



SPRINGWOOD OVERLOOK

October 2011

Community Management Office

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From the Manager's Desk:

Summer is over and we are getting back to our regular schedule of activities at Springwood Overlook. Our weekly activities include:

Bingo-Monday evenings in the Community Room beginning at 6:30 p.m.

Cards and Games-Tuesday afternoons at 2:00 p.m. in the Community Room.

Fellowship-Wednesday mornings at 10:00 a.m. in the Chapel

Music Night -Thursday evenings at 7:00 p.m. in the Community Room.



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..

Resident's Association Meeting!!

The next Resident's Association meeting is scheduled to be held Friday, October 7, 2011 beginning at 10:00 a.m. in the Community Room. Please come to the meeting and help us plan activities for the remainder of the year.

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.

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.

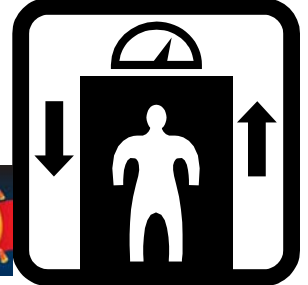


ELEVATOR ASSISTANCE

If you are inside the elevator and the doors will not open or the elevator will not move:

Press the white button with a picture of a phone on it located on the panel to the left of the doors. This button connects you to a service representative from Schindler Elevator. They will immediately dispatch emergency services to safely get you out of the elevator.

** Please note that non-emergency problems with the elevator should be promptly reported to the Community Management Office. The elevator phone is used only if you are stuck inside the elevator.



Daylight Savings Time begins on November 6th. Remember to turn your clocks back.

Pumpkin Cookies

- 2 c flour
- 1 c sugar
- 1 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 c shortening
- 1 c pumpkin
- 1 egg
- 1 tsp vanilla
- 1 c chocolate chips



Mix everything together.

Bake it up at 350 for 10-15 minutes, give or take.

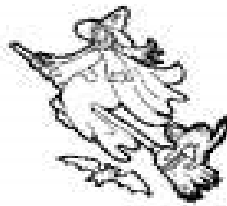
For a double batch you can use 1 small can of pumpkin; for a triple batch, use 1 large can of pumpkin.

Fun Fact

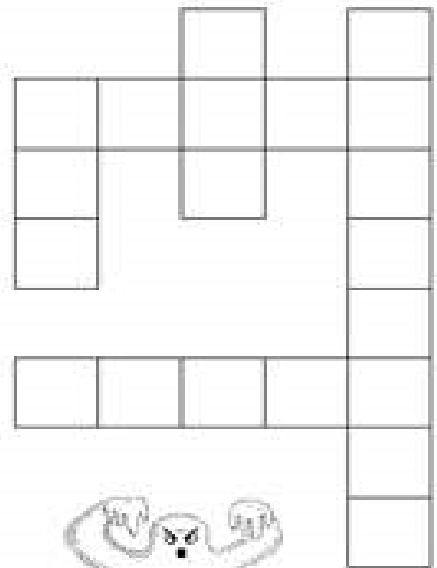
Halloween was brought to North America by immigrants from Europe who would celebrate the harvest around a bonfire, share ghost stories, sing, dance and tell fortunes.

Halloween Crossword

Fit all the words into this puzzle below



BOO
BAT
BLACK
GHOST
SKELETON



Autumn Delights

October is synonymous with so many wonderful things. For some, it signals the beginning of the harvest season when the wheat is golden and the pumpkins are blazing orange. For children, October brings costumes, candy and spooky things. For many, October means shorter days and longer nights, while still others celebrate the football season. Whatever you associate with this glorious month, be it changing leaves or autumn games, we hope you enjoy your October days in our community.