

Linwood Estates

Gracious Retirement Living

1611 Lawrenceville Suwanee Rd. • Lawrenceville, GA 30043 • (678) 647-7928 • www.seniorlivinginstyle.com

FEBRUARY 2020

LINWOOD ESTATES STAFF

Managers..... JOEL & CATHIE WILSON
Assistant Managers MICHAEL & ANGELA COLBURN
Executive Chef GONZALO FIGUEROA
Sous Chef ENID WELLS
Activity Coordinator KARL LIEBENGOD
Maintenance MARTIN CEVANTES

TRANSPORTATION

Monday & Friday, 8 a.m.-2 p.m.:

Shopping — Lawrenceville/Buford

Tuesday & Thursday, 8 a.m.-2 p.m.:

Medical Appointments — Lawrenceville/Buford

Wednesday, 8 a.m.-2 p.m.: Outing Day

HAWTHORN
SENIOR LIVING

Tanzania, Africa

We just finished two weeks of our Hawthorn Adventure in Morocco and Egypt, and are excited to end our travels this month in Tanzania, Africa. We will climb Mt. Kilimanjaro, explore Africa's "Big Five" in the Serengeti, and finally tie flies off the coast of the Indian Ocean in Zanzibar, where everyone will be getting their feet wet. Pictures will follow for sure!





Linwood Happenings



Bingo and fried pickles



Icing on the cookies



Fire Fighters love Christmas cookies!



Ugly Sweater contest winner



Lots of sweaters in the house



Broad Street Concert Band



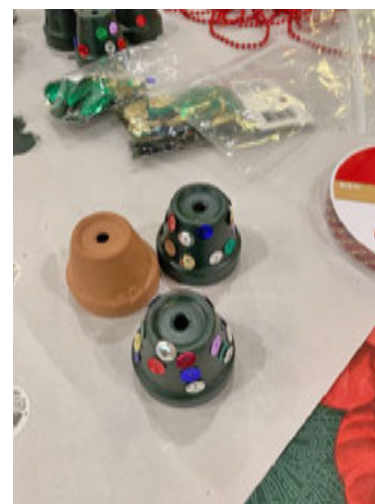
Pappadeaux with friends



Sugar Plum Fairy visit



Night of Lights



Clay pot Christmas chimes



Sounds of Christmas



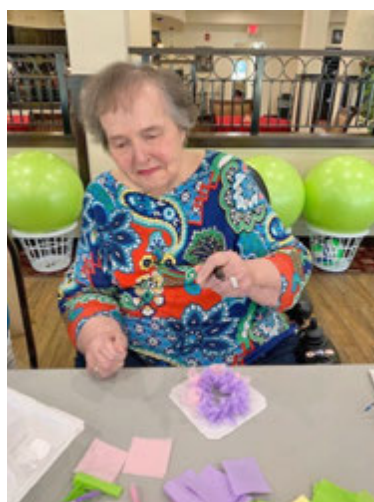
Happy New Year 2020



Let the dancing begin!



Dancing in the new year



Tissue paper art



January Tea

FEBRUARY 2020


Birthdays

Lois Ward, 2nd
Cathie Wilson, 7th (Employee)
Sonia Rojas, 11th
Tom Baker, 17th
Robert Nash, 23rd
Wilma Williams, 27th

Locations

Activity Room, AR
Billiards, BL
Bistro, BI
Chapel, CH
Computer Room, CR
Dining Room, DR
Fire Pit, FP
Grand Piano, GP
Gym, GYM
Library, LIB
Main Lobby, ML
Media Room, MR
Movie Theater, MT
Patio, PT
Private Dining Room, PDR
Raised Gardens, RG
Resident Kitchen, RK
Rotunda, RT

“Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.”
—Joseph Addison

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
10:00 Big Screen Worship, MT 11:00 Ladder Toss, AR 2:00 Billiards, BL 3:00 Matinee “The Blind Side,” MT 5:00 Tailgate Dinner, DR 6:30 Super Bowl, MT 	2 A Week in Tanzania 10:00 Chair Afrobics, AR 11:00 Kilimanjaro Documentary, MT 2:00 Trivia Climb, DR 3:00 Sea Salt Hand Scrub, RK 4:00 St. Lawrence, CH 7:00 Two Brothers, MT	3 10:00 Chair Afrobics, AR 10:30 Serengeti Documentary, MT 11:00 Nuggets with Neil, CH 1:45 Residents’/Manager Meeting, DR 2:00 Safari Silhouettes Craft, AR 3:30 African Tea Party, AR 7:00 The Lion King, MT	4 5 10:00 Tanzanian Yoga, AR 11:30 Honest Star Tropical Restaurant 3:00 “Midweek Boost,” CH 7:00 The White Lion, MT	6 10:00 African Drumming, AR 10:30 Zanzibar Documentary, MT 2:00 Get the Snakes!, AR 3:00 Zanzibar Spice Painting, AR 7:00 At the Movies, MT	7 10:00 Chair Afrobics, AR 11:00 Tanzania Coffee Tasting, BI 2:00 Balloon Volleyball, AR 3:30 Fly Tying Presentation, AR 7:00 Out of Africa, MT 	8 10:00 Readers’ Circle, LIB 11:00 Wii Sports, AR 2:00 Bridge Club, MR 3:00 Bingo, AR 4:00 Board Games, BL 7:00 At the Movies, MT
9 10:00 Big Screen Worship, MT 11:00 Horseshoes, AR 2:00 Board Games, BL 3:00 Matinee, MT 4:00 Ladder Toss	10 10:00 Keep It Moving, AR 11:00 Bocce Ball, AR 2:00 Family Feud, AR 3:00 Nickel Bingo, AR 7:00 At the Movies, MT	11 Peppermint Pattie Day 10:00 Keep It Moving, AR 11:00 Nuggets with Neil, CH 1:45 Chef/Resident Meeting, AR 3:00 Pianomistr, GP 7:00 At the Movies, MT 	12 10:00 Keep It Moving, AR 2:00 Pictionary, AR 3:00 “Midweek Boost,” CH 4:00 Electronic Trivia, MR 7:00 Dracula, MT	13 10:00 Cardio Drumming 10:30 Medieval Times 3:00 Bingo, AR 7:00 At the Movies, MT	14 VALENTINE’S DAY 10:00 Keep It Moving, AR 11:00 North Metro Baptist, MR 3:00 Valentine Entertainment, AR 7:00 At the Movies, MT	15 10:00 Readers’ Circle, LIB 11:00 Wii Sports, AR 2:00 Bridge Club, MR 3:00 Bingo, AR 4:00 Puzzle Tables, BL 7:00 At the Movies, MT
16 10:00 Big Screen Worship, MT 11:00 Ladder Toss, AR 2:00 Billiards, BL 3:00 Matinee, MT 4:00 Ladder Toss	17 PRESIDENTS DAY Spud Day 10:00 Keep It Moving, AR 11:00 Corn Hole, AR 2:00 Ladder Toss, AR 3:00 Nickel Bingo, AR 4:00 St. Lawrence, CH 7:00 At the Movies, MT 	18 10:00 Keep It Moving, AR 11:00 Nuggets with Neil, CH 2:00 Pictionary, AR 3:00 Pianomistr, GP 7:00 At the Movies, MT	19 10:00 Chair Yoga, AR 11:00 Out and About 3:00 “Midweek Boost,” CH 7:00 At the Movies, MT	20 Cherry Pie Day 8:00 Men’s Breakfast, AR 10:00 Cardio Drumming 2:00 McKendree Methodist, MR 3:00 Bingo, AR 7:00 At the Movies, MT	21 Sticky Bun Day 10:00 Keep It Moving, AR 11:00 North Metro Baptist, MR 2:00 Balloon Volleyball, AR 3:30 TGIF Social, BI 7:00 At the Movies, MT	22 10:00 Readers’ Circle, LIB 11:00 Wii Sports, AR 2:00 Bridge Club, MR 3:00 Bingo, AR 4:00 Board Games, BL 7:00 At the Movies, MT
23 10:00 Big Screen Worship, MT 11:00 Horseshoes, AR 2:00 Board Games, BL 3:00 Matinee, MT 4:00 Ladder Toss 	24 National Cupcake Day 10:00 Keep It Moving, AR 11:00 Bocce Ball, AR 2:00 Family Feud, AR 3:00 Nickel Bingo, AR 7:00 At the Movies, MT	25 Mardi Gras 10:00 Keep It Moving, AR 11:00 Nuggets with Neil, CH 3:00 Mardi Gras Entertainment, AR 7:00 Mardi Gras Movie, MT	26 ASH WEDNESDAY 10:00 Keep It Moving, AR 11:00 Out and About 3:00 “Midweek Boost,” CH 7:00 At the Movies, MT	27 National Chili Day 10:00 Cardio Drumming 2:00 Pictionary, AR 3:00 Bingo, AR 7:00 At the Movies, MT 	28 10:00 Keep It Moving, AR 11:00 North Metro Baptist, MR 2:00 Balloon Volleyball, AR 3:30 TGIF Social, AR 7:00 At the Movies, MT	29 Leap Day 10:00 Readers’ Circle, LIB 11:00 Leap Year Trivia, AR 2:00 Bridge Club, MR 3:00 Bingo, AR 7:00 At the Movies, MT



