

Trash Goes in the Dumpster

Trash does not belong on your patio, balcony or by your front door. It not only looks "trashy" but encourages pests in your home. Get in the habit of taking your trash out daily!

The Heat Is On

It's hot outside and your air conditioner will be working overtime. If you find your A/C is not working properly, please call in a service request right away and turn off the unit until someone can repair it. Letting the unit operate while not working properly may delay the repair by causing it to freeze up.



The maintenance team works hard so you don't have to. They are happy to repair any problems you have, but the summer is their busiest time of year. Service requests will be handled in the order they are received, with emergency repairs taking priority over routine maintenance. Be assured they will get to you as soon as possible. We appreciate in advance your "keeping your cool" over this very "hot" issue.



Too Hot for Your Fur Baby

Do you like to take your pet along with you in the car to run errands? Many people do – just remember to never leave your pet in a parked car during the hot summer months. On an 85-degree day, the temperature in your car with the windows open can reach 102 degrees in 10 minutes. In just 30 minutes, with the windows closed, the temperature can reach 160

degrees. These extreme temperatures can cause heatstroke, brain damage and maybe even death. A police officer or animal care officer may cite you for cruelty to animals if your pet is left in these conditions. So take care of our furry residents and reconsider when taking your pets along during summer errands.

National Chocolate Ice Cream Day

To observe National Chocolate Ice Cream Day on June 7 all you need is chocolate ice cream. But who says you have to stop there? You can have it in a cone or make it from scratch. Add sprinkles or syrup or whipped cream.

Chocolate ice cream is the second most popular flavor, surpassed only by vanilla. Chocolate flavored ice cream has been in existence well over a hundred years and has been popular in the United States since the late 19th century.

(Source: www.nationaldaycalendar.com)



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June 1 – **Old Crow Medicine Show:** Ryman Auditorium
 June 1-2 – **Nashville Sounds vs. New Orleans Baby Cakes**
 June 2 – **Rodrigo y Gabriela:** Ryman Auditorium
 June 3 – **Darius & Friends:** Ryman Auditorium
 June 4 – **Stars for Second Harvest:** Ryman Auditorium
 June 4-9 – **"Miss Saigon":** TPAC
 June 5 – **Marty Stuart's Late Night Jam:** Ryman Auditorium
 June 6-9 – **CMA Fest**
 June 7 – **Ariana Grande:** Bridgestone Arena
 June 9 – **Sunday Mornin' Country:** Grand Ole Opry House
 June 9 – **Wu-tang Clan:** Ryman Auditorium
 June 12 – **Family Feud: Celebrity Edition:** TPAC
 June 12-14 – **Nashville Sounds vs. Las Vegas Aviators**
 June 14-16 – **American Artisan Festival:** Centennial Park
 June 15-18 – **Nashville Sounds vs. Salt Lake Bees**
 June 16 – **Rosanne Cash & Ry Cooder:** Ryman Auditorium
 June 18 – **Vampire Weekend:** Ascend Amphitheater
 June 20 – **Pentatonix:** Bridgestone Arena
 June 21 – **JoJo Siwa:** TPAC
 June 21 – **Billie Eilish:** Ascend Amphitheater
 June 21-23 – **Flea Market:** The Fairgrounds Nashville
 June 22 – **Monster Jam:** Nissan Stadium
 June 22 – **Kenny G:** Ryman Auditorium
 June 22 – **Nashville Symphony: Music of Queen:** Ascend Amphitheater
 June 25 – **Jill Scott:** Ryman Auditorium
 June 25 – **Jon Bellion:** Ascend Amphitheater
 June 25-30 – **"Fiddler On the Roof":** TPAC
 June 26 – **RAIN: A Tribute to the Beatles:** Ascend Amphitheater
 June 27 – **Peter Frampton:** Ascend Amphitheater
 June 29 – **Weird Al Yankovic:** Ascend Amphitheater
 June 29-30 – **Nashville Sounds vs. Oklahoma City Dodgers**
 June 29-30 – **Hannah Gadsby:** TPAC

All dates subject to change without notice

June 2019

Staff

Morgan Belcher, NALP
Property Manager
Kristin Lilley
Assistant Manager
Kayin Pridgen
Maintenance Supervisor
Lance Easley
Maintenance
Robbie Stanley
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., June 12
Bldgs. 10-13

0616

The Saxony

APARTMENTS

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

The Pool Is Open!

Our pool is open and it's going to be a fun summer! Be courteous of others in and around the pool and obey ALL the pool rules.

Fathers Day

Fathers Day is a day to not only honor fathers but all men who are a father figure. Stepfathers, uncles, grandfathers, and adult male friends are all honored on Fathers Day. So for all those men out there who have impacted someone's life in a positive way, we appreciate you and wish you a Happy Fathers Day!



