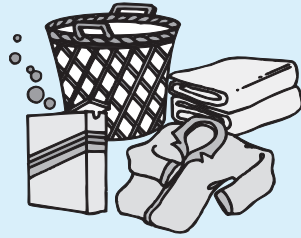


Wash & Dry

Please remember to be courteous when using the community laundry facilities.

- Remove your clothes promptly from the machines.
- Dispose of empty containers and put lint into garbage cans.
- Keep the door to the laundry room closed at all times.
- Notify the office if any machines require repair or servicing.

Let's make the experience of doing laundry as pleasant as possible by keeping our laundry facilities neat and clean.

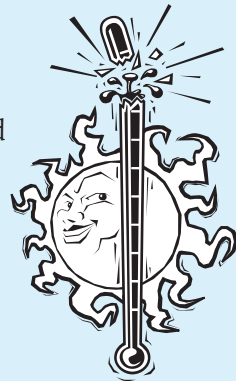


Air Conditioning Time

Here are a few things to keep in mind:

- Do not turn your air conditioner off during the day while you are away. By doing so, your home will heat up and your cooling unit will have to run twice as long to cool when turned back on.
- Try to keep your thermostat at a constant temperature. Raising and lowering the temperature increases the amount of work the unit has to do.
- Keep your blinds closed as much as possible. Sunlight alone will easily raise the temperature in your home 10-15 degrees.
- Your air conditioning unit is designed to cool approximately 15 degrees cooler than the outside temperature. So if the temperature outside reaches 98 degrees, your home cannot realistically be cooled to 68 degrees.

Please check your air conditioner and report any malfunctioning to our office so we can correct it as quickly as possible.



Vacation Plans

Have plans to get away for a few days? Good for you! We hope you have a wonderful time. Here are a few things to remember before you leave:

- Pay your rent and other bills if they will be due while you're gone.
- Lock all doors and windows.
- Have your mail stopped, or arrange for someone to pick it up for you.
- Let someone know how to get in touch with you in an emergency.

Enjoy your vacation!



Stress Less

Can you imagine a life without stress? One definition of stress is "difficulty that causes worry or tension."

Loneliness and life pressures can affect us mentally, emotionally and physically. Stress can result in a wide variety of physical ailments from headaches to heart attacks. Although stress is a part of living life, there are some practical steps one can take to minimize its effects.

Get your daily dose of friendship | Exercise a little each day | Laugh | Slow down
Get your rest | Give up bad habits | Organize your life a bit at a time

