

Ashwood Meadows

Gracious Retirement Living

11190 Medlock Bridge Rd • Johns Creek, GA 30097 • (770) 476-4429 • www.seniorlivinginstyle.com

MARCH 2019

ASHWOOD MEADOWS STAFF

Managers..... KEITH & LISA LEFFINGWELL
Assistant Managers LEE & LISA MCDUGALD
Executive Chef COURTNEY SMITH
Activity Coordinator SHEILA BAILEY
Maintenance Coordinator..... FELIX PICHARDO
Transportation SARAH DANIELS

TRANSPORTATION

Monday, 9:30 a.m. and 2 p.m.: Shopping
In The Johns Creek/Suwanee Area

Tuesday, 8:30 a.m.-3 p.m.: Appointments

Wednesday, TBD: Outing Day

Thursday, 8:30 a.m.-3 p.m.: Appointments

Friday, 9:30 a.m.: Shopping In The
Johns Creek/Suwanee Area

HAWTHORN
SENIOR LIVING

All Aboard The Hawthorn Adventure! First Stop: Germany

Was für eine Zeit hatten wir in Deutschland! (What a time we had in Germany!) We visited Berlin, Hamburg, Munich and Frankfurt. Residents had a blast making their own cuckoo clocks, tasting German chocolates/cookies, searching for German cars on the Scavenger Hunt and sampling beer from our local brewery, Pontoon Brewing. Our residents had a front row seat watching Mr. Hung from MC Glass Art create a beautiful glass flower and we certainly enjoyed our meal at The Village Corner German Restaurant. Our own Amanda Beason graced our ears with a selection and everyone had a blast doing selfie shots at the train with the German props!

(Photos continued inside)





All Aboard The Hawthorn Adventure! First Stop: Germany (Continued)



New Activity Alert: Dear Friend Letters

Imagine being in a place where the people around you were not your parents, your sister or brother. You wake each day wondering where your real family is, if they love you or even think of you. Sadly, this is true for some children in faraway places. Join us as we bring a little cheer to their lives, smiles to their faces and let them know that somewhere far away someone loves them. Stop by the activity room and pick up some colored paper and take a moment to make a card or write a letter or do both. I'm sure it will make your day as well!



One of the beautiful cards created

"Letters To Far Away Friends"

Write a letter to a child that is in an orphanage. You can address the letter as:

Dear Friend

Draw pictures and make the letter colorful. We will send these letters to an orphanage where children are. Thank you for sending your love to children far away.





Next Stop On Hawthorn Express: France

Berets, chocolates, mocktails and more, oh mon! (Oh my!) Our visit to France was enjoyed by all. The residents were served croissants, jams and espresso at Cafe Lisa and the hot air balloon craft session was a big hit. Lunch at La Madeleine was such a treat and the residents couldn't stop raving about the beautiful voice of Michelle Burbles, the opera singer. Our Eiffel Tower dot painting craft was a success and not one painting was left on the table at our 1st Ashwood Art Auction.



Green Is Great

"Eat all your greens. They're good for you!" You've heard this all your life, right? Well, they're not GOOD for you, they're GREAT for you! Did you



know that a study recently published in Neurology finds that healthy seniors who had daily helpings of leafy green vegetables — such as spinach, kale and collard greens — had a slower rate of cognitive decline, compared to those who tended to eat little or no greens. There's a reason why Popeye was strong to finish because he ate his spinach! So, load those plates and smoothies up with kale, collards and spinach. Your whole body will thank you! Here's a quick and easy recipe to try.

Green Smoothie

1. Blend 1 cup of spinach, or other leafy greens of your choice, in a blender.
2. Add 1 cup of water and blend well (until all leafy chunks are gone).
3. Toss in fruit, such as frozen mango, pineapple and bananas in the blender.
4. Blend again until smooth and creamy.
5. Serve smoothie immediately for maximum nourishment.



MARCH 2019

Birthdays

Dallas Bell, 3rd
Martha Schnurr, 5th
Geneva Giuffre, 7th
John Washington,
7th (Employee)
Dormal Newberry, 8th
Dorothy Wenning, 8th
Elaine Murray, 17th
Ann Puterbaugh, 24th

Anniversary

Dormal & Cathy
Newberry, 3/18/1988

Locations

Activity Room, AR
Backyard Patio, BP
Billiards, BL
Bistro, BI
Chapel, CH
Computer Room, CR
Dining Room, DR
Gym 3rd Floor, GYM
Library, LIB
Main Lobby, ML
Movie Theater, MT
Patio 4th Floor, PT
Private Dining Room, PDR
Television Room, TR

Reemick's Hair Salon

678-500-6737

HOURS OF OPERATION

Sunday: Closed
Monday: Closed
Tuesday: Closed
Wednesday:
10:30 a.m.-4 p.m.
Thursday: 10:30 a.m.-
4 p.m.
Friday: 10:30 a.m.-4 p.m.
Saturday: 10:30 a.m.-
4 p.m.

