



S	M	T	W	T	F	S
<i>November</i>			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		

Nov. 1 – **Ben Folds**: Ryman Auditorium
 Nov. 1-5 – **“An American In Paris”**: TPAC
 Nov. 1-Dec. 3 – **“Mr. Popper’s Penguins”**: Nashville Children’s Theater
 Nov. 2 – **Sheryl Crow**: Ryman Auditorium
 Nov. 3-5 – **Nashville Auto Show**: Music City Center
 Nov. 4 – **Demetri Martin**: TPAC
 Nov. 4 – **Jamfest**: Municipal Auditorium
 Nov. 5 – **Tennessee Titans vs. Baltimore Ravens**
 Nov. 6 – **Alt-J**: Municipal Auditorium
 Nov. 8 – **CMA Awards**: Bridgestone Arena
 Nov. 9 – **Nick Offerman**: TPAC
 Nov. 9 – **Courtney Barnett & Kurt Vile**: Ryman Auditorium
 Nov. 10-12 – **Opera: “Maria de Buenos Aires”**: Noah Liff Opera Center
 Nov. 11 – **Nashville Predators vs. Pittsburgh Penguins**
 Nov. 11 – **Daniel Tiger’s Neighborhood Live**: TPAC
 Nov. 11 – **John Cleese**: War Memorial Auditorium
 Nov. 12 – **Tennessee Titans vs. Cincinnati Bengals**
 Nov. 12 – **Country Rising**: Bridgestone Arena
 Nov. 12 – **Tori Amos**: Ryman Auditorium
 Nov. 13 – **Guns N’ Roses**: Bridgestone Arena
 Nov. 13 – **Niall Horan**: Ryman Auditorium
 Nov. 14 – **Nashville Predators vs. Washington Capitals**
 Nov. 14 – **Dan Rather**: War Memorial Auditorium
 Nov. 14-19 – **“Les Misérables”**: TPAC
 Nov. 15 – **Jay-Z**: Bridgestone Arena
 Nov. 15 – **The Shins**: Ryman Auditorium
 Nov. 15 – **The Used with Glassjaw**: War Memorial Auditorium
 Nov. 18 – **Nashville Predators vs. Colorado Avalanche**
 Nov. 19 – **Scott Hamilton**: Bridgestone Arena
 Nov. 19 – **Tokens**: Ryman Auditorium
 Nov. 20 – **Nashville Predators vs. Winnipeg Jets**
 Nov. 20 – **Hunter Hayes**: Ryman Auditorium
 Nov. 22 – **Nashville Predators vs. Montreal Canadiens**
 Nov. 22 – **St. Vincent**: Ryman Auditorium
 Nov. 22 – **Zeds Dead**: Municipal Auditorium
 Nov. 24-Dec. 22 – **“A Christmas Story”**: Nashville Repertory Theater, TPAC
 Nov. 25 – **WWE Live**: Bridgestone Arena
 Nov. 25 – **The Hip Hop Nutcracker**: TPAC
 Nov. 26 – **Dance for Nashville**: Ryman Auditorium
 Nov. 27 – **Little Big Town**: Ryman Auditorium
 Nov. 28 – **Nashville Predators vs. Chicago Blackhawks**
 Nov. 29-Dec. 21 – **Christmas with Vince Gill & Amy Grant**: Ryman Auditorium
 Nov. 30 – **Nashville Predators vs. Vancouver Canucks**

All dates subject to change without notice

Heating Tip

To get the most out of your heating unit, we suggest that you don’t block heating vents with furniture. And to heat your home more evenly, close or partially close the vents in rooms that are nearest to the unit. This will force the air to blow towards those rooms farthest away.

Staying Fit

Make sure you stay fit and maybe make room for those few Thanksgiving pounds by using our fitness room. We’re there for you 24 hours 7 days a week. Make sure you follow the posted rules for your safety and others’ convenience.

A Chill in the Air

Chilly weather is here, so try these tips to keep your home as cozy as possible:

- Keep blinds and curtains closed to block cold air from entering your home. If you have a sunny apartment, you may want to open them during the day to get some solar heat.
- Place items that generate heat, such as lights and electronics, away from your thermostat for accurate readings.
- Allow your faucets to drip slightly. This will prevent your pipes from freezing.
- Make sure all windows and doors are closed securely.

We know it’s cool to live in our community, but it doesn’t have to be chilly. Please notify the office if you have any concerns about the heat in your home. We will happily respond to this or any other service request you may have.

Prevent Parking Lot Perils

Parking lots are likely places to be involved in an auto accident. Reports show that parking lots are not only where the bulk of low-speed collisions occur but also a prime location for burglars and vandals. Do what you can to avoid perils in parking lots.

- Be Alert – Watch for cars that cut out across the lot and those that are backing up. Also, check the car, especially the back seat, before entering.
- Park Properly – Don’t park between spaces. Park away from cart returns to avoid dings. Avoid parking in secluded and unlit areas.
- Practice Precaution – Have keys ready. Walk with someone whenever possible. Store packages and valuables out of sight.

The Saxony APARTMENTS

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

November 2017

Staff
David Hummer
 Property Manager
Morgan Belcher, NALP
 Assistant Manager
Rodney Allison
 Maintenance Supervisor
Kevin Norton
 Maintenance
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., Nov. 8
Bldgs. 6-9

1 1 2 3

Daylight Saving Time Ends

Fall back by setting your clocks back one hour as Daylight Saving Time ends on **Sunday, November 5.**

A Huge Thanks

We know you’ve got choices and we want to tell each of you “THANK YOU” for continuing to choose our community as your home. When it’s time, we will be happy to renew your lease! We have truly enjoyed having you as residents and hope you plan to stay with us for a long time. Just call the office and we’ll prepare the paperwork for your lease renewal.

