

NEIGHBORHOOD NEWS

The
ORCHARDS
Group

WINTER 2018

**COMMUNITY
UPDATES**

**LET'S GET
MOVING**

**THINGS TO DO
AROUND TOWN**

38 Homes SOLD at The Orchards of Park Ridge!



The Ashewood



We are very excited to let you know that the sales pace has been fantastic at The Orchards of Park Ridge in Buford, Ga., with this community already receiving rave reviews.

"Clearly there has been a demand in this area that we have tapped into and fully expect The Orchards of Park Ridge to be a smashing success," said Deborah Reahm, sales counselor for The Orchards Group.

"When you tie together the strong value of our homes, the maintenance-free lifestyle we offer, the clubhouse and pool (currently under construction), and the wonderful people who have already purchased here, we expect sales to continue to flourish," said Craig Smith, sales counselor for The Orchards Group.

The Orchards of Park Ridge, priced from the \$250s - \$290s, is located just 2 miles from I-85 at exit #120/ Hamilton Mill Road, within 10 minutes of the Mall of Georgia and close to every convenience you'll

need. Featuring full brick, "Active Adult 55+" Ranch Condominium homes, our most popular plans (The Ashewood and The Charleston) are being offered with included screened porches (sunrooms optional); convenient, partially finished storage rooms; and optional finished bonus rooms and baths.

A gated entrance, Grand Clubhouse with fitness center, outdoor saltwater pool and a carefree-lifestyle are all waiting for you here.

Our Model Homes showcase many of our distinctive design features and designer upgrades. We welcome everyone to come visit 7 days a week.

Monday – Friday 10 am - 5 pm

Saturday 11 am - 5 pm

Sunday 1 - 5 pm

Or call 678-513-8879.

The Orchards of Cherokee Station Now Selling

Paving is complete. Model homes are under construction. Landscaping is underway. And most importantly, we are NOW SELLING in The Orchards of Cherokee Station, the newest community offered by The Orchards Group. The Orchards of Cherokee Station offers two distinctive series of homes: Our ever popular "Southern Heritage" Ranch Condominium homes as well as our value packed "Villa" Townhome plans. Each series offers several exciting floorplans with common features such as screened porches (sunrooms optional); upstairs bonus rooms and lofts (per plan); gourmet kitchens with maple cabinetry and granite countertops; large first floor owner's suites, which are all "oversized" for king size beds and accessory furniture; luxurious master baths with large "marble surround" showers and walk in closets; 9- and 10-foot ceilings (per plan); fireplaces; 2-car garages; and so much more. Priced from the \$260s - \$370s, The Orchards of Cherokee Station is located in the historic Hickory Flat neighborhood in south central Cherokee County, about halfway between Roswell and Woodstock. Shopping, restaurants and medical facilities are all located within a 2- to 10-minute drive. This intimate neighborhood will feature a total of just 82 homes.

As is the case with all The Orchards neighborhoods, a maintenance free, carefree lifestyle that provides peace of mind coupled with a grand clubhouse featuring a fitness center, large gathering spaces for homeowners' social events and parties, plus an outdoor saltwater pool combine to offer a new living experience for active adults and seniors not easily duplicated.

With only 82 homes available in this high-demand location, we expect a quick sales pace and hope to be sold out within 12 months or less. We invite your inquiry.

PLEASE NOTE: With our four model homes and sales center still under construction, we do not yet have a sales team on site. Please call 678-513-8879 for more information or go to our website at: www.OrchardsGroup.com



The Charleston



The Dogwood



The Cypress

LET'S GET MOVING

What Can Exercise Do for You?

The Orchards communities are ideal for moving! Grab some neighbors and start a walking club. Plan ahead for swimming each summer at the Grand Clubhouse pools. Use variety to keep exercise interesting and beneficial for various parts of your body:

- Endurance, or aerobic, activities increase your breathing and heart rate. Brisk walking or jogging, dancing, swimming and biking are examples.
- Strength exercises make your muscles stronger. Lifting weights or using a resistance band can build strength.
- Balance exercises help prevent falls.
- Flexibility exercises stretch your muscles and can help your body stay limber.

Exercise Wisely

- Start slowly, especially if you haven't been active for a long time. Little by little build up your activities and how hard you work at them.
- Don't hold your breath during strength exercises. That could cause changes in your blood pressure. It may seem strange at first, but you should breathe out as you lift something and breathe in as you relax.
- Use safety equipment. For example, wear a helmet for bike riding or the right shoes for walking or jogging.
- Unless your doctor has asked you to limit fluids, be sure to drink plenty when you are doing activities. Many older adults don't feel thirsty even if their body needs fluids.
- Always bend forward from the hips, not the waist. If you keep your back straight, you're probably bending the right way. If your back "humps," that's probably wrong.

