

## Stash Your Trash

If you drop a little trash on the ground, it's not a big deal, right? Wrong. It all adds up. Please take the time to pick up what you drop. We have places for you to stash trash all around the community. If everyone picks up their litter it will make a big difference. Let's take pride in our community.



### CREEPERS!

Are you seeing any creepy crawlers in your home? If so, let us know and we'll get pest control scheduled. To keep pests away, make sure all trash is thrown away promptly in the provided dumpsters.

## Goodbye for Now

Here are a few tips to help you store your summer clothes so they'll be ready for you next year:

- Go through each item of clothing. If you didn't wear it this year, donate, sell or consign your clothes. You might make enough to spruce up your fall wardrobe!
- Make sure all your clothes are laundered – stains can set and discolor your favorite pieces. Also, pests are attracted to food and sweat.
- Where to store them? Instead of cardboard boxes, consider purchasing clear plastic storage bins with tight-fitting lids. A suitcase you're not using is also good. For suits and dresses, get a fabric garment bag. The thin plastic ones can produce moisture. You can also use a 100% cotton sheet or pillowcase to cover hanging clothes.
- If you use mothballs or cedarwood, don't let them come into direct contact with your garments.



## EXERCISES FOR RA

If you have rheumatoid arthritis, certain exercises can reduce the pain, increase range of motion and improve joint stiffness.

- Stretching improves flexibility and helps with range of motion. It's best to stretch in the morning.
- Now is a great time to try Tai Chi or yoga as they combine deep breathing, flowing movements, gentle poses and meditation. Look for DVDs or online programs specifically designed for people with RA.
- Water exercises do not heavily impact your joints. Find a pool, a life vest and some friends for some stretching fun.
- Cycling on a stationary bike can be a safe way to get your joints moving and improve your cardiovascular system.
- Hand exercises with a stress ball can help increase strength and flexibility in the hands.

Have variety in your exercises and be consistent and careful. Always talk with your medical professional before beginning your program.

