

# Glen Oaks

APARTMENTS

5750 N. 59th Ave Glendale, AZ 85301 P: 623.931.6808

Office Hours: M-F 8:30-5:30 Sat 9-5 Sun Closed

Nov 2016

## Meet the Staff

Merci-Manager

Damaris- Financial Manager

Todd-Team Leader

Victor-Maintenance

Azucena-Housekeeper

## Grocery Shopping Advice

*It pays to be aware of the marketing tricks at the grocery store. Products displayed at eye-level are generally the most expensive. This is partly because manufacturers have to pay a hefty premium to get their products in those prime spots, and partly because it is the biggest manufacturers that are willing and able to pay those prices. You will find bargains up high, or down low on the bottom shelves.*

## Make Your Meals Healthier

*One of the easiest ways to make your meals healthier is to simply cook them yourself. When you prepare your own meals, you can take charge of how much fat, salt, and sugar you add. Taking control of what is in your food is very helpful. You have the ability to make healthy substitutions. For example, you can use olive oil instead of butter.*

## Holiday Turkey Tips

**The findings of a study recently presented at the Stuffing cooked inside a turkey is more flavorful and moist, but you run the risk of exposure to bacteria. Instead, cook the stuffing in a separate buttered casserole dish at 350 degrees; cover it with aluminum foil, and baste it occasionally with turkey juices. It only needs an hour of cooking time. If you do stuff the bird, make sure to do it right before the turkey goes in the oven, not ahead of time. - Martha Stewart**



# November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Rent Due 1	Rent Due 2	Rent Due 3 Last Day! Don't be late	4	5
Daylight Savings Time Ends 6	7	Election Day 8	9	10	Veterans' Day 11	12
13	14	15	16	17	18	19
20	21	22	23	Happy Thanksgiving! 24	Black Friday Glendale Glitters 25	Glendale Glitters 26
27	28	29	30			

## Upcoming Event!

## Glendale Glitters

Glendale is home to one of the largest display of holiday lights in Arizona. But Glendale Glitters is so much more! The event which runs from Thanksgiving weekend through the Bowl game weekends in January offers beauty, entertainment, spectacular special events, food and shopping. Glendale Glitters holiday lights, which now total 1.4 million, attracts more than 300,000 visitors every year.

Glendale Glitters Spectacular Weekend is the event's kick off weekend with all of the favorite features from years past, but also brand new, entertaining elements for all ages! The kick-off to Arizona's largest holiday light display is an exciting introduction to the holiday season. The lights come on at 6 p.m. in the Municipal Complex Amphitheater just west of Murphy Park. Enjoy music, visits from Santa and those traditional carriage rides.

Both the Glendale Glitters event and parking is free. But bring plenty of money for food, craft purchases, and a carriage ride.