

Ashwood Meadows

Gracious Retirement Living

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

SEPTEMBER 2020

ASHWOOD MEADOWS STAFF

Managers..... CHRIS & GAYLENE CARPENTER
Assistant Managers ..LEE & LISA MCDOUGALD
Executive Chef..... COURTNEY SMITH
Community SalesREJEANNA
"REGGIE" WALTERS
Activity CoordinatorSHEILA BAILEY
Maintenance Coordinator.....FELIX PICHARDO
Transportation..... ROBERT WATSON

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

School Bells Are Ringing!

I know you miss those days of recess, school lunches, homework and tests! So much that we're headed BACK TO SCHOOL but only a lot more FUN! Check out the following for details for some of our special Ashwood School Days Activities!

Friday, September 4th

BACK TO SCHOOL SOCK HOP
OPEN HOUSE: Join Ms. Bailey in the Activity Room to pick up your class schedules, meet your teacher, collect school supplies and have some fun.

Monday, September 7th

TEACHER and SENIOR HOLIDAY
(See you on Tuesday!)

Tuesday, September 8th

1st DAY OF SCHOOL

Tuesday, September 8th-29th

Track Your Steps Contest



Wednesday, September 16th

School Spirit Day (WEAR RED)

Wednesday, September 23rd

School Picture Day

Tuesday, September 29th

Virtual Trip to Niagara Falls

Permission Slip Required

Wednesday, September 30th

Final Exams

Friday, October 2nd

Graduation Day



Craft Time

Be sure to join us
on Fridays in the
Activity Room!
It's Craft Time!
All are welcomed
and encouraged
to attend!



*Val W. showcasing
her beautiful work*



*Anne C. showcasing
her beautiful work*



Magnolia Book Wreath



Magnolia Book Wreath



Magnolia Book Wreath



*Marjorie S. painting her
paper towel tubes*



*Jennifer N. showcasing
her beautiful work*



*Anne C. painting her
paper towel tubes*



*Lorraine S., Anne C., Mary Ann K., Ruth S. and Barbara R. with
their wonderful recycled paper towel roll canvas creations*



The Heart That Gives, Gather Wreath Project

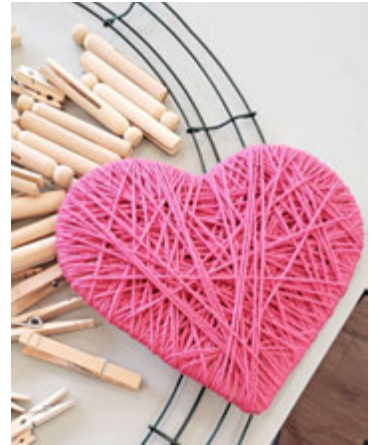
"At the end of the day, it's not about what you have or even what you've accomplished ... it's about who you've lifted up, who you've made better. It's about what you've given back." — Denzel Washington

Thank you to everyone who joined in to help us make our wreaths that will be donated to our own Johns Creek Fire Department and Johns Creek Police Department. You cut out so many leaves! What an amazingly creative job you did!

More pics to follow in the October Newsletter.



Martha S. cutting leaves out for the wreath



Yarn heart created by Sheila B.



Wreaths created from our old newsletters, old calendars and old books



Mary Anne K. watching Val W. for tips



The leaves are being added.



Everyone busy at work cutting leaves out



Did you know some of the benefits of sunflowers are that they can reduce risk of heart disease, may help fight against cancer and promote skin health? Yes!

It's Sunflowers in September! Come in on Fridays to the Activity Room to create and enjoy different sunflower treats!

