

JANUARY 2019



**GARDEN PLAZA  
AT LAWRENCEVILLE**  
A SENIOR LIVING COMMUNITY



**On the Menu:  
Clean Eating**

The term “clean eating” is likely to be heard a lot this month as people make New Year’s resolutions focused on improving health. The trend focuses on eating natural, whole foods as much as possible, while avoiding highly processed foods with artificial ingredients. Clean eating usually favors plant-based foods, especially fruits, vegetables, beans and whole grains.

**Remember When:  
Party Lines**

Up until the 1950s, many homes had a party line, a telephone line shared among several households. Each home was assigned a unique ring pattern so that residents could determine if an incoming call was intended for their house. Those with party lines quickly learned that conversations weren’t always private, since anyone could pick up their phone and listen in on someone else’s call.

**GARDEN PLAZA  
AT LAWRENCEVILLE**

*A Senior Living Community*  
230 Collins Industrial Way  
Lawrenceville, GA 30043  
(Ph) (770) 236-8333  
(Fax) (770) 236-8334

[www.lawrencevilleretirement.com](http://www.lawrencevilleretirement.com)



**Laugh Away the  
Winter Blahs**

If you find yourself with a case of the winter blahs, try watching a comedy or chatting with a funny friend. Studies show that laughter causes your brain to release mood-lifting endorphins.

**Make a Difference on  
MLK Jr. Day**

Martin Luther King Jr. Day, Jan. 21, is a federal holiday and also a national day of service. Consider spending some time volunteering and helping out in your community.

**January Birthdays**

January 6th- June Douglas  
January 23rd- Paula Brown  
January 23rd- Lil Titlow



**Garden Plaza Staff**

Steve Iroff ..... Executive Dir  
Jordan Whitmire ..... Business Off  
Izzy Torres ..... Maintenance Dir  
Chris Preston ..... Dining Svc Dir  
Zorrest Millman ..... Sales Dir  
Eileen Morgan ..... Marketing  
Kimm Murphy ..... Transportation  
Sue Silva ..... Lifestyles  
Tracye Griffin ..... Lifestyles



**Perk Up With a Cup**





An estimated 1.6 billion cups of coffee are consumed worldwide each day. Along with the taste, a cup of joe is a favorite for the caffeine buzz it produces. This natural stimulant gets the body’s central nervous system percolating within about 15 minutes, and the effects can last up to six hours. Coffee has also been shown to boost mood and memory.

**A New Start**

“A new year ... a fresh, clean start! It’s like having a big white sheet of paper to draw on!”  
—Bill Watterson

