



TO HEAT OR NOT TO HEAT

We are entering the season of “to heat or not to heat.” Days are warm but nights can get quite chilly. Just remember that switching your heat on and off is quite costly. If you want to keep your bills down for a while, try to wear warmer clothes or cover up with a blanket instead of adjusting the thermostat when it gets cool. Before you know it, temperatures will level off and you will need to turn the heat on and leave it on.

We recommend that you test your heat before you need to use it to see if it is working properly. As always, call us immediately if there is a problem and we will service it as quickly as possible.

We Think the World of Our Residents

It’s our residents who make our community a wonderful place to call home. We just want to say thanks to all of you who do your part in making it the very best it can be. You add to the uniqueness of the community by doing one or more of the following:

- Driving slowly and carefully through the community.
- Parking in designated parking spaces.
- Taking the time to be sure trash is in its proper place.
- Keeping your televisions and stereos turned down so only you can hear them.
- Treating all the amenities with respect and leaving them neat and tidy for the next person.
- Paying your rent on time, all the time.

“PLUMB” TIRED

Is your faucet dripping? Does your toilet run after flushing? Is your tub or sink slow to drain? Don’t get “plumb” tired of dealing with these problems, and don’t feel you have to take matters into your own hands – simply give us a call. Our qualified maintenance personnel can easily fix plumbing problems like these if you’ll just let the office know.

Contact us right away with any maintenance requests to your home. As a resident of our community, you do not have to deal with the annoyance of these problems. Furthermore, waiting to report such problems may cause further damage and take longer to repair, and the last thing we want is for you to be inconvenienced any longer than necessary.

So take a moment to call in your service requests as they occur and leave the rest to us. We will be happy to get the problem taken care of for you.

National Coffee Day

On September 29, people not only take the time to enjoy their favorite brand of coffee, but also many different types of businesses offer discounted or free cups of coffee to their customers.

If it weren’t for the Boston Tea Party of 1773, Americans may never have adopted coffee as their national morning beverage of choice. When the colonies revolted against King George III’s reduction of the tea tax, this sparked a mass switch from tea drinking to coffee drinking. More than two centuries later, America is collectively buzzing from its massive coffee intake.

The best way to celebrate National Coffee Day is to enjoy your favorite cup of joe. So choose your favorite brew and enjoy this popular beverage.

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	September				

Sept. 1-2 – **Nashville Sounds vs. San Antonio Missions**
 Sept. 1-22 – **“Itsy Bitsy Spider”**: Nashville Children’s Theater
 Sept. 3 – **Mark Knopfler**: Ryman Auditorium
 Sept. 4 – **Chris Brown**: Bridgestone Arena
 Sept. 4 – **Boz Scaggs**: Ryman Auditorium
 Sept. 6-7 – **Mandolin Orange**: Ryman Auditorium
 Sept. 6-8 – **Nashville Home Show**: Music City Center
 Sept. 6-15 – **Tennessee State Fair**: The Fairgrounds Nashville
 Sept. 7 – **Hootie & the Blowfish**: Bridgestone Arena
 Sept. 7 – **Dragon Boat Festival**: East Bank, Cumberland River
 Sept. 7 – **Wine on the River**: Riverfront Park
 Sept. 8-9 – **Dwight Yoakam**: Ryman Auditorium
 Sept. 10 – **Jonas Brothers**: Bridgestone Arena
 Sept. 10-15 – **“Dear Evan Hansen”**: TPAC
 Sept. 12 – **Lenny Kravitz**: Ascend Amphitheater
 Sept. 12-15 – **Disney On Ice**: Bridgestone Arena
 Sept. 12-29 – **“Urinetown”**: TPAC
 Sept. 13 – **The Mavericks**: Ryman Auditorium
 Sept. 14 – **Drew Holcomb & the Neighbors**: Ryman Auditorium
 Sept. 15 – **Tennessee Titans vs. Indianapolis Colts**
 Sept. 15 – **Tash Sultana**: Ryman Auditorium
 Sept. 16 – **Nashville Predators vs. Florida Panthers** (preseason)
 Sept. 18 – **Dweezil Zappa**: TPAC
 Sept. 18 – **Snarky Puppy**: Ryman Auditorium
 Sept. 20 – **Paula Poundstone**: TPAC
 Sept. 20 – **Marina**: Ryman Auditorium
 Sept. 20-22 – **Ballet: “Romeo & Juliet”**: TPAC
 Sept. 20-22 – **Music City Food + Wine Festival**: Bicentennial Mall State Park
 Sept. 21 – **Nashville Predators vs. Tampa Bay Lightning** (preseason)
 Sept. 21 – **Dane Cook**: Ryman Auditorium
 Sept. 22 – **LeAnn Rimes**: Ryman Auditorium
 Sept. 22 – **Chaka Khan**: Grand Ole Opry House
 Sept. 23-24 – **Sheryl Crow**: Ryman Auditorium
 Sept. 24 – **JoJo Siwa**: Bridgestone Arena
 Sept. 25 – **Nashville Predators vs. Carolina Hurricanes** (preseason)
 Sept. 25 – **Chris Janson**: Ryman Auditorium
 Sept. 27 – **Carrie Underwood**: Bridgestone Arena
 Sept. 27 – **King Crimson**: Ryman Auditorium
 Sept. 27 – **Kevin James**: TPAC
 Sept. 27-29 – **Flea Market**: The Fairgrounds Nashville
 Sept. 28 – **Marisela**: TPAC
 Sept. 28 – **Josh Ritter & the Royal City Band**: Ryman Auditorium
 Sept. 29 – **Anjelah Johnson**: TPAC
 Sept. 29 – **Darci Lynne & Friends**: Ryman Auditorium
 Sept. 29 – **For King & Country**: Ascend Amphitheater
 Sept. 29 – **Peppa Pig Live**: Grand Ole Opry House
 Sept. 30 – **Deep Purple**: TPAC
 Sept. 30 – **A Night of Georgia Music**: TPAC
 Sept. 30 – **Lizzo**: Ryman Auditorium