SEPT 2020

Birthdays

Margreate Boden, 7th
Lorraine Sanna, 8th
Len Perlman, 10th
Ed Scheiman, 12th
Carllene Veal, 13th
Hank Freedman, 21st
Florence Grossman, 22nd
Guy Mirambeau, 28th (Employee)

Locations

Activity Room, AR
Backyard Patio, BP
Billiards, BL
Chapel, CH
Computer Room, CR
Dining Room, DR
Dining Room Bump Out, DRBO
Gym 3rd Floor, GYM
Library, LIB
Main Lobby, ML
Meadows Corner Cafe, MCC
Movie Theater, MT
Patio 4th Floor, PT
Private Dining Room, PDR
Television Room, TR
To Be Determined, TBD

Beauty Shop

Dominque Franklin
Wednesdays & Thursdays
10 a.m.-3 p.m.
Appointments Preferred
Walk-Ins Welcome (Sign Up In Activity Room)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		11:00 Name That Tune, AR 1 2:00 Resident & Management Meeting, MT 2:00 Balloon Volleyball, AR 2:00 Bridge, BL 3:00 Meadows Market (3rd Floor) 3:00 Rummikub, DRBO 7:00 Movie Time, MT	2 10:30 Mahjong, TR 2:30 St. Benedict's Catholic Rosary, CH 3:30 Bean Bag Baseball, AR 7:00 Movie Time, MT	3 9:00 Stretch Bands & Come-On Cardio, AR 11:00 Trivia, DRBO 2:00 Meadows Market 3:00 Funny Money Bingo, DRBO 4:00 Rummikub, DRBO 4:10 Interdenominational Prayer Group, LIB 7:00 Movie Time, MT 7:00 Bridge, BL	4 9:30 Let's Get Movin' & Ballin', AR 11:15 Communion, CH 2:00 Bible Study, CH 4:00 Happy Hour Sponsor: Golden Home Services, AR 7:00 Movie Time, MT	5 11:00 Wii Bowling, AR 2:00 Funny Money Bingo, DRBO 2:00 Mahjong, TR 4:00 Rummikub, DRBO 7:00 Movie Time, MT
	6 11:15 St. Benedict's Catholic Service and Eucharist, CH 2:00 Worship Service, AR 3:00 Rummikub, DRBO 7:00 Movie Time, MT	LABOR DAY 7 9:00 Weights & Cardio, AR 11:00 Chit Chat with Sheila B., LIB 2:00 Funny Money Bingo, DRBO 7:00 Billiards, BL 7:00 Movie Time, MT 	8 11:00 Name That Tune, AR <i>12:30 Piano with Rick Corrao, DR</i> 2:00 Balloon Volleyball, AR 2:00 Bridge, BL 3:00 Meadows Market (3rd Floor) 3:00 Rummikub, DRBO 7:00 Movie Time, MT 	9 10:30 Mahjong, TR 2:30 St. Benedict's Catholic Rosary, CH 3:30 Bean Bag Baseball, AR 7:00 Movie Time, MT	10 9:00 Stretch Bands & Come-On Cardio, AR 11:00 Trivia, DRBO 2:00 Meadows Market 3:00 Funny Money Bingo, DRBO 4:00 Rummikub, DRBO 4:10 Interdenominational Prayer Group, LIB 7:00 Movie Time, MT  7:00 Bridge, BL	11 PATRIOT DAY 9:30 Let's Get Movin' & Ballin', AR 11:15 Communion, CH 2:00 Bible Study, CH 4:00 Happy Hour Sponsor: Memory Care Atlanta, AR 7:00 Movie Time, MT 
	13 11:15 St. Benedict's Catholic Service and Eucharist, CH 2:00 Worship Service, AR 3:00 Rummikub, DRBO 7:00 Movie Time, MT 	14 9:00 Weights & Cardio, AR 11:00 Chit Chat with Sheila B., LIB 2:00 Funny Money Bingo, DRBO 7:00 Billiards, BL 7:00 Movie Time, MT	15 11:00 Name That Tune, AR 11:30 Ambassador Meeting, MT 2:00 Balloon Volleyball, AR 2:00 Bridge, BL 3:00 Meadows Market (3rd Floor) 3:00 Rummikub, DRBO 7:00 Movie Time, MT	16 10:30 Mahjong, TR 2:30 St. Benedict's Catholic Rosary, CH 3:30 Bean Bag Baseball, AR 7:00 Movie Time, MT	17 9:00 Stretch Bands & Come-On Cardio, AR 11:00 Trivia, DRBO 2:00 Meadows Market 3:00 Chef's Chat, AR 4:00 Rummikub, DRBO 4:10 Interdenominational Prayer Group, LIB 7:00 Movie Time, MT 7:00 Bridge, BL	18 ROSH HASHANAH BEGINS AT SUNSET 9:30 Let's Get Movin' & Ballin', AR 11:15 Communion, CH 2:00 Bible Study, CH 4:00 BYOB to Happy Hour, AR 7:00 Movie Time, MT
	20 11:15 St. Benedict's Catholic Service and Eucharist, CH 2:00 Worship Service, AR 3:00 Rummikub, DRBO 7:00 Movie Time, MT	21 9:00 Weights & Cardio, AR 11:00 Chit Chat with Sheila B., LIB 2:00 Funny Money Bingo, DRBO 7:00 Billiards, BL 7:00 Movie Time, MT 	22 AUTUMN BEGINS 11:00 Name That Tune, AR 2:00 Balloon Volleyball, AR 2:00 Bridge, BL 3:00 Meadows Market (3rd Floor) 3:00 Rummikub, DRBO 7:00 Movie Time, MT 	23 10:30 Mahjong, TR 2:30 St. Benedict's Catholic Rosary, CH 3:30 Bean Bag Baseball, AR 7:00 Movie Time, MT	24 9:00 Stretch Bands & Come-On Cardio, AR 11:00 Trivia, DRBO 2:00 Meadows Market 3:00 Funny Money Bingo, AR 4:00 Rummikub, DRBO 4:10 Interdenominational Prayer Group, LIB 7:00 Movie Time, MT 7:00 Bridge, BL	25 9:30 Let's Get Movin' & Ballin', AR 11:15 Communion, CH 2:00 Bible Study, CH 7:00 Movie Time, MT
	YOM KIPPUR BEGINS AT SUNSET 27 11:15 St. Benedict's Catholic Service and Eucharist, CH 2:00 Worship Service, AR 3:00 Rummikub, DRBO 7:00 Movie Time, MT	28 9:00 Weights & Cardio, AR 11:00 Chit Chat with Sheila B., LIB 2:00 Funny Money Bingo, DRBO 7:00 Billiards, BL 7:00 Movie Time, MT	29 11:00 Name That Tune, AR 2:00 Balloon Volleyball, AR 2:00 Bridge, BL 3:00 Meadows Market (3rd Floor) 3:00 Rummikub, DRBO 7:00 Movie Time, MT	30 10:30 Mahjong, TR 2:30 St. Benedict's Catholic Rosary, CH 3:30 Bean Bag Baseball, AR 7:00 Movie Time, MT		



