

Vacation Plans

Have plans to get away for a few days? Good for you! We hope you have a wonderful time. Here are a few things you may not want to forget to do before you leave:

- Pay your rent and other bills if they will be due while you're gone.
- Lock all doors and windows.
- Have your mail stopped, or arrange for someone to pick it up for you.
- Let someone know how to get in touch with you in an emergency.
- Don't forget to leave your pets in someone's trusted hands.

Enjoy your vacation!

PARKING

Parking is on a first-come, first-served basis. To make sure there is room for everyone, please follow these parking guidelines:

- It is important that all your vehicles be registered with the office to avoid problems with notification of residents' vehicles.
- If you have two vehicles, park one of them in a lesser-used section of the lot and ask guests to use auxiliary parking spaces.
- Don't park in front of dumpsters, on the grass, in fire lanes, on yellow lines, etc. Improperly parked vehicles will be towed at the vehicle owner's expense.
- Please park boats and trailers in the designated area for boats.
- Please help maintain a beautiful environment—no vehicle repairs or maintenance is permitted in the community.

Summer's Hot - Keep Your Cool!

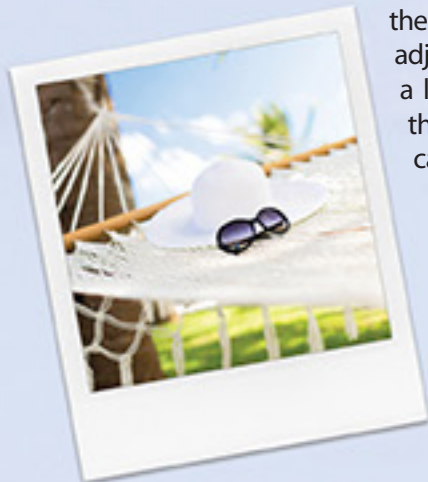
- Eat light when temperatures are high. The body produces less heat while digesting light vegetables and fruits.
- Wear light-fitting cotton. Cotton breathes and helps you stay cool.
- Drink before you're thirsty. If you wait until you're thirsty, you're already slightly dehydrated. Drinking plenty of fluids when out in the summer heat will help prevent dehydration. Coffee, tea, soft drinks with caffeine and alcoholic beverages all contribute to dehydration, so for each cup or glass you drink, drink a glass of water.

A/C TIPS

Your thermostat has two positions for the fan, "auto" and "on." It also has three settings for your choice of climate, "cool," "heat" and "off." "Auto" means your system will cool or heat your home by adjusting your thermostat to your desired temperature. "On" means your fan will run constantly, regardless of any other setting. Adjust your thermostat accordingly. For energy savings, do not change the temperature drastically to cool your home. A slight adjustment in temperature will cause the desired results at a lower cost. If your air conditioner is not working, turn the unit off and call the office. Leaving the unit on can cause further damage and delay repair time.

Maintenance Reminder

Please remember to contact our office if you have any leaking or dripping faucets, tubs or toilets.



S	M	T	W	T	F	S
June					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

June 1 – **Darren Knight**: Ryman Aud.
 June 2 – **Jerry Seinfeld**: TPAC
 June 2 – **Nashville SC vs. Penn FC**: First Tennessee Park
 June 3 – **Jacksepticeye**: Ryman Auditorium
 June 4 – **Darius Rucker**: Ryman Aud.
 June 5 – **Craig Wiseman & Friends**: Ryman Auditorium
 June 5-7 – **Sounds vs. Reno**
 June 5-10 – **"Waitress"**: TPAC
 June 6 – **Marty Stuart's Late Night Jam**: Ryman Auditorium
 June 7-10 – **CMA Music Fest**
 June 8-11 – **Sounds vs. Tacoma**
 June 9 – **Nick Swardson**: TPAC
 June 9 – **City of Hope Celebrity Softball**: First Tennessee Park
 June 10 – **Sunday Mornin' Country**: Grand Ole Opry House
 June 11 – **Dr. Jordan Peterson**: Ryman Auditorium
 June 12 – **Harry Styles**: Bridgestone Arena
 June 12 – **Styx & Joan Jett**: Ascend Amphitheater
 June 14 – **Stephen Stills & Judy Collins**: Ryman Auditorium
 June 15 – **Martin Lawrence**: Bridgestone Arena
 June 15 – **Celtic Woman**: TPAC
 June 15-17 – **American Artisan Festival**: Centennial Park
 June 16 – **The Music of Pink Floyd & Light Show**: Ascend Amphitheater
 June 16 – **Nashville SC vs. North Carolina FC**: First Tennessee Park
 June 17 – **Ray Lamontagne**: Ascend Amphitheater
 June 18 – **Arctic Monkeys**: Ascend Amphitheater
 June 19-24 – **"Love Never Dies"**: TPAC
 June 20 – **Paul Simon**: Bridgestone Arena
 June 21 – **Anthony Jeselnik**: TPAC
 June 21 – **Dailey & Vincent**: Ryman Aud.
 June 21-24 – **Sounds vs. Round Rock**
 June 22 – **Lovett or Leave It**: Ryman Auditorium
 June 23 – **Monster Jam**: Nissan Stadium
 June 23 – **Disney In Concert**: Ascend Amphitheater
 June 18, 19, 23 – **Third Day**: Ryman Aud.
 June 24 – **Bill Maber**: Ryman Aud.
 June 26 – **Georgia On My Mind**: Ryman Auditorium
 June 26 – **Logic**: Ascend Amphitheater
 June 26 – **Nashville SC vs. Indy Eleven**: First Tennessee Park
 June 27 – **Theresa Caputo**: TPAC
 June 27 – **The Who's "Tommy"**: Ascend Amphitheater
 June 28 – **The Del McCoury Band**: Ryman Auditorium
 June 30 – **Hall & Oates**: Bridgestone Arena
 June 30 – **Nashville SC vs. Atlanta United 2**: First Tennessee Park
 June 30-July 1 – **The Glen Campbell Legacy**: Ryman Auditorium