All dates subject to change without notice



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.

Labor Day

...the unofficial last day of summer. We hope you spend the day reflecting on all the great things that happened this summer and planning for the exciting fall ahead!

Please keep in mind that our staff will be doing some reflecting of their own. The management office will be closed on **Monday, September 2** in observance of this holiday. We hope everyone has a safe and happy holiday!

FALL IN LOVE WITH FALL

The warm temperatures may still be around a bit, but there are signs of crisp mornings and evenings. Leaves will be showing a bit of color and soon we’ll be enjoying some beautiful scenery in our city.

We do our best to keep your community looking good all year long and we appreciate your help in making sure trash is discarded properly. Thank you for taking the time to make sure your entrance and patio/balcony are neat as well.

Renter’s Insurance

Did you know that insurance policies carried by the community do not insure your personal property? Could you afford to replace all your belongings? Most people can’t, so we strongly recommend you invest in a renter’s policy to protect your belongings. It is very affordable and the monthly premiums usually cost about as much as a large pizza. It is definitely worth it. Call your insurance agent for more information.

September 2019

staff

Morgan Belcher, NALP
 Property Manager
Kristin Lilley
 Assistant Manager
Kayin Pridgen
 Maintenance Supervisor
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., Sept. 11
Bldgs. 6-9

0902



Fall Fun

Lots to celebrate in September! Let's have some fall fun!

SEPTEMBER 2
Labor Day

SEPTEMBER 6
Read a Book Day

SEPTEMBER 8
Grandparents Day

"Few things are more delightful than grandchildren fighting over your lap."
DOUG LARSON

SEPTEMBER 11
9/11
Patriot Day

SEPTEMBER 21
Oktoberfest Begins

SEPTEMBER 23
First Day of Fall

SEPTEMBER 29
National Coffee Day



FALLING FOR APPS

Truly Low Carb Creamy Seafood Bake

- 2 lbs. cod, orange roughy, haddock or other mild white fish
- 12 scallops
- 5 Tbsp. olive oil
- 1 cup sour cream
- 2 Tbsp. garlic powder
- 2 Tbsp. chopped fresh herbs (garlic, chives, dill weed, thyme, rosemary would be great!)
- 2 tsp. salt
- 2 tsp. fresh ground black pepper

Preheat oven to 425° F (220° C).
Rinse fish and scallops and pat dry. Pour olive oil onto a plate. Roll fish fillets and scallops in the oil and then salt and pepper both sides of each one. Arrange oiled portions in one layer in a baking pan. Sprinkle tops with garlic powder and cover with sour cream and chopped herbs. Bake approx. 10-12 minutes, until fish flakes easily with fork and scallops are tender.