**‘Tender’ Tune**

Celebrate Elvis Presley’s birthday on Jan. 8 with a look back at his movie debut in 1956’s “Love Me Tender.” His biggest box-office hit, the film also gave Presley a No. 1 single, the title song, which had 1 million advance orders, making it a gold record before it was released.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>2019</b> HAPPY NEW YEAR</p>	 <p>I HAVE A DREAM <b>MARTIN LUTHER KING DAY</b></p>	<p><b>New Year's Day</b> 1</p> <p>10:00 <span style="color: blue;">PL</span> Aquacise                  10:00 <span style="color: green;">AR</span> Gems to Jewels                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: red;">MR</span> Chair Volleyball ♥                  2:00 <span style="color: purple;">FL</span> Fiction, Mysteries &amp; More Book Club                  3:00 <span style="color: red;">G2</span> Rummikub                  4:00 <span style="color: red;">MR</span> Wii Golf                  7:00 <span style="color: red;">G2</span> Skip Bo Card Game                  7:30 <i>Tuesday Night Movie</i></p>	<p>2</p> <p>9:00 <i>Walmart, Kohl's</i> \$                  10:30 <span style="color: blue;">TH</span> Silver Sneakers Exercise Class ♥                  1:30 <span style="color: red;">BR</span> Bridge                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: blue;">TH</span> Wheel of Fortune                  3:00 <span style="color: red;">MR</span> Scrabble                  4:00 <span style="color: red;">MR</span> Wii Golf                  6:00 <span style="color: red;">G2</span> Canasta Card Game                  7:30 <span style="color: blue;">TH</span> Blackjack</p>	<p>3</p> <p>9:45 <span style="color: blue;">EX</span> Stretch &amp; Flex ♥                  10:00 <span style="color: green;">AR</span> Creative Crafts                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: red;">MR</span> <b>Healthy Living with Joan</b> ♥                  2:00 <span style="color: green;">AR</span> Brush On The Paint                  3:15 <span style="color: red;">MR</span> Allow God's Word to Refresh You                  4:00 <span style="color: red;">MR</span> Wii Golf                  7:00 <span style="color: red;">MR</span> Skip Bo Card Game</p>	<p>4</p> <p>9:45 <span style="color: blue;">EX</span> Stretch &amp; Flex ♥                  10:30 <span style="color: blue;">TH</span> <i>Silver Sneakers Exercise Class</i> ♥                  11:00 <span style="color: green;">AR</span> Talk All About It Show And Tell                  11:00 <span style="color: purple;">FL</span> <b>Frida's Mexican Restaurant</b> ††                  11:00 <span style="color: blue;">TH</span> Chair Volleyball ♥                  1:30 <span style="color: blue;">TH</span> Better Balance ♥                  2:00 <span style="color: green;">AR</span> Mexican Train Dominoes                  3:30 <span style="color: purple;">FL</span> Social Hour                  4:00 <span style="color: red;">MR</span> Wii Golf</p>	<p>5</p> <p>9:45 <span style="color: blue;">EX</span> Stretch &amp; Flex ♥                  10:30 <span style="color: blue;">PL</span> Aquacise ♥                  11:00 <span style="color: red;">MR</span> Chair Volleyball ♥                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: green;">DR</span> Sing-Along with Dorothy ★                  3:15 <span style="color: blue;">TH</span> Bingo                  7:30 <span style="color: red;">MR</span> Wii Golf                  7:30 <i>Saturday Night Movie</i></p>
<p>6</p> <p>9:00 Bus to Sunday School                  10:00 Bus to Church                  10:30 <span style="color: blue;">TH</span> Catholic Church Service                  1:30 <i>Bus to Walmart</i> \$                  2:00 <span style="color: red;">G2</span> Canasta                  3:00 Sunday Matinee                  6:00 <span style="color: blue;">TH</span> Worship Service w/ Ken Fletcher                  6:00 <span style="color: red;">G2</span> Skip Bo Card Game                  7:30 <i>Sunday Night Movie</i></p>	<p>7</p> <p>9:00 <i>Publix, Kroger, Wells Fargo</i> \$                  9:45 Stretch &amp; Flex ♥                  10:30 <span style="color: blue;">TH</span> <b>Fun and Fitness Exercise Class with Mary</b>                  11:00 <span style="color: blue;">TH</span> Chair Volleyball                  1:30 <span style="color: red;">BR</span> Bridge                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: blue;">TH</span> Jeopardy                  3:00 <span style="color: red;">MR</span> Bingo                  7:30 <span style="color: blue;">TH</span> <i>Monday Night Movie</i></p>	<p>8</p> <p>10:00 <span style="color: blue;">PL</span> Aquacise                  10:00 <span style="color: green;">AR</span> Gems to Jewels                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: red;">MR</span> Chair Volleyball ♥                  