S	M	T	W	T	F	S
OCT	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		

Oct. 1 – *The Black Keys*: Bridgestone Arena  
 Oct. 1-2 – *Jon Pardi*: Ryman Auditorium  
 Oct. 2 – *Straight Up with Stassi Live*: TPAC  
 Oct. 3 – *Predators vs. Minnesota Wild*  
 Oct. 3 – *Nick Cave*: TPAC  
 Oct. 3 – *Griz*: War Memorial Auditorium  
 Oct. 3-12 – *Nashville Film Festival*: Regal 27 Hollywood Stadium 27  
 Oct. 4 – *Eric Andre*: TPAC  
 Oct. 5 – *Predators vs. Detroit Red Wings*  
 Oct. 5 – *Craig Ferguson*: TPAC  
 Oct. 6 – *Titans vs. Buffalo Bills*  
 Oct. 6 – *Sara Bareilles*: Grand Ole Opry House  
 Oct. 7 – *Catfish & the Bottlemen*: Ryman Auditorium  
 Oct. 8 – *Predators vs. San Jose Sharks*  
 Oct. 8 – *Toto*: Ryman Auditorium  
 Oct. 9 – *Josh Turner*: Ryman Auditorium  
 Oct. 10 – *Predators vs. Washington Capitals*  
 Oct. 10 – *City & Colour*: TPAC  
 Oct. 10 – *Bethel Music Victory Tour*: Grand Ole Opry House  
 Oct. 10, 12 – *Opera: "Madame Butterfly"*: TPAC  
 Oct. 10-27 – *"Return to Sender"*: Nashville Children's Theater  
 Oct. 11 – *RuPaul's Drag Race*: TPAC  
 Oct. 11-12 – *Home Free*: Ryman Auditorium  
 Oct. 11-13 – *Southern Festival of Books*: War Memorial Plaza  
 Oct. 11-13 – *Fall Tennessee Craft Fair*: Centennial Park  
 Oct. 12 – *Thomas Rhett*: Bridgestone Arena  
 Oct. 12 – *Love Podcast Live*: TPAC  
 Oct. 12 – *Thompson Square*: Municipal Auditorium  
 Oct. 13 – *U Up? Live*: TPAC  
 Oct. 13 – *Music City Celebration*: Ryman Auditorium  
 Oct. 13 – *Greta Van Fleet*: Municipal Auditorium  
 Oct. 15-16 – *Maggie Rogers*: Ryman Auditorium  
 Oct. 15-20 – *"Once On This Island"*: TPAC  
 Oct. 17 – *Chance the Rapper*: Bridgestone Arena  
 Oct. 17 – *Illenium*: Municipal Auditorium  
 Oct. 17-20 – *Auto Show*: Music City Center  
 Oct. 17-Nov. 3 – *"Pipeline"*: TPAC  
 Oct. 18 – *Marc Maron*: TPAC  
 Oct. 18 – *Maren Morris*: Ascend Amphitheater  
 Oct. 18-26 – *Jason Isbell*: Ryman Auditorium  
 Oct. 19 – *Predators vs. Florida Panthers*  
 Oct. 19 – *Foy Vance*: TPAC  
 Oct. 20 – *Titans vs. Los Angeles Chargers*  
 Oct. 20 – *The Chainsmokers*: Bridgestone Arena  
 Oct. 20 – *Wilco*: Grand Ole Opry House  
 Oct. 21 – *Slater-Kinney*: Ryman Auditorium  
 Oct. 22 – *Predators vs. Anaheim Ducks*  
 Oct. 22 – *Bastille*: Municipal Auditorium  
 Oct. 24 – *Predators vs. Minnesota Wild*  
 Oct. 25 – *Kacey Musgraves*: Bridgestone Arena  
 Oct. 25-27 – *Flea Market*: The Fairgrounds Nashville  
 Oct. 26 – *Maze*: Bridgestone Arena  
 Oct. 26 – *Anderson Cooper*: TPAC  
 Oct. 26 – *Mott the Hoople*: War Memorial Auditorium  
 Oct. 27 – *Titans vs. Tampa Bay Buccaneers*  
 Oct. 27 – *MercyMe*: Bridgestone Arena  
 Oct. 27 – *Trey Anastasio*: Ryman Auditorium  
 Oct. 28 – *Elton John*: Bridgestone Arena  
 Oct. 29 – *Predators vs. Chicago Blackhawks*  
 Oct. 29-30 – *Ray LaMontagne*: Ryman Auditorium  
 Oct. 31 – *Predators vs. Calgary Flames*

All dates subject to change without notice



# The Saxony APARTMENTS

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

## We Love Autumn!

How do we love fall? Let us count the ways – the break from summer's heat and humidity; the brilliant colors of fall foliage; the taste of hot pumpkin pie and apple cider; the crisp autumn breeze. No matter what you love best about fall, we are glad you are sharing the season with us.

## WARMING YOUR HOME

Fall is officially here! There is a chill in the air and the nights can get cold. When you turn on the heat for the first time, there may be a burning smell. Do not be alarmed. It is just the unit going to work after lying dormant for so long. Dust collects on the heating element and it takes just a few minutes for it to "burn off." If the smell continues for an extended period or your heater doesn't seem to be working, please give us a call. We will be happy to check it out and make sure your home will be warm in the cold months ahead.

## No Tricks, Just Treats!

Stop by the office on **Thursday, October 31** for a special Halloween treat! We want you to know it's a "treat" to serve you and we appreciate you being part of our community.

## SMOKE DETECTORS

Smoke detectors save lives! So we are asking you to never, ever disconnect a smoke detector! Some people disconnect them because they don't like the alarm going off when they cook. Wouldn't you rather the smoke detector go off too much than not at all? The next time it goes off could be for serious reasons. So keep the batteries in them. If you think there is a problem with your detector, call the office and maintenance will come to determine if we need to install another one. Remember, a periodic chirping sound simply indicates that the battery is getting weak, indicating the need for immediate replacement! Thanks for helping us keep these lifesaving devices in tip-top shape.



