

SUPER BOWL

The big game is scheduled for Sunday, February 2. We'll have the game on in our clubhouse/gathering room, so stop by! If you're having guests for the evening, make sure they know to park in the spaces designated for visitors, and be sure to keep your noise level down for the happiness of your neighbors.

Exercise Goals

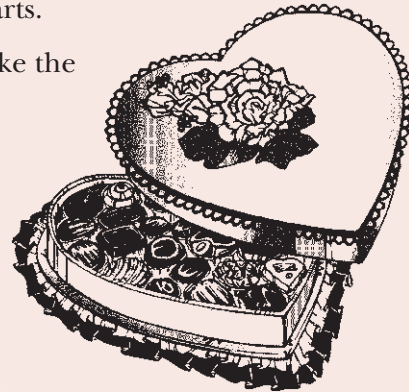
Don't forget, our fitness center is open 24 hours. Now is a great time to start getting in shape for spring which is right around the corner!

Please remember that use of the fitness center is limited to residents and their guests only. Please bring a towel with you when you work out so you can wipe off the equipment after using it. For the safety of the little ones, please be sure they are supervised at all times.

VALENTINE TRADITIONS

The symbols you see on cards and gifts during this time of the year have been around for centuries. Red hearts are used most often and have stood for love since ancient times. Ribbons are taken from the days when ladies gave a ribbon to their favorite knight in shining armor before he went into battle. Lace decorates cards and boxes of candy and is a Latin word meaning "to catch," so lace was supposed to catch the heart of a loved one. Cupid, the Roman god of love, uses his bow and arrows to shoot love into people's hearts.

This month as we celebrate this holiday of love, take the time to tell someone special how much you care.



Chocolate Trivia

It tastes wonderful, puts a smile on our faces and wreaks havoc on our diets – but what do we really know about chocolate?

Aztecs were the first known consumers of chocolate. They brewed a beverage from cacao seeds, which Spanish explorers liked and took back to Europe with them around 1500. In 1657, a shop in London offered a chocolate beverage at very high prices. As the drink became fashionable, shops sprung up all over the city. These shops became social centers for philosophical and political discussion.

Chocolate was first manufactured in the United States in 1765 at Milton Lowes Mills, Massachusetts. Today, the U.S. has the world's largest chocolate manufacturing industry.

S	M	T	W	T	F	S
February						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

Feb. 1 – **Nashville Predators vs. Vegas Golden Knights**
 Feb. 1-2 – **Antiques & Garden Show**: Music City Center
 Feb. 4-9 – **"My Fair Lady"**: TPAC
 Feb. 5 – **C'Ya on the Flipside: The Troy Gentry Foundation**: Ryman Auditorium
 Feb. 5 – **Tim & Eric**: War Memorial Auditorium
 Feb. 6-9 – **Cirque du Soleil**: Bridgestone Arena
 Feb. 6-7, 15-16 – **Tyler Childers**: Ryman Auditorium
 Feb. 6-23 – **"A Streetcar Named Desire"**: Nashville Repertory Theater, TPAC
 Feb. 8 – **Alter Bridge**: War Memorial Auditorium
 Feb. 8-9 – **The Beach Boys**: Ryman Auditorium
 Feb. 10 – **All for the Hall**: Bridgestone Arena
 Feb. 11 – **Calexico and Iron & Wine**: Ryman Auditorium
 Feb. 11-16 – **Blue Man Group**: TPAC
 Feb. 12 – **Tori Kelly**: Ryman Auditorium
 Feb. 13 – **Nashville Predators vs. New York Islanders**
 Feb. 14 – **Tyler Perry's "Madea Farewell Party"**: Bridgestone Arena
 Feb. 14 – **The Wood Brothers**: Ryman Auditorium
 Feb. 14-16 – **Ballet: "Attitude: Other Voices"**: TPAC
 Feb. 16 – **Nashville Predators vs. St. Louis Blues**
 Feb. 16 – **Dancing with the Stars Live**: Grand Ole Opry House
 Feb. 18 – **Nashville Predators vs. Carolina Hurricanes**
 Feb. 18 – **Trey McLaughlin & The Sounds of Zamar**: War Memorial Auditorium
 Feb. 19 – **The Lumineers**: Bridgestone Arena
 Feb. 19 – **The Chieftains**: TPAC
 Feb. 19 – **Grace Potter**: Ryman Auditorium
 Feb. 20-Mar. 15 – **"Hans Christian Andersen"**: Nashville Children's Theater
 Feb. 21-23 – **Flea Market**: The Fairgrounds Nashville
 Feb. 22 – **Nashville Predators vs. Columbus Blue Jackets**
 Feb. 22 – **Rodney Carrington**: TPAC
 Feb. 23 – **Sesame Street Live**: Bridgestone Arena
 Feb. 23 – **Dermot Kennedy**: Ryman Auditorium
 Feb. 25 – **Nashville Predators vs. Ottawa Senators**
 Feb. 25-26 – **Bon Iver & TU Dance**: TPAC
 Feb. 26 – **Opeth**: Ryman Auditorium
 Feb. 27 – **Nashville Predators vs. Calgary Flames**
 Feb. 27-29 – **Tedeschi Trucks Band**: Ryman Auditorium
 Feb. 27-Mar. 1 – **Lawn & Garden Show**: The Fairgrounds Nashville
 Feb. 28 – **Keith Sweat**: Bridgestone Arena
 Feb. 28-29 – **Alvin Ailey American Dance Theater**: TPAC
 Feb. 29 – **Nashville Predators vs. Colorado Avalanche**
 Feb. 29 – **Cashville Blues Festival**: Municipal Auditorium

