



## GET FIT

Did you pick up a few extra pounds over the holidays? Did you make a resolution to lose weight? Let us help you in our fitness center. Our fitness center sees a lot of activity at the first of the year and we hope to see you there! Remember to limit your time on the equipment if others are waiting.

|         |    |    |    |    |    |    |   |   |
|---------|----|----|----|----|----|----|---|---|
| January |    |    |    |    |    |    | 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      |    |    |    |    |    |    |   |   |

- Jan. 5 – *Nashville Predators vs. Winnipeg Jets*
- Jan. 7-9 – *“It’s Who You Know”*: TPAC
- Jan. 7-10 – *Nashville Boat & Sport Show*: Music City Center
- Jan. 9-10 – *Monster Jam*: Bridgestone Arena
- Jan. 10 – *Sam’s Place*: Ryman Auditorium
- Jan. 14-Feb. 7 – *“Cinderella”*: Nashville Children’s Theater
- Jan. 15 – *Harlem Globetrotters*: Bridgestone Arena
- Jan. 16 – *Nashville Predators vs. Minnesota Wild*
- Jan. 16 – *Ron White*: TPAC
- Jan. 17 – *Nashville Pink Bridal Show*: Music City Center
- Jan. 18 – *Madonna*: Bridgestone Arena
- Jan. 19 – *Nashville Predators vs. Chicago Blackhawks*
- Jan. 22-24 – *Flea Market*: The Fairgrounds Nashville
- Jan. 22-26 – *Opera: “Cosi fan Tutte”*: TPAC
- Jan. 23 – *Tool*: Bridgestone Arena
- Jan. 25 – *The Tenors*: Schermerhorn Symphony Center
- Jan. 26-31 – *“Matilda the Musical”*: TPAC
- Jan. 28-31 – *NHL Fan Fair*: Music City Center
- Jan. 30 – *Macklemore & Ryan Lewis*: Grand Ole Opry House
- Jan. 30 – *Rebellion*: War Memorial Auditorium
- Jan. 30-31 – *NHL All Star Weekend*: Bridgestone Arena

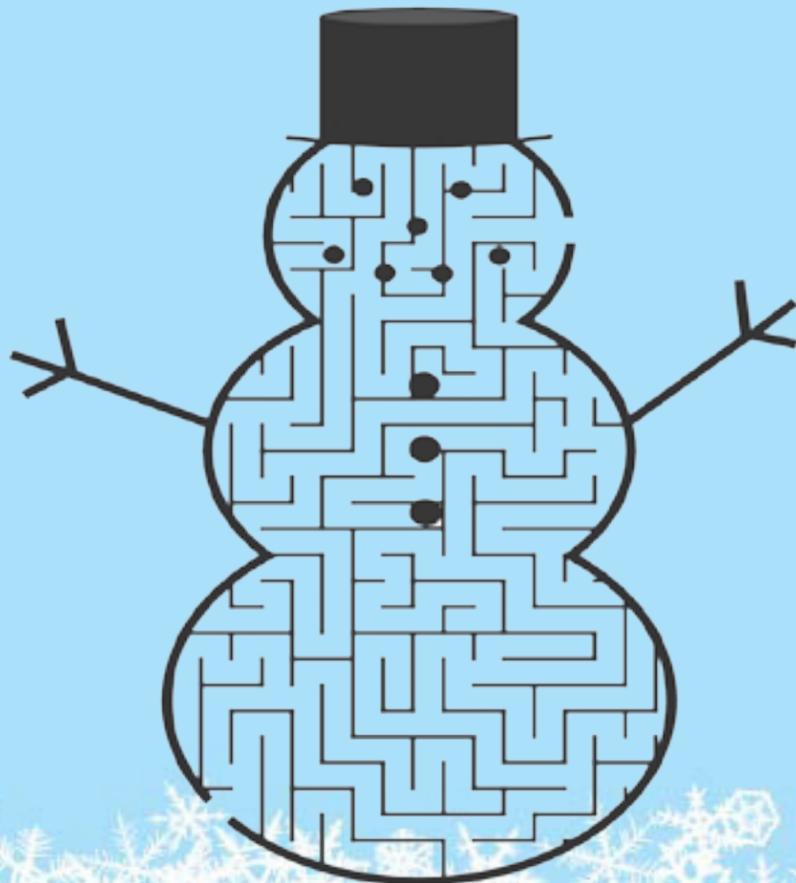
All dates subject to change without notice

