

Linwood Estates

Gracious Retirement Living

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

NOVEMBER 2020

LINWOOD ESTATES STAFF

Managers..... JOEL & CATHIE WILSON
Assistant Managers MICHAEL
& ANGELA COLBURN
Executive Chef GONZALO FIGUEROA
Community Sales GAYLE HARRISON
Sous Chef DE ANTHONY LITTLETON
Activity Coordinator KARL LIEBENGOD
Maintenance MARTIN CEVANTES
Bus Driver JEFF NESBITT

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

Ways to Cultivate Gratitude

Gratitude is a way for us to appreciate what we have instead of always reaching for something new in the hopes it will make us happier, or thinking we can't feel satisfied until every physical and material need is met. Gratitude helps us refocus on what we have instead of what we lack. And although it may feel contrived at first, this mental state grows stronger with use and practice.

Here are some ways to cultivate gratitude on a regular basis.

- **Write a thank-you note.** You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.
- **Thank someone mentally.** No time to write? It may help just to think about someone who has done something nice for you and mentally thank the individual.
- **Keep a gratitude journal.** Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day.

(Continued inside.)

Gratitude

*It's not happiness that
brings us gratitude.
It's gratitude that brings
us happiness.*



Ways to Cultivate Gratitude (Continued)

- **Count your blessings.** Pick a time every week to sit down and write about your blessings, reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number such as three to five things that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.
- **Pray.** People who are spiritual can use prayer to cultivate gratitude.
- **Meditate.** Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as “peace”), it is also possible to focus on what you’re grateful for (the warmth of the sun, a pleasant sound, etc.).

I encourage you to find three things this season to be grateful for.

Happy Thanksgiving to all of you! The staff at Linwood is very grateful for each and every one of you!

Resident Birthdays



Walt 9-12



Sharon 9-16



Michael 9-29



Ulysses 10-1



Carol 10-10



Paula 10-10



Residents' Corner

Meet a wonderful lady with a huge heart!

Hattie Almeda was born in Columbia, South Carolina on December 11, 1928. She attended Booker T. Washington High School in South Carolina for 2 years before moving to New York City at age 15 to live with her cousin where she finished her high school education. She started working at Schrafft's Restaurant and Food Service while attending a NYC trade school for two years at night and graduated in 1948. She jokes about being baptized twice without her family knowing it!

She met and married Juan Almeda, a Navy man, in 1949 and they were married for 68 years. Throughout her life she has enjoyed cooking, sewing, traveling, gardening, and exercise. Hattie retired from work in 1983 at the age of 55 after 37 years of working.

Hattie said their lives changed when Jaun became ill with memory loss. They moved to Georgia in 2016, and her husband and soulmate passed away on February 8, 2019.

Two months later, in April 2019, she became a part of our Linwood Family. After 17 months, she still loves being a part of our community where she says, "The residents are great and the staff is even better." Hattie's smile and upbeat personality is enjoyed by all and her balloon volleyball skills remain unchallenged!



Linwood Happenings

October brought us apple cider, pumpkins, S'mores, beautiful Georgia fall colors and weather, Oktoberfest and Halloween fun. And now we move into a season of thankfulness.

This year has been harder than most,

but we at Linwood are so thankful for our residents, their families, and above all, our health. As we stop and consider how blessed we are, let us remember those less fortunate than ourselves — those whose struggles and losses surpass our own.



Creative juices flowing



Seed mosaics



Autumn patterns

(Continued on page 6.)

NOV 2020

Birthdays

Patricia Bowden, 4th
Christopher Christian,
10th (Employee)
Pete Cato, 27th
Wanda Dease, 29th

Locations

Activity Room, AR
Billiards, BL
Bistro, BI
Chapel, CH
Computer Room, CR
Dining Room, DR
Fire Pit, FP
Front Porch, 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

“Thanksgiving
just gets me all
warm and tingly
and all kinds
of wonderful
inside.”
—Willard Scott

