

OCTOBER 2017

# Glen Oaks

APARTMENTS

5750 N 59th Ave  
Glendale, AZ 85301  
623-282-9644  
GlenOaksIsYourHome.com

## Sleeping and Weight

If you struggle with your weight, you may want to take a look at your sleep health. Studies have found a link between too little sleep and weight gain. Lack of sleep can cause an increase in hunger hormones, and daytime fatigue can lead to less exercise. To set your metabolism in better working order, be sure to get about 7.5 hours of sleep each night.

## 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

## OCTOBER FUNCTIONS!

Make sure you join us for our resident functions happening in October!

We will be having a pet costume party and a resident costume party and plenty of yummy candy to go around!



## 10 Most Memorable Moments in Baseball

Here are baseball fan's top 10 picks for most memorable moments: 1: 1995 Cal Ripken breaks Lou Gehrig's streak with his 2,131st consecutive game. 2: 1974 Hank Aaron breaks Babe Ruth's home run record. 3: 1947 Jackie Robinson becomes the first African-American Major Leaguer. 4: 1998 Mark McGwire & Sammy Sosa surpass Roger Maris' single-season home run record. 5: 1939 Lou Gehrig

retires with his 'luckiest man' farewell speech. 6: 1985 Pete Rose passes Ty Cobb as the all-time hits leader. 7: 1941 Ted Williams is the last man to post a .400 average. 8: 1941 Joe DiMaggio hits in 56 straight games. 9: 1988 Kirk Gibson's pinch-hit homer sends LA on its way to a World Series upset. 10: 1991 Nolan Ryan pitches his 7th career no-hitter.

"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: Merci Chavez  
Financial Manager: Dami Ontiveros  
Maintenance Supervisor: Todd Bruley  
Maintenance Tech: Victor Duran

Leasing Center Hours Monday - Friday 9-6 Saturday 9-5

# OCTOBER 2017

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 RENT IS DUE	2	3 RENT IS LATE	4	5 Pest Control	6	7
8	9	10	11	12 Pest Control	13	14
15	16	17	18	19 Pest Control	20	21
22	23	24	25	26 Pest Control	27	28
29	30	31 Pet & Resident Costume Party! HALLOWEEN!				
			<p>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</p>			

## Driving in the Dark

With winter here, there are fewer



hours of light each day. The National Safety Council reports that traffic death rates are three times greater at night than during the day. Learn how to minimize their risks when driving after dark. Make sure your headlights are in proper working order. Clean your windows and lights. Aim your headlights properly. Follow other vehicles at a safe distance. You should also reduce your speed at night, as it becomes harder to judge other vehicle's distances and speeds after dark.

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### Rent

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

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