



Shrewsbury Courtyards October 2011

Save these dates!!!!

October 4th-10:00 a.m.- Medicare 2012 Program Update in the Community Room at Shrewsbury Courtyards II. This discussion will give an overview of any changes to Medicare for 2012. The meeting is open to all and anyone who has Medicare is encouraged to attend.

October 4th-12:30 p.m.- Book Club in the Community Room at Shrewsbury Courtyards II. This club meets once a month. Each month a new book will be discussed.

Bingo! 2:00 p.m.- Every Wednesday in the Community Room at Shrewsbury Courtyards II. Join us for fun and prizes, it's **FREE!!!**

Pot Luck Dinner- 4th Friday of the month at **5:00 p.m.** in the Community Room at Shrewsbury Courtyards. There is a sign up sheet in the laundry room.

Change in Resident Meeting Schedule! We will be meeting on the **3rd Friday of each month** in the Community Room at **2:00 p.m.** beginning Oct. 21, 2011.

Community Management Office

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1-866-625-1360



Resident's Association Meeting!!

The next Resident's Association meeting is scheduled to be held Friday, October 21st beginning at 2:00 p.m. in the Community Room. Please come to the meeting and help us plan activities for the remainder of the year.



Green Gene Says:

Freeze! If you only eat a small amount of bread, freeze it and take out a few slices a couple of hours before you need them. Also, when you cook, make a little extra that you can freeze, then thaw and re-heat when you're ready for a quick meal.

FURNITURE MOVING and DELIVERY

We know that you care about the appearance of our community as much as we do.

When moving furniture or other items in or out of your apartment, please remember to monitor whoever is helping you to make sure they are being careful not to damage any part of the building, property, apartment, or your precious belongings. Costs associated with repairing any damage done while moving your furnishings or other items in or out of the property will be your responsibility.

Please contact the Residential Manager prior to the moving/delivery day to go over the Moving and Delivery Policy and go over details such as, determining what route to take and where to park trucks or vehicles to load and unload. At no time are any trucks or vehicles permitted on the grass or sidewalks.

Careful monitoring of movers/delivery persons will help prevent damage and keep the community looking beautiful.

Staying Active This Winter

Staying physically active can be hard to do, especially in the winter. The days feel shorter, and it's cold outside! Following are some suggestions to "keep on moving" during the winter months. **As always, please check with your doctor before beginning any new exercise program.**

- * March in place while watching television, talking on the telephone, etc.
- * Put the television remote on the TV and get up to change the channel.
- * Get up and walk around the apartment during TV commercials.
- * When you are on the phone, walk around.
- * Walk at local malls, schools.

Physical activity is important for everyone. Benefits include:

- * Lowering blood pressure, decreasing cholesterol.
- * Burning calories, building muscle and losing fat.
- * Helps you feel better, gives you more energy and reduces stress.

Whenever you exercise, remember these basic guidelines:

- * Start your exercise program slowly and work up to your abilities. If you haven't been exercising, check with your health care provider on the best way to start.
- * Make sure you do something you like to do, so you will continue exercising.
- * Wear layers of loose-fitting clothing so you may adapt to temperature/environment changes.
- * Avoid outdoor exercise in extremely hot and cold temperatures.
- * Start your exercise slowly by stretching and warming up (slow pace of exercise for 5 minutes). Finish your exercise by cooling down (slower pace exercise for 10 minutes).
- * Drink plenty of water before, during, and after you exercise.



LET'S GET READY:

Mother nature is taking away her leaves to prepare the trees for the long winter ahead. We should follow her lead and get our porches ready for the cold weather. Please remove plants, furniture and other items not designed for harsh weather. Please remember that only outdoor furniture is allowed on the porches.