

Take It Outside!

With warmer weather and longer days, your neighbors will be spending more time outdoors riding bikes, taking walks and simply enjoying spring. Please remember the warm weather neighborhood courtesy. Move slowly when driving around the community or backing out of the parking lot. Keep your balcony or patio tidy, and if you choose to listen to music outside, please keep it at a reasonable volume level. And most importantly, have a wonderful time. See you outside!

Dog Do's and Don'ts

- Do pick up your pet's waste and dispose of it properly.
- Do keep your dog on a leash. It's a city-wide law and animal control will be called if we see a stray animal.
- Don't let your dog bark uncontrollably. Be considerate of your neighbors and community by making sure your pet behaves.
- Don't forget to keep your dog hydrated during the warm summer months. Also, make sure the pavement is not too hot for their sensitive paws.

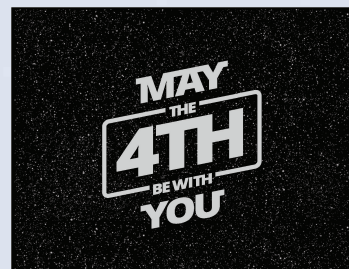
Trash Talk

Trash dumpsters are located throughout the community, so make sure trash is placed in dumpsters, not beside them. If the dumpster closest to you is full, take your trash to another dumpster on property. Secure all trash in a bag to minimize odor around the dumpsters. Break down boxes and containers before disposing to maximize available space. Do not dump large items such as mattresses or furniture in property dumpsters. Organizations such as Goodwill and the Salvation Army will accept such items. Thanks for taking this time to talk trash with us. We appreciate your cooperation in this matter.

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!



Star Wars Day

What started as a pun warmly shared by fans has become a full-fledged Star Wars holiday: Star Wars Day, a special once-a-year celebration of a galaxy far, far away.

Once the Internet allowed Star Wars fans around the world to connect with one another, May the 4th soon became a grassroots tradition each year, with fans proclaiming it

"Star Wars Day." Ultimately, as Star Wars Day was created by the fans, it is truly their day. Visit www.starwars.com for ways to celebrate the day. So join the fun, and "May the 4th be with you."

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28	29	30	31	May		

May 1-21 – "Hip Hop Cinderella": Nashville Children's Theater
 May 2 – Sabrina Carpenter: Ryman Auditorium
 May 2 – Mega-Monsters Tour: Municipal Auditorium
 May 2-7 – Disney's "Aladdin": TPAC
 May 4 – Janet Jackson: Bridgestone Arena
 May 4 – Lizzy McAlpine: Ryman Auditorium
 May 5-7 – Taylor Swift: Nissan Stadium
 May 5-7 – Trevor Noah: Ryman Auditorium
 May 6 – MLS: Nashville vs. Chicago
 May 6 – Whiskey Myers: Ascend Amphitheater
 May 8-10 – John Mellencamp: Ryman Auditorium
 May 9-14 – Nashville Sounds vs. Gwinnett Stripers
 May 11 – The Flaming Lips: Ryman Auditorium
 May 11 – Koe Wetzel: Ascend Amphitheater
 May 12 – Gov't Mule: Ryman Auditorium
 May 13 – Josh Ritter: Ryman Auditorium
 May 13-21 – "Violet": TPAC
 May 14 – The Gaslight Anthem: Ryman Auditorium
 May 15 – Tom Jones: Ryman Auditorium
 May 16 – Ian Munsick: Ryman Auditorium
 May 17 – MLS: Nashville vs. Inter Miami
 May 17 – Caroline Polachek: Ryman Auditorium
 May 18 – All Time Low: Ryman Auditorium
 May 19 – Billy Joel & Stevie Nicks: Nissan Stadium
 May 19 – Steve Treviño: TPAC
 May 19 – Crowded House: Ryman Auditorium
 May 19-20 – Scottish Ballet's "The Crucible": TPAC
 May 20 – Futurebirds: Ryman Auditorium
 May 21 – John Anderson: Ryman Auditorium
 May 22 – Mamamoo: Bridgestone Arena
 May 23 – Ashe: Ryman Auditorium
 May 23-28 – Nashville Sounds vs. Iowa Cubs
 May 23-28 – "Into the Woods": TPAC
 May 24 – Rick Springfield: Ryman Auditorium
 May 25 – The Backseat Lovers: Ryman Auditorium
 May 26 – Dave Matthews Band: Bridgestone Arena
 May 26 – Emily King: Ryman Auditorium
 May 26-28 – Flea Market: The Fairgrounds Nashville
 May 27 – Cheryl Porter Master Class: TPAC
 May 27 – It's Time: Ryman Auditorium
 May 27 – Charlie Puth: Ascend Amphitheater
 May 28 – Ricardo Arjona: Bridgestone Arena
 May 28 – MLS: Nashville vs. Columbus
 May 31 – The Used & Pierce the Veil: Municipal Auditorium

All dates subject to change without notice

May 2023

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., May 15
Bldgs. 6-9

0514

The Saxony APARTMENTS

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

Welcome!

We would like to extend a warm welcome to all our new residents. If you have any questions about the community or your new home, please call or stop by the office and we'll be happy to answer them. To those residents who have renewed their lease, thank you. We're honored to have you as residents.

A Month to Honor



Opportunities abound in May for us to honor many deserving people. Express your gratitude to mothers and grandmothers for their unconditional love and support by doing something special for these ladies on Mothers Day.



Graduates also deserve praise. Whether you have a family member or friend graduating from kindergarten, high school or college, express your congratulations. A little recognition can mean so much.



