

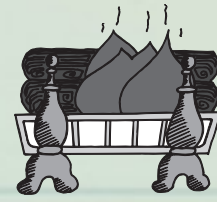
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	October		

Oct. 1-7 – **"Tuck Everlasting"**: Nashville Children's Theater
 Oct. 2 – **Florence & the Machine**: Bridgestone Arena
 Oct. 2 – **Here Come the Mummies**: Ryman Auditorium
 Oct. 3 – **Shakey Graves**: Ryman Auditorium
 Oct. 4-6 – **Opera: "La Traviata"**: TPAC
 Oct. 5-6 – **Breakaway Music Festival**: Bicentennial Mall State Park
 Oct. 5-6 – **John Prine**: Ryman Auditorium
 Oct. 5-6 – **Kid Rock Fish Fry**: Woods Amphitheater at Fontanel
 Oct. 6 – **Ed Sheeran**: Nissan Stadium
 Oct. 6 – **Kevin Hart**: Bridgestone Arena
 Oct. 7 – **Goo Goo Dolls**: Ryman Auditorium
 Oct. 7-8 – **Bruno Mars**: Bridgestone Arena
 Oct. 8 – **Sweetheart of the Rodeo**: Ryman Auditorium
 Oct. 9 – **Predators vs. Calgary**
 Oct. 9 – **Simple Minds**: Ryman Auditorium
 Oct. 9-14 – **"The Play That Goes Wrong"**: TPAC
 Oct. 10 – **Trixie Mattel**: TPAC
 Oct. 10 – **Brett Young**: Ryman Auditorium
 Oct. 11 – **Predators vs. Winnipeg**
 Oct. 11 – **Lauryn Hill**: Municipal Auditorium
 Oct. 11-14 – **Nashville Oktoberfest**: Jefferson St.
 Oct. 11-Nov. 3 – **"A Doll's House, Part 2"**: TPAC
 Oct. 12 – **Childish Gambino**: Bridgestone Arena
 Oct. 12 – **Rob Bell**: TPAC
 Oct. 12-13 – **Jim Gaffigan**: Ryman Auditorium
 Oct. 12-14 – **Nashville Auto Show**: Music City Center
 Oct. 12-14 – **TN Craft Fall Fair**: Centennial Park
 Oct. 13 – **Predators vs. NY Islanders**
 Oct. 14 – **Titans vs. Baltimore**
 Oct. 14 – **For King & Country**: Ryman Auditorium
 Oct. 15 – **Predators vs. Minnesota**
 Oct. 15 – **Chvrches**: Ryman Auditorium
 Oct. 16 – **Twenty One Pilots**: Bridgestone Arena
 Oct. 16-17 – **Ween**: Ryman Auditorium
 Oct. 18-20 – **Ballet: "Seven Deadly Sins"**: TPAC
 Oct. 19 – **Josh Groban**: Bridgestone Arena
 Oct. 19 – **Kidz Bop**: TPAC
 Oct. 19 – **Kevin Gates**: Municipal Auditorium
 Oct. 19-21 – **Ben Rector**: Ryman Auditorium
 Oct. 20 – **Neal McCoy**: Municipal Auditorium
 Oct. 22-28 – **Jason Isbell**: Ryman Auditorium
 Oct. 23 – **Predators vs. San Jose**
 Oct. 23-24 – **Phish**: Ascend Amphitheater
 Oct. 24 – **Elton John**: Bridgestone Arena
 Oct. 24-Nov. 4 – **"The Phantom of the Opera"**: TPAC
 Oct. 25 – **So So Def**: Bridgestone Arena
 Oct. 25 – **J Balvin Vibras**: Municipal Auditorium
 Oct. 26 – **Lynyrd Skynyrd**: Bridgestone Arena
 Oct. 26-28 – **Flea Market**: Fairgrounds Nashville
 Oct. 27 – **Predators vs. Edmonton**
 Oct. 27 – **Michael Jr.**: TPAC
 Oct. 28 – **Nicki Minaj**: Bridgestone Arena
 Oct. 29 – **Pete Souza**: TPAC
 Oct. 29 – **Boz Skaggs**: Ryman Auditorium
 Oct. 30 – **Richard Dawkins & Carolyn Porco**: TPAC
 Oct. 30 – **Predators vs. Vegas**
 Oct. 30 – **Young the Giant**: Ryman Auditorium
 Oct. 31 – **Lil Dicky**: Municipal Auditorium

