



Keep Gifts Safe

Gift giving is a wonderful part of the holidays. Make sure your gifts make it to the right person. Don't make it easy for someone to steal your presents. Wherever you are, remember "out of sight – out of mind."

Keep your gifts and valuables out of eyesight and away from your windows and doors. Remember to lock your doors and windows. If your packages are in the car, hide them in the trunk. And give yourself the best gift of all—a happy and safe holiday season.

Trash It

December brings lots of packages and presents and lots of trash. When it is time to take out your trash, please make sure it is all properly bagged and placed inside the dumpster. Please break down boxes before placing them in the dumpster. If the dumpster closest to you is full, please take your trash to another dumpster in our community. We want to keep the grounds, including the areas around the dumpster, clean and free of litter. Proper disposal of trash will help.

Parking

The holidays are such a special time of year. We hope your friends and family will share them with you. Please be courteous to your neighbors and remember to advise guests of the areas designated for visitor parking. There is room for everyone if we all park properly. Thank you for your cooperation during this busy time of year.

Going Away for the Holidays?

Make sure you have a neighbor who can keep an eye on your home and get your mail for you. If our office staff can be of assistance, please give us a call.

New Year Festivities

As you ring in the New Year, be courteous and make sure your noise doesn't disturb your neighbors to ensure they have as good a time as you do!

| S | M | T | W | T | F | S |
|----------|----|----|----|----|----|----|
| December | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

Dec. 1-21 – "A Christmas Story": Nashville Repertory Theater, TPAC
 Dec. 1-22 – Amy Grant & Vince Gill: Ryman Auditorium
 Dec. 1-25 – Dr. Seuss' "How the Grinch Stole Christmas": Grand Ole Opry House
 Dec. 1-Jan. 1 – A Country Christmas & Ice!: Gaylord Opryland Resort
 Dec. 2 – Joel Osteen: Bridgestone Arena
 Dec. 3 – Predators vs. New Jersey
 Dec. 3 – Iliza: TPAC
 Dec. 3-23 – Ballet: "Nashville's Nutcracker": TPAC
 Dec. 4 – Predators vs. Philadelphia
 Dec. 4 – Brian Setzer: Ryman Auditorium
 Dec. 5 – R. Kelly: Bridgestone Arena
 Dec. 5 – Kenny G.: Ryman Auditorium
 Dec. 6 – Predators vs. Colorado
 Dec. 7 – Mike Birbiglia: TPAC
 Dec. 9 – Matt Wertz: TPAC
 Dec. 10 – Music City Winterfest: Centennial Park
 Dec. 11 – Titans vs. Denver
 Dec. 11 – Home Free: TPAC
 Dec. 11-12 – Andrew Peterson: Ryman Auditorium
 Dec. 13 – Predators vs. St. Louis
 Dec. 15 – Predators vs. Minnesota
 Dec. 15-22 – "Cinderella": Nashville Children's Theater
 Dec. 16 – Kelly Clarkson: Bridgestone Arena
 Dec. 16-18 – Flea Market: The Fairgrounds Nashville
 Dec. 17 – Predators vs. NY Rangers
 Dec. 18-19 – Rufus & Martha Wainwright: Ryman Auditorium
 Dec. 22 – Predators vs. Los Angeles
 Dec. 27 – Predators vs. Minnesota
 Dec. 27 – Gillian Welch: Ryman Auditorium
 Dec. 28 – WWE Live: Bridgestone Arena
 Dec. 28 – Robert Earl Keen: Ryman Auditorium
 Dec. 29 – Predators vs. Chicago
 Dec. 29 – Widespread Panic: Ryman Auditorium
 Dec. 30 – Music City Bowl: Nissan Stadium
 Dec. 30-31 – Widespread Panic: Bridgestone Arena
 Dec. 31 – Old Crow Medicine Show: Ryman Auditorium
 Dec. 31 – John Prine & Jason Isbell: Grand Ole Opry House
 Dec. 31 – Jack Daniel's Music City Midnight: Bicentennial Mall

AREA CHRISTMAS PARADES

Dec. 3 – Nashville, 9:30am
 Dec. 3 – Franklin, 11:30am
 Dec. 3 – Donelson/Hermitage, 2:00pm
 Dec. 3 – Lebanon, 1:00 & 7:00pm
 Dec. 3 – Goodlettsville, 4:00pm
 Dec. 3 – Clarksville, 5:00pm
 Dec. 3 – Spring Hill, 5:00pm
 Dec. 3 – Portland, 5:30pm
 Dec. 3 – LaVergne, 6:00pm
 Dec. 4 – Smyrna, 2:00pm
 Dec. 4 – Hendersonville, 2:30pm
 Dec. 10 – Fairview, 11:00am
 Dec. 10 – Mt. Juliet, 11:00am
 Dec. 10 – Gallatin, 12:00pm
 Dec. 10 – Leiper's Fork, 2:00pm
 Dec. 11 – Murfreesboro, 2:00pm

All dates subject to change without notice



The Saxony APARTMENTS

700 Saxony Lake Drive
Antioch, TN 37013
(615) 331-8751

December 2016

Staff

David Hummer
Property Manager
Morgan Belcher, NALP
Assistant Manager
Rodney Allison
Maintenance Supervisor
Kevin Norton
Maintenance
Tyler Anderson
Groundskeeper
Officer Wright
Courtesy Officer

Office/Clubhouse Hours

Monday-Friday
8:30am - 5:30pm
Saturday
10:00am - 4:00pm
Sunday
Closed

Laundry Hours

Open 24 Hours

Fitness Center

Open 24 Hours

Pest Control

Wed., Dec. 14
Bldgs. 10-13

1 2 2 5

Holiday Office Closings

Our office will be closed on **Monday, December 26** for Christmas and also **Monday, January 2** for New Year's. We're looking forward to a great 2017 with you!