2:00 <span style="color: purple;">FL</span> Fiction, Mysteries &amp; More Book Club                  3:00 <span style="color: red;">G2</span> Rummikub                  4:00 <span style="color: red;">MR</span> Wii Golf                  7:00 <span style="color: red;">G2</span> Skip Bo Card Game                  7:30 <i>Tuesday Night Movie</i></p>	<p>9</p> <p>9:00 <i>Walmart, Kohl's</i> \$                  10:30 <span style="color: blue;">TH</span> Silver Sneakers Exercise Class ♥                  1:30 <span style="color: red;">BR</span> Bridge                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: blue;">TH</span> Wheel of Fortune                  3:00 <span style="color: red;">G2</span> Scrabble                  4:00 <span style="color: red;">MR</span> Wii Golf                  6:00 <span style="color: red;">G2</span> Canasta Card Game                  7:30 <span style="color: blue;">TH</span> Blackjack</p>	<p>10</p> <p>9:45 <span style="color: blue;">EX</span> Stretch &amp; Flex ♥                  10:00 <span style="color: green;">AR</span> Creative Crafts                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: green;">AR</span> Brush On The Paint                  2:00 <span style="color: red;">MR</span> <b>Healthy Living with Joan</b> ♥                  3:15 <span style="color: red;">MR</span> Allow God's Word to Refresh You                  4:00 <span style="color: red;">MR</span> Wii Golf                  7:00 <span style="color: red;">MR</span> Skip Bo Card Game</p>	<p>11</p> <p>9:45 <span style="color: blue;">EX</span> Stretch &amp; Flex ♥                  10:30 <span style="color: blue;">TH</span> <i>Silver Sneakers Exercise Class</i> ♥                  11:00 <span style="color: blue;">TH</span> Chair Volleyball ♥                  11:00 <span style="color: blue;">TH</span> Joker                  1:30 <span style="color: blue;">TH</span> Better Balance ♥                  2:00 <span style="color: red;">MR</span> Trivia                  3:30 <span style="color: purple;">FL</span> Social Hour                  4:00 <span style="color: red;">MR</span> Wii Golf                  7:30 <span style="color: blue;">TH</span> <b>Music by Tom and Holly</b> ★</p>	<p>12</p> <p>9:45 <span style="color: blue;">EX</span> Stretch &amp; Flex ♥                  10:30 <span style="color: blue;">PL</span> Aquacise ♥                  11:00 <span style="color: red;">MR</span> Chair Volleyball ♥                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: green;">DR</span> Sing-Along with Dorothy ★                  3:15 <span style="color: blue;">TH</span> Bingo                  7:30 <span style="color: red;">MR</span> Wii Golf                  7:30 <i>Saturday Night Movie</i></p>
<p>13</p> <p>9:00 Bus to Sunday School                  10:00 Bus to Church                  10:30 <span style="color: blue;">TH</span> Catholic Church Service                  1:30 <i>Bus to Walmart</i> \$                  2:00 <span style="color: red;">G2</span> Canasta                  3:00 Sunday Matinee                  6:00 <span style="color: red;">G2</span> Skip Bo Card Game                  6:00 <span style="color: blue;">TH</span> Worship Service w/ Ken Fletcher                  7:30 <i>Sunday Night Movie</i></p>	<p>14</p> <p>9:00 <i>Publix, Kroger, Wells Fargo</i> \$                  9:45 Stretch &amp; Flex ♥                  10:30 <span style="color: blue;">TH</span> <b>Fun and Fitness Exercise Class with Mary</b>                  11:00 <span style="color: blue;">TH</span> Chair Volleyball                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  1:30 <span style="color: red;">BR</span> Bridge                  2:00 <span style="color: blue;">TH</span> Jeopardy                  3:00 <span style="color: red;">MR</span> Bingo                  7:30 <span style="color: blue;">TH</span> <i>Monday Night Movie</i></p>	<p>15</p> <p>10:00 <span style="color: green;">AR</span> Gems to Jewels                  10:00 <span style="color: blue;">PL</span> Aquacise                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: red;">MR</span> Chair Volleyball ♥                  2:00 <span style="color: purple;">FL</span> Fiction, Mysteries &amp; More Book Club                  3:00 <span style="color: blue;">TH</span> <b>Birthday Celebration</b>                  4:00 <span style="color: red;">MR</span> Wii Golf                  7:00 <span style="color: red;">G2</span> Skip Bo Card Game                  7:30 <i>Tuesday Night Movie</i></p>	<p>16</p> <p>9:00 <i>Walmart, Kohl's</i> \$                  10:30 <span style="color: blue;">TH</span> Silver Sneakers Exercise Class ♥                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  1:30 <span style="color: red;">BR</span> Bridge                  2:00 <span style="color: blue;">TH</span> Wheel of Fortune                  3:00 <span