Source: NIH: National Institute on Aging

QUICK TIP: You don't need to buy special clothes or belong to a gym to become more active. Physical activity can and should be part of your everyday life. Go for brisk walks. Ride a bike. Dance. Work around the house. Garden. Climb stairs. Swim. Rake leaves. Try different kinds of activities that keep you moving. Look for new ways to build physical activity into your daily routine.



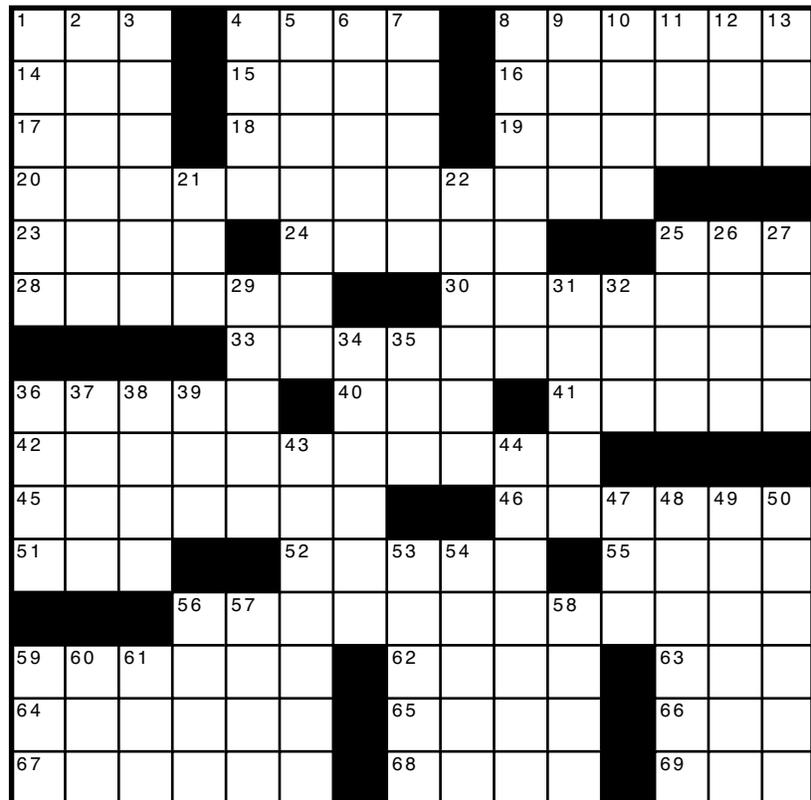
Across

- 1. Takes too much
- 4. Intend
- 8. Allege
- 14. Vietnamese New Year
- 15. He sang about Alice
- 16. Planks
- 17. The 19th letter of the Greek alphabet
- 18. River sediment
- 19. One who enjoys inflicting pain
- 20. Loving
- 23. Woven fabric
- 24. Pertaining to the kidneys
- 25. Numbered rd.
- 28. Whatever person
- 30. The act of twisting
- 33. Hodgepodge
- 36. Butler's love
- 40. Feeling of self-importance
- 41. "Lovergirl" singer ____ Marie

- 42. Means of supporting life
- 45. Make sure
- 46. Valuate
- 51. Summer drink
- 52. Fluff, as bangs
- 55. Ditto
- 56. Characteristic of journalism
- 59. Spot on the skin
- 62. Inter ____
- 63. Hot time in Paris
- 64. Accept as true
- 65. The wolf ____ the door
- 66. Skin color of Washington football players!
- 67. Wager
- 68. Alley
- 69. Wind dir.

Down

- 1. Capital of Canada
- 2. Destroy hearing



- 3. Poorly ventilated
- 4. Not fem.
- 5. Asmara is its capital
- 6. Kate & ____
- 7. ____ your life!
- 8. Third son of David
- 9. Layer of paint
- 10. Mediterranean juniper
- 11. Altdorf's canton
- 12. Radical '60s org.
- 13. Superlative suffix
- 21. DDE's command
- 22. Country
- 25. Teeming
- 26. Ripped
- 27. "Only Time" singer
- 29. Marsh of mystery
- 31. Gives a 9.8, say
- 32. Litigate against
- 34. Mailed communique
- 35. Bigger than med.

- 36. Greek peak
- 37. Colored
- 38. Busy as ____
- 39. Queue after Q
- 43. Locate
- 44. Southeasternmost hill of Rome
- 47. Draft org.
- 48. Diners
- 49. Strikes
- 50. Pull out
- 53. For want of ____...
- 54. Chip dip
- 56. Martial art
- 57. Actor Ken
- 58. Must've been something ____
- 59. AT&T rival
- 60. Upper limb
- 61. Large, brown-capped mushroom

MARK YOUR CALENDARS!

Jan. 15

Free Entrance Day at National Parks

Come experience the national parks free today! Here in Georgia you can visit parks including the Chattahoochee River National Recreation Area and Kennesaw Mountain National Battlefield Park.