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>DAYLIGHT SAVING TIME ENDS</div> <div>1</div> <div>10:00 Big Screen Worship, MT</div> <div>11:00 Billiards, BL</div> <div>2:00 Mckendree Church, AR</div> <div>3:00 Adult Coloring, AR</div> <div>4:00 Board Games, AR</div>	<div>2</div> <div>10:00 Cardio Drumming, AR</div> <div>11:00 Memorabilia Monday, AR</div> <div>2:00 Balloon Volleyball, AR</div> <div>3:00 Bingo (25), AR</div> <div>6:30 At the Movies, MT</div>	<div>ELECTION DAY</div> <div>3</div> <div>10:00 Keep It Moving, AR</div> <div>11:00 Nuggets with Neil, CH</div> <div>2:00 Presidential Trivia, AR</div> <div>3:00 Ladies’ Tea Time, AR</div> <div>6:30 At the Movies, MT</div>	<div>4</div> <div>10:00 Chair Yoga with Tereasa</div> <div>11:00 Fall Colors Picnic</div> <div>2:00 Singalong, AR</div> <div>3:00 Midweek Boost, CH</div> <div>6:30 At the Movies, MT</div> <div></div>	<div>5</div> <div>10:00 Cardio Drumming, AR</div> <div>11:00 Linwood Dollar Store, AR</div> <div>2:00 Double Meaning Match, AR</div> <div>3:00 Bingo, AR</div> <div>4:00 Mckendree Church Devotion, CH</div> <div>6:30 At the Movies, MT</div>	<div>6</div> <div>10:00 Keep It Moving, AR</div> <div>11:00 North Metro Baptist, CH</div> <div>2:00 Balloon Volleyball, AR</div> <div>3:15 S’mores Social, FP</div> <div>6:30 At the Movies, MT</div>	<div>7</div> <div>11:00 Wii Sports, AR</div> <div>2:00 Board Games, AR</div> <div>3:00 Bingo, AR</div> <div>6:30 At the Movies, MT</div>
<div>8</div> <div>10:00 Big Screen Worship, MT</div> <div>11:00 Billiards, BL</div> <div>2:00 Matinee, MT</div> <div>3:00 Wii Sports, AR</div> <div>4:00 Conversations with Billy, AR</div>	<div>9</div> <div>Good Nutrition Day</div> <div>10:00 Cardio Drumming, AR</div> <div>11:00 Tongue Twisters, AR</div> <div>2:00 Balloon Volleyball, AR</div> <div>3:00 Bingo (25), AR</div> <div>6:30 At the Movies, MT</div>	<div>10</div> <div>10:00 Keep It Moving, AR</div> <div>11:00 Nuggets with Neil, CH</div> <div>1:30 Chef/Resident Meeting, DR</div> <div>2:00 Cranberry Ornaments, AR</div> <div>3:00 Horse Racing, AR</div> <div>6:30 At the Movies, MT</div> <div></div>	<div>VETERANS DAY</div> <div>11</div> <div>10:00 Keep It Moving, AR</div> <div>11:00 Cranberry Pine Cones, AR</div> <div>2:00 Veterans Recognition, AR</div> <div>3:00 Midweek Boost, CH</div> <div>6:30 At the Movies, MT</div>	<div>12</div> <div>10:00 Cardio Drumming, AR</div> <div>11:00 Linwood Dollar Store, AR</div> <div>2:00 Mocktails and Trivia, AR</div> <div>3:00 Bingo, AR</div> <div>6:30 At the Movies, MT</div>	<div>13</div> <div>World Kindness Day</div> <div>10:00 Keep It Moving, AR</div> <div>11:00 North Metro Baptist, CH</div> <div>2:00 Balloon Volleyball, AR</div> <div>3:15 Friday the 13th Social, AR</div> <div>6:30 At the Movies, MT</div>	<div>14</div> <div>11:00 Cornhole, AR</div> <div>2:00 Board Games, AR</div> <div>3:00 Bingo, AR</div> <div>4:00 Cornhole, AR</div> <div>6:30 At the Movies, MT</div>
<div>15</div> <div>10:00 Big Screen Worship, MT</div> <div>11:00 Billiards, BL</div> <div>2:00 Matinee, MT</div> <div>3:00 Adult Coloring, AR</div> <div>4:00 Conversations with Billy, AR</div>	<div>16</div> <div>Fast Food Day</div> <div>10:00 Cardio Drumming, AR</div> <div>11:00 Gingerbread House Project, AR</div> <div>2:00 Balloon Volleyball, AR</div> <div>3:00 Bingo (25), AR</div> <div>6:30 At the Movies, MT</div>	<div>17</div> <div>World Peace Day</div> <div>10:00 Keep It Moving, AR</div> <div>11:00 Nuggets with Neil, CH</div> <div>1:30 Residents’/Manager Meeting, DR</div> <div>2:00 Pianomistr, GP</div> <div>4:00 Electronic Trivia, MR</div> <div>6:30 At the Movies, MT</div>	<div>18</div> <div>Happy Birthday Mickey</div> <div>10:00 Chair Yoga with Tereasa</div> <div>11:00 The Joys of Technology, AR</div> <div>2:00 Cranberry Cookie Recipie, RK</div> <div>3:00 Midweek Boost, CH</div> <div>6:30 At the Movies, MT</div>	<div>19</div> <div>8:00 International Men’s Breakfast, AR</div> <div>10:00 Cardio Drumming, AR</div> <div>11:00 Linwood Dollar Store, AR</div> <div>2:00 Pictionary, AR</div> <div>3:00 Bingo, AR</div> <div>6:30 At the Movies, MT</div>	<div>20</div> <div>10:00 Keep It Moving, AR</div> <div>11:00 North Metro Baptist, CH</div> <div>2:00 Balloon Volleyball, AR</div> <div>3:15 Cranberry Social, AR</div> <div>6:30 At the Movies, MT</div>	<div>21</div> <div>11:00 Wii Sports, AR</div> <div>2:00 Board Games, AR</div> <div>3:00 Bingo, AR</div> <div>4:00 Ladder Toss, AR</div> <div>6:30 At the Movies, MT</div>
<div>22</div> <div>10:00 Big Screen Worship, MT</div> <div>11:00 Billiards, BL</div> <div>2:00 Matinee, MT</div> <div>3:00 Wii Sports, AR</div> <div>4:00 Conversations with Billy, AR</div>	<div>23</div> <div>Cashew Day</div> <div>10:00 Cardio Drumming, AR</div> <div>11:00 Gingerbread House Project, AR</div> <div>2:00 Balloon Volleyball, AR</div> <div>3:00 Bingo (25), AR</div> <div>6:30 At the Movies, MT</div>	<div>24</div> <div>10:00 Keep It Moving, AR</div> <div>11:00 Nuggets with Neil, CH</div> <div>2:00 Door Decor, AR</div> <div>3:00 Horse Racing, AR</div> <div>6:30 At the Movies, MT</div>	<div>25</div> <div>Wear Your Favorite Hat</div> <div>10:00 Keep It Moving, AR</div> <div>11:00 Out N About</div> <div>3:00 Midweek Boost, CH</div> <div>6:30 At the Movies, MT</div>	<div>THANKSGIVING</div> <div>26</div> <div>11:00 Thankful Meditations, CH</div> <div>12:30 Thanksgiving Dinner, DR</div> <div>2:00 Hallmark Marathon, MT</div>	<div>27</div> <div>10:00 Keep It Moving, AR</div> <div>11:00 North Metro Baptist, CH</div> <div>2:00 Balloon Volleyball, AR</div> <div>3:15 Black Friday Social, AR</div> <div>6:30 At the Movies, MT</div> <div></div>	<div>28</div> <div>11:00 Cornhole, AR</div> <div>2:00 Board Games, AR</div> <div>3:00 Bingo, AR</div> <div>4:00 Bocce Ball, AR</div> <div>6:30 At the Movies, MT</div>
<div>29</div> <div>10:00 Big Screen Worship, MT</div> <div>11:00 Billiards, BL</div> <div>2:00 Matinee, MT</div> <div>3:00 Adult Coloring, AR</div> <div>4:00 Conversations with Billy, AR</div> <div></div>	<div>30</div> <div>10:00 Cardio Drumming, AR</div> <div>11:00 Holiday Chatter, AR</div> <div>2:00 Balloon Volleyball, AR</div> <div>3:00 Bingo (25), AR</div> <div>6:30 At the Movies, MT</div>					