## Cold Weather Pet Tips

Cold weather is here, which means it’s time to give special attention to your pets both inside and out. Here are some winterizing tips for optimizing your animal’s comfort and well-being:



- When you take your pooch out for a “bathroom break,” stay out with it. Not only is it community policy, but if you’re cold enough to go inside, it probably is also too cold for your pet to stay out much longer as well.
- When you bring a pet in, wipe its paws and underside, making certain there is no ice clinging between the toes or on the sole of the foot. Animals drag a lot of moisture onto their bedding from every trip outside in snow. Plan on changing the bedding as frequently as necessary or simply placing it in the dryer for a warm-up.
- For short-haired breeds, you might want to put them in a protective sweater before taking them outside. They will become chilled quickly after leaving a 70-degree house and walking onto freezing cold turf.



## January 2016

### STAFF

- David Hummer*  
Property Manager
- Brittany Ambrose, NALP*  
Assistant Manager
- Rodney Allison*  
Maintenance Supervisor
- Kevin Norton*  
Maintenance
- Joshua Zambrano*  
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., January 13  
Bldgs. 6-9

0116

# The Saxony APARTMENTS

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

## HAPPY NEW YEAR!

Our office will be closed on **Friday, January 1** to celebrate the New Year but will reopen on Saturday, January 2. Wishing you the very best in 2016!

## It’s a New Year...

...and we’re honored to have all of you here as residents. After all, you are the reason we’re here. Making a community work and run smoothly isn’t easy. It takes the efforts of the management team and you, our residents, working together. We invite all of you to make a resolution to become involved in making your community the very best it can be. Feel free to share any ideas you have that will help make our community an even nicer place to call home.

## RING IN 2016

We hope you enjoy bringing in the New Year! Please remember that fireworks are not allowed in our community. Keep your neighbors in mind as you party. Noise should be kept to a minimum for the fun of all.

## Martin Luther King, Jr. Day

This month we celebrate the accomplishments of Dr. Martin Luther King, Jr. It was through his peaceful efforts that the Supreme Court ultimately ruled segregation unconstitutional and people began fighting for the rights of all U.S. citizens.

We honor Martin Luther King, his dream that all people should be treated equally and his legacy that will benefit generations to come.





## Organize YOUR KITCHEN

For successful meal preparation, you'll want to focus on an organized kitchen. First step? Empty your cabinets and go through every item. Discard or donate those things you don't want, are broken or are not used.

Arrange your kitchenware by frequency of use. Everyday items should be placed on easy to reach lower shelves and less used items could be stored higher.

Group similar objects together such as baking items. Your cooking zone which includes pots and pans, should be as close to the range as possible.

Your favorite spatulas, spoons, whisks, etc., should be within easy reach of your cooking area.

Organize your pantry shelves as you would a library, all food grouped by category. Consider wire or see through baskets for potatoes or snacks for the kids.

Can we say enough about the versatility of the see through over the door shoe organizers? Put smaller items in each pocket for easy storage and easy view.



### Meal PREPARATION

We're all looking for ways to carve time out of our busy schedules. A day of meal preparation may help you!

