

Lisa Pierce 678-686-6163

July Birthdays

| | | |
|------------------|---------------------|---------------------|
| 8 Sandy Porter | 12 Joan DeWitt | 26 Lynne Rea |
| 9 Claudia Shorr | 13 Judith Greenberg | 28 Anne Adamson |
| 9 Susan Pins | 21 Annette Ford | 30 Nonagene Freeman |
| 10 James Freeman | 23 Joyce Wiley | 30 Betsy Hoddinott |
| | 24 Barbara Fountain | |

