



THE TALKING DRUM

LIVE LEARN GROW



WELLNESS @ GLENROSE

Tai Chi and Chi Qong

The Community Building program at Glenrose Gardens aims to be holistic by centering activities around three major themes: Education, Economic Empowerment and Wellness. Within each of these themes we also strive for holism, which for Wellness means considering physical, mental, emotional and spiritual health in all that we do.

In line with this approach and the broader *vision to create a community where residents are "healthier" and "happier"*, The Community Team organized a free hour-long Tai Chi and Chi Qong class on Sunday November 3rd at the Clubhouse. Sijo Abdul who facilitated the class, first explained the importance of breathing in the practice of Tai Chi and the impact breathing well can have on our overall health and wellbeing. After a brief demonstration, he walked participants through a series of flowing Tai Chi movements.

Stay tuned for upcoming wellness activities and lookout for details on the grand opening of the Glenrose Fitness Center in February 2019!

Introducing the Soul Space

Breathe, come in, put your phone down, unplug, disconnect from the world outside and connect with yourself: welcome to the ***Soul Space!***

In our busy day to day lives, we rarely have the opportunity to take a moment to re-center ourselves. We run from one thing to the next, our minds preoccupied with the many competing priorities we are trying to juggle, and we barely have the time to stop and breath. That is why we have created a space for you to focus on yourself and put aside those other priorities for just a moment.

Right next to the first Community Garden, the Soul Space is a reflection and meditation venue, ***100% technology free***, that seeks to be an oasis of peace and tranquility. A large multi-faith prayer room and a small meditation / reading room are available to residents and can accommodate small and large groups. The Soul Space will also feature a Makers Room, where children and adults alike, can express their creative selves through drawing, painting, writing and more. It will also be home to Atiba, our resident Community Organizer, who will have a dedicated office in the Soul Space to host meetings with Community members.

Our hope is for the Soul Space and the Community Garden to become a hub of community life at Glenrose, a corner of peace where residents of all ages can ***connect with nature, connect with themselves and connect with each other.***



Young & new resident townhall



Getting to know each other and sharing



Soul Space construction in progress



Makers Room



Entry hallway



Building a Community bulletin board



Constructing our Goat House

DISCOVERY FRIDAYS



Learning about Recycling



Making Soap

Bring your kids every Friday 5:00-6:00pm to the Park or the Clubhouse (depending on weather) for child-oriented learning and fun!

COMMUNITY GARDEN UPDATES



Building more garden beds



Getting fencing ready for livestock

**Next steps: welcome our chickens and goats!
Stay tuned for Farm Volunteer Day dates.**

VOICES OF INSPIRATION

“Our Deepest Fear” by Marianne Williamson

*Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness
That most frightens us.*

*We ask ourselves
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a child of God.*

*Your playing small
Does not serve the world.
There's nothing enlightened about shrinking
So that other people won't feel insecure around you.*

*We are all meant to shine,
As children do.
We were born to make manifest
The glory of God that is within us.*

*It's not just in some of us;
It's in everyone.*

*And as we let our own light shine,
We unconsciously give other people permission to do the same.
As we're liberated from our own fear,
Our presence automatically liberates others.*



GLENROSE COMMUNITY BUSINESSES



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ALL YOUR NATURAL PRODUCT ESSENTIALS

Stock Up On:

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Visit our Online Store at SinewyNaturalProducts.com for Natural Product Information and to Shop our Store. Call or Text 256-258-8576 with questions.

NARD & JAY MOBILE DETAILING CAR WASH



Contact us @404-200-6476

MOTHER EARTH SHEA NATURAL & CUSTOMS SHEA BUTTERS



Contact us @ 678-232-4468 or on Facebook @Natasha Hart

Have a small business you would like to feature in the next newsletter? Please email us a description and pictures to community.glenrose@gmail.com



Recipe of the Month

Easy Potato Salad Recipe

What you will need

- 5 potatoes & 3 eggs
- 1 cup chopped celery
- 1/2 cup chopped onion
- 1/2 cup pickle relish
- 1/4 cup tsp garlic salt
- 1/4 tsp celery salt
- Ground black pepper to taste
- 1/4 cup mayonnaise

How to make it

- Boil potatoes and cook until tender but still firm. Drain, cool, peel and chop.
- Boil eggs. Let them cool down, peel and chop.
- In a large bowl, combine potatoes, eggs, and all other ingredients. Mix together well and refrigerate until chilled.

Have a favorite recipe you would like to share? Just email it to community.glenrose@gmail.com or drop it at the Management Office.



Reminders

Porch lights

For the security of all, please remember to turn your front & back porch lights on at night.

Parking

Parking rules are being fully enforced and improperly parked vehicles will be towed. Only park in spaces marked with white lines, not along curbs.

Curfew

The common areas of the community are closed between 10:00 pm and 6:00 am. Residents and their guests are not permitted to use the common areas during these hours except as needed to enter or leave from their residence.



Updates

As of Oct, Arrow Exterminators is the new pest control provider!



Arrow is one of the leading pest control firms and our choice was driven by our goal to provide every resident with a world-class experience.

OUR PEOPLE:

MEET OUR COMMUNITY CAPTAINS

Glenrose Gardens is establishing a team of Community Captains that will work in close collaboration with Atiba, our Community Organizer, to lead many of the Community Building activities. Six Community Captains have been selected so far. In this edition of the Talking Drum, meet two of our Captains!

Shirley Bibbs

Hello, I am Ms. Shirley Bibbs. I am a native of Atlanta. I was born in Grady Memorial Hospital and I have lived in



Atlanta my whole life. My big passions are The Lord, children and my family. I am a retired child care taker and I am the proud mother of a wonderful 31 year old daughter, Latoyia.

I have been living in Brandywine (Glenrose) for over 25 years and served as the president of its Board before it became Glenrose. My love for serving and helping others motivated me to become a Community Captain.

Ala Yaktieen

My name is Ala Yaktieen a.k.a Ala The Heartist. I was born in Potsdam, NY and I moved to Atlanta in January 2016. I have



been living at Glenrose for 5 months now with my husband Abdul Fattah. I am passionate about art and music. I taught myself how to play the lute at the age of 13, I play the violin and I also paint.

I work as an administrator at a swim school and do contract work as a musician and graphic designer. I love collaborating with others to create amazing things and I enjoy getting involved in the community I live in.

Upcoming Events

Townhall Meeting

Sunday January 20th, at 4pm in the Clubhouse

Empowerment Tuesdays

Tuesday January 22nd @ 7pm in the Clubhouse

Discovery Fridays

Fridays at 5pm @ the Clubhouse or on the Green

Glenrose Sunday Dinner

Sunday January 27th @ 7pm in the Clubhouse

If you would like to inquire about any of these events, please send an email to community.glenrose@gmail.com.