Special Delivery

During the holiday season, the office will gladly accept packages that are delivered to you. However, we ask that you please pick them up promptly, as our space in the office is limited. The office cannot be held responsible for your packages. Also, we cannot sign for packages. If your package will need a signature upon delivery, please make other arrangements for delivery.

Holiday Fire Safety

There are so many fire hazards that could occur during the holidays. Do your part to be sure these holidays stay happy by following these tips during the season:

- Never leave unattended candles burning.
- Make sure your tree is well watered.
- Avoid overloading outlets or using too many extension cords.
- Remember to turn off stoves and ovens before leaving your home.
- Do not use light strings that are frayed or cut.

Simply be careful and cautious. In the unlikely event of a fire, call 911 first and then notify the office. We hope all of you will have a safe and happy holiday.





The 75th anniversary of the attack on Pearl Harbor and six other military bases on the Hawaiian island of Oahu is December 7. Pearl Harbor stands as a symbol of American resilience and resolve through the sacrifice and dedication of our "Greatest Generation". Offer your thanks to a veteran this month.

FILLING YOUR *Holiday* CALENDAR

It's easy to do, so how can we head off the busyness of the season?

- 1) Write down every activity you think you might participate in.
- 2) Decide what you can do or what you want to do. Prioritize! Choose what you want or need to do and let the others go.
- 3) Write those dates on your calendar or put into your phone.
- 4) Pencil in some days of relaxation or fun things.
- 5) Want to do something but just don't have time to do it? Go ahead and put it in your phone to remind yourself.



PIN YOUR FAVORITES!
Hassle Free Newsletter



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Decorating ON A TIGHT BUDGET



Fill a vase or apothecary jar with pine cones, ornaments or the big colored Christmas lights. Add some potpourri for a great holiday smell.

Have glass cabinet doors? Cover from the inside with classy wrapping paper, holiday material or burlap.

Evergreen clippings in any vase make the room look and smell good!

Cover Styrofoam balls of various sizes with shades of red and green yarn and attach to a wire wreath.

Make and display your own advent calendar. Be creative and check out our Hassle Free Newsletter Pinterest page for some great ideas!

Pillows are always decorative. Purchase a red pillow and tie it up with a green ribbon, or vice versa!

Ornament decorating is inexpensive and easy. Place ornaments on a cake stand or platter with greenery or tinsel.

Place pinecones on various sizes of candlesticks. Tie up with festive ribbon.

Transform your bedroom into a holiday mood! Start with monotone colors and place a table runner at the foot of your bed. Tie ribbons around decorative pillows. Wrap small pillows in red striped dishtowels or tea towels.

Fill decorative lanterns with fruit or pinecones. Top with a ribbon threaded through the handle.

Paint an old shutter and display your favorite holiday cards.

FRENCH TOAST CASSEROLE



- 1 loaf French or Italian bread (without seeds)
- 8 large eggs
- 3 cups milk
- 4 tsps. sugar
- 3/4 tsp. salt
- 1 tab. vanilla
- 2 tabs. butter, cut into small pieces
- cinnamon

Grease a 9 X 13 inch baking pan. Cut bread into 1 inch thick slices and arrange in single layer in bottom of pan. In large bowl beat eggs, milk, sugar, salt and vanilla. Pour over bread in pan. Cover and refrigerate 4 - 36 hours. Dot with butter and sprinkle lightly with cinnamon if desired. Bake 45 - 50 minutes in 350 degrees oven until bread is puffy and lightly browned. Remove from oven, sprinkle lightly with cinnamon and let stand 5 minutes. This makes 8 - 10 servings. Serve with warm syrup, preserves, Nutella, jelly or put peach preserves then a topping of peaches, sprinkled with powdered sugar on top of each serving.



SQUEEZING IN *Exercise*

It's definitely a busy time of year, but we all need to squeeze in a bit of exercise during the holiday season. Let's see if we can make it fun for you and your family.

Out shopping? Park as far as you can from the stores and briskly walk to the entrance. You'll not only burn calories, but you may lower your blood pressure as others vie for those prime parking spaces.

Once inside, take a lap around the mall, around the perimeter of the store or up and down the aisles. You can window shop or spy something else you may want!

Kids love to copy what you're doing. So play an exercise DVD or start dancing to lively music. You'll melt those calories and have some fun with the young ones.

Too cold where you live? Be creative. What can you do inside? Google pilates, yoga / fitness videos or dance the afternoon away. The possibilities are endless!

Ice or roller skate! You can burn 600 calories an hour with these exercises.

A good rule of thumb for movement is 10,000 steps a day or about 5 miles. Get a pedometer, phone app or fitness band. It's fun to see if you can beat your goals!

NEW YEAR'S EVE

So it's Saturday night, New Year's Eve and you've just decided to throw a New Year's Eve party. Help!

- Have a late start to make sure guests have already eaten dinner.
- Repurpose some of Christmas decorations or leave them up through New Years.
- Plan a few games
- Prepare nibble foods and let your guests graze all night. They can even help by bringing their favorites.
- For safety sake, prepare fun, non-alcoholic drinks that anyone can enjoy.
- Plan some great music to play through the evening.
- Offer photo props for some fun pictures.