We Can Never Repay You

Our grateful thanks go to all our veterans who have served or are serving in America’s armed forces. We want to let you know that we appreciate all you have done for us and our country.

Home for the Holidays

The holidays are a perfect time to visit with family and friends. We hope this season will bring many happy times with those who are special to you. Please be courteous of your neighbors. Advise your guests to park in the designated areas and adhere to community quiet hours. For more information about these matters and other community policies, please contact the office.

Bouquet of Thanks

Thanksgiving represents giving of thanks. Cut out some leaves on fall-colored construction paper and encourage your family and guests to write down what they are thankful for this year. Before you begin your Thanksgiving meal, read what everyone wrote and then spread them out on your table to remind us all to be thankful.



NOVEMBER

Lots to do and Celebrate in November!

NOVEMBER 5
Daylight Saving Time
ends in most areas of
our country

NOVEMBER 7
Election Day
State, County and Local
elections are held today

NOVEMBER 11
Veterans Day
a day to honor and thank all
military personnel who served
the United States

NOVEMBER 13
World Kindness Day
practice kindness to
everyone you see today

NOVEMBER 16
Great American Smokeout
let this month be the
last month you smoke

NOVEMBER 23
Thanksgiving
we have so much to be
thankful for

EASY SWEET Potato CASSEROLE



1 - 40 oz. can of cut
sweet potatoes (Yams)
3/4 stick of butter
(softened)
2 eggs
1/2 cup sugar
1 tsp. cinnamon
3/4 cup raisins (optional)

Topping (mix all together):
2 Tbs. butter (softened)
1/2 cup firmly packed
brown sugar
2 Tbs. flour
1/2 cup dry roasted
peanuts (finely chopped)
or pecans (chopped)

Heat oven to 350 degrees then mix the first
6 ingredients together in a medium size bowl.
Pour the mixture into a 1 - 1/2 quart casserole dish.
Spread the topping on top of the dish.
Bake 30 minutes in oven.

I Am Thankful

This time of year we all gravitate towards being thankful. But if we could see the benefits of thankfulness, we might just do it throughout the year.

Did you know that grateful people experience fewer aches and pains? They take better care of themselves and exercise more.

Gratitude effectively increases happiness and reduces depression. And if you regularly spend 15 minutes before bed journaling some grateful sentiments, you might sleep better and longer.

Gratitude reduces stress, increases mental strength and may help overcome trauma.

HERE ARE SOME PRACTICAL AND FUN WAYS TO PRACTICE THANKFULNESS THIS MONTH:

- Have a thankful basket with pens and paper. Each day have family and friends write down what they are thankful for. At the end of the week have someone read the responses outloud. A great activity for visiting family and friends on Thanksgiving Day.
- Plant your own family tree by decorating a small potted tree or branches inside and use binder clips and pieces of twine to hang photos of family and friends on the tree.
- Set up an annual appreciation award complete with fun trophies. Have your family or just you, think of accomplishments or why you are thankful for each member. You might be surprised at some of the comments and how this takes off year after year.
- Create your own thankful wall art by printing some of our favorites in our *Hassle Free Newsletter November Pinterest* page.
- Extend your thanksgiving by picking a food pantry or homeless shelter and asking guests and family members to donate non-perishable food or coats/scarves/gloves when they come over during the month of November.
- Start a Family and Friends Gratitude Journal. Provide a blank notebook and have each person record what they are thankful for. It will be fun to see how everyone has changed and grown throughout the years.
- Spend a bit of extra time and create a thanksgiving time capsule with a three ring binder scrapbook. Keep it easy by displaying some of your favorite photos and writing recipes and memories.
- Get the conversation going with prompts such as "A time you were thankful for Neighbor, Home, Mom, Friends, Pet," etc.
- Paper placemats made from construction paper provide young and old alike with a platform to write or draw their thanks.
- The craze is on with painted rocks to hide throughout your town. Provide guests and family with rocks and marking pens to decorate their own and then go and hide them.



Television has come a long way since it began. Check it out!

- 1884** German inventor Paul Nipkow achieved black and white television transmission.
- 1926** J.L. Baird unveiled the first T.V.
- 1941** The first television advertisement was for Bulova watch. It lasted 20 seconds and cost \$9.00.
- 1948** Over one million American homes had television.
- 1963** After President Kennedy's death, the networks aired four days of commercial-free coverage of his funeral, burial and other proceedings, costing them \$100 million in lost advertising revenue.
- 1969** The first moon landings were watched by over 600 million people.
- 1973** One billion people watched a live performance of Elvis Presley from Hawaii on January 14, 1973.
- 1984** Americans cast more votes in the election of American Idol Taylor Hicks than the 1984 Presidential election of Ronald Reagan.
- 2004** The number of T.V. sets in the UK overtook the number of people.
- 2011** When the "Game of Thrones" series was adapted by HBO into a TV series, a linguist was hired to expand the fictional "Dothraki" language into more than 3,000 words and phrases.

Thanksgiving Day

WORD SEARCH

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

BAKE	FAMILY	THANKFUL
BREAD	GRATEFUL	THURSDAY
CELEBRATE	NOVEMBER	TRADITION
FALL	PIE	TURKEY

NOVEMBER 24
BLACK FRIDAY
Make your plans, prepare your budget and get ready to get some major shopping done at retail stores.

NOVEMBER 25
SMALL BUSINESS SATURDAY
Help your communities grow by supporting your local shops. #shopsmall

NOVEMBER 27
CYBER MONDAY
Get some of the best deals online by planning ahead, without leaving your couch!

NOVEMBER 28
GIVING TUESDAY
Give back on #GivingTuesday is a day to give to your favorite charity/cause.

Check out our Pinterest page **Hassle Free Newsletter** to see even more great ideas!

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