Resident's Corner

A kind face that has become familiar to everyone at Linwood belongs to the ever-gracious Luciana Evans, who has been an active participant in our activity program from the start, and is a welcoming presence for future residents. Luciana met and married her husband, Jim, of 58 years, while he was stationed in Verona, Italy, and jokes about being the beautician who styled Jim's girlfriend's hair for two years until he came to his senses. They retired to Clarksville, Tennessee, before she moved to Snellville, Georgia, to be with her daughter, Suzanna, and two grandsons, Christopher and James, after Jim's passing. She later moved to Linwood in November of 2019, during our first month of operation. She speaks German, French, Italian and English. She enjoys reading, classical music (Andrea Bocelli is one of her favorites), and gardening (yellow roses are her favorite). When I asked her what she enjoys most about living at Linwood, she replied, "I enjoy the social interaction with the staff and residents who help make it my home."



Luciana Evans

Birthday Celebrations



Ester, December 29th



Brenda, January 1st



Marilyn, January 3rd



Roy, January 16th



Hattie, December 11th



Adeline, December 13th



Barbara, December 23rd



Zack, January 18th



Linwood Wellness

Seven Essentials for Seniors to Stay Happy and Healthy as They Age

When it comes to healthy aging, research shows that a busy brain and an active lifestyle are important for overall wellness and a happier, more fulfilled life. Keeping your brain busy and body active are keys to good health into old age. Whether you're a caregiver, family member, friend, neighbor or senior, keep these tips in mind to not just stay well, but to thrive throughout your golden years.



- 1. Keep moving!** Walking, swimming and chair exercises (a great option if mobility is a problem) are easy-to-do activities that can keep you feeling good and thinking clearly. Participating in our very own Linwood daily exercise class combines exercise with social interaction and makes it easier to stay active for seniors who thrive on contact with others.
- 2. Spend time with family.** Spending time with family can be a problem if you're separated from loved ones by distance or when busy lives make it hard for everyone to get together. Fortunately, technology has made it easy to stay in touch. Cell phones and apps such as FaceTime and Skype put you in touch with family whenever you like, allowing for face-to-face contact and some valuable personal time. Social media is another convenient way to stay involved with loved ones.
- 3. Play brain games.** Games may seem trivial when it comes to staying mentally active, but jigsaw puzzles, crossword puzzles, Pictionary, trivia, Wheel of Fortune and other word games keep you thinking and learning. Reading is also an excellent way to stay mentally sharp and pursue intellectual interests. If you prefer to discuss what you've read, consider joining our book club and share your thoughts and ideas with others. Staying mentally and socially active makes you less vulnerable to dementia and general mental decline.
- 4. Become a volunteer.** Donating your time to others who need help is a personally rewarding way to stay engaged and physically active. And there are many ways you can help in our own Community by donating your time or personal expertise. Bear in mind that a lack of mobility needn't be a barrier to contributing your time. You can volunteer by reading to children at our local school or daycare.
- 5. Adopt a furry friend.** Seniors often thrive on companionship with a dog or cat. Animals are a warm and furry source of unconditional love and support, and it can be personally rewarding to care for a pet. Older adults typically are less depressed and experience less anxiety when they have a dog, cat, fish or other pet to take care of. Think of it as animal therapy.
- 6. Get quality sleep.** Sleep is a building block of good health no matter your age. It's rejuvenating, bolsters the immune system, aids cellular health and helps keep you mentally sharp throughout the day. If you suffer from back pain, the type and age of your mattress is critical. Foam or memory foam mattresses tend to be the best option, as they help with lumbar support, pressure relief and body contouring.
- 7. Take dietary supplements.** As we age, it becomes harder for the body to gain many of the benefits derived from healthful foods. Vitamin supplements can help you get the vitamins, minerals, antioxidants, amino acids and phytonutrients your body needs. Supplements can be especially beneficial for seniors whose appetites are not what they used to be. People generally have less need for energy intake as they grow older, due in part to a less-active physical lifestyle. However, eating less means potentially missing out on nutrients necessary to maintain good health. Probiotics, calcium and Vitamin D supplements are especially important for seniors. The central nervous system requires Vitamins B2, B6, B12 and C to help for the metabolic processing of dopamine and noradrenaline. The immune system may also be impacted, which leaves seniors dangerously vulnerable to infection and viruses.

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Leave Your Winter Worries Behind

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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678-648-1525