Jan. 18 - 21

Atlanta Boat Show

See the latest in boating plus seminars, interactive exhibits, Kids' Zone and more. Ticket information online at AtlantaBoatShow.com. Georgia World Congress Center, Atlanta.

Jan. 20 - 21

Callanwolde Arts Festival

This annual, indoor art festival features 86 fine artists, demonstrations, live acoustic music and gourmet food trucks at Callanwolde Fine Arts Center. Ticket information online at callanwoldeartsfestival.com.

February 9 - 11, 2018

North Atlanta Home Show

More than 150 companies display the latest home improvement products and services at the North Atlanta Home Show. Infinite Energy Center, Duluth. atlantahomeshow.com.

March 3 and 10

Harlem Globetrotters

Catch the entertaining and talented Harlem Globetrotters shoot hoops at Duluth's Infinite Energy Center or at Atlanta's Philips Arena. Afternoon and evening shows. Ticket information at harlemglobetrotters.com.

- 8-10 chicken tenderloins
- 1 yellow onion, chopped
- 3/4 cup packed organic brown sugar
- 1/4 cup unbleached all purpose flour
- 2/3 cup water
- 1/3 cup white vinegar
- 1/3 cup soy sauce
- 2 T organic ketchup
- 1 t prepared mustard
- 1/4 garlic powder
- 1/4 t pepper

SWEET & SAUCY CROCK POT CHICKEN

Place chicken and chopped onion in crock pot. In a small saucepan, combine brown sugar and flour. Stir in the water, vinegar and soy sauce. Add the ketchup, onion, mustard, garlic powder, salt and pepper. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Pour over chicken. Cover and cook on low for 6-8 hours. Serve with rice or noodles if desired.

Serves 6.

CROSSWORD ANSWERS

1	O	D	S		4	M	E	A	N		8	A	C	C	U	S	E	
14	T	E	T		15	A	R	L	O		16	B	O	A	R	D	S	
17	T	A	U		18	S	I	L	T		19	S	A	D	I	S	T	
20	A	F	F	21	E	C	T	I	O	N	22	A	T	E				
23	W	E	F	T		24	R	E	N	A	L			25	R	T	E	
28	A	N	Y	O	29	N	E			30	T	O	R	S	I	O	N	
					33	G	A	L	34	L	I	M	A	U	F	R	Y	
36	O	H	A	R	A		40	E	G	O		41	T	E	E	N	A	
42	S	U	B	S	I	S	T	E	N	C	E							
45	S	E	E	T	O	I	T			46	A	S	S	E	S	S		
51	A	D	E			52	T	E	A	S	E		55	S	A	M	E	
				56	J	O	U	R	N	A	L	I	S	T	I	C		
59	M	A	C	U	L	A			62	A	L	I	A		63	E	T	E
64	C	R	E	D	I	T			65	I	S	A	T		66	R	E	D
67	I	M	P	O	N	E			68	L	A	N	E		69	S	S	E

SEE A SHOW AT THE CUMMING PLAYHOUSE

Located at 101 School Street, the Cumming Playhouse is inside the 1923 Cumming Public School, a structure named to the National Register in 2000. As a performing arts venue, The Cumming Playhouse provides quality entertainment throughout the season offering plays, musicals, and concerts with fine dining provided by Tam's Backstage Food and Spirits.

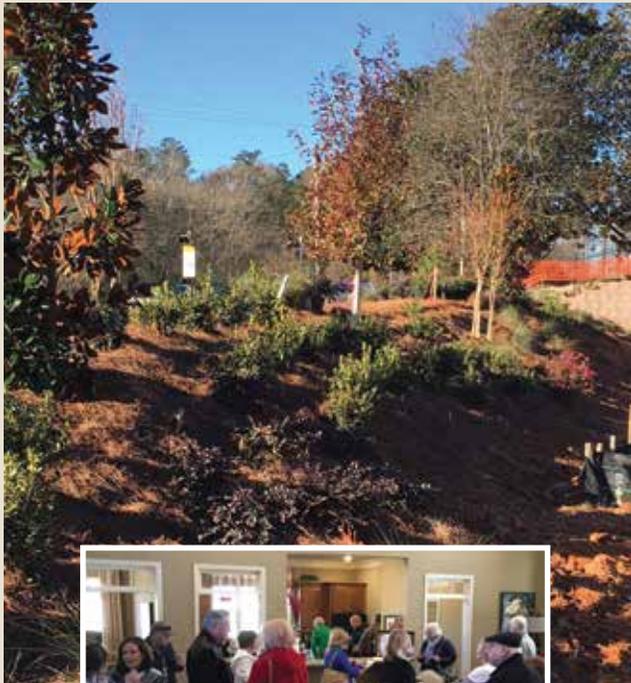
For more information visit www.playhousecumming.com/Events.



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THE ORCHARDS OF CHEROKEE STATION



Top left: Entry landscape

Above: Paving being completed

Below: Models under construction

Below left: Bird's eye view

Middle left: Homesite selection lottery

