

Be Sure to Insure

With the high cost of everything, make sure all your home's contents are insured. It's inexpensive and you'll have peace of mind knowing your stuff is taken care of. Call your insurance agent today. Remember to bundle and save!

S	M	T	W	T	F	S
july						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					

- July 1 – **Monster Jam World Finals:** Nissan Stadium
- July 1 – **Nashville SC vs. D.C. United**
- July 1 – **Planet Two Friends:** Municipal Auditorium
- July 1, 8 – **Kid Rock:** Bridgestone Arena
- July 2 – **Celtic Throne:** Ryman Auditorium
- July 3 – **Matchbox Twenty:** Bridgestone Arena
- July 4 – **Let Freedom Sing! Downtown Nashville**
- July 4-9 – **Nashville Sounds vs. Columbus Clippers**
- July 6 – **Sam Bush:** Ryman Auditorium
- July 7 – **The Dead South:** Ryman Auditorium
- July 11 – **The Mountain Goats:** Ryman Auditorium
- July 11 – **Old Gods of Appalachia:** TPAC
- July 11 – **Foreigner:** Ascend Amphitheater
- July 12 – **Nashville SC vs. Philadelphia Union**
- July 12 – **First Aid Kit:** Ryman Auditorium
- July 13 – **Rhonda Vincent:** Ryman Auditorium
- July 14 – **Killer Mike and the Midnight Revival:** Ryman Auditorium
- July 14 – **Young the Giant:** Ascend Amphitheater
- July 15 – **Beyoncé:** Nissan Stadium
- July 16 – **blink-182:** Bridgestone Arena
- July 18 – **Erykah Badu:** Bridgestone Arena
- July 18 – **Louis Tomlinson:** Ascend Amphitheater
- July 18-23 – **Nashville Sounds vs. Jacksonville Jumbo Shrimp**
- July 19 – **School of Rock:** Ryman Auditorium
- July 19 – **Yungblud:** Ascend Amphitheater
- July 20 – **Dailey & Vincent:** Ryman Auditorium
- July 20 – **Boy George & Culture Club:** Ascend Amphitheater
- July 21 – **Elevation Worship:** Bridgestone Arena
- July 21-23 – **Flea Market:** The Fairgrounds Nashville
- July 22 – **Ed Sheeran:** Nissan Stadium
- July 23 – **Nashville SC vs. Colorado Rapids**
- July 23 – **Sad Summer Fest:** Ascend Amphitheater
- July 24 – **Greta Van Fleet:** Bridgestone Arena
- July 24 – **Big Time Rush:** Ascend Amphitheater
- July 25 – **Maggie Rogers:** Ascend Amphitheater
- July 25-26 – **Ryan Adams:** Ryman Auditorium
- July 26 – **NF:** Bridgestone Arena
- July 27 – **Nashville SC vs. Toluca**
- July 27 – **The Chicks:** Bridgestone Arena
- July 27 – **Ricky Skaggs:** Ryman Auditorium
- July 27 – **The Impractical Jokers:** Grand Ole Opry House
- July 28 – **50 Cent:** Bridgestone Arena
- July 28 – **Bored Teachers Comedy Tour:** TPAC
- July 28 – **America:** Ryman Auditorium
- July 28 – **Manchester Orchestra & Jimmy Eat World:** Ascend Amphitheater
- July 28-29 – **George Strait:** Nissan Stadium
- July 29 – **Sam Smith:** Bridgestone Arena
- July 29 – **Peso Pluma:** Ryman Auditorium
- July 30 – **Melissa Etheridge:** Ryman Auditorium
- July 31 – **Clutch:** Ryman Auditorium

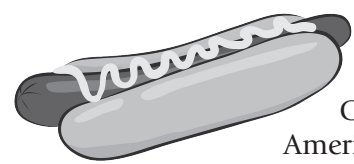
All dates subject to change without notice.

Summer Reading

Summer is a great break for everyone. Hopefully it's a slower pace of life as school is out for a few weeks and outdoor life kicks in. It's also a great time to get involved in a summer reading program. Whether you have children, teens or just yourself, reading and doing puzzles and brain teasers are great for your mind by relieving stress and providing lots of fun.