October 2019

### Staff

*Morgan Belcher*, NALP  
 Property Manager  
*Kristin Lilley*  
 Assistant Manager  
*Kayin Pridgen*  
 Maintenance Supervisor  
*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., Oct. 9  
 Bldgs. 10-13

1031

## FALL IN LOVE WITH THESE FUN

# October Days

- 1 World Vegetarian Day
- 4 National Taco Day
- 14 Columbus and Indigenous Peoples Day
- 16 Boss's Day
- 31 Halloween

## BY THE NUMBERS

# Farmers Market

There are approximately **8,690** farmers markets nationwide.

About **95%** of processed pumpkins in the United States are grown in Illinois.

Food in the U.S. travels about **1,500** miles to get to your place. Food at the farmers market is transported shorter distances, many times just a few miles.

If you string all the cranberries produced in North America, they would stretch from Boston to Los Angeles more than **565** times.

In 2017, American farmers received only 17.4 cents of every dollar at a store, while farmers receive upwards of **90 cents** on the dollar at farmers markets.

Studies have shown that if a farmers market is located near downtown businesses, **70%** of customers make extra purchases at those businesses.

It takes the energy from **50** leaves to produce one apple.

Want to find a farmers market near you?

Check out: [localharvest.org](http://localharvest.org) | [eatwellguide.org](http://eatwellguide.org)

## SHINE ON



The Algonquin Native American tribes refer to October's moon as the full "Hunter's Moon" in preparation of hunting for the winter months. The earliest use of the term "Hunter's Moon" was cited in the Oxford English Dictionary in 1710.

The Hunter's Moon rises right around sunset and sets around sunrise and is the only night in the month when the moon is in the sky all night long. As it rises, it may appear bigger and more orange than usual.

Google The Old Farmer's Almanac to find out the rising of the moon in your area.

## Dinner Waffles

Add 2 Tbs. of ranch seasoning to your favorite waffle batter.

Prepare waffles as directed.

Serve topped with sauteed veggies with shredded cheddar cheese or shredded chicken & gravy;

or a fried egg with chopped bacon and shredded cheese.

You may add more ranch seasoning if desired.



## Let's Take A Walk

There's absolutely no better time than now to begin a walking program. Indoors or outdoors, walking does so much for you! It helps you maintain a healthy weight, prevents or manages conditions such as heart disease, high blood pressure and type 2 diabetes.

Your daily walk not only strengthens your bones, but it lifts your mood and improves balance and coordination.

Walking, one of the cheapest and easiest of all exercises, could be just what you need before we get into some of the busiest months of the year. De-stress by adding walking to your schedule!

**1775**

The United States Navy was born.

**1871**

The Great Fire of Chicago erupted, killing over 300 people and leaving 90,000 homeless.

**1968**

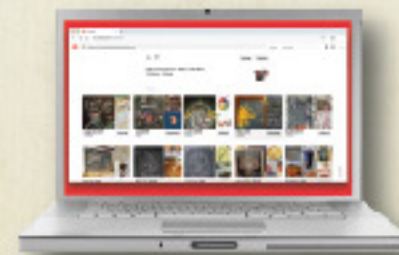
California's Redwood National Park was established. Redwoods are the tallest of all trees (up to 400 feet) and their lifetime can span 2,000 years.

**1990**

After 45 years of Cold War division, East and West Germany were reunited.

**2012**

Nissan produces an electric car that can drive and park itself.



Check out our **Hassle Free Newsletter** pinterest page for helpful pins.

LEWIS LETTERWORKS

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## Being Prepared

Having an Emergency Kit in your car makes good sense. Being prepared can make a difference. Stock it with the following necessities:

- Flashlight
- Flares or reflective triangle
- Distress sign
- First aid supplies
- Basic tools including jumper cables
- Tire sealant
- Always have a fully charged cell phone/extra charger
- Food / snacks / bottled water

If you live in a cold winter climate you might want to include:

- Boots, blanket or sleeping bag and extra gloves
- Carpet strips, sand or kitty litter for traction
- Ice scraper and brush

## Did You Know What Happened in October?