Great job, Ashwood writers! Check out the talent we have! New “Finish The Story” coming soon, so be sure to drop by the Activity Room to pick up the next one!

Our paragraph to finish for last month was the following:

“The Talking Trees”

At the edge of the forest, where a cliff overlooks an ocean, a couple of tall trees were talking in the dark one late night.

One said, “May I ask you something?” “Certainly,” said the other. “I know you all have been all over the world. I, on the other hand ... well, I have never been out of the forest. So my question is, what was it like for you in other places?” The other tree brought its branches a bit to gather its thoughts. “Well, I’ll tell you,” it said. But it couldn’t. Because in that moment a sudden gust of wind blew. And then another, and another, and suddenly you couldn’t see the stars anymore for the clouds were racing up.

Cathy W. **FINISH THE STORY:** The talking trees Pine and Oak swayed in the tornadic winds. They bent and bowed but never broke. Life experience does that to you! As the mighty winds subsided, Pine and Oak found it easier to stand up straight again. Oak said to Pine, “You had just asked a question before the storm drowned out my voice. Let me try to answer. Each location I have encountered has been unique — something to embrace for a time and then let go. In letting go, it frees you to appreciate your new forest. “We go through various changes from seed, sprout, seedling, sapling to maturity. But we can’t go back! Always forward to the next forest God has planned for us in which we take our strong stand.”