style="color: red;">MR</span> Scrabble                  4:00 <span style="color: red;">MR</span> Wii Golf                  6:00 <span style="color: red;">G2</span> Canasta Card Game                  7:30 <span style="color: blue;">TH</span> Blackjack</p>	<p>17</p> <p>9:45 <span style="color: blue;">EX</span> Stretch &amp; Flex ♥                  10:00 <span style="color: green;">AR</span> Creative Crafts                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: red;">MR</span> <b>Healthy Living with Joan</b> ♥                  2:00 <span style="color: green;">AR</span> Brush On The Paint                  3:15 <span style="color: red;">MR</span> Allow God's Word to Refresh You                  4:00 <span style="color: red;">MR</span> Wii Golf                  7:00 <span style="color: red;">MR</span> Skip Bo Card Game</p>	<p>18</p> <p>9:30 <span style="color: purple;">FL</span> <b>Shopping Outing</b> \$                  9:45 <span style="color: blue;">EX</span> Stretch &amp; Flex ♥                  10:30 <span style="color: blue;">TH</span> <i>Silver Sneakers Exercise Class</i> ♥                  11:00 <span style="color: green;">AR</span> Talk All About It Show And Tell                  11:00 <span style="color: blue;">TH</span> Chair Volleyball ♥                  1:30 <span style="color: blue;">TH</span> Better Balance ♥                  2:00 <span style="color: green;">AR</span> Mexican Train Dominoes                  3:30 <span style="color: purple;">FL</span> Social Hour                  4:00 <span style="color: red;">MR</span> Wii Golf</p>	<p>19</p> <p>9:45 <span style="color: blue;">EX</span> Stretch &amp; Flex ♥                  10:30 <span style="color: blue;">PL</span> Aquacise ♥                  11:00 <span style="color: red;">MR</span> Chair Volleyball ♥                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: green;">DR</span> Sing-Along with Dorothy ★                  3:15 <span style="color: blue;">TH</span> Bingo                  7:30 <span style="color: red;">MR</span> Wii Golf                  7:30 <i>Saturday Night Movie</i></p>
<p>20</p> <p>9:00 Bus to Sunday School                  10:00 Bus to Church                  10:30 <span style="color: blue;">TH</span> Catholic Church Service                  1:30 <i>Bus to Walmart</i> \$                  2:00 <span style="color: red;">G2</span> Canasta                  3:00 Sunday Matinee                  6:00 <span style="color: blue;">TH</span> Worship Service w/ Ken Fletcher                  6:00 <span style="color: red;">G2</span> Skip Bo Card Game                  7:30 <i>Sunday Night Movie</i></p>	<p>21</p> <p><b>Martin Luther King Jr. Day</b>                  9:00 <i>Publix, Kroger, Wells Fargo</i> \$                  9:45 Stretch &amp; Flex ♥                  10:30 <span style="color: blue;">TH</span> <b>Fun and Fitness Exercise Class with Mary</b>                  11:00 <span style="color: blue;">TH</span> Chair Volleyball                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  1:30 <span style="color: red;">BR</span> Bridge                  2:00 <span style="color: blue;">TH</span> Jeopardy                  3:00 <span style="color: red;">MR</span> Bingo                  7:30 <span style="color: blue;">TH</span> <i>Monday Night Movie</i></p>	<p>22</p> <p>10:00 <span style="color: blue;">PL</span> Aquacise                  10:00 <span style="color: green;">AR</span> Gems to Jewels                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: purple;">FL</span> Fiction, Mysteries &amp; More Book Club                  2:00 <span style="color: red;">MR</span> Chair Volleyball ♥                  3:00 <span style="color: red;">G2</span> Rummikub                  3:00 <span style="color: blue;">TH</span> <b>Harpist- Debra Peterson</b> ★                  4:00 <span style="color: red;">MR</span> Wii Golf                  7:00 <span style="color: red;">G2</span> Skip Bo Card Game                  7:30 <i>Tuesday Night Movie</i></p>	<p>23</p> <p><b>NATIONAL PIE DAY</b>                  9:00 <i>Walmart, Kohl's</i> \$                  10:30 <span style="color: blue;">TH</span> Silver Sneakers Exercise Class ♥                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  1:30 <span style="color: red;">BR</span> Bridge                  2:00 <span style="color: blue;">TH</span> Wheel of Fortune                  3:00 <span style="color: red;">G2</span> Scrabble                  4:00 <span style="color: red;">MR</span> Wii Golf                  6:00 <span style="color: red;">G2</span> Canasta Card Game                  7:30 <span style="color: blue;">TH</span> Blackjack</p>	<p>24</p> <p>9:45 <span style="color: blue;">EX</span> Stretch &amp; Flex ♥                  10:00 <span style="color: green;">AR</span> Creative Crafts                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: green;">AR</span> Brush On The Paint                  2:00 <span style="color: red;">MR</span> <b>Healthy Living with Joan</b> ♥                  3:15 <span style="color: red;">MR</span> Allow God's Word to Refresh You                  4:00 <span style="color: red;">MR</span> Wii Golf                  7:00 <span style="color: red;">MR</span> Skip Bo Card Game</p>	<p>25</p> <p>9:45 <span style="color: blue;">EX</span> Stretch &amp; Flex ♥                  10:30 <span style="color: blue;">TH</span> <i>Silver Sneakers Exercise Class</i> ♥                  11:00 <span style="color: blue;">TH</span> Chair Volleyball ♥                  11:00 <span style="color: blue;">TH</span> Joker                  11:00 <span style="color: blue;">TH</span> <b>VSP 1st Methodist Church luncheon</b>                  1:30 <span style="color: red;">MR</span> Better Balance                  1:30 <span style="color: blue;">TH</span> Better Balance ♥                  2:00 <span style="color: red;">MR</span> Trivia                  3:30 <span style="color: purple;">FL</span> Social Hour                  4:00 <span style="color: red;">MR</span> Wii Golf</p>	<p>26</p> <p>9:45 <span style="color: blue;">EX</span> Stretch &amp; Flex ♥                  10:30 <span style="color: blue;">PL</span> Aquacise ♥                  11:00 <span style="color: red;">MR</span> Chair Volleyball ♥                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: green;">DR</span> Sing-Along with Dorothy ★                  3:15 <span style="color: blue;">TH</span> Bingo                  7:30 <span style="color: red;">MR</span> Wii Golf                  7:30 <i>Saturday Night Movie</i></p>
<p>27</p> <p>9:00 Bus to Sunday School                  10:00 Bus to Church                  10:30 <span style="color: blue;">TH</span> Catholic Church Service                  1:30 <i>Bus to Walmart</i> \$                  2:00 <span style="color: red;">G2</span> Canasta                  3:00 Sunday Matinee                  6:00 <span style="color: blue;">TH</span> Worship Service w/ Ken Fletcher                  6:00 <span style="color: red;">G2</span> Skip Bo Card Game                  7:30 <i>Sunday Night Movie</i>                  7:30 <span style="color: red;">MR</span> <b>Resident Forum</b></p>	<p>28</p> <p>9:00 <i>Publix, Kroger, Wells Fargo</i> \$                  9:45 Stretch &amp; Flex ♥                  10:30 <span style="color: blue;">TH</span> <b>Fun and Fitness Exercise Class with Mary</b>                  11:00 <span style="color: blue;">TH</span> Chair Volleyball                  1:30 <span style="color: red;">BR</span> Bridge                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: blue;">TH</span> Jeopardy                  3:00 <span style="color: red;">MR</span> Bingo                  7:30 <span style="color: blue;">TH</span> <i>Monday Night Movie</i></p>	<p>29</p> <p>10:00 <span style="color: green;">AR</span> Gems to Jewels                  10:00 <span style="color: blue;">PL</span> Aquacise                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: red;">MR</span> Chair Volleyball ♥                  2:00 <span style="color: purple;">FL</span> Fiction, Mysteries &amp; More Book Club                  3:00 <span style="color: blue;">SR</span> Tea Time                  3:00 <span style="color: red;">G2</span> Rummikub                  4:00 <span style="color: red;">MR</span> Wii Golf                  7:00 <span style="color: red;">G2</span> Skip Bo Card Game                  7:30 <i>Tuesday Night Movie</i></p>	<p>30</p> <p>9:00 <i>Walmart, Kohl's</i> \$                  10:30 <span style="color: blue;">TH</span> Silver Sneakers Exercise Class ♥                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  1:30 <span style="color: red;">BR</span> Bridge                  2:00 <span style="color: blue;">TH</span> Wheel of Fortune                  3:00 <span style="color: red;">MR</span> Scrabble                  4:00 <span style="color: red;">MR</span> Wii Golf                  6:00 <span style="color: red;">G2</span> Canasta Card Game                  7:30 <span style="color: blue;">TH</span> Blackjack</p>	<p>31</p> <p>9:45 <span style="color: blue;">EX</span> Stretch &amp; Flex ♥                  10:00 <span style="color: green;">AR</span> Creative Crafts                  1:30 <span style="color: blue;">TH</span> Better Balance Exercise ♥                  2:00 <span style="color: blue;">TH</span> <b>Town Hall</b>                  2:00 <span style="color: red;">MR</span> <b>Healthy Living with Joan</b> ♥                  2:00 <span style="color: green;">AR</span> Brush On The Paint                  3:15 <span style="color: red;">MR</span> Allow God's Word to Refresh You                  4:00 <span style="color: red;">MR</span> Wii Golf                  7:00 <span style="color: red;">MR</span> Skip Bo Card Game</p>	 	