All dates subject to change without notice

June 2018

MEADOWWOOD VILLAGE

5160 Rice Rd. • Antioch, TN 37013 • (615) 360-2009



Staff

Patsy Chance, CAM, NALP
Property Manager
Danielle White, NALP
Assistant Property Manager
Brennon Hughes
Leasing
Emily Hill
Leasing
Scott Lyons, CAMT
Maintenance Supervisor
Mark Sharp, CAMT
Maintenance Tech
Tristan Warren
Maintenance Tech
William Gant
Maintenance Tech
Olen Randolph
Groundskeeper
George Sidarous
Porter
Trooper Tara Lee
Officer David Snowden
Courtesy Officers

Office Hours

Monday-Friday
8:30am - 5:30pm
Saturday
9:00am - 4:00pm
Sunday
Closed

Pest Control

Mon., June 11
Apts. 277-400

Monthly Code

0621



FUN WITH FRIENDS

Your guests are always welcome at our community, but remember that you must accompany them whenever they use our facilities. Most importantly, remember you are responsible for the conduct of your guests and responsible for seeing that they too abide by all Community Policies and Procedures. Please help make their stay more enjoyable by informing them of the community policies in advance. Thanks for your cooperation, and we hope you and your guests have a wonderful time!

Just a Ring Away

If you stop by the office and we are out assisting another resident or it is after business hours, you may call and leave a message with our service. Simply call the office number and leave a detailed message on our answering service. If it is a true emergency, call 911 first and then notify the office. All other requests will be handled when we return. Remember to leave your name, apartment number and phone number in your message so we can handle the matter efficiently.

SPEED ZONES

Kids are outside and playing, so make sure you obey the speed limit and be aware of people around you. We want everyone to stay safe in our community!

MAKE THE MOST OF YOUR *Summer*



June means summertime! Lots of daylight, and warm temperatures for time with friends and family. Here are some ideas to get a jump start on summer.

Sign up early for classes like yoga, crafts, summer camps, dancing or swimming. Beat the rush!

It's never too late to get into shape – it begins today. Find a park or local gym for walking, playing ball, volleyball, or group activities. Many cities have walking/running trails or greenways that are perfect for strolling or running, or even bird watching!

Be a tourist in your own city. Always wanted to visit a historic place or art center – plan a day and do just that!

Is there a drive-in theater close by? Pack up your friends and enjoy an evening there. This is great fun for kids who've never experienced it.

Take photos of all your activities so you'll have fun remembering your summer. Blog, Facebook or even scrapbook your memories.



TAKE A *Bite*

Friday, June 1, is National Doughnut Day in honor of Salvation Army volunteers who distributed doughnuts to servicemen during World War I. During the war Salvation Army huts were formed where many female volunteers were deployed to mother the soldiers. One way was to make doughnuts for the servicemen. They, in turn, began to refer to the women as "Doughnut Dollies".

Let's take a moment this day to raise our doughnuts in the air to honor them and then take a bite to show how we really appreciate them! Look for specials and deals (and maybe even some freebies) from your local doughnut shops.



Did Someone Say Picnic?

