

Linwood Estates

Gracious Retirement Living

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

APRIL 2021

LINWOOD ESTATES STAFF

Managers..... JOEL & CATHIE WILSON
Assistant ManagersKEN & Yael JOHNSON
Executive Chef GONZALO FIGUEROA
Community SalesGAYLE HARRISON
Sous Chef ESPRANZA SOLORIO
Activity Coordinator KARL LIEBENGOOD
Bus DriverJEFF NESBITT

TRANSPORTATION

Monday & Friday, 9:30 a.m.-2 p.m.:
Shopping, Lawrenceville

Tuesday & Thursday,
9:30 a.m.-2 p.m.: Medical Appointments,
Lawrenceville/Suwanee

Wednesday, 11 a.m.-2 p.m.: Outing Day

HAWTHORN
SENIOR LIVING

This Easter May We Reflect on Anything in Our Alabaster Box That Keeps Us Separated From the God Who Loves Us and Sent His Son to Win Us Back!

The room grew still as she made her way to Jesus. She stumbled through the tears that make her blind. She felt such pain, some spoke in anger, she heard folks whisper, "There's no place here for her kind."



Still on she came through the shame that flushed her face until at last she knelt before his feet. Though she spoke no words, everything she said was heard, as she poured her love for the Master from her box of alabaster.

I can't forget the way life used to be. I was a prisoner to the sin that had me bound. I spent my days, pouring my life without measure, into a little treasure box I thought I found. Until the day when Jesus came to me and healed my soul with the wonder of his touch. So now I'm giving back, all the praise he's worthy of; I've been forgiven and that's why I love him so much.

I've come to pour my praise on him like oil from Mary's alabaster box. Don't be angry if I wash his feet with my tears and I dry them with my hair. You weren't there when Jesus found me, you did not feel what I felt when he wrapped his loving arms around me, and you don't know the cost of the oil in my alabaster box.

Janice Sjostran



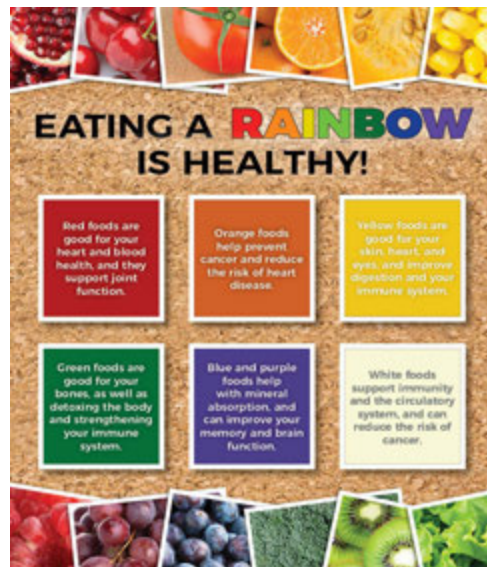
Residents' Corner

Sharron Neill was born and lived most of her life in Columbus, Ohio and graduated from the same high school as one of our other residents, Patricia Franklin. Growing up, her favorite things were ballet, and her dogs and parakeet. Sharron worked 18 years as a librarian for Columbus Public Schools. She married Bill Neill at age 18 and enjoyed 48 years together traveling and being a part of the Masonic organization before retiring in Florida. She has three children – two daughters and one son, and three grandsons. Sharon has been a resident of Linwood Estates for a year this month and enjoys balloon volleyball and the food (most days).



Eating the Rainbow (for Better Gut Health)

This month, we will be focusing on foods in the rainbow and how to improve our “gut health!” The importance of “eating your greens” might be a no brainer, but we should consider the importance of eating our reds, yellows, purples, and whites, too! Eating a rainbow of plant-based foods is critical to ensuring you’re getting the vitamins and minerals you need for optimal health! Including a diverse range of plant based foods into your diet is an important part of supporting a healthy gut which influences our overall health and well-being. The more variety of color, the more variety of health benefits your body will harvest. We often find ourselves falling into patterns of boredom when it comes to our diets. Shake things up a bit by adding more color and get excited about trying new foods. Think outside the box and get creative at the dinner table.



