

EXERCISE - NO MATTER YOUR AGE!

Everyone needs to exercise, and you can do these simple steps to get into better shape:

- Stretching exercises should be done before any exercise to help prevent injuries from falls and muscle strains.
- Balance exercises help to strengthen a person's core muscles. This includes your stomach, lower back and sides and also includes leg muscles.
- Endurance exercises increase your heart rate and breathing rate. Activities such as walking, swimming, riding a bike and water aerobics build endurance. Start slowly and work up.
- Strengthening exercises increase your body's metabolism, muscle strength and flexibility. They allow you to do more on your own, which increases your independence.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August		RENT IS DUE! Pay Online				Last day to pay!
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	PEST CONTROL Bldgs. A-L	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Back To School

School buses and busy parents will be driving through our community this month. Please take extra time as you drive to make sure our children are protected.



MAKE THE FIRST DAY OF SCHOOL EASIER

For many young children, the first day of school is a milestone they approach with eager anticipation, but others dread that first day of being away from home or caregivers. Here are some suggestions for making the first day an enjoyable experience.

- Plan to introduce the child to the classroom before the first day of school. If possible, meet your child's teacher and visit the classroom.
- Plan a relaxed shopping trip to buy clothes and school supplies. The child who can pick out these items will feel more positive than one who is simply presented with new things that are someone else's choice.
- The night before the big day, you and your child can lay out the clothes and things for school. Make sure the child gets plenty of sleep.
- Get up early enough to have a good breakfast and plenty of time to get dressed and ready for school. You can start a family tradition by taking your child's picture.
- Make sure your child and the teacher know how your child will be getting home—bus, car, walking, after school care, etc.

Different children will approach the beginning of school in different ways, but careful preparation can work wonders.



RENTER'S INSURANCE

The insurance policies carried by the community do not insure your personal property. Could you afford to replace all your belongings? Most people can't, so we strongly recommend you invest in a renter's policy to protect your belongings. It is very affordable and the monthly premiums usually cost about as much as a large pizza. It is definitely worth it. Call your insurance agent for more information.

Neat & Clean

We do our best to keep the community looking its best. Please take a few minutes to make sure your patio/balcony and entranceway are neat and clean. You are one of the reasons our neighborhood looks great!

CHANGES

Change is all around us. If there have been any changes in your household, please let us know. It is very important that our records are current, especially for emergency purposes. So let us know if you change jobs, vehicles or roommates, get a new pet or make any other changes so we can update our files. Thanks. We appreciate you and hope you will never change where you choose to call home.

Smoke Alarm

It's hot outside! Help ensure it doesn't get hot inside. Check your smoke detector on a regular basis to make sure it works. Please do not disconnect your smoke alarm. It can't save lives and property if the batteries aren't in place. If you notice a problem with your smoke detector, contact the office immediately. We will be happy to repair or replace it.



August 2017

Staff

- LaVonja Epps**
Property Manager
- Gina Smith**
Assistant Manager
- Kenneth Hicks**
Leasing Consultant
- Joe Linder**
Maintenance Supervisor
- James Harrison**
Maintenance Technician
- Timothy McCall**
Maintenance Technician
- Keith Arroyo**
Groundskeeper
- Officer Logan**
Primary Courtesy Officer
- Officer J. Minors**
Courtesy Officer

Office Hours

- Monday-Friday**
9:00am - 6:00pm
- Saturday**
10:00am - 3:00pm
- Sunday**
Closed

Important Numbers

- Office**
843-667-6063
- Fax**
843-667-8165
- Fire, Police, Emergency**
911



BY THE NUMBERS

Let's Fly!

In honor of National Aviation Day, August 19th, enjoy these fun facts about flying!

1919 - KLM was established, making it the world's oldest airline.

Every **37** seconds a plane takes off or lands at Chicago O'Hare's International Airport.

In 2011, it is estimated that **1,000,000** bags worldwide were never re-united with their owners.

The electrical capacity of a 747-8 can power up to **480,000** 32-inch flat screen TVs.

The Wednesday before & the Sunday after Thanksgiving are the **two** most expensive days to fly of the entire year.

In the US, over **2,000,000** passengers board over 30,000 flights each day.

Luggage is officially lost if it has not been returned to its owner within **21** days.

