



# THE TALKING DRUM

## LIVE LEARN GROW



## GLENROSE GARDENS WELLNESS CENTER

### *Grand Opening Group Workout*

On Saturday March 2nd, we had the Grand Opening of our Glenrose Gardens Wellness Center. Located at the bottom level of the Business Office, the Wellness Center has a variety of fitness equipment to suit the needs of everyone: two treadmills, a bike, an elliptical, a weight cage, two training benches and a dumbbell set. We also have mats and an exercise ball for you to get in a great workout.

To kick things off, about 10 residents were joined by a personal trainer for an early morning work out session. For an hour, participants went through a series of jumping jacks, squats, weights and crunches. The coach finished off the session by stressing the importance of nutrition for our overall wellbeing and shared some great tips for a wholistic wellness that includes exercise and a balanced diet.

The Wellness Center is open every day from 6 am to 10 pm. Residents must be at least 18 years old to use the equipment. The current access code will be included in the Newsletter each month.

## Upcoming Events

### Discovery Friday

Fun & educational youth activities every Friday at 5pm @ the Clubhouse or on the Green

### Sunday Dinner

Sundays from 5pm to 6:30 pm @ the Clubhouse. Signup to bring a dish.

### Farm & Garden Volunteering

Saturdays at 10 am on the Green

### Block Party

Saturday April 13<sup>th</sup>, from 4pm to 7pm on the Green

### Screen on the Green

Starting @7pm on the Green  
Movie: Spider-Man: Into the Spider-Verse

# Message to the Community

“Spring is nature’s way of saying ‘Let’s Party!’” and we are excited to kick off the season with some fun events.

We’re throwing the first **Glenrose Block-Party** on Saturday April 13<sup>th</sup>! It’ll be a family friendly event and will feature free food, music, team sports, games, empowering speakers and workshops, a diversity of local vendors, and fresh produce from our collective backyard – the garden and farm. The Block Party will start at 4 pm and at 7pm we’ll host an outdoor screening of the new Spiderman movie: “Into the Spider-Verse”.

As this new season begins, we will be planting new crops at the community garden and we welcome volunteers to come join us every Saturday morning at 10am for guided Farm Volunteer Days.

Spring is also a time of renewal and rebirth. As nature all around us renews itself and bursts with color and warmth, may we take it as inspiration to bring some of that warmth, color and change into our own lives. We hope the sunshine and beautiful weather will motivate each of us to take a moment to walk around our community and share a greeting and a smile with our neighbors.

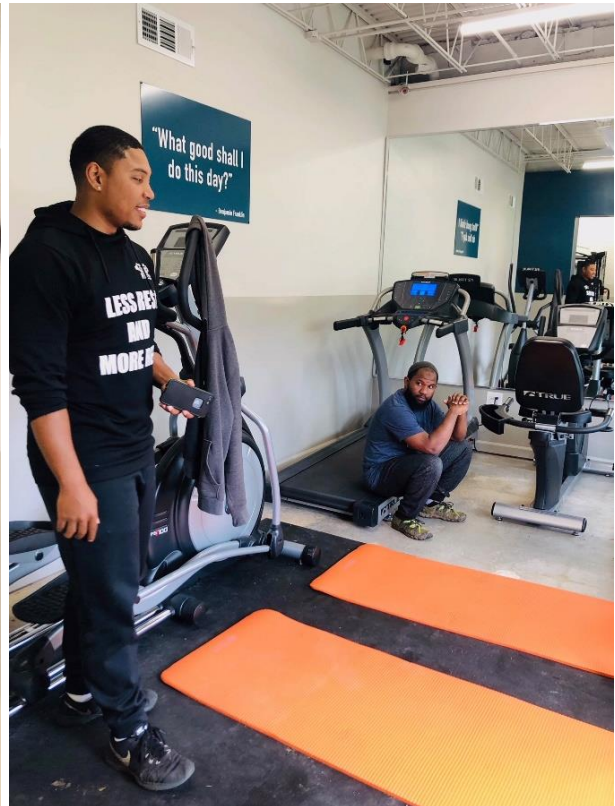
## Editorial Team

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*Fatymatou D. Saleem*

Writer(s)  
*Fatymatou D. Saleem*

Photography  
*Too many to name*

# VIRTUAL TOUR OF WELLNESS CENTER



# MORE LEARNING, MORE FUN



*Capoeira*



*My World Youth Group*

# FARM UPDATES



*More planting*



*Germination & Sprouting*



*Glen, our new watch dog\**

*\*Note: Glenrose Gardens has a strict no pet policy. Glen is the guard dog of the farm and residents are welcome to come visit him during farm hours.*

