

MAY 2017

Spring Villa

APARTMENTS

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

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.

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.

COMMUNITY NEWS

Holiday Cleaning

Get a jump start on your pre-holiday

housework and the task will seem more manageable. These tips will help you stay on top of your work, leaving you more time to enjoy the holidays. Clean your oven and refrigerator well. Wash your windows, and do a general tidying of all the clutter. And don't forget the little details. Remove any remaining clutter. Set the table. Clean mirrors in the bathrooms and polish the faucets. Empty trash from wastebaskets. Add some Christmas decorations to your apartment as well!

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How to Clean Mini-Blinds

Wipe the mini-blinds with a mixture of one part water to one part ammonia. If you don't like to use ammonia, you can also use a foaming bathroom cleanser spray. Either way, let the blinds sit for about five minutes before rinsing off with your hose. Wipe down the surfaces to be sure all the grime is removed. If not, you can repeat the treatment. When you have cleaned one side, you'll want to turn the

blinds over and clean the other side as well.

Let your blinds dry completely before hanging them again. You can hang them over a clothesline, shower curtain rod, or a railing. Once you've rehung them, take an anti-static dryer sheet and rub down both sides of your mini-blinds. This will help prevent dust buildup in the future.

"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

MAY 2017

sunday	monday	tuesday	wednesday	thursday	friday	saturday
ALL EVENTS AT COUNTY LIBRARY	1 2PM SNACK 2:30 AFTER SCHOOL MOVIE 4PM DINNER FOR KIDS	2 9:30 SEWING 1:30 BILINGUAL STORY 2PM HOMEWORK 4PM KID DINNER	3 1:30 TODDLER STORY 3PM MAD SCIENTIST/HOMEWORK 4PM KID DINNER	4 11:30 pRESCHOOL STORY TIME 3PM CRAFTS/HOMEWORK 4PM KID DINNER	5 2:20 SNACK 4pm KID DINNER	6 10:00 CITIZENSHIP CLASS BOOK SALE
7	8 2PM SNACK 2:30 AFTER SCHOOL MOVIE 4PM DINNER FOR KIDS	9 9:30 SEWING 1:30 BILINGUAL STORY 2PM HOMEWORK 4PM KID DINNER	10 1:30 TODDLER STORY 3PM MAD SCIENTIST/HOMEWORK 4PM KID DINNER	11 11:30 pRESCHOOL STORY TIME 3PM CRAFTS/HOMEWORK 4PM KID DINNER	12 2:20 SNACK 4pm KID DINNER	13 10:00 CITIZENSHIP CLASS BOOK SALE
14	15 2PM SNACK 2:30 AFTER SCHOOL MOVIE 4PM DINNER FOR KIDS	16 9:30sSEWING 1:30 BILINGUAL STORY 2PM HOMEWORK 4PM KID DINNER	17 1:30 TODDLER STORY 3PM MAD SCIENTIST/HOMEWORK 4PM KID DINNER	18 11:30 pRESCHOOL STORY TIME 3PM CRAFTS/HOMEWORK 4PM KID DINNER	19 2:20 SNACK 4pm KID DINNER	20 10:00 CITIZENSHIP CLASS BOOK SALE
21	22 2PM SNACK 2:30 AFTER SCHOOL MOVIE 4PM DINNER FOR KIDS	23 9:30 SEWING 1:30 BILINGUAL STORY 2PM HOMEWORK 4PM KID DINNER	24 3PM MAD SCIENTIST/HOMEWORK 5:30 HEALTHY COOKING DEMO 7PM PAJAMA STORY TIME	25 11:30 pRESCHOOL STORY TIME 3PM CRAFTS/HOMEWORK 4PM KID DINNER	26 2:20 SNACK 4pm KID DINNER	27 10:00 CITIZENSHIP CLASS BOOK SALE
28	29 MEMORIAL DAY	30 9:30S SEWING 1:30 BILINGUAL STORY 2PM HOMEWORK 4PM KID DINNER	31 1:30 TODDLER STORY 3PM MAD SCIENTIST/HOMEWORK 4PM KID DINNER			

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.