



Silver Spring Courtyards October 2011

Save These Dates!!!!!!!!!!!!!!!!!!!!!!

Community Management Office

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Resident Meetings are the third Monday of each month in the Community Room starting at 2:00 p.m. unless a Pot Luck is scheduled. Please join us for this event.

Gail Sagner is covering the Resident Services Coordinator's position while Southern Community Services looks for a replacement. She will be in the office all day at Silver Spring Gardens on Wednesday, October 5th, but can handle any requests or concerns from residents at Silver Spring Courtyards at that time. When she is not in the office she can be reached at (717) 741-6014 or (717) 227-0333.

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 permitted on the porches.



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 Monday, October 17, 2011 beginning at 12:30 p.m. in the Community Room. We will be having our Pot Luck (yummy Barbeque sandwiches) at that time. A sign-up sheet is on the bulletin board. Please stay for the meeting following lunch and help us plan activities for next month.

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.