

SEPTEMBER 2017

Spring Villa

APARTMENTS

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

Public Transportation Safety

When traveling on public transit, practice awareness when getting on and off the bus. Wait at a bus stop that is well-lit and has lots of traffic and people around if possible. Sit near the front of the bus so you are closer to the driver. When exiting a bus, be aware of those exiting at the same time. Travel immediately to a safe spot and continue to your destination.

Food Tip

When you find a good price on milk, you probably wish you could stock up. The best way to store milk long-term is by freezing it. To freeze milk, remove about one cup from a gallon container of milk to prevent the jug from expanding too much when frozen. It can be frozen for up to 3 months.

COMMUNITY NEWS

Inviting Guestrooms

If you're planning for some guests

in your home, consider these ideas. Along with clean bed linens, consider adding a featherbed mattress topper, extra pillows, and extra blankets for your guests. If there is space available, have a small upholstered chair in a corner. Offer some bottled water and some light snacks. The room should have adequate lighting, including a reading light by the bed. A simple alarm clock is a necessity.



Money Bad Habits You Can Break

Refusing to use a budget: Keeping track of all your expenses can show you where your money is going and where you can cut back.

Using credit cards to get the perks: It doesn't make sense to get the miles or save a little more on your purchases if you are racking up the interest charges. Only use your credit card if you can pay it off each month.

Not having an emergency fund: That rainy day will come. Even putting a little bit aside can keep you from reaching for a high-interest credit card when you have an unexpected emergency.

"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 : Azeal & Jose

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

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sunday	monday	tuesday	wednesday	thursday	friday	saturday
					1 3:00 pm- Watts Cooking 4:00 pm- Dinner for Kids 18 & Younger	2 10:00 am - Spring Valley Friends of the Library Book Sale
3	4 Labor Day Holiday Closure	5 9:30 an - Sewing Group 4:00 pm - Dinner for Kids 18 & Younger	6 10:30 am Gentle Yoga 4:00 pm Dinner for Kids 18 & Younger	7 11:30am Preschool Story Time 4:00pm Dinner for Kids	8 3:00 pm- Watts Cooking 4:00 pm- Dinner for Kids 18 & Younger	9 10:00 am - Spring Valley Friends of the Library Book Sale
10	11 2:30 pm - After School Movie 4:00 pm Dinner for Kids 18 & Younger	12 9:30 an - Sewing Group 4:00 pm - Dinner for Kids 18 & Younger	13 10:30 am Gentle Yoga 4:00 pm Dinner for Kids 18 & Younger	14 11:30am Preschool Story Time 4:00pm Dinner for Kids	15 3:00 pm- Watts Cooking 4:00 pm- Dinner for Kids 18 & Younger	16 10:00 am - Spring Valley Friends of the Library Book Sale
17	18 2:30 pm - After School Movie 4:00 pm Dinner for Kids 18 & Younger	19 9:30 an - Sewing Group 4:00 pm - Dinner for Kids 18 & Younger	20 10:30 am Gentle Yoga 4:00 pm Dinner for Kids 18 & Younger	21 11:30am Preschool Story Time 4:00pm Dinner for Kids	22 3:00 pm- Watts Cooking 4:00 pm- Dinner for Kids 18 & Younger	23 10:00 am - Spring Valley Friends of the Library Book Sale
24	25 2:30 pm - After School Movie 4:00 pm Dinner for Kids 18 & Younger	26 9:30 an - Sewing Group 4:00 pm - Dinner for Kids 18 & Younger	27 10:30 am Gentle Yoga 4:00 pm Dinner for Kids 18 & Younger	28 11:30am Preschool Story Time 4:00pm Dinner for Kids	29 3:00 pm- Watts Cooking 4:00 pm- Dinner for Kids 18 & Youngers	30 10:00 am - Spring Valley Friends of the Library Book Sale

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

It is Time to Ditch that Soda



Did you know that 12 ounces of soda is about 150 calories? Here are some ideas for soda substitutes that will still satisfy your need for a tasty drink but save you the calories. Tonic water with a squeeze of lime or lemon (80 calories). Tomato or vegetable juice (50 calories) . Energy drink, such as Gatorade (60 calories). Apple cider (120 calories). Skim milk (85 calories). Unsweetened tea (5 calories).

Rent

Rent is due by the Fifth 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.