S	M	T	W	T	F	S
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	May			

May 1 – **Kurt Vile & The Violators**: Ryman Auditorium

May 1 – **Jack White**: Ascend Amphitheater

May 1 – **Nine Inch Nails**: FirstBank Amphitheater, Franklin

May 1-8 – **"Mary Poppins"**: Nashville Repertory Theater, TPAC

May 1-June 19 – **"Baby Shark"**: Nashville Children's Theater

May 3-4 – **Van Morrison**: Ryman Auditorium

May 3-8 – **Sounds vs. Norfolk Tides**

May 3-8 – **"Oklahoma"**: TPAC

May 4 – **Shinedown**: Bridgestone Arena

May 5 – **Melissa Etheridge**: Ryman Auditorium

May 6 – **Megadeth & Lamb of God**: Bridgestone Arena

May 6 – **Willie Nelson**: FirstBank Amphitheater

May 6-8 – **Billy Strings**: Ryman Auditorium

May 8 – **Rex Orange County**: Ascend Amphitheater

May 9 – **Primus**: Ryman Auditorium

May 10 – **Georgia On My Mind**: Ryman Auditorium

May 10 – **Olivia Rodrigo**: Grand Ole Opry House

May 11 – **LP**: Ryman Auditorium

May 12 – **Don McLean**: Ryman Auditorium

May 13 – **New Kids on the Block**: Bridgestone Arena

May 13 – **Orville Peck**: Ryman Auditorium

May 13 – **Leon Bridges**: Ascend Amphitheater

May 14 – **Lucius**: Ryman Auditorium

May 15 – **This Love Thing**: Ryman Auditorium

May 17-22 – **Sounds vs. Louisville Bats**

May 18 – **Justin Bieber**: Bridgestone Arena

May 18 – **"Peppa Pig's Adventure"**: TPAC

May 18 – **Foy Vance**: TPAC

May 18 – **Sting**: Ascend Amphitheater

May 18 – **Ray LaMontagne**: Ryman Auditorium

May 19 – **Get the Led Out**: TPAC

May 19 – **George Thorogood**: Ryman Auditorium

May 20 – **HAIM**: Ascend Amphitheater

May 21 – **Kid Rock**: Bridgestone Arena

May 21 – **The Johnson Files Improv Show**: TPAC

May 21 – **Parker McCollum**: Ascend Amphitheater

May 22 – **For King & Country**: FirstBank Amphitheater

May 24 – **Halsey**: FirstBank Amphitheater

May 25 – **The War On Drugs**: Ryman Auditorium

May 26-27 – **Bonnie Raitt**: Ryman Auditorium

May 28 – **Kenny Chesney**: Nissan Stadium

May 28 – **Sigur Ros**: Ryman Auditorium

May 29 – **Weird Al Yankovic**: Ryman Auditorium

May 29 – **AJR**: Ascend Amphitheater

All dates subject to change without notice



May 2022

The Saxony APARTMENTS

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



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

Fri., May 20
Bldgs. 6-9

5 5 2 2

Mother's Day

Our observance of Mother's Day began in 1907 when a woman named Anna Jarvis requested her church to hold a service on the anniversary of her mother's death, in memory of all mothers. All those who attended were asked to wear a white carnation in remembrance. In 1914 President Woodrow Wilson declared the second Sunday in May to be Mother's Day. According to tradition, a red carnation is worn in honor of a living mother, and a white carnation is worn in memory of one who is not.

More than 50 countries have officially set days for this, although the dates will sometimes vary. The United States, Canada, Denmark, Italy and Australia have all designated the second Sunday of May as Mother's Day.

Have a Happy Memorial Day

Memorial Day is traditionally the time we honor those who have died in war and pay special tribute to those who perished in battles. We urge you to pause and remember those who have walked before us and fought for our freedom.

Our office will be closed **Monday, May 30** in observance of Memorial Day.

Polite Pets

Pets can make wonderful companions, but not everyone is a pet owner or pet lover. Be a responsible pet owner and accompany your furry friend when outside and keep it on a leash. Walk your fur baby in designated areas and always clean up after it. If you wish to adopt a pet, check with the office before bringing it home. The community has specific rules and regulations regarding pets.

We APPRECIATE You

The last few years have produced heroes from these two groups, and we want to celebrate them for all they have done for us. What can you do for them?



TEACHER APPRECIATION WEEK: MAY 2-MAY 6



NURSE APPRECIATION WEEK: MAY 6-MAY 12

- SAY THANK YOU
- WRITE A NOTE OF APPRECIATION
- GIVE A GIFT CARD
- SEND FLOWERS
- BAKE THEM GOODIES



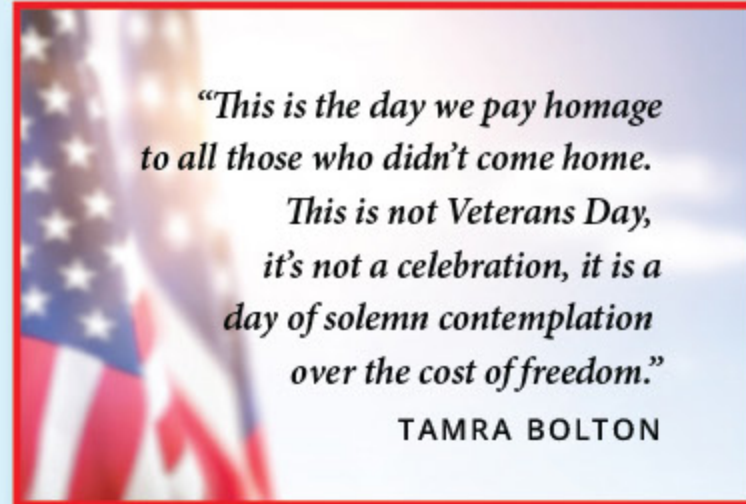
CHOP UP THIS MANGO SALSA JUST IN TIME FOR CINCO DE MAYO!