Many local libraries have summer programs that encourage and reward children for summer reading. Pick up a few books yourself and become immersed in another world.

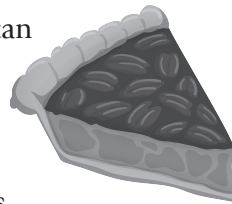


July is National Hot Dog Month

According to the National Hot Dog and Sausage Council, over 7 billion hot dogs will be eaten by Americans between Memorial Day and Labor Day. During the July 4th weekend alone (the biggest hot dog holiday of the year), 150 million will be eaten. Every year, Americans eat an average of 60 hot dogs each.

National Pecan Pie Day – July 12

Pecan Pie Day encourages the consumption of the nutty pie. Pecan pie is typically made using pecans, eggs, butter, sugar, and syrup. The earliest pecan pie recipe dates back to 1898, which was found in a church charity cookbook in St. Louis. Pecan pie is a common dish served at Thanksgiving due to the harvesting of pecans in September extending into November. Pecan pie was made popular by Karo Syrup when they began printing the pecan pie recipe on packages of pecans.



Be Cool!

Don't you love the summer months when you can be outside? Since July is UV Safety Month, make sure you use sunscreen to protect your skin. Use at least a 30 SPF or higher. Wear a hat to protect your face and give you some cooling. Sunglasses will help protect your eyes. If you're outside, think about loose-fitting, light-colored clothes to keep your body cool. Stay inside during the heat of the day and enjoy those wonderful morning and evening hours outside.

staff

- Morgan Belcher, NALP**
Property Manager
- Kristin Lilley**
Assistant Manager
- Brandy Bradley**
Maintenance Supervisor
- Bryan Demonbreun**
Maintenance Tech
- Jonathan Mendoza**
Groundskeeper
- Ted Meskers**
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

- Mon., July 17**
Bldgs. 6-9

0731

The **Saxony**
APARTMENTS

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

Celebrate Our Independence

On July 4, 1776, we claimed our independence from Great Britain. Every day many leave their homeland to come to the "land of the free and the home of the brave" so they can begin their American Dream. The United States is truly a diverse nation. It is this diversity that makes our country (and our community) great! This July 4th as we celebrate freedom, independence and diversity, we are reminded to be thankful we live in such a great nation.

Our office will be closed **Tuesday, July 4** in observance of Independence Day. We hope all of you will have a safe and happy holiday!

Wisely Celebrate

As you celebrate our nation's independence, we remind you that fireworks are not to be set off on the property. Be aware that even sparklers can be dangerous and should be used only with extreme caution and common sense. Leave the fireworks to the professionals and visit a public display in our area. So sit back, relax and have a safe holiday.

4th of July Pet Tips

Fireworks on Independence Day may make you feel patriotic, but they may frighten your pet. The days after July 4 are some of the busiest days for animal care specialists, and more pets run away during this time than most other times. If you follow these safety tips for July 4, you greatly increase the chance of the holiday being happy for everyone.

- Don't take dogs to places where there may be fireworks.
- If you plan to be away from home on the holiday, keep your pet inside in a quiet, protected room.
- If you're at home with a scared dog, divert its attention by practicing an obedience routine or playing a game.
- Leave a scared cat alone. Don't try to force a feline from its hiding place. The cat will come out when it feels safe.



Celebrating Our Independence Day

Check your local community to find out where your town's fireworks will be held. Go early, take a picnic and make a day of it.



Decorate your patio or balcony for the 4th. Add small flowers to your planters or display patriotic bunting.



Dress for the occasion with your favorite red, white and blue. Add some colored beads and go for the crazy sunglasses.



Attend a 4th of July parade or check if there's a band or symphony concert in your area. The rousing songs will get you in the mood to celebrate!



Have you ever read the Declaration of Independence? Find out why we fought for our independence and why it's still worth celebrating.