## VOICES OF INSPIRATION

### “Spring” by Christina Rossetti

*There is no time like Spring,  
 When life's alive in everything,  
 Before new nestlings sing,  
 Before cleft swallows speed their journey back  
 Along the trackless track –  
 God guides their wing,  
 He spreads their table that they nothing lack, –  
 Before the daisy grows a common flower  
 Before the sun has power  
 To scorch the world up in his noontide hour.*

*There is no time like Spring,  
 Like Spring that passes by;  
 There is no life like Spring-life born to die, –  
 Piercing the sod,  
 Clothing the uncouth clod,  
 Hatched in the nest,  
 Fledged on the windy bough,  
 Strong on the wing:  
 There is no time like Spring that passes by,  
 Now newly born, and now  
 Hastening to die.*

# GLENROSE COMMUNITY BUSINESSES



## TOP ORGANIC & NATURAL PRODUCTS

ALL YOUR NATURAL PRODUCT ESSENTIALS

### Stock Up On:

HERBS | SPICES | SEASONINGS | DRIED FRUITS | DRIED VEGETABLES | TEAS | COFFEES | DRINK MIXES | COOKING INGREDIENTS | BAKING FLAVORS | ESSENTIAL OILS | NATURAL PERSONAL CARE | PET CARE | BABY CARE | HOUSEHOLD PRODUCTS | KITCHEN ACCESSORIES | NATURAL GIFTS

Visit our Online Store at [SinewyNaturalProducts.com](http://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](mailto:community.glenrose@gmail.com)



# Recipe of the Month

## Strawberry Spring Salad

### What you will need

- 6 cups Spring Mix
- 1 cup Strawberries
- 1 cup Red Grapes
- 1/2 cup Walnuts
- 2 Tbsp Cranberries
- 1/4 cup Feta Cheese
- 1/4 cup Olive Oil
- 3 Tbsp Lemon Juice
- 2 tsp Honey
- 1 tsp Mustard
- Pinch Kosher Salt

### How to make it

- In a large, salad bowl, combine spring mix, strawberries, grapes, walnuts, cranberries and feta cheese.
- In another bowl or jar, combine olive oil, lemon juice, honey, mustard, and salt; whisk or shake until thoroughly combined; chill until ready to toss with salad just before serving.
- Enjoy!

*Have a favorite recipe you would like to share? Just email it to [community.glenrose@gmail.com](mailto:community.glenrose@gmail.com) or drop it at the Management Office.*



## Reminders

### Quiet Hours

The common areas of the community are closed between 10:00 pm and 6:00 am. During quiet hours residents should only use common areas to enter or leave their homes

### Community Farm

Residents are welcome to visit the farm any time between 9am and 7pm. We expect all residents to treat the animals with respect and kindness. Any inappropriate behavior may result in fines or lease termination.



## Wellness Center

### Keypad Code for April

Enter **01601** then press the red logo to unlock the door. Only residents 18 and above can use the Wellness Center.



## Questions, Compliments or Complaints

Our aim is to ensure that all residents receive excellent service from the staff. The management team, under Gloria Lewis, is responsible for **all community operations**. We ask that all residents direct their request for anything related to their unit or community operations to the management staff. If there is a special issue (not something related to maintenance, rent, operations, etc.) then the ownership team can be reached via email at [ownership.glenrose@gmail.com](mailto:ownership.glenrose@gmail.com) Penalties will be assessed to residents who misuse this contact.

## **OUR PEOPLE:**

# **MEET OUR COMMUNITY BOARD**

*Glenrose Gardens has established a Community Board (formerly referred to as Community Captains) that works in close collaboration with Atiba, our Community Organizer, to lead many of the activities and establish the rules and policies for the neighborhood. Six Community Board members have been selected so far. In this edition of the Talking Drum, meet Amber!*

My name is Amber Nadirah Khan. I am originally from Cleveland, Ohio and I moved to Atlanta 30 years ago. I have been living at Glenrose Gardens since October 2018 with my husband and our 3 children. I have been married for 13 years, and my husband and I are perfect mates for each other in our opposites. I am a homemaker and my focus is on helping my children grow into respectful, intelligent and independent thinkers.



I am passionate about community life. Since I was 11 years old, I remember drawing out plans for an octagonal intentional community. This passion motivated me to become a Community Board member, as it is a way for me to stay engaged, share resources and give my opinions on how things should be done. I am also passionate about making learning a part of children's everyday life and engaging kids in meaningful activities.

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