Linwood Happenings (Continued)



Enjoying apple cider lattes



Creating a wreath for our first responders



Guess who painted the letters?



Smooches and pooches



Avocado Smoothies



Our finished product



Happy Fall!



Senior picture day



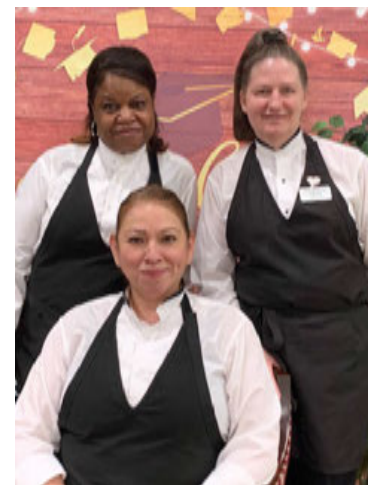
Jaemor Farms produce is the best.



World Smile Day



Cake pops



Happy to serve



All about me hand massages



YMCA, our favorite



Dinner at a hole in the wall



Delivering our gift to Station 31



Our outings are back!



I like this lotion!



Ladies' Fall Tea



Very proud of our work!



Our volleyball crowd growing



No sew pumpkins



Waiting our turn

Linwood Estates
Gracious Retirement Living

1611 Lawrenceville Suwanee Rd
Lawrenceville, GA 30043

A photograph of various autumn-themed items including pumpkins, gourds, and corn cobs arranged on a dark 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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678-648-1525