Sometime during the Memorial Day holiday, pause to remember the men and women who lost their lives serving our great country. It's because of their sacrifice that we enjoy the freedom of America. Our office will be closed **Monday, May 29**.

Air Conditioning Time

- 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 need to run twice as long 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 can 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.



we LOVE our teachers and nurses

Few jobs require what these two professions give. Show some love by saying thank you, baking goodies, writing a note to your favorite teacher and nurse.

MAY 6-12

NATIONAL nurses WEEK



MAY 8-12

teacher APPRECIATION WEEK

May

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NATIONAL TEACHER DAY



CINCO DE MAYO

KENTUCKY DERBY

NATIONAL NURSES DAY



MOTHER'S DAY

NATIONAL CHOCOLATE CHIP DAY

INTERNATIONAL MUSEUM DAY

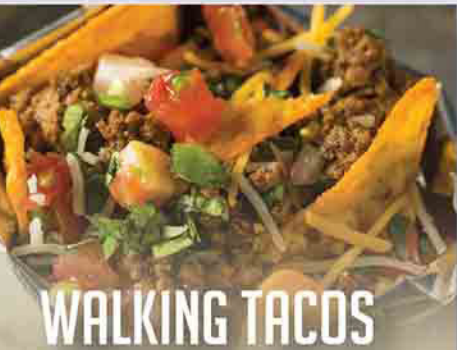
ARMED FORCES DAY

WORLD BEE DAY



NATIONAL BURGER DAY

MEMORIAL DAY



WALKING TACOS

It's Cinco de Mayo –

here's a fun and easy way to celebrate with family and friends.

- Snack bags of Fritos and Doritos
- 1 pound of ground beef
- 1 packet of taco seasoning
- Thick and chunky salsa

Brown 1 pound of ground beef in a skillet; drain grease into a cup. Add a packet of taco seasoning and 1½ cups thick and chunky salsa to the ground beef. Stir well until fully coated. Add mixture in small quantities to snack-size bags of Fritos or Doritos. Add in your favorite toppings, stir, and eat with a fork.

Toppings: Cheese, sour cream, shredded lettuce, tomatoes, black olives, avocado, salsa, pico de gallo, onions, black beans



And They're Off

May 6 is the 149th running of the Kentucky Derby, and attendance may come close to 150,000 at Churchill Downs in Louisville, Kentucky. Dubbed "The Most Exciting Two Minutes in Sports" and "The Run for the Roses," the three-year-old Thoroughbreds run a distance of one and a quarter miles.

- A lush blanket of 400+ red roses weighing over 40 pounds is awarded to the Kentucky Derby winner each year.
- 19 past winners have had names beginning with the letter "S."
- The current purse for the Derby is \$3 million – \$1.86 million for the winner; \$600,000 for 2nd place; \$300,000 for 3rd place; \$150,000 for 4th place, and \$90,000 for 5th place.
- The traditional drink of the Derby is the Mint Julep which includes bourbon, mint and sugar syrup. More than 120,000 are served.
- The Derby has never been canceled or postponed due to inclement weather and is the oldest continuously held major sporting event in the United States. Only twice has it been postponed to a later date – in 1945 during World War II and in 2020 due to COVID.
- Known for its fashion just as much as its horse racing, no Derby outfit is complete without a hat.
- Secretariat remains the fastest horse in Kentucky Derby history with his 1973 record speed at 1:59.40.
- In 2007 Her Majesty Queen Elizabeth attended the 133rd Kentucky Derby.
- A total of 12 Kentucky Derby winners have sired a Kentucky Derby winner.



WE REMEMBER AND HONOR

Memorial Day is the holiday set aside to pay tribute to those who died serving in the military. What can you do?

- ★ Visit cemeteries and place flags or flowers on the graves of our fallen heroes. ★
- ★ Go to a memorial. ★ If there are observances in your area, attend. ★

Why are Moms Special?

Whether it's your biological mom, your adopted mom, or some favorite "mom" in your life, they need to feel appreciated.

This month is the time to make sure she knows how special she is. Take a moment to buy her a card or write her a note. Purchase some flowers or chocolates. Better yet, spend some time with her this year – in person, through FaceTime, a phone call, or on social media. Give her a big shout-out and let people know how much she means to you.



Beautiful Butterflies

May 20 is World Bee Day. Bees are great pollinators for our flowers and agriculture. So are butterflies, and they are fun to have around and watch.

To attract butterflies, try planting containers of phlox, coneflower, lantana, marigolds, and Black Eyed Susans.

You can also make a butterfly bath by filling a shallow dish or bowl with rocks that sit above clean water.

Spring Flower Word Search

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

Words can go in any direction. Words can share letters as they cross over each other.

Amaryllis Lilacs
Bluebell Lily
Daffodil Peony
Daisy Poppy
Gerberas Rose
Iris Tulip

Smelling Food FOR YOUR HEALTH



It's amazing how the smell and aroma of certain foods can help you.

If you're feeling down, try the aroma of citrus fruits – oranges, lemons, limes. If you use essential oils, run these in a diffuser to boost your mood.

Cinnamon can reduce drowsiness, irritability, and the pain (and maybe frequency) of headaches.

Studies have shown that rooms scented with jasmine help people sleep and rest better.

You might try a rose by your bed at night for sweet dreams.

Sniffing bananas and green apples may help with food cravings as these odors trigger hormones that make you feel full.

Need help to stop smoking? Try whiffs of black pepper. It can decrease your cravings by stimulating the respiratory system in a similar way to cigarette smoke.