All dates subject to change without notice

Fireplace Safety

- Keep everything at a safe distance from the hearth.
- Use only dry, cured wood. The best types are oak or hickory; pine has a high sap content and can easily start a fire outside your fireplace.
- Make sure the damper is open before lighting the fire.
- Keep the screen closed to prevent popping embers from exiting.
- NEVER leave your fire unattended.
- Don't burn garbage or plastics, and never use a starter fluid.
- Be sure ashes are completely cooled before disposing of them.
- We recommend that you not use the popular three-hour logs. These types of logs build up creosote which can cause chimney fires.
- Clean the fireplace after each use.



Halloween Safety

To make sure your child stays safe on Halloween night, here are a few tips:

- Decorate costumes and bags with reflective tape. Have kids use glowsticks/necklaces to carry or wear around them. Make sure costumes are flame resistant. Use flashlights as you walk.
- Instead of masks, use non-toxic face paint and makeup so vision is not obstructed.
- Stop ONLY at homes with porch lights on and NEVER enter a home or car for a treat.
- Don't eat treats until you get home. Go through all the treats and get rid of opened or damaged ones. Look for choking hazards for small children. Avoid eating homemade treats made by strangers.
- Walk, don't run, from house to house. Look both ways before crossing streets. Walk on sidewalks when available.
- If you have older children who will be trick-or-treating without parents, map out their route and establish a time to return home. Make sure they stick together with friends, never venturing on their own.



Stimulate Your Brain

As physical exercise helps our bodies, so do brain exercises which help function and protect against cognitive decline.

Here are some things you can do!

- Complete a daily crossword puzzle or Sudoku.
- Make a list of grocery items and memorize it. An hour later see what you can remember.
- Play games on your computer or smart phone.
- If you drive, take a different route the next time you're out.
- Do math in your head.
- Shop at a different grocery store for different thinking.
- Start a new hobby, learn a musical instrument or join a choir.
- Visit your city's museums, gardens or even new restaurants.
- Learn a foreign language.



October 2018

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., Oct. 8
Apts. 1-140

Monthly Code

3 1 1 8



MEADOWWOOD VILLAGE

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

Welcome!

Welcome to all of you who have recently moved into our community! We hope you are enjoying your new home and we look forward to a long and happy relationship with you. Remember that the staff is here ready to serve you. Please contact the office if we can help in any way or if you have any questions about your new home.

Warming Your Home

Fall is officially here! There is a chill in the air and the nights can get cold. When you turn on the heat for the first time, there may be a burning smell. Do not be alarmed – it is just the unit going to work after lying dormant for so long. Dust collects on the heating element and it takes just a few minutes for it to “burn off.” If the smell continues for an extended period or your heater doesn't seem to be working, please give us a call. We will be happy to check it out and make sure your home will be warm in the cold months ahead.

Room for Everyone

We have enough parking for everyone as long as we all follow proper parking etiquette.

- Please don't take up more than one spot per vehicle.
- Guests should be advised to use the visitor parking areas, leaving spaces in front of the buildings for residents.
- Inoperable vehicles or those without valid registration are not permitted at our community and are subject to be towed at the owner's expense.





Coffee?
Yes, Please!

Why do we love coffee so much?

The aroma alone makes you wake up, gets your senses going and prepares you for the day!

Do you drink coffee to keep you awake? You're not alone. This is the most practical reason why people like to drink coffee – caffeine keeps us going.

Coffee is a comforting drink. Whether it's cold and you need to warm up, or you think back to memories drinking with family or friends, coffee encourages you to relax and enjoy time with your special ones.

What are your favorite memories of coffee?

Make sure you look at our



Hassle Free Newsletter Pinterest page for some coffee fun and recipes.

Candy, Candy and more Candy!