### Be a Mentor

January is National Mentoring Month, a timely reminder to consider mentoring a youngster for one of your New Year's resolutions. Research shows that being a mentor helps both seniors and children thrive, while also benefiting the local community.

### Memorable Melody: 'I Got Rhythm'

Originally a slow song for an earlier musical, this famous jazz standard ramped up its rhythm for the 1930 production of "Girl Crazy." Ethel Merman, in her Broadway debut, belted out the tune with her powerful voice and ended up stopping the show for encores. George Gershwin composed the song's elaborate melody, but his brother Ira struggled to pen rhyming lyrics for it. The pair finally decided to leave most of the lines unrhymed, an unusual and daring choice at the time.

### Popcorn Pick: 'Frozen'

A worldwide phenomenon began with the release of this 2013 Disney blockbuster, now the biggest animated hit of all time. The musical adventure is based on Hans Christian Andersen's fairy tale "The Snow Queen." This retelling follows fearless Princess Anna, who teams up with a mountain man, his trusty reindeer and a wisecracking snowman to track down her sister, Snow Queen Elsa, whose supernatural powers to control snow and ice have accidentally put their kingdom in an eternal winter. The heartwarming story, visual effects and music earned "Frozen" the Oscar for best animated feature and best original song, "Let It Go."

### Positive Thought

"The older I get, the greater power I seem to have to help the world; I am like a snowball—the further I am rolled, the more I gain." —Susan B. Anthony

## Bring-A-Friend Referral Program

Bringing your friends closer has never been easier and more beneficial to you and to them! With our "Bring-A-Friend" Referral Program, both you and your friends can find more of what you need at our community. Here's how it works:

1. If you are a current, permanent resident, just submit the name of someone you feel would benefit from our community's lifestyle by completing the Bring-A-Friend form. This can be obtained from either the General Manager or the Sales Director.
2. Our General Manager or Sales Director will be in touch with you to provide additional details and to contact your friend.
3. If your friend moves in with us, you will not only experience the benefit of having that person close by, but you can also

*Receive a \$1000 Rent Credit*  
30 days after your friend has moved in with us!



230 Collins Industrial Way  
Lawrenceville, GA 30043

RETURN SERVICE REQUESTED