Fruit & Vegetable Month

June is National Fresh Fruit and Vegetable Month and a great time to add more fruit and vegetables to your diet. Grocery stores and farmers markets typically have a great selection at great prices this time of year. You can make a colorful, healthy meal the whole family will enjoy.

Keep these tips in mind when using and shopping for seasonal produce:

- Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- Frozen, canned and dried fruits and vegetables also can be healthy choices. Compare food labels and choose items with the lowest amounts of sodium and added sugars.
- Choose canned fruit packed in water, its own juice or light syrup (avoid heavy syrup).
- Select canned and frozen vegetables without sauces that can be high in sodium and saturated fat.
- Freeze fresh produce at the peak of its season, so you can add it to smoothies, soups and breads and enjoy it throughout the year.

Grilling

The Fire Marshal's office has asked us to remind you that grills are not to be used or stored on your patios or balconies. Our community provides barbecue grills for your use. Please keep this area clean for everyone to enjoy.



DO THESE IN JUNE



- Walk through a Nature Center • Create your own Salsa
- Start a Summer Journal Slideshow • Visit a Farmer's Market
- Pick Fresh Berries • Picnic at a State Park
- Go for a Hike • Enroll in a Summer Book Reading Program
- Make Homemade Ice Cream • Sleep with your Windows Open
- Grill Corn on the Cob • Plant a Patio Herb Container Garden
- Pick Wildflowers • Bake a Cherry Pie • Gaze at the Stars
- Visit a Fire Station • Freeze your own Popsicles
- Watch a Baseball Game • Shop at a Flea Market
- Grill a Foil Packet for Dinner • Float in a Canoe
- Enjoy an Outdoor Concert or Festival



Can you match the **DADS** with their TV shows?

- | | |
|----------------------|-----------------------------|
| A. Steve Douglas | ___ Full House |
| B. Howard Cunningham | ___ Gilmore Girls |
| C. Michael Kyle | ___ My Wife and Kids |
| D. Danny Tanner | ___ Fresh Prince of Bel-Air |
| E. Frank Costanza | ___ This Is Us |
| F. Philip Banks | ___ Bonanza |
| G. Luke Danes | ___ Happy Days |
| H. Jack Pearson | ___ Modern Family |
| I. Ben Cartwright | ___ My Three Sons |
| J. Javier Delgado | ___ Seinfeld |

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06 JUNE

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- 06 D-Day Anniversary
- 08 National Best Friend Day
- 14 Flag Day
- 14 World Blood Donor Day
- 16 Father's Day
- 18 International Picnic Day
- 21 Summer Begins

*Summertime is always
the best of what might be.*

CHARLES BOWDEN

Save a Life!



Each year, millions of lives are saved through blood donation. Adequate supplies can be ensured only through regular donation, so in honor of World Blood Donor Day, find time this month to give the gift that keeps on giving. Go to www.redcrossblood.org to find a local donation site.

SAVING MONEY

WANT TO FIND SOME "HIDDEN" MONEY?

- **UNUSED GIFT CARDS** - Many gift cards go unclaimed. Check your wallet, a drawer, or unopened mail to see if you have any. If you need your balance, call the number on the back of the card for updated amounts.
- **RECEIPTS** - Although stores may give you credit for returned items, it may not be for the full amount unless you provide a receipt within a certain time frame. Keep your receipt in your wallet, not in the bag, until you know your purchase works.
- **PANTRY** - Be really thrifty by using up ALL items in your pantry before buying new groceries. You may need to be creative in how you prepare the food or you may just have a smorgasbord a few evenings, but you could be saving your food budget for a week or two.
- **RENTED STORAGE UNIT** - It's fine for a couple of months, but if you're not using the stuff in it, it's okay to toss or sell it. Savings of \$100-\$200 a month can add up quickly in your pocket.
- **CABLE FEES** can kill a budget. Cut the cord and either do without, purchase a digital antenna or stream your TV programs. You may find yourself reading more or having quality time with family and friends instead.

What other ways can you think of to spend less and save more?



Blueberry FRUIT CRISP

- 1 cup self-rising flour
- 3/4 cup sugar
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg

1/2 cup of mayonnaise
(be sure to use a brand that is made with eggs)

- 4 cups blueberries
(you could substitute blackberries or strawberries), washed and thoroughly drained

Heat oven to 350 degrees.

Mix together the flour, sugar, cinnamon and nutmeg.

Add the mayonnaise and blend well (the mixture will be thick but pliable).

Put blueberries in an 8x10 baking dish (no need to grease first).

Pour the mixture over the blueberries, making sure to cover all the berries.

Bake for 35 minutes.

Serve immediately with ice cream or whipped cream.

DADS MATCH:
A. My Three Sons, B. Happy Days, C. My Wife and Kids, D. Full House, E. Seinfeld, F. Fresh Prince of Bel-Air, G. Gilmore Girls, H. This Is Us, I. Bonanza, J. Modern Family