In 1987 American Airlines saved \$40,000 by removing **one** olive from each salad served in first class.

THE DAILY SCOOP



<http://www.>

WHAT ARE SOME OF YOUR FAVORITE WEBSITES THAT YOU GO TO EVERY DAY? TRY THESE:

- thetoptens.com | inbound.com | todayifoundout.com
- apod.nasa.gov | wallhalla.com | getpocket.com
- nationalgeographic.com/photo-of-the-day | slideshare.com
- stumbleupon.com | attackofthecute.com

SCHOOL SUPPLIES Savings

SHOPPING FOR SCHOOL SUPPLIES?

CHECK OUT THESE TIPS FOR SAVINGS!

Do a sweep of your house and last year's backpacks. Bring all supplies (new & used) together. Store in a central location and see if anything can be reused. Make a list of what you have.

Take a look at your budget and know what you can spend.

Garage sales and consignment shops may have backpacks and school clothes that you need. If not, consider holding a back to school clothes swap in your neighborhood or with friends.

If your state offers a tax-free holiday, save all your shopping until then.

Consider buying some supplies in bulk. Go with a friend and divvy up those 100 pack of pens.

Use twitter and facebook to save! Follow your favorite stores on Twitter. Here are a few:

- Staples: @StaplesTweets
- Office Max: @OfficeMax @OfficeMaxDeal
- TJ Maxx: @tjmaxx
- Marshalls: @marshalls
- Best Buy: @twelpforce

If you have money leftover, buy some of next year's school supplies when prices are slashed! Shopping for college textbooks? Check out: tun.com for the cheapest new, used, rental or e-books. Also try campusbooks.com.

- Butter Pecan
- Cake Batter
- Chocolate
- Coffee
- Cookies and Cream
- Cookie Dough
- Mint
- Neapolitan
- Pistachio
- Rocky Road
- Strawberry
- Vanilla

Flavor Find



J W Z D Z O M J S P F C N A T I L O P A E N T W P
 E E R B Z Z Y Q L H D H A A A X L H U C M N M I N
 A X G R P Y V B G X K O E K D L A W W X I M S M I
 S T R A W B E R R Y W C E P E D L P L M Y T K D E
 E Q X U T V X D U V T O F I K B S I I K A B I A A
 T H Z N Y E T E H T B L F P J R A V N C R A M S M
 N A C E P R E T T U B A O L P K R T H A N U Q D U
 H A W F O Q W S R T R T C B P X M I T Q V E G G V
 D A O R Y K C O R L M E X Q C O O K I E D O U G H
 C O O K I E S A N D C R E A M B X A D F R P W J N

LINEN CLOSET CHAOS



This is one closet (or cabinet) that becomes the catchall for anything related to bed and bath! The key to using your closet is to have daily linens on hand, while moving less needed items elsewhere.

Start by emptying the area completely. Then sort into categories. Keep towels and bedsheets front and center.

Store sheets in a matching pillowcase. A good rule of thumb is two sets of sheets for each bed. If you get a new set, retire one.

Store seasonal or occasional items in the back or top of the closet.

Customize your space with baskets and shelf dividers and label them if needed.

To keep out the mustiness, place a box of baking soda or sachet bags in the closet or a softener sheet on the door.

Don't forget to use your door to hang robes, or over-the-door hangers for smaller items.

- 1-12 oz. can sliced peaches (IN 100% FRUIT JUICE)
- 1-12 oz. can evaporated milk (NOT CONDENSED)
- 2/3 C. white sugar | 2/3 C. peach juice

The evaporated milk must be VERY COLD. Measure out the 2/3 cup of peach juice from the can of peaches you are going to use. In a medium size bowl, put in the peach juice and sugar, stirring until sugar is dissolved. Stir in 6 oz. of the 12 oz. can of cold evaporated milk mixing until thoroughly combined. Pour into a shallow dish and freeze until very firm. When frozen, break frozen mixture into chunks and beat with an electric mixer until smooth. Chop the sliced peaches into pieces and add, beating with the mixer until all are folded together. In a separate large bowl whip the remaining 6 oz. of cold evaporated milk until peaks form. Fold into the frozen mixture and pour into a large flat container and freeze again until firm. Crushed pineapple and pineapple juice may be substituted for the peaches for a variation.



Creamy PEACH SHERBET

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