- If **CANDY CORN** was laid out end to end in 2018, it would wrap the Earth 4.25 times.
- Jolly Ranchers** name was chosen to suggest a hospitable, western company.
- HIT HATS** were created to easily fit in a sack lunch. And the jingle gets stuck in your head. Thank you.
- TOOTSIE ROLLS** were added to soldiers' rations during WWII because of their durability in all weather conditions.
- M&M** stands for (Forrest) Mars and (Bruce) Murrie who launched the candy.
- The **TING POP** was a way for the inventor to help his daughter stop sucking her thumb. It did not work.
- How many licks does it take to get to the center of a **TOOTSIE POP**? 364 average
- A dentist partnered with a confectioner and came up with Fairy Floss. In other words, **COTTON CANDY**.
- DOTS SUBMITORS** are gluten-free and vegan-friendly with over 4 billion of them rolled out annually.
- SNICKERS** was named after the owner's beloved racehorse that had just passed away.
- SUGAR DADDY** caramel candy was originally called the Papa Sucker.
- The machine producing **HERSHEY KISSES** runs 24 hours a day, seven days a week.
- AIR HEADS** will last up to two years before they expire – 16 flavors available.



October is Breast Cancer Awareness month. You'll see sports teams playing in pink and you'll hear of 5Ks supporting breast cancer survivors.

While great strides have been made, there are some easy things you can do to help your overall health.

- Breast cancer is less common in countries with plant-based diets and low in total fat. Eat plenty of fruits and vegetables (more than 5 cups a day).
- If you smoke, STOP! It's a hard habit to break, but there are many programs to help.
- Regular drinking of alcohol can harm your health – all types count. Limit your drinking.

One in eight women will be diagnosed with breast cancer in their lifetime. Be aware of your health. Have regular exams and support those in need.



So We Have to Say Goodbye

Embrace the seasons and store those summer clothes so they'll be ready for you next year. Here are a few tips to help.

This is a perfect opportunity to go through each item of clothing. If you didn't wear it this year, donate, sell or consign your clothes. You might make enough to spruce up your fall wardrobe!

Make sure all your clothes are laundered—stains can set and discolor your favorite top. Plus pests are attracted to food and sweat.

Storing leather? Clean it and apply a light leather oil for protection. Always store leather where it can breathe and won't come in contact with any other clothes.

Now, where to put them? Instead of cardboard boxes, purchase clear plastic storage bins with tight fitting lids. Look for the #5 within the recycling triangle or the letters "PP". A suitcase you're not using is also good. For suits and dresses, get a fabric garment bag. The thin plastic ones can produce moisture. You can also use a 100% cotton sheet or pillowcase to cover hanging clothes.

If you use mothballs or cedarwood, don't let them come into direct contact with your garments.

CORN SALAD

- 2 cans whole corn (drained)
- 1 small red onion (finely chopped)
- 1 red and 1 green bell pepper (finely chopped)
- 3/4 c. mayonnaise
- 1 bag chili cheese corn chips (9 – 1/4 oz. size)

Thoroughly drain the two cans of corn. Wash onion and bell peppers and finely chop. In a medium bowl, place corn, chopped onion and chopped bell peppers. Toss all together lightly. Add mayonnaise and blend together. So the corn chips will not become soggy, slightly crunch the chips and let each individual add to their dish of the corn salad.
SO SIMPLE – SO EASY!

Fall Funness

- Go to a Pumpkin Farm
- Make a Fall Wreath
- Gather Pinecones and Display Them
- Plant Fall Container Flowers
- Collect Colorful Leaves
- Cook a Pot of Chili
- Tailgate at a Local School Ballgame
- Make Some Homemade Soup
- Plan Your Halloween Costume
- Host a Harvest Party
- Take a Fall Drive
- Bake an Apple Pie
- Get Out Your Fall Clothes
- Go Visit an Old Cemetery
- Eat a Candy Apple
- Carve Pumpkins
- Slip Warm Apple Cider
- Have a Scary Movie Night
- Decorate with Fall Touches
- Take Your Family Christmas Card Photo
- Play Tag Football
- Visit the Library
- Learn to Knit or Crochet
- Be Thankful



How many of these Halloween words can you unscramble?

- | | |
|-------------------|----------------|
| PALEPS _____ | UEHDTAN _____ |
| TUMUAN _____ | NEMSOTR _____ |
| NEBOS _____ | CBEOTR _____ |
| FOBRENIS _____ | PIKPUNM _____ |
| DCYAN _____ | ARROCSEW _____ |
| SCUESOTM _____ | RESMCA _____ |
| CDOIRNTEOAS _____ | KESTOELN _____ |
| HSGTO _____ | IEPSDR _____ |
| WEHLEALON _____ | OKSOPY _____ |
| RVSHAET _____ | ARTET _____ |

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