

AUGUST 2016

Spring Villa

APARTMENTS

8760 Jamacha Rd
Spring Valley, CA 91977
619-589-9966
SpringVillalsYourHome.com

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.

Get Enough Sleep

Recent studies show that there may be a link between poor sleep and weight gain. If you have sleep shortfalls, you experience an increase in hunger hormones that could lead you to overeat during the day. Fatigue also makes you less likely to get enough exercise. Both adults and children can be affected by poor sleep. Practicing healthy sleep habits can have a good effect on overall health.

COMMUNITY NEWS

Living Healthy

It can be hard to sort through it all

to find the best ways to improve your health. Studies show that despite receiving information about it, most people do not focus on the health habits. Here are some ways to live healthy. Avoid tobacco, maintain a healthy weight, eat five servings of fruits and vegetables each day, and be physically active 30 or more minutes a day at least five times a week. Each of these habits offers significant health benefits.



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.

"The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it."

—Albert Einstein

Meet the Staff

Manager: DeAnna
Leasing: Jerlayne
Maintenance: Azael & Jose

Leasing Center Hours Mon - Fri: 9-6, Saturday 10-5, Sunday Closed

AUGUST 2016

sunday	monday	tuesday	wednesday	thursday	friday	saturday
All Events at S.D. County Library	1 3:00 Homework Help/ Chess club 4:00 Dinner fore kids 6:00 ESL Class	2 4:00 Scrabble Club & Dinner For Kids	3 3:00 Homework Help 4:00 Dinner for Kids	4 3:00 Homework help & Crafts 4:00 Dinner For Kids	5 4:00 Dinner For Kids	6
7	8 3:00 Homework Help/ Chess club 4:00 Dinner fore kids 6:00 ESL Class	9 4:00 Scrabble Club & Dinner For Kids	10 3:00 Homework Help 4:00 Dinner for Kids	11 3:00 Homework help & Crafts 4:00 Dinner For Kids	12 4:00 Dinner For Kids	13
14	15 3:00 Homework Help/ Chess club 4:00 Dinner fore kids 6:00 ESL Class	16 4:00 Scrabble Club & Dinner For Kids	17 3:00 Homework Help 4:00 Dinner for Kids	18 3:00 Homework help & Crafts 4:00 Dinner For Kids	19 4:00 Dinner For Kids	20 Spring Villa Community Day 10:00AM to 12:00 at the Pool
21	22 3:00 Homework Help/ Chess club 4:00 Dinner fore kids 6:00 ESL Class	23 4:00 Scrabble Club & Dinner For Kids r	24 3:00 Homework Help 4:00 Dinner for Kids	25 3:00 Homework help & Crafts 4:00 Dinner For Kids	26 4:00 Dinner For Kids	27
28	29 3:00 Homework Help/ Chess club 4:00 Dinner fore kids 6:00 ESL Class	30 4:00 Scrabble Club & Dinner For Kids	31 3:00 Homework Help 4:00 Dinner for Kids	3:00 Homework help & Crafts 4:00 Dinner For Kids	4:00 Dinner For Kids	
			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			



Interior Decoration Regulations

Of course, all residents are invited to make yourselves at home and decorate your apartment home however you like. Furniture, accessories and hanging pictures are all well within reasonable decorations. Please keep in mind that you need management approval for major design changes including but not limited to wallpapering, re-carpeting, painting, and any other significant changes to your apartment home. Of course, please contact the management office with any questions, or if there is anything we can do to assist you.

Rent

Rent is due by the first day of the month, so please pay your rent on time. Rent paid after the fifth of the month will be assessed a \$50.00 late fee. Please contact the office immediately if you anticipate difficulty with payment.