Birthday Celebrations



George 2-5



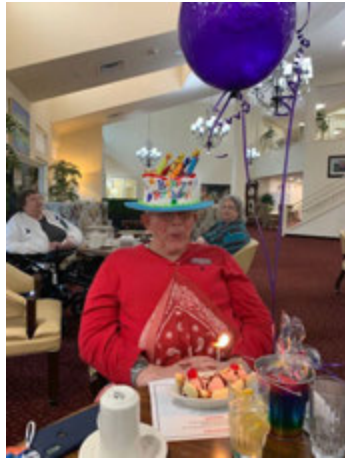
Cathie 2-7



Sonia 2-11



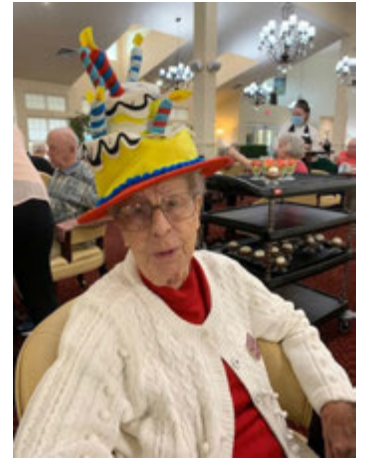
Tom 2-17



George 2-18



Doug 2-23



Willie 2-27



Ben 3-1



Jackie 3-4



Margie 3-5

Linwood Happenings



Wine glass candle holders



Sweets for our Sweets



Kickin' up them feet
at the singalong

(Photos continued on page 6.)

APRIL 2021

Birthdays









Frances Sherwood, 3rd
 Jeanine Smith, 4th
 Ontavio (Tony) Alvarez, 10th
 Sue Dutton, 16th
 Neal Flippin, 21st
 Pat Mitchell, 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

“Try to leave the Earth a better place than when you arrived.”