Made with 24 oz. of cod, 4 generous servings: 452 cal, 30 g fat (9 g salt), 7 g carbs, 37 g protein

Check out these apps that just might get you in the mood for Fall.

- 1 **Leaf Peeper** is dedicated entirely to fall foliage. Don't guess where it is, know it and show it by posting photos and rating the foliage of your location.
- 2 **Big Oven** will inspire you to discover new fall cuisine recipes along with your seasonal favorites. You can also make your grocery list and plan menus.
- 3 **EventBrite** will show you exactly what's going on around you—festivals, fundraisers or create an event of your own.
- 4 **Corn Mazes America** lists the best options for corn mazes around you. It is constantly being updated.
- 5 **Etsy** allows you to decorate for fall (and any other season) and support independent artists. You may get lost in this site, but you'll definitely find décor (and even food) that is amazing!
- 6 **Charity Miles** gives you the chance to help others while you help yourself. Choose one of 40+ charities to support, then track your walking, running, bike riding (and more). Earn money for your charity with every mile logged.
- 7 **Quizlet** is the perfect study aid for students of any age. Browse from millions of study sets or create your own guides.

SUBJECT MATTER SCRAMBLE

Draw a line from the subject to its correct description.

SUBJECT:	STUDY OF:
GEOGRAPHY	The Mind
GEOLOGY	Stars
LITERATURE	Animals
ZOOLOGY	Man
PHYSICS	Land Forms & Countries
PSYCHOLOGY	Money & Commerce
ANTHROPOLOGY	Motion, Mechanics & Energy
ANATOMY	The Human Body
ECONOMICS	The Earth
BIOLOGY	Living Things
ASTROLOGY	The Written Word



Healthy Eating

Nature's bountiful harvest is all around in fruit and vegetable stands and farmer's markets.

DID YOU KNOW –

Beets naturally give you more energy. They are packed with carbs, calcium, iron and Vitamins A and C. They also satisfy that mid-afternoon sugar craving without the guilt.

Citrus fruits help build your immune system and are an extra and delicious way of getting Vitamin C into your body. However, red bell peppers contain twice as much Vitamin C as citrus and they contain carotene which helps your eyes and skin.

Probiotics are live microorganisms (friendly bacteria) to help your body protect itself against disease. They can be found in yogurt, kefir, sauerkraut, pickles, buttermilk and soy beverages.

Raw broccoli is powerful and one of the healthiest vegetables you can eat and is replete with Vitamins A, C, E, antioxidants and fiber.

Ginger decreases inflammation and nausea. It may also help decrease chronic pain and lower cholesterol.

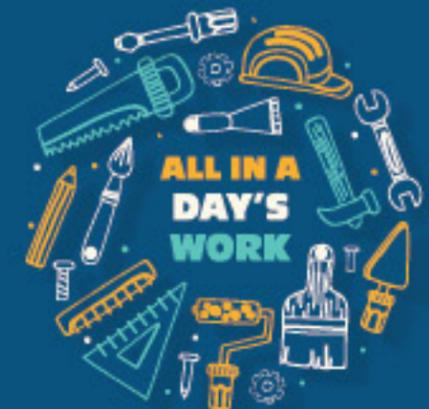
Wild salmon has Omega-3 fatty acids which help the skin retain moisture, make it soft and supple.

Swiss chard gives you Vitamins C, E, K, fiber, zinc and calcium. This nutrition-packed vegetable supports bone health and has anti-inflammatory properties.

Strawberries are low in carbs and calories and high in Vitamin C, fiber and manganese. Did we also say "mmmm good!?"

Eggs! Forget the old high in cholesterol, bad for you food. New studies have reversed that, so eat your eggs.

Almonds can help you lose weight and improve metabolic health.



As we celebrate Labor Day, here are some fun facts regarding working.

- About 15 million Americans are self-employed.
- A little over one percent of employers allow employees to nap during work hours.
- An emerging trend is that fewer teenagers are employed and more retired people are working.
- Millennials are now the largest generation in the workforce.
- Typists' fingers travel 12.6 miles during an average work day.
- More people walk to work in Alaska than in any other state.
- Workers forfeited more than 50% of their paid vacation in 2017; while close to 10% took no vacation at all.
- Recognition (not higher pay or promotion) by their employers is the number 1 reason people produce good work.
- 50 minutes a day is the average time workers search for files and other lost articles.