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John Washington,
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Dormal & Cathy
Newberry, 3/18/1988

- Activity Room, AR
- Backyard Patio, BP
- Billiards, BL
- Bistro, BI
- Chapel, CH
- Computer Room, CR
- Dining Room, DR
- Gym 3rd Floor, GYM
- Library, LIB
- Main Lobby, ML
- Movie Theater, MT
- Patio 4th Floor, PT
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678-500-6737

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Sunday: Closed

Monday: Closed



Tuesday: Closed

Wednesday:
10:30 a.m.-4 p.m.

Thursday: 10:30 a.m.-
4 p.m.

Friday: 10:30 a.m.-4 p.m.

Saturday: 10:30 a.m.-
4 p.m.

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
													
										1		2	
										10:00 Move to the Music, AR 11:00 Mardi Gras Mask Making, AR 11:00 Creating a Craft, AR 2:00 Bible Study, AR 4:00 Happy Hour Sponsor: Golden Home Services, AR 4:00 Happy Hour with Paula Jones, AR 7:00 Evening Movie, MT		10:00 Meadows Market 10:00 Mah Jong, TR 11:00 Wii Bowling, AR 2:00 Funny Money Bingo, AR 4:00 Game Time, AR 7:00 Evening Movie, MT	
11:15 St. Benedict's Catholic Service and Eucharist, CH 2:00 Worship Service, AR 3:00 Docuseries: Brain Games, MT 7:00 Evening Movie, MT		10:00 Weights & Cardio, AR 11:00 Chit Chat with Sheila B., AR 2:00 Funny Money Bingo, AR 3:30 Painting with Friends, AR 7:00 Billiards, BL 7:00 Evening Movie, MT		MARDI GRAS 9:30 Meadows Market 10:00 Yoga, AR 11:00 Name That Tune, AR 12:30 Mardi Gras Lunch (Wear Mask), DR 1:00 Masks, Music & Mardi Gras Parade, DR 2:00 Resident & Management Meeting, AR 2:30 Balloon Volleyball, AR 7:00 Evening Movie, MT		ASH WEDNESDAY Outing: The King Center & JCT. Kitchen, ML 11:30 Ambassador Meeting, MT 2:00 Mah Jong, TR 2:30 St. Benedict's Catholic Rosary, CH 4:00 Bean Bag Baseball, AR 7:00 Evening Movie, MT		10:00 Stretch Bands & Cardio, AR 11:00 Trivia, AR 2:00 Meadows Market 3:00 Funny Money Bingo, AR 4:00 Prayer Group, LIB 7:00 Evening Movie, MT		10:00 Move to the Music, AR 11:00 Creating a Craft, AR 2:00 Bible Study, AR 4:00 Happy Hour Sponsor: Memory Center Atlanta, AR 4:00 Happy Hour with Steven Chappelle, AR 7:00 Evening Movie, MT		10:00 Meadows Market 10:00 Mah Jong, TR 11:00 Wii Bowling, AR 11:00 Bookworms Corner, LIB 2:00 Funny Money Bingo, AR 4:00 Game Time, AR 7:00 Evening Movie, MT	
DAYLIGHT SAVING TIME BEGINS										8		9	
11:15 St. Benedict's Catholic Service and Eucharist, CH 2:00 Worship Service, AR 3:00 Docuseries: Brain Games, MT 7:00 Evening Movie, MT		9:00 Perimeter Church and School, PCS Service Day, AR 10:00 Weights & Cardio, AR 11:00 Chit Chat with Sheila B., AR 2:00 Funny Money Bingo, AR 7:00 Billiards, BL 7:00 Evening Movie, MT		9:30 Meadows Market 10:00 Yoga, AR 10:30 Time for Tea, AR 11:00 Name That Tune, AR 12:30 Lunch & Piano with Rick Corrao, DR 2:00 Balloon Volleyball, AR 7:00 Evening Movie, MT		Outing: Booth Western Museum & Scott's Walk Up BBQ, ML 11:30 Ambassador Meeting, MT 2:00 Mah Jong, TR 2:30 St. Benedict's Catholic Rosary, CH 3:00 Motivation Book Speaking with Olga Kane, AR 4:00 Bean Bag Baseball, AR 7:00 Evening Movie, MT		10:00 Stretch Bands & Cardio, AR 11:00 Trivia, AR 2:00 Meadows Market 3:00 Funny Money Bingo, AR 4:00 Prayer Group, LIB 7:00 Evening Movie, MT		10:00 Move to the Music, AR 11:00 Creating a Craft, AR 11:00 Darryl Dantzler, Roswell Funeral Home, MT 2:00 Bible Study, AR 4:00 Happy Hour Sponsor: Comcast, AR 4:00 Happy Hour with Debra Lieb, AR 7:00 Evening Movie, MT		10:00 Meadows Market 10:00 Mah Jong, TR 11:00 Wii Bowling, AR 2:00 Funny Money Bingo, AR 4:00 Game Time, AR 7:00 Evening Movie, MT	
ST. PATRICK'S DAY										15		16	
11:15 St. Benedict's Catholic Service and Eucharist, CH 1:00 Wear Green, No Pinching & Cupcake Social, AR 2:00 Worship Service, AR 3:00 Docuseries: Brain Games, MT 7:00 Evening Movie, MT		10:00 Weights & Cardio, AR 11:00 Chit Chat with Sheila B., AR 2:00 Funny Money Bingo, AR 7:00 Billiards, BL 7:00 Evening Movie, MT		9:30 Meadows Market 10:00 Yoga, AR 11:00 Name That Tune, AR 12:30 Lunch & Piano with Rick Corrao, DR 2:00 Balloon Volleyball, AR 3:00 Bra Fitting with Dillard's 7:00 Evening Movie, MT		SPRING BEGINS Outing: Margaret Mitchell Tour & Steamhouse Lounge, ML 11:30 Ambassador Meeting, MT 2:00 Mah Jong, TR 2:30 St. Benedict's Catholic Rosary, CH 3:00 Spring Funny Money Auction, AR 4:00 Bean Bag Baseball, AR 7:00 Evening Movie, MT		10:00 Stretch Bands & Cardio, AR 11:00 Trivia, AR 2:00 Chef's Chat, AR 2:00 Meadows Market 3:00 Funny Money Bingo, AR 4:00 Prayer Group, LIB 7:00 Evening Movie, MT		10:00 Move to the Music, AR 11:00 Creating a Craft, AR 2:00 Bible Study, AR 4:00 Happy Hour with Ben & Pamela, AR 7:00 Evening Movie, MT		10:00 Meadows Market 10:00 Mah Jong, TR 11:00 Wii Bowling, AR 2:00 Funny Money Bingo, AR 4:00 Game Time, AR 7:00 Evening Movie, MT	
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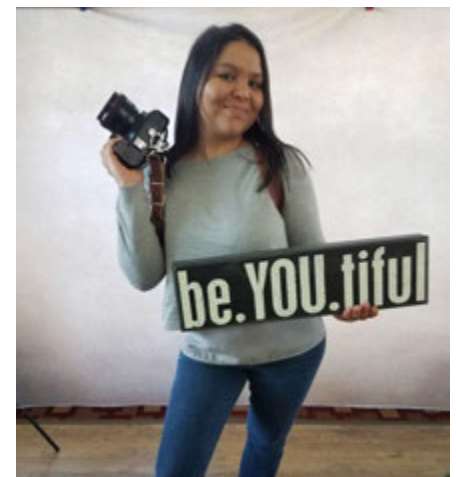