- Fresh mangos
- Jalapeño (for mild, use only one pepper)
- Cilantro
- Red onion
- Fresh lime

Dice, peel, remove any seeds, finely chop and mix all ingredients together. Use a fresh lime instead of bottled juice. Add salt and pepper to taste and extra lime or cilantro if needed. Dive in with your favorite chips. Can be refrigerated for up to 2 days.



Check us out on **Hassle Free Newsletter** and pin your favorites!



- | | | | |
|----|-----------------------------|----|---------------------|
| 5 | Cinco de Mayo | 20 | World Bee Day |
| 7 | Kentucky Derby | 21 | Armed Forces Day |
| 8 | Mother's Day | 28 | National Burger Day |
| 15 | National Chocolate Chip Day | 30 | Memorial Day |



WANT SOME FITNESS TIPS THAT WILL ACTUALLY HELP YOU?

HERE YOU GO -

- Work out for 150 minutes a week and break it down any way you want to. Start with three 30-minute workouts a week.
- Shop the rainbow colors in the produce aisle.
- Add muscle building activities to your workouts.
- Be consistent.
- Keep a journal - you'll be encouraged at your progress.
- Warm up and cool down.
- Think in increments of two pounds at a time for weight loss.
- If you must have coffee, try it black or greatly reduce the cream and sugar.
- Build muscle to increase your metabolism.
- Do workouts you enjoy.
- Enjoy a weekly rest/recovery day by walking or taking gentle classes.
- Get an accountability partner.
- Eat slowly.
- Drink water - about two quarts of fluid per day.
- Get your protein in.
- Don't diet - slowly make lifestyle changes.
- Healthy snacks make a difference.

These spring flowers are also names in honor of Mother's Day. CAN YOU FIND THEM IN OUR WORD SEARCH?

I C P M T A S H C H H P Y P R
 W P Z R N D K K T A Y U E I E
 N V O I R I S Z P N S F P P H
 R S R R I B E W O A I T J T T
 E I O A C D T D P I I C E U A
 Z L I L Y W A H P V X L A R E
 E N I M S A J I Y I O K H Y H
 D L O G I R A M S I H Q O A H
 Q M U P A E Y H V Y H L T A D
 J M C F Z L X H R G B O P U X

- | | | | |
|--------|----------|----------|--------|
| ASTER | HEATHER | JASMINE | POPPY |
| DAHLIA | HYACINTH | LILY | ROSE |
| DAISY | IRIS | MARIGOLD | VIOLET |

MORE THAN JUST A GAME

These famous people (entertainment and sports) went back to school to earn their degrees.

WE SALUTE ALL OUR 2022 GRADUATES!

- Lisa Kudrow, ActorBiology
- Ben Roethlisberger, NFLEducation
- Mayim Bialik, ActorNeuroscience
- Troy Polamalu, NFLHistory
- Chris Martin, Singer/SongwriterGreek & Latin
- Antawn Jamison, NBA African-American Studies
- Gabrielle Union, ActorSociology
- Michael Jordan, NBA Geography
- Rebel Wilson, ActorLaw
- Bo Jackson, MLB & NFLFamily and Child Development
- Natalie Portman, ActorPsychology
- JJ Putz, MLBKinesiology
- Ken Jeong, ActorMedicine & MD



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