All dates subject to change without notice

The Saxony APARTMENTS

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

February 2020

IT'S LEAP YEAR!

February 29 – How is leap year determined? A leap year occurs every year that divisible by 4 except years marked by the even hundreds, as 2000. Adding an extra day every fourth year makes the average calendar year 11 minutes 14 seconds too long. So the day is not added in the century years except those divisible by 400, such as 1600 and 2000. Confused? We are too! All we know is we have another day this year to serve you and make you happy you chose our community. Happy Leap Year!

Groundhog Day

National folklore has it that on February 2 a groundhog will come out of his home to predict the future. If Punxsutawney Phil, the famous groundhog, sees his shadow, there will be six more weeks of cold and dreary winter weather. If he doesn't, spring is just around the corner. This tradition was started by German immigrants in Punxsutawney, Pennsylvania, who originally used badgers to predict spring's coming in their native land. Since groundhogs were easier to find in their new country, Groundhog Day emerged.

WEAR RED

On Friday, February 7, the American Heart Association invites you to "Go Red for Women" by wearing red and giving to help eradicate heart disease and stroke. #WearRedandGive Heart disease is the number one killer of women, killing more women than all forms of cancer combined. Let's get behind this cause for all the women in our lives.

Freezing Weather Tip

It's cold outside! Keep your pipes from freezing by keeping your heat on during the winter months. On a very cold night, open cabinets under the sink. Our maintenance team is ready to help you when you need it, but do your part by helping to prevent frozen pipes.

STAFF

Morgan Belcher, NALP
 Property Manager
Kristin Lilley
 Assistant Manager
Kayin Pridgen
 Maintenance Supervisor
Ledonnis Carothers
 Maintenance Tech
Reggie Butts
 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., Feb. 12
 Bldgs. 10-13

2275



LADIES, GRAB YOUR BEST FRIENDS AND CELEBRATE

Galentines on February 13

- Make a fun dinner together ♥ Host a game night ♥ Sing karaoke
- ♥ Get mani and pedis ♥ Bring your favorite dish night ♥
- Plan an overnight road trip ♥ Go hiking ♥ Volunteer together
- ♥ Watch a movie marathon ♥ Have a craft night ♥
- Dress up and paint the town red ♥ Take a photo shoot

ENDLESS WAYS TO CELEBRATE

Valentines on February 14

- Dance in your living room ♥ Do a class together ♥ Visit a museum
- ♥ Prepare a theme dinner and movie night ♥ Enjoy a spa night ♥
- Visit a nearby city and be a tourist ♥ Cook a favorite meal together
- ♥ Plan and execute a home improvement project ♥
- Watch your wedding video ♥ Bundle up and look at the stars
- ♥ Look through old photos and letters ♥ Go ice skating ♥
- Write sticky notes and post all over the house ♥ Camp indoors



February Fun

- | | |
|-----------------------------|------------------------|
| FEB 2 Groundhog Day | FEB 17 President's Day |
| FEB 2 Super Bowl | FEB 25 Mardi Gras |
| FEB 7 National Wear Red Day | FEB 26 Ash Wednesday |
| FEB 14 Valentine's Day | |

Check out our
Hassle Free Newsletter
Pinterest page to
hear and read
Martin Luther King Jr.'s speech.

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1 = C, 2 = L, 3 = D, 4 = G, 5 = A, 6 = F, 7 = H, 8 = B, 9 = E

Know Your Presidents Answers

FEBRUARY IS BLACK HISTORY MONTH

Black History is American History. And although a month is set aside to recognize the achievements and accomplishments of many African Americans, history is something to learn from every day. Take a moment to read through the notables of some Americans whom you might not know.

