

NEIGHBORHOOD NEWS



NEWS

SPRING/SUMMER 2018

**EAST SALES PACE
AT PARK RIDGE**

**GRAND OPENING
CHEROKEE STATION**

HEALTHY EATING TIPS

74 Homes SOLD at The Orchards of Park Ridge!



The Charleston



"Sales are not slowing down; in fact, they are speeding up," said Deborah Reahm, sales counselor for The Orchards Group. "We've sold 45 homes since the beginning of 2018 and visiting prospective purchaser rates continue to be steady," added her partner Craig Smith. "It is quite simply amazing."

"We believed in this market before we started building here at The Orchards of Park Ridge, and the success we have enjoyed has proven that our belief was spot on," said Mitch Block, sales & marketing director.

"When you combine the strong value of the homes, the maintenance free lifestyle that is offered, the clubhouse

and pool (now open), and the wonderful people who have already purchased here, sales are expected to stay strong till we're built out," he continued.

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

Grand Opening: The Orchards of Cherokee Station



With all four model homes now professionally decorated and open to the public, we are proud to announce the grand opening of our latest community The Orchards of Cherokee Station. "We've already sold 20 homes, and as our construction pace picks up, we fully expect sales to be on the rise as well," commented Mitch Block, sales & marketing director for 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 Townhomes. Each series offers several exciting floorplans to choose from 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 owners' 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' ceilings (per plan), fireplaces, 2-car garages and so much more. Priced from the \$280s - \$390s, The Orchards of Cherokee Station is located in the historic Hickory Flat neighborhood in south central Cherokee County, about half way 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 offers 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 offered 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.

Models are open 7 days per week.

Monday – Friday: 10 am – 5 pm

Saturday: 11 am – 5 pm

Sunday: 1 – 5 pm

Or call: 678-513-8879 for more information

EATING WELL AS YOU GET OLDER

Eating is one of life's pleasures, but some people lose interest in eating and cooking as they get older. They may find that food no longer tastes good. They may find it harder to shop for food or cook; others may have problems chewing or digesting the food they eat.

Why Not Eating Can Be Harmful

If you don't feel like eating because of problems with chewing, digestion or gas, talk with your doctor or a registered dietitian. Avoiding some foods could mean you miss out on needed vitamins, minerals, fiber or protein. Not eating enough could mean that you don't consume enough nutrients and calories.

Problems With Taste or Smell?

One reason people lose interest in eating is that their senses of taste and smell change with age. Foods you once enjoyed might seem to have less flavor when you get older. Some medicines can change your sense of taste or make you feel less hungry. Talk with your doctor if you have no appetite, or if you find that food tastes bad or has no flavor.

If you don't feel like eating because food no longer tastes good, you can enhance the flavor of food by cooking meals in new ways or adding different herbs and spices.

Try New Dishes

Making small changes in the way you prepare your food can often help overcome challenges to eating well. These changes can help you to enjoy meals more. They can also help make sure that you get the nutrients and energy you need for healthy, active living.



- Look for ways to combine foods from the different food groups in creative ways. You can do this while continuing to eat familiar foods that reflect your cultural, ethnic, or family traditions.
- Experiment with ethnic foods, regional dishes or vegetarian recipes.
- Try out different kinds of fruits, vegetables and grains that add color to your meals.
- Try new recipes from friends, newspapers, magazines, television cooking shows or cooking websites.
- Take a cooking class to learn new ways to prepare meals and snacks that are good for you. Grocery stores, culinary schools, community centers and adult education programs offer these classes.

Meals are an important part of our lives. They give us nourishment and a chance to spend time with friends, family members and others. If physical problems keep you from eating well or enjoying meals, talk with a health care professional.

Source: www.nihseniorhealth.gov

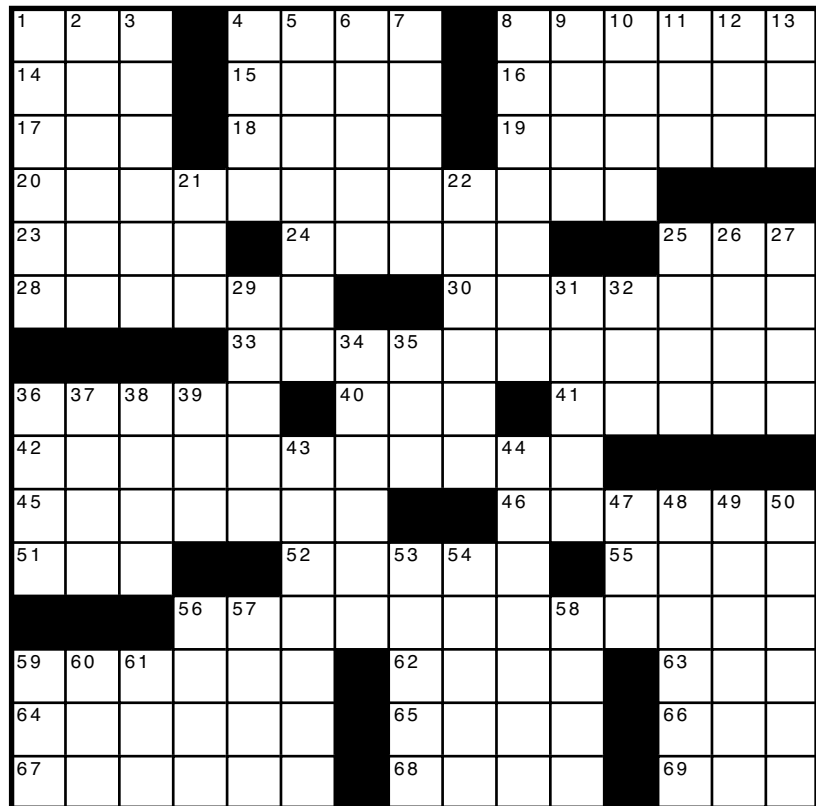
Across

- 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!



