

RESOLUTIONS FOR YOUR PET



It's that time of year; time to make New Year's resolutions. This year, consider some resolutions for your pet. Switch to healthy snacks and keep snacks to less than ten percent of daily calorie intake. Keep your pet at a healthy weight with a nutritious diet and adequate access to exercise

and play. Resolve to take your pet to the veterinarian at least once a year for an evaluation. Spend quality time with your animal companion through outdoor exercise and indoor play.

MEET THE STAFF

Community Manager: Rolanda Vineyard
Financial Manager: Brooke Vasser-Learn
Leasing Associate: Martha Ibarra
Maintenance Supervisor: Mark Riggleman
Maintenance Tech: Justin Scott
Grounds Keeper: Paul Au-France

POLOR BEAR DIP

Start the new year with a quick dip into the icy waters of lake Washington at the swimming beach Gene Coulon Memorial Beach
January 1, 2015
5pm to 9pm

LOOKING FOR A NEW JOB?

In today's economy, more people are looking for work. One way is to post your resume online, but take care. Identity thieves use these sites to steal information. These tips can help minimize your risk. Use only sites that protect your personal data. Casual browsers should not see your full name, address, etc. If a potential employer is interested, they should get personal information only by request from you. If you do receive a job offer, be cautious if it seems too good to be true. It may be a ploy to get your information. If you receive an email that asks for money, or for your Social Security number, ignore it. Also, be sure you have the ability to delete your resume and other information once you have completed your job search.

EXERCISING GOALS

Researchers for the YMCA found that 70 percent of exercisers who set specific goals stuck with their programs for an entire year. Over 75 percent of those who did not set goals dropped out. One easy way to set and keep your fitness goals is to use a training log. Be sure to keep it simple to ensure success. Record the type and duration of your workouts and cardio sessions and your total exercise time.

CLEANING PROJECT

If you have a big cleaning project at home you've been avoiding, try breaking it down into chunks. Instead of trying to find a day to tackle the job, give yourself 15 minutes a day. Use a timer to keep yourself on track. Besides giving you a practical way to manage the job, using a timer also can motivate you. Knowing you only have 15 minutes can make you hustle through the work.

JANUARY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				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

Renew Early

We hope you love living here as much as we love having you. If you are within your last 60 days of your lease, please come to the office and renew. Avoid all the trouble and inconvenience of moving. Renew your

SENIOR DATING MADE EASY



Online dating sites are accommodating seniors who want to meet that special someone for romance or friendship. Web-savvy seniors are finding dating sites convenient for meeting people and forming new relationships. What's more, there are a number of dating sites that are catering specifically to the senior market. It's wise to be cautious when meeting people online. It's easy to falsify information through the Internet, and photos posted on dating sites may not be indicative of how a person looks today.

Rent

Rent is due by the first day of the month, so please pay your rent on time. Rent paid after the fourth of the month will be assessed a daily late fee. Please contact the office immediately if you anticipate difficulty with payment.
