

June 2016

Four Seasons at Southtowne
APARTMENTS

Community News

420 West Cadbury Drive, South Jordan, UT 84095 • 801-253-5800 •
FourSeasonsSTIsYourHome.com

Someone Once Said

Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing. —Abraham Lincoln

Have You Laughed Today?

Researchers have found that laughter might just be the best medicine. Laughing reduces stress, lowers blood pressure, and boosts your immune system. It can even improve relationships. Take some moments each day to look at the lighter side of things and your mood and health will benefit.

A Trick For The Kitchen!

Have you ever dug your spoon in an ice cream tub where the ice cream was too hard to scoop? Well here's a neat tip on how to fix that! Store your tub of ice cream in a ziploc bag when you put it in the freezer to keep it from getting too hard. Do this to save yourself from bending a spoon; enjoy your ice cream!

Meet the Staff

Community Manager JCass
Financial Manager - Jody
Leasing Manager - Jacob



Apartment Safety For Pets

Many dogs and cats spend much of their day with little to do. They sit at home, resting and waiting for their human companions to return home from work. They also may not be getting the exercise they need each day. Be sure to spend as much fun time with your pet when you are at home as

possible. Include him in activities. You

Golf Preparedness

With spring just around the corner, many of us are gearing up for the golfing season. Before you head back out on the course, take time to review some basic preparation steps to ensure that you have a day free of injuries or strains.

Remember to warm up before teeing off. Walk for several minutes, swinging your arms to warm up those muscles. After your muscles are beginning to warm up, do some stretches,

concentrating on the muscles that you will use most during your game. Stretch your arms and back, as well as your shoulders and legs. To protect your feet from injury and fatigue, make sure that your golf shoes are properly fitted and are comfortable at all times during your walk on the course.

JUNE 2016

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		
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Trying Out a Low-Carb Diet



If you think eating a low-carb diet will limit you to chicken breasts and broccoli every day, think again. From turkey burgers wrapped in lettuce and ham and cheese omelets, to tuna salads and steak with asparagus-you can enjoy your way to a leaner you. There are a variety of low-carb recipes at your disposal. Many dishes you can get from low-carb cook books, or perform a Google search with the key words

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.