June 2-3

Flying Colors Butterfly Festival

The Flying Colors Butterfly Festival delights everyone all weekend at the Chattahoochee Nature Center when monarchs and milkweed take center stage as visitors celebrate all things pollinators! Butterfly exhibit, vendors, plant sale and so much more. www.chattnaturecenter.org

June 9-10

Virginia-Highland Summerfest

The 35th annual Virginia-Highland Summerfest brings more than 250 fine artists, live music, a KidsFest, and lots of food festival vendors to Virginia Highland, plus a Peachtree Road Race qualifying 5K run! Free admission. <https://vahi.org/summerfest/>

July 28

Atlanta Ice Cream Festival

The Atlanta Ice Cream Festival offers a variety of activities for the whole family that showcases how living a balanced lifestyle can include lots of fun! From an Ice Cream Eating Contest for both kids and adults to wellness activities the festival has lots of fun. Double Dutch routines, hula hoop competitions, jump rope fun and Frisbee toss are some popular activities. Delicious treats and a variety of ways to burn off the calories make for a great combination! Piedmont Park, 11 am – 6 pm

Woodstock Summer Concert Series

Head to Cherokee County's Woodstock for this free concert series. Plan ahead for shuttles/trolleys by checking out the website at www.woodstockconcertseries.com.

Love and Theft, June 9

Departure, July 14

Everclear with special guest The Bitterroots, Aug. 11

To be announced, Sept. 8

SPRING/SUMMER

SERVE UP FRUIT SUMMER-STYLE

Eating fruit is a lot more fun
when it's skewered!

20 skewers

Kiwi, sliced

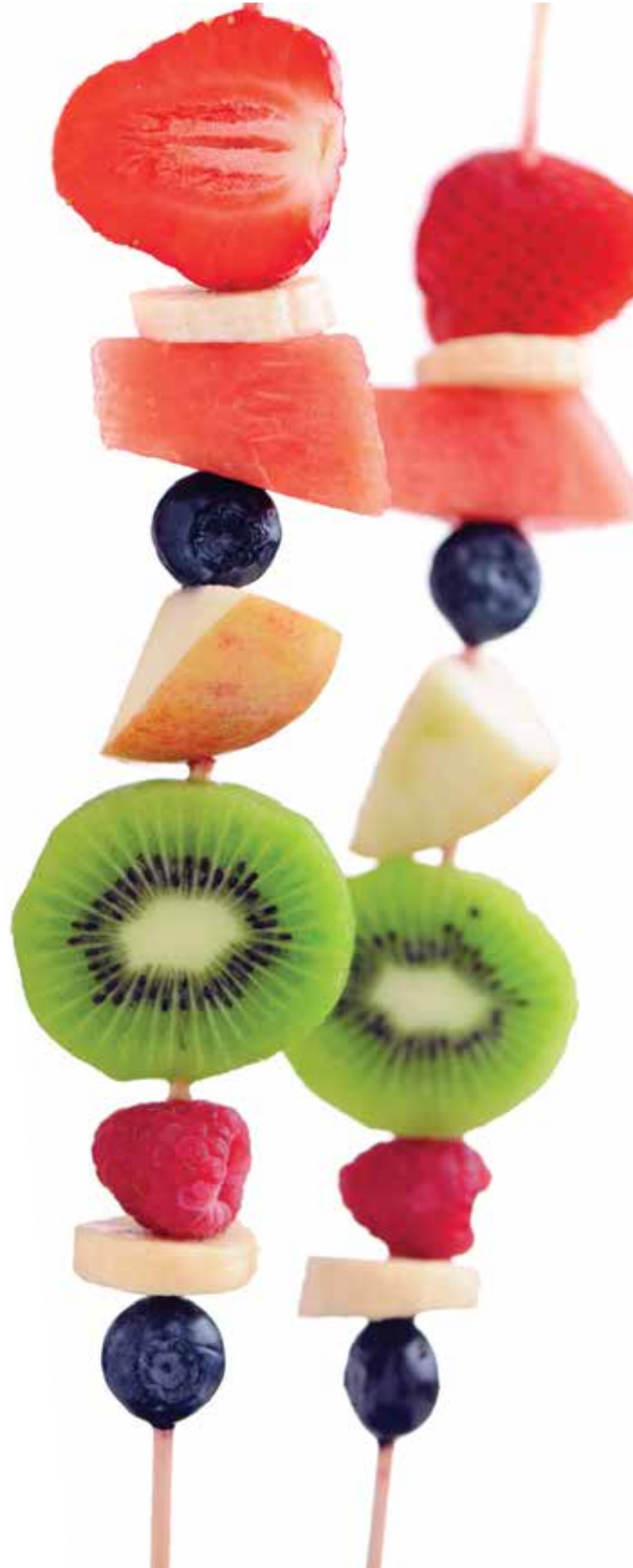
Strawberries, halved

Cantaloupe, cubed

Green grapes

Red grapes

Alternate fruit by threading on skewers
and arrange decoratively on serving platter.



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	L	34	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	43	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	



*Top left: Getting started at Cherokee Station.
Above right: East Cherokee Valentines' Day Breakfast.
Below left: Windward Spring Luncheon.
Below right: Windward Holiday Party.*