Barbara R. **FINISH THE STORY:** The tree who was being questioned was almost ready to reveal a fabulous story to the tree who was asking for answers, when the wind started blowing and the clouds covered up the stars. We wondered just what that meant. Well, looking at the stars would reveal the places the tree and the others had been. As skies darkened, they would look up in the dark blue sky. The twinkling stars would glisten and they could see visions of other places, beautiful forests, lakes, sunsets, sunrises and rainbows. All kinds of animals too that were in the forests. Beautiful flowers, orchids, morning glories, palm trees with coconuts and fruit. There was no end to the beauty they saw in those glistening, sparkling stars. What traveling they had done each and every night looking up in the beautiful sky that looked like diamonds. The tree was amazed. Why had it not asked before? Now it could join the fellow trees looking up in the night sky and share in the beauty to behold.



Get Your Flu Shot

Provided by LabCorp
September 30, 2020
9:00am-12:00pm



SIGN UP IN THE ACTIVITY ROOM



Ready for some fun in the sun? Be sure you don’t miss the following activities for Labor Day!

- Live Entertainment with Rick and Tina
- Barbecue Lunch
- Root Beer Floats



Chit Chat Corner With Sheila B. “Never Too Old”

“If you can’t think of a good reason to dance, just dance and you’ll think of one.”

(DISCLOSURE: This picture was taken before COVID-19 restrictions.)

Marshall T. waltzed into the Activity Room and took Norma C.’s hand and said, “I’d love to dance with you to this song.” (“I Hope You Dance”) Norma C. smiled, took his hand and stood. The two swayed, he spun her around gently and when she told him she was tired, he helped her sit down to her walker. They continued to dance ...

This was a perfect image of what living in the moment looks like. As I watched them enjoy the simplicity of just being in each other’s company, the tenderness that Marshall gave her, the cuteness that Norma showed that he wanted to dance was such an absolutely adorable sight. See, the two of them weren’t complaining about it being too cold, that the lighting wasn’t bright enough or that it was too bright, that the song wasn’t right, that they had a few aches/pains, that I was watching etc., they just danced as if nothing around them existed or mattered for that moment. This is the beautiful portrait of just living, not just day to day, but living. Take your opportunity to look around and dance (socially distanced, of course).



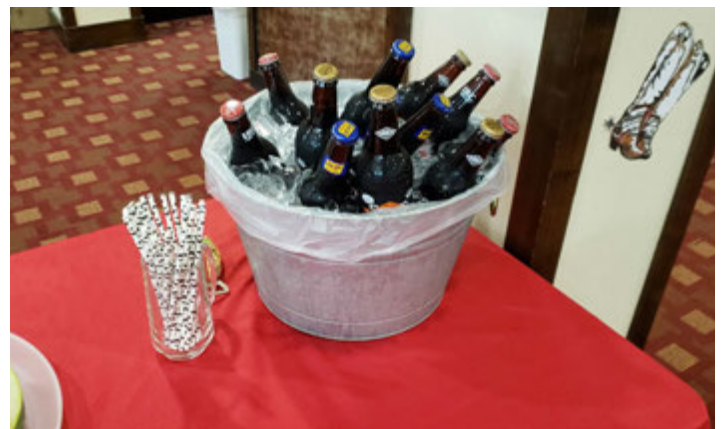
Marshall T. and Norma C. enjoying a dance

Our Old West Cowgirl and Cowboy

What a fun time we had at our shootout at the Ashwood Corral! Yee-haw! We had a few root beers and some ice cold watermelon before we got ta firing away! Cowgirl Martha S. and Cowboy Steve S. went head to head knocking down cans and bottles all over the place! It came down to the last shot where they were given four shots and Cowgirl Martha S. was able to knock down two bottles and a can which made her the Quick Draw Shootin’ Cowgirl winner! Great job, everyone!



Cold watermelon for the spectators



Root beer for the spectators



Rootin’ Tootin’ Bar



*Quick Draw Shootin’
Cowgirl Martha
S. Winner*



*Steve S. Sharp
Shootin’ Cowboy
Runner-up*

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A detailed still life photograph featuring several pumpkins in orange and white, ears of corn, and gourds arranged on a dark, textured surface.

Fall in love...

With Our Gracious Lifestyle

Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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