Benjamin Banneker (1731-1806) made the calculations to predict solar and lunar eclipses.

The Reverend Richard Allen (1760-1831) founded the African Methodist Episcopal (AME) Church in 1816.

Martin Delany (1812-1885) became the first African American field officer in the U.S. Army.

Harriet Wilson (1825-1900) was the first African American to publish a novel in North America.

George Washington Buckner (1885-1943) was first to serve as a diplomatic minister to a foreign country.

Madame C. J. Walker (1867-1919) aka Sarah Breedlove, sold hair care products and cosmetics and became the first woman millionaire.

Jack Johnson (1878-1946) was the first black heavyweight boxing champion of the world.

Eubie Blake (1887-1983) along with Noble Sissie wrote "Shuffle Along", one of the first Broadway musicals to be written and directed by African Americans.

Bessie Coleman (1892 - 1926) became the first black licensed pilot in the world.

Oscar Charleston (1896 - 1954) was considered to be one of the best all-around baseball players of his time.

Marian Anderson (1897 - 1993), an opera, concert singer, was best remembered for her performance on Easter Sunday, 1939, on the steps of the Lincoln Memorial.

Emmett Ashford (1914 - 1980) was the first African American umpire in Major League Baseball.

Althea Gibson (1927 - 2003) was the first African American woman to be a competitor on the world tennis tour.

TWO INGREDIENT FUDGE

- 1 cup peanut butter
- 1 12 oz. can cake frosting



Microwave peanut butter 30 seconds. Microwave cake frosting 30 seconds. Mix thoroughly together. Pour into a 9x9 container and let set. You may use any kind of cake frosting. Easy and delicious!



Simmer these recipes in water on your stovetop for a warm winter smell.

CINNAMON APPLE TREAT

- 2 sliced apples • 3 cinnamon sticks
- Lemon rind • 1 tsp. vanilla extract
- 3 whole cloves

SPICY ORANGES

- 1/3 cup fresh cranberries
- 2 oranges • 1 lemon
- 2 whole nutmegs • 1 tbsp. whole cloves
- 3 cinnamon sticks • 2 bay leaves

PUMPKIN PIES

- 1 tbsp. pumpkin pie spice
- 1 tsp. vanilla extract • 2 cinnamon sticks

GINGERBREAD GOODNESS

- 10 slices fresh ginger • 3 cinnamon sticks
- 1 tsp. vanilla extract • 1 orange rind

IN THE PINES

- Handful of fresh pine twigs
- 1 lemon rind • 2 cinnamon sticks
- 3 bay leaves • 1 tsp. nutmeg

BE HEALTHIER IN 2020 – WITHOUT DIETING

Looking for some ways you can improve YOU? Just a few changes can make a difference.

- 1) If you sit for an hour – take a five-minute walk. Sitting causes your leg arteries' ability to expand. If you walk for each hour you sit, this helps your blood vessel function.
- 2) Focusing on gratitude helps build a healthier immune system. Be positive and be thankful.
- 3) Watch one fewer TV show a day. Too much "still" screen time in midlife is linked with type 2 diabetes and heart disease.
- 4) Making your bed has shown that you will probably get a better nights sleep than going to sleep in a messy bed.
- 5) Unplug from technology an hour before bed.
- 6) Eat from a smaller plate and bowl. You may feel satisfied with less food.
- 7) Drink a glass of water with every meal.
- 8) Walk during your work breaks. Take the stairs. Park in the back. Use a stand-up desk.

KNOW YOUR



In honor of President's Day on the 17th, match the Commander in Chief with the fact.

- | | |
|--|---|
| A. Rutherford B. Hayes (19th) | 1. _____ enjoyed less than three years of retirement. He died of a throat infection in 1799. |
| B. George H.W. Bush (41st) | 2. _____ died on 7/4/1826, both within a few hours of each other. |
| C. George Washington (1st) | 3. _____ was the first President to die in office - 32 days after his inauguration. |
| D. William Henry Harrison (9th) | 4. _____ remained a lifelong bachelor. |
| E. Barack Obama (44th) | 5. _____ banished wines and liquors from the White House. |
| F. Warren G. Harding (29th) | 6. _____ was nominated for president because "he looked like a President." |
| G. James Buchanan (15th) | 7. _____ suffered a heart attack during his first term, recovered and was elected for a second term. |
| H. Dwight D. Eisenhower (34th) | 8. _____ became the youngest pilot in the Navy when he received his wings - flying 58 combat missions during World War II. |
| I. John Adams and Thomas Jefferson (2nd & 3rd) | 9. _____ was not only our first African American president, he was also the first African American president of the Harvard Law Review. |