It's **International Picnic Day** on June 18. Everyone loves a picnic so let your imagination run free and pick a great spot! Here's a few.

- PARKS • BY WATER •
- IN THE WOODS •
- IN YOUR HOME • REST STOP •
- OUTDOOR MOVIE EVENTS •
- SPLASH PADS • PLAYGROUNDS •
- OPEN FIELDS • BACKYARD •



Check out our Pinterest page, Hassle Free Newsletter, for some great picnic ideas!



You're the Best!

Whether you have a great dad or someone you look up to or even someone who mentors you, we recognize there are a lot of men in our lives who matter.

Did you know when fathers are involved in their child's education, kids perform better in school, learn more, and exhibit healthier behavior?

The amount of time fathers spend with their children has tripled since 1965. Involved fathers have better health, drink alcohol less and have lower substance abuse.

Show your love to that special someone on **Father's Day, June 17.**

Stay Safe!

June is National Safety Month – a time to focus on reducing leading causes of injury at work, on the road, in our home and communities.

THE SPOTLIGHT EACH WEEK IS:

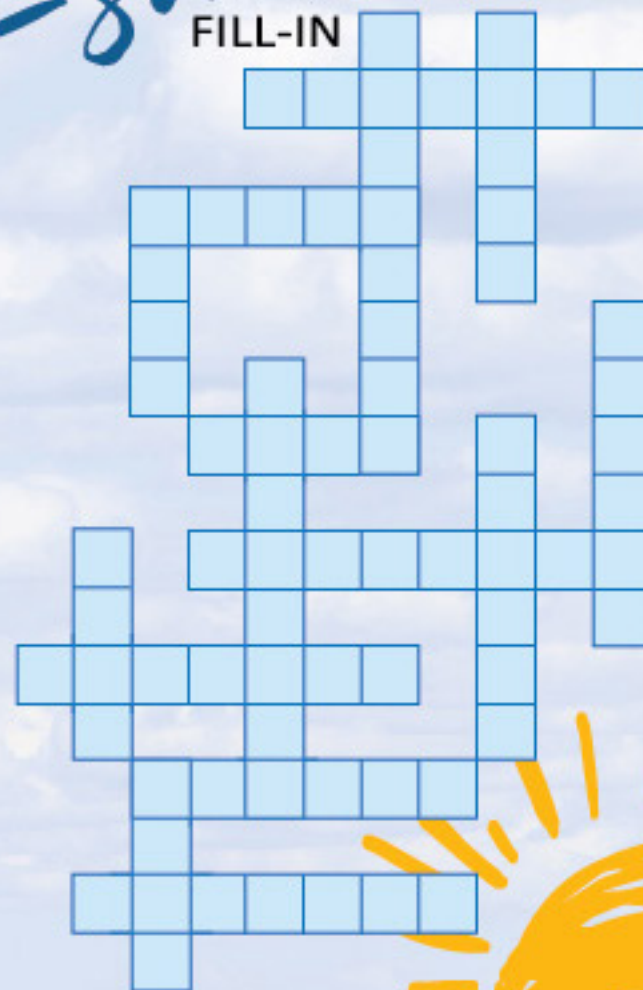


Make sure your summer activities lead you to care and caution. Playgrounds, in and around water, bug protection, dehydration, bicycling and even pedestrian safety should cause us all to look, listen and proceed with caution, while at the same time, have fun!

Check out www.nsc.org for some great ideas on safety year-round.



FILL-IN



Fill in the crossword using the words below.

4 LETTERS

Boat
Heat
Lake
Swim

7 LETTERS

Camping
Fishing
Flowers

5 LETTERS

Beach
Hikes

8 LETTERS

Barbecue
Popsicle
Vacation

6 LETTERS

Garden
Picnic
Suntan



ICE CHEST *Fruit Tea*

- Thoroughly cleaned ice chest
- 25 lb. bag of ice
- 2 cups of instant ice tea
- 5 cups of sugar
- 1 6 oz. can frozen lemonade
- 3 lemons (sliced – do not squeeze)
- 3 oranges (sliced – do not squeeze)
- 2 gallons cold water

Pour the ice into the ice chest. Mix the tea with one gallon water and pour into ice chest. Bring the other gallon of water to a boil and add the sugar. Stir until it is dissolved. Pour into ice chest. Add the frozen lemonade to ice chest. Mix together well. Slice the lemons and oranges and place in the ice chest. If you let it set overnight you may need to add another bag of ice. You may think it is not enough liquid but it is, as the ice melts.

Great for picnics or other get-togethers!

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