—**Sidney Sheldon**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
EASTER 4	10:00 Cardio Drumming, AR 5 11:00 Rainbow Icebreaker, AR 2:00 Happy Card Photos, AR 3:00 Bingo (\$.25), AR 4:00 Deacon Dave, CH 6:30 “Happy Days” (Movie), MT	6 Tartan Day (wear plaid) 10:00 Legacy Exercise, AR 11:00 Nuggets with Neil, AR 2:00 Georgia Tartan, AR 3:00 Scottish Shortbread, AR 6:30 “Braveheart” (Movie), MT	7 National Walking Day 10:00 Chair Yoga with Tereasa 11:00 “Walk It Out,” FP 2:00 White Board Challenge, AR 3:00 Midweek Boost, AR 4:00 Legacy Health Talk, AR 6:30 Lady Sings the Blues, MT	8 April Fools’ Day 10:00 Cardio Drumming, AR 11:00 Linwood Dollar Store, AR 3:00 Bingo, AR 4:00 Mckendree Church, AR 6:30 At the Movies, MT	2 GOOD FRIDAY 10:00 Bloom Young, AR 11:00 North Metro Baptist, CH 2:00 Balloon Volleyball, AR 3:00 Pb&J Social, AR 6:30 Passion of the Christ, MT	3 11:00 Wii Sports, AR 2:00 Weekend Matinee, MT 3:00 Bingo, AR 4:00 Cornhole, AR 6:30 Board Games, AR 
10:00 Big Screen Worship, MT 11:00 Billiards, BL 2:00 Mckendree Methodist, AR 4:00 Adult Coloring, AR 	10:00 Cardio Drumming, AR 12 11:00 Bird Nesting Stations, AR 2:00 Grilled Cheese Tasting, RK 3:00 Bingo (\$.25), AR 6:30 At the Movies, MT	10:00 Legacy Exercise, AR 13 11:00 Nuggets with Neil, AR 1:45 Chef Meeting, AR 2:00 Plant Appreciation, AR 3:00 Horse Racing, AR 6:30 At the Movies, MT	10:00 Keep It Moving, AR 14 11:00 Lincoln Quotes, AR 2:00 Pictionary, AR 3:00 Midweek Boost, AR 6:30 “Lincoln” (Movie), MT	10:00 Cardio Drumming, AR 15 11:00 Linwood Dollar Store, AR 2:00 “Hee Haw” Live, MT 3:00 Bingo, AR 6:30 At the Movies, MT	10:00 Bloom Young, AR 16 11:00 North Metro Baptist, CH 2:00 Balloon Volleyball, AR 3:00 Pajama Party, AR 6:30 At the Movies, MT 	11:00 Wii Sports, AR 17 2:00 Weekend Matinee, MT 3:00 Bingo, AR 4:00 Ladder Toss, AR 6:30 Board Games, AR
10:00 Big Screen Worship, MT 18 11:00 Billiards, BL 2:00 Weekend Matinee, MT 3:00 Billy Graham Reading, AR 4:00 Adult Coloring, AR	10:00 Cardio Drumming, AR 19 11:00 Tie Dyed Craft, AR 2:00 Linwood Marathon, AR 3:00 Bingo (\$.25), AR 4:00 Deacon Dave, CH 6:30 At the Movies, MT	10:00 Legacy Exercise, AR 20 11:00 Nuggets with Neil, AR 1:45 Management Meeting, AR 3:00 Jokes & Juice, AR 4:00 Electronic Trivia, MR 6:30 At the Movies, MT	10:00 Chair Yoga with Tereasa 21 11:00 Joys of Technology, AR 2:00 White Board Challenge, AR 3:00 Midweek Boost, AR 6:30 At the Movies, MT 	EARTH DAY 22 10:00 Cardio Drumming, AR 11:00 Linwood Dollar Store, AR 2:00 Pianomistr, GP 3:00 Bingo, AR 6:30 “Something’s Gotta Give” (Movie), MT	10:00 Bloom Young, AR 23 11:00 North Metro Baptist, CH 2:00 Balloon Volleyball, AR 3:00 Friday Social, AR 6:30 At the Movies, MT	11:00 Wii Sports, AR 24 2:00 Weekend Matinee, MT 3:00 Bingo, AR 4:00 Cornhole, AR 6:30 Board Games, AR
10:00 Big Screen Worship, MT 25 11:00 Billiards, BL 2:00 Weekend Matinee, AR 3:00 Billy Graham Reading, AR 4:00 Wii Sports, AR	10:00 Cardio Drumming, AR 26 11:00 Rainbow Carnations, AR 2:00 Carol Burnett, MT 3:00 Bingo (\$.25), AR 6:30 At the Movies, MT	10:00 Legacy Exercise, AR 27 11:00 Nuggets with Neil, AR 2:00 Volleyball, AR 3:00 Horse Racing, AR 6:30 At the Movies, MT	Favorite Superhero Day 28 10:00 Keep It Moving, AR 11:00 What’s Your Super Power?, AR 2:00 Pictionary, AR 3:00 Midweek Boost, AR 6:30 At the Movies, MT	International Dance Day 29 10:00 Cardio Drumming, AR 11:00 Linwood Dollar Store, AR 2:00 Who Likes to Dance?, AR 3:00 Bingo, AR 6:30 At the Movies, MT 	10:00 Bloom Young, AR 30 11:00 North Metro Baptist, CH 2:00 Balloon Volleyball, AR 3:00 Rainbow Challenge Social, AR 6:30 At the Movies, MT	



Linwood Happenings (Continued)



Valentine's Tea



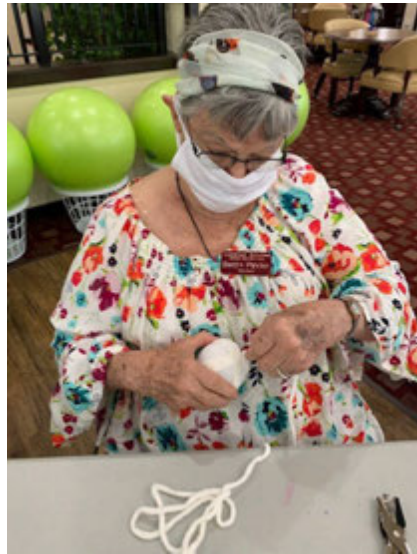
Guessing the number of candy hearts



Valentine's Dinner



Good enough to eat!



