

AUGUST 2017

Spring Villa

APARTMENTS

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

How to Revamp Your Wardrobe

Everyone should revamp their wardrobe at least once a year. Here are a few tips:

- o Throw out anything that doesn't fit or looks very worn.
- o Only buy new things that you truly love!
- o Try clothes on before you buy when possible.
- o Be daring. Try on a new style every time you go shopping.

Lock Up Your Vehicle

What are the top things that attract car thieves? Unlocked doors, rolled-down windows, a key in the ignition, and valuables in plain sight. To protect yourself, always remember to lock up your vehicle and take your keys with you. Don't leave valuables, bags, purses, or backpacks in view. Take these precautions even if you are just away for a few moments.

COMMUNITY NEWS

Motivate Yourself at Work

Here are a few little things you can do to stay motivated at work. First of all, it's really important to have a good work environment. Natural daylight is a great mood-lifter. A comfortable desk and chair are also indispensable. Make sure you're surrounded by things that make you feel joyful, like pictures of your family, a favorite print or art object, or a well-kept plant. Lastly, don't forget to treat yourself every time you finish a project. You deserve it!



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

Community Manager: DeAnna
Leasing: Jerlayne
Maintenance: Azael & Jose

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

AUGUST 2017

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		1 9:30 Sewing 12:00 Lunch 4:00 Dinner/ Scrabble	2 9:30 Breakfast/ Back to School Jam 4: 00 Dinner	3 9:30 Breakfast 11:30 Preschool Story 4:00 Dinner	4 9:30 Breakfast 1:00 Maker Camp Fridays 3:00 Watts Cooking/ Teen Games	5 10:00 Citizenship Class
6	7 4:00 Dinner for Kids	8 9:30 Sewing 12:00 Lunch 4:00 Dinner/ Scrabble	9 10:30 Gentle yoga 4:00 Dinner 6:30 Mystery Book Club	10 9:30 Breakfast 11:30 Preschool Story 3:00 Homework/ Crafts 4:00 Dinner	11 2:20 Snack 3:00 Watts Cooking/ Teen Games 4:00 Dinner	12 10:00 Citizenship Class
13	14 2:20 Snack 2:30 After School Movie 4:00 Dinner	15 9:30 Sewing 12:00 Lunch 4:00 Dinner/ Scrabble	16 9:30 Hpatitis A Vac 10:30 Gentle Yoga 3:00 Homework 6:00 Foster Care Orientation	17 11:30 Preschool Story 3:00 Homework/ Crafts 4:00 Dinner	18 2:20 Snack 3:00 Watts Cooking/ Teen Games 4:00 Dinner	19 10:00 Citizenship Class
20	21 2:20 Snack 2:30 After School Movie 4:00 Dinne	22 9:30 Sewing 12:00 Lunch 4:00 Dinner/ Scrabble	23 10:30 Gentle Yoga 3:00 Pre Teen Mad Scientist 3:00 Homework 4:00 Dinner	24 11:30 Preschool Story 3:00 Homework/ Crafts 4:00 Dinner	25 2:20 Snack 3:00 Watts Cooking/ Teen Games 4:00 Dinner	26 10:00 Citizenship Class
27	28 2:20 Snack 2:30 After School Movie 4:00 Dinne	29 9:30 Sewing 12:00 Lunch 4:00 Dinner/ Scrabble	30 10:30 Gentle Yoga 3:00 Pre Teen Mad Scientist 3:00 Homework 4:00 Dinner	31 11:30 Preschool Story 3:00 Homework/ Crafts 4:00 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

Relieve Stress with These Fun and Easy



There are many small ways to improve how you handle daily stress and increase your well-being. Light some candles. Get a glass of wine. Take a hot bath. You can also try some yoga or any other form of exercise that makes you feel good. Meditate or explore breathing exercises. Listen to a guided meditation or download a mindfulness app to get started. Try some of these ideas and you are likely to hit upon

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.