

## APARTMENT LIVING TIP

### Finding Motivation for Fitness Amid the Coronavirus

It very well may be hard to remain inspired to exercise in the best of times. The additional stress and disturbance from the coronavirus pandemic just makes it harder. All things considered, there are things you can do to help yourself.

Put it on your calendar. Adhering to a standard encourages you to keep up a feeling of regularity and booking your exercises may keep you from lingering or staying away from them.

Since you may have an increasingly adaptable timetable at the present time, attempt to design your exercises for when you have the most vitality. Taking a short exercise break during your workday may re-vitalize you, for instance.

Make it social. Including the people you're isolated with can make exercising absolutely more fun. Stay accountable by announcing your plans to work out to your roommates, partner, or social group, online or off. Post your workouts on social media to enlist and motivate others.

## Important Information

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### Contact Info

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## COMMUNITY TIP

### Park Like a Pro

There's nothing more frustrating than circling the parking lot – only to find that the last available spot is impossible to pull into because other cars are so poorly parked. Be a good neighbor by following these simple parking etiquette pointers.

- Square Up: Are you parked so crooked that it inhibits people from parking in another spot? Take a minute to straighten up your car. Also, avoid parking too close to one side of the spot.
- Slow Down: Speeding around the parking lot can be dangerous! Maintain safe speeds of 20 miles per hour or less.
- Mind Your Manners: First come, first served should be the rule of thumb in the parking lot, unless they're assigned. If someone has their blinker on indicating they plan to pull into a spot, don't pull out in front of them.

Parking like a pro may take an extra minute, but your neighbors will certainly appreciate your efforts!

## SEASONAL RECIPE

### Festive "Isolation" Summer Caprese Salad

Whether you're looking to impress your isolated friends, or enjoy an easy, healthy, and sophisticated treat, the perfect answer to your quest is a Caprese Salad.

Start by slicing tomatoes into 1/4 in. thick slices. Arrange the tomato slices on a plate so they overlap. Slice your fresh mozzarella so the slices are the same thickness as the tomatoes.

Place a mozzarella slice in between the tomato slices and continue until there is a slice of cheese between every tomato slice. Top each piece of mozzarella with leaves of fresh basil. Then gently drizzle olive oil over the entire plate. Sprinkle the top with salt and pepper and you've got a beautiful, sophisticated summer delicacy.

**FUN FACT:** August is National Picnic Month which makes it a great reason to spend time with family & friends.

# Live for the buzz!

## MY QUESTION

### What Constitutes a Legitimate Emergency Call to Maintenance?

Every apartment resident should familiarize themselves with issues that constitute a real emergency – one for which you can and should call the property management company at night, on weekends or holidays.

The following list includes real emergencies:

- No heat in winter or air conditioning in summer
- No hot water or no water when you haven't been warned in advance
- Overflowing water from a sink
- Flooding
- A toilet that doesn't flush
- A refrigerator that stops working
- A hot water heater leak
- A gas leak (when you smell gas from a stove, hot water heater or clothes dryer.)
- Any apartment wide or room-specific electrical outage when there isn't a power outage elsewhere
- Situations that present serious health and safety hazards

## FUN APARTMENT

### How to Add Color to Your Apartment

One of the hardest challenges renters face is finding ways to add color to apartments. You don't have to skimp on color if you get creative about using it.

You can certainly add color or texture to your apartment with furniture and fabrics, including bar or counter stools or colorful printed throw pillows. If you want to add color to an otherwise stark room, choose a theme and use that as the concept around which you add color. If you want to change the look and feel of your living room often – perhaps seasonally – consider choosing neutral colors for your main furniture pieces. Neutral colors are ideal in small places because they create the illusion of openness.

Another smart trick is using brightly colored square storage cubes to create side tables or a night stand for a platform bed, or even use two or three different colored cubes to create your own pseudo coffee table. You can even scour flea markets or second-hand stores for functional pieces to paint and add color to your apartment.

In the kitchen, you can add color through your dishes, appliances, table linens, and even flatware.

## Parqwood Apartments Calendar - August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> Rent Due Annual Recertification Notices
<b>2</b> National Ice Cream Sandwich Day	<b>3</b> National Watermelon Day	<b>4</b> National Chocolate Chip Cookie Day	<b>5</b> National wear Underwear Day	<b>6</b> Rent Late: Please add late fee National Root Beer Float Day	<b>7</b> National Water Balloon Day	<b>8</b> National Sleep under the Stars Day
<b>9</b> National Book Lovers Day	<b>10</b> National S'mores Day Pest Control: 2nd floor Front & Middle Hall	<b>11</b> National Son's & Daughter's Day	<b>12</b> National Vinyl Record Day	<b>13</b> Commodity Day: Large Community @ 11AM	<b>14</b> Commodity Day: Large Community @ 1:30 PM-3:30 PM	<b>15</b> National Relaxation Day
<b>16</b> National Tell a Joke Day	<b>17</b> National Nonprofit Day	<b>18</b> National Fajita Day	<b>19</b> National Soft Ice Cream Day	<b>20</b> National Chocolate Pecan Pie Day	<b>21</b> National Senior Citizens Day	<b>22</b> National Be An Angel Day
<b>23</b> National Sponge Cake Day	<b>24</b> National Waffle Day Pest Control: 2nd Floor Back Hall	<b>25</b> National Banana Split Day	<b>26</b> National Cherry Popsicle Day	<b>27</b> National Just Because Day	<b>28</b> National Cherry Turnovers Day	<b>29</b> National Chop Suey Day
<b>30</b>	<b>31</b>					