Cupcake craft



Scrum-diddy-umptious



Tea time



Mardi Gras ready



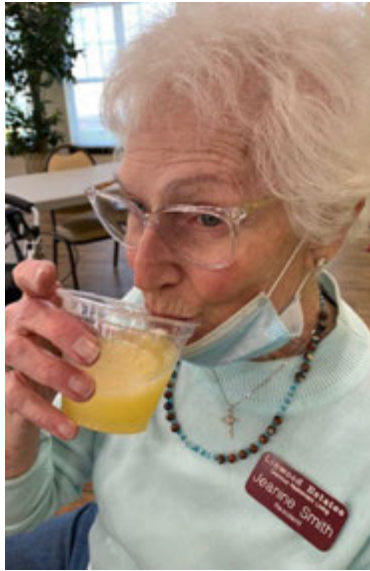
Chocolate Mint Day



Girl Scout Cookie Social



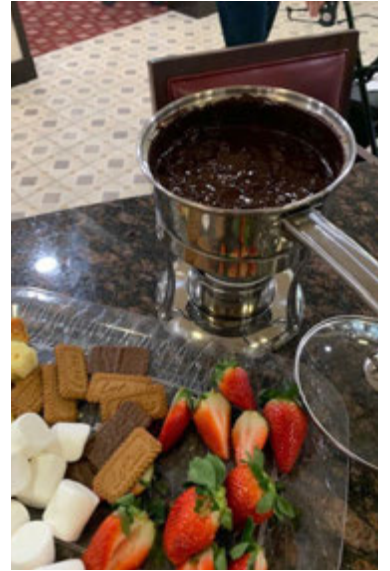
Butterfly Feeders



Mocaritas



Bird House Crafting



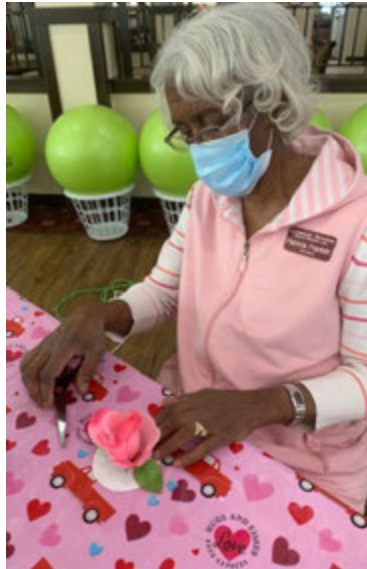
Double dippin' delights



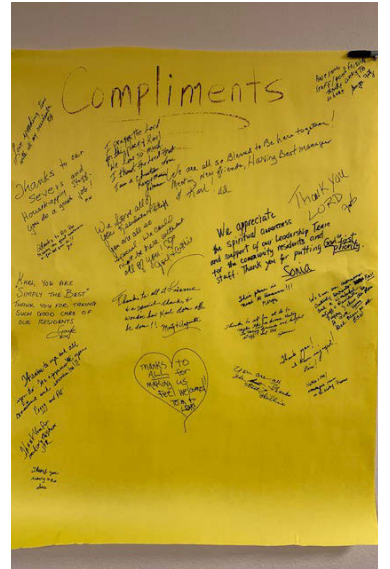
Hot Maple Milk



Good to the last drop



Crafting with love



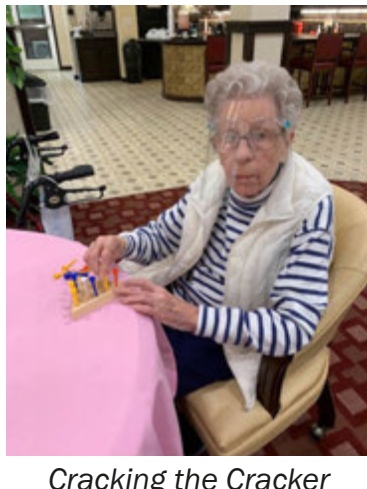
National Compliment Day



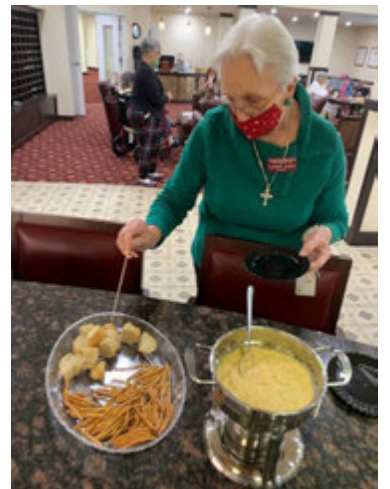
The master mask maker



Mind Games



Cracking the Cracker Barrel game code



Fondue Day

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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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678-648-1525