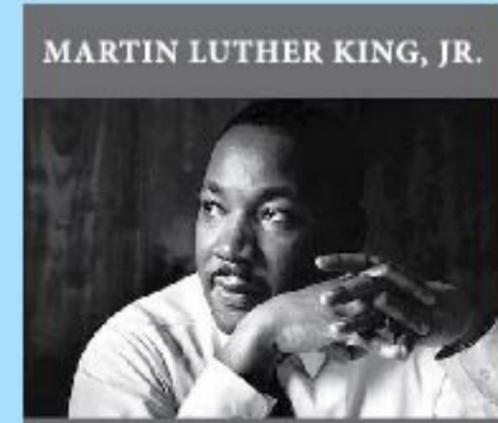
- A meal plan is a must for every meal that you want to prepare. List all your ingredients and go to the store for those items only. Invest in some of the same types of food containers for ease of stacking in the refrigerator.
- If you are new to meal prep, then start small, perhaps only 1-2 meals a week, adding another meal each week.
- Decide what meals are most important. Are you stressed in the mornings when you fix breakfast? Are your evenings totally engrossed with activities? Prepare the meals that will benefit you during your most stressful times.
- Stick to recipes that you know and love. It will make prep easier. Add a new dish/recipe when you know you really enjoy it.
- You don't have to cook everything at once, but any type of meal preparation makes a difference. Make sauces ahead of time & freeze; chop your veggies and fruit for the week; portion out your snacks; wash and prep your meat; make slow cooker kits.

The more meal planning and preparation you do, the easier it becomes which will save even more time!

Enjoy more tips on the Hassle Free Newsletter Pinterest page! Follow us today!

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**HASSLE FREE NEWSLETTER**



### MARTIN LUTHER KING, JR.

A man who, in his short 13 years of leadership, achieved great progress toward racial equality in the United States.

A man who taught and practiced non-violence with words and actions.

A man who died in the prime of his life, but a man who is respected and admired worldwide.

Let's continue in the tradition of this great man, believing that people, no matter their color, are all created equally.

Check out our Pinterest page to view several photos and quotes of Dr. Martin Luther King, Jr.

## HASHBROWN SOUP



#hfnrecipe16

- 1-30 oz bag shredded hashbrowns
- 2-32 oz chicken broth boxes
- 2 cans of cream of chicken soup
- ½ onion chopped
- ½ tsp pepper
- ½ tsp garlic powder
- 1-8 oz pkg cream cheese

Mix all ingredients together except cream cheese in a crock pot. Cook for 6-8 hrs on low heat. About 1 hr before serving add soft cream cheese and keep heating until melted.

## NATIONAL BLOOD DONOR MONTH



Did you know that every two seconds someone in the U.S. needs blood and that more than 41,000 blood donations are needed every day?

Although an estimated 38% of the U.S. population is eligible to donate blood, less than 10% actually do each year.

One donation can help save the lives of up to three people.

In honor of National Blood Donor Month, click on [www.redcrossblood.org](http://www.redcrossblood.org) to find a blood donation site nearest you.

## Snowy Squares

Try to fill in the missing numbers. Use the numbers 1 through 9 to complete the equations. Each number is only used once. Each row is a math equation. Each column is a math equation. Remember that multiplication and division are performed before addition and subtraction.

|    |   |   |   |    |    |
|----|---|---|---|----|----|
|    | - |   | + |    | 10 |
| X  |   | + |   | X  |    |
|    | + |   | - |    | 10 |
| -  |   | / |   | -  |    |
|    | / |   | + |    | 5  |
| 50 |   | 5 |   | 32 |    |

8-1+5=10, 9+8-7=10, 4/2+3=5, 6X9=4+50, 1+8/2=5, 5X7=3+22, 2+0-2=X, 9=2/5, 1+8/2=5

## Drink Your Tea!



You might think twice when wondering whether brewed tea might be a good option for you.

Green tea's antioxidants may interfere with the growth of some types of cancer, prevent clogging of arteries, burn fat and reduce risk of neurological disorders, reduce the risk of stroke and improve cholesterol levels.

One study shows that white tea has the most potent anticancer properties compared to more processed teas.

Black tea has the highest caffeine. It may protect lungs from damage caused by exposure to cigarette smoke. It may also reduce the risk of stroke.

Herbal teas are not made from tea, but are an infusion of leaves, seeds, roots or bark. Chamomile tea, touts that its antioxidants may help prevent complications from diabetes. Peppermint tea can help relieve symptoms of gas and bloating. Ginger tea can be used for nausea, vomiting or upset stomach due to motion sickness.