Hydrate with Food

Infusing your water with fruit such as lemons or raspberries is a great way to stay hydrated. But there are many fruits and vegetables that can keep you hydrated as well.

Watermelon is made up of 92% water. Benefits are calcium, magnesium, potassium, vitamins A and C.

Strawberries are 95% water – the most for any berry. This sweet fruit is loaded with vitamin C and fiber.

Cucumbers have the highest water content of any solid food. But you'll also receive vitamin C, vitamin K, magnesium, potassium, manganese, fiber, antioxidants and micronutrients. Add a few slices to your water for a refreshing taste.

Zucchini contains manganese, potassium, magnesium, vitamins A, C, K, fiber, and antioxidants such as lutein and zeaxanthin.

Celery stalks are 95% water and are high in fiber and rich in minerals. They also neutralize stomach acid and are a natural remedy for heartburn and acid reflux.

Tomatoes are rich in fiber, vitamins C and K, folate, potassium, and lycopene.

SPORTS FANS UNITE!



If you thought July was a boring month for sports, think again! Here's a sampling of what's coming your way this month.



TOUR DE FRANCE –

A challenging bike race that's fun to watch. This year it begins in Bilbao, Spain on July 1 and ends at the Champs-Élysées, Paris on July 23.



WIMBLEDON –

One of the Grand Slam events, Wimbledon takes place at the All England Lawn Tennis & Croquet Club July 3-16.



SUMMER X GAMES –

They're back in California for an eight-day multi-city tour up the Southern California coast, July 16-23.



WOMEN'S WORLD CUP (SOCCER) –

The FIFA Women's World Cup runs July 20 - August 20 in New Zealand's Eden Park and is jointly hosted by Australia and New Zealand, with the final being held in Australia.

Find a Park



July is National Parks Month, and a good way to find a national park near you is to go [nps.gov](https://www.nps.gov). Click on your state or a state near you and start planning a good time with family and friends.

The United States has 63 national parks that are operated by the National Park Service. Thirty states have national parks, including the territories of American Samoa and the U.S. Virgin Islands.

Yellowstone National Park was the first national park, while the largest national park is in Alaska with over 8 million acres. The most visited park is the Great Smoky Mountains National Park, with over 14 million visitors in 2021.

Whether you visit a National Forest, study a historic monument or battlefield, or visit a park in your city, with a bit of research your trip can reach a new level of adventure.

JULY 2023

4	15	16	24
INDEPENDENCE DAY	WORLD YOUTH SKILLS DAY	NATIONAL ICE CREAM DAY	INTERNATIONAL SELF CARE DAY

Self-Care FOR YOU!

When's the last time you took time out for you? Here are ways you can take charge of your life and take care of you.

PHYSICALLY –

Get the sleep and rest you need. Exercise and stretch as you can. Stay hydrated. Eat a healthy, balanced diet. Enjoy the beautiful outdoors. Schedule doctor's appointments as needed for optimum health.

SOCIALLY –

Regulate your calendar – learn to say no. Spend time with people you care about. Take a break from social media. Do fun things. Enjoy your hobbies.

HOME LIFE –

Organize a priority area in need. Create calming morning and night routines. Purchase a décor item. Work with your plants/flowers. Plan a dream vacation. Make your bed – daily.

MENTALLY –

Take time to relax. Manage stress. Use all your vacation time. Journal. Find breathing techniques. Create a gratitude list.



This easy **Caprese Salad** not only looks beautiful, but tastes delicious!

- 1 lb. fresh mozzarella, sliced
- 1 bunch of fresh basil with stems removed
- 4 large ripe tomatoes, sliced
- Extra virgin olive oil
- Freshly ground black pepper
- Flaky sea salt

Layer mozzarella and tomato slices alternately. Top with basil leaves, drizzle with olive oil and then season with salt and pepper.

VINTAGE NATIONAL PARK POSTER GAME

MATCH THE NATIONAL PARK TO THE STATE TO WHICH IT BELONGS:



CALIFORNIA MAINE MICHIGAN MINNESOTA MONTANA TEXAS UTAH WYOMING