

IMPORTANT INFO

Property Manager

Ja'Mai Bell

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Activity Coordinator

Ashley Lott

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Maintenance

Phone: (419) 214-6943,
press Option 1

ANNOUNCEMENTS

Parqwood Staff has spotted trash bags disposed of improperly in the basement. Please be advised – residents seen doing this will be fined \$25 per trash bag.

Please refrain from sitting outside the main entrance to the building. Help us ensure that vendors, visitors, postal workers/couriers, and medical/emergency professionals can easily access the building.

There are benches located at the circle drive, as well as in the courtyard outside the Large Community Room.

We will soon be transitioning into e-documents for resident paperwork. This will allow residents the option to easily complete documents online. Please keep eyes and ears open for more incoming information.

Per company policy, all residents must wear a face mask when