Last Stop on the Hawthorn Express: Italy

Ci siamo innamorati di Italia! (We fell in love with Italy!)

Our ladies went all out getting dressed up for our Simply Beautiful Photo Shoot. Local department store Belk provided the makeup, photographer Rocio Perez captured the memories and Lincontro Restaurant sponsored lunch. What a wonderful time had as they gathered to chat and encourage one another. Our craft activity was guided by Pat and Marlene from Papertastic who came in to teach our residents how to make paper beads.

The residents made some really beautiful pieces. Our outing to Chateau Elan was not only fun but so informative, finding out the history and how they made wine. We finished the day off with a tasty lunch at Luciano's Ristorante Italiano. To complete our trip in Italy, our day was closed out with casino night. They played and won BIG!





Do You Have An Eye?

Does your phone take great pictures? Do you have a good eye for the perfect picture moment? If you said yes, then please see Sheila the Activity Coordinator for more information.



Get Active, Get Up and Get Out

- **March 6th:** The King Center and JCT. Kitchen
- **March 13th:** Booth Western Art Museum and Scott's Walk Up Bar-B-Q
- **March 20th:** Margaret Mitchell House Tour and Steamhouse Lounge
- **March 27th:** WSB TV Tour and Egg Harbor Cafe

UPCOMING EVENTS



Time To Shine

Beginning in April, we will start our In The Spotlight segment. Each month, one resident will be featured in the newsletter based on nominations received. Drop your nominee in the box that will be located in the Activity Room. Let's see you in the lights!



Mastering Kindness

"Being kind to those who are not so easy to be kind to is one of the most challenging things to do. However, this continuous act of humble behavior can sometimes soften even the toughest beings. We are taught to treat others the way we want to be treated, not treat others the way they treat us. I believe that in any situation, light shines through darkness even if it's just a small twinkle in the distance; the closer you get to the light the brighter it will appear. Stand firm with your giving heart, your smiles and hugs and eventually in this lifetime or after our lifetime another soul will be blessed by you."



— Sheila B.

Ashwood Meadows
Gracious Retirement Living

11190 Medlock Bridge Rd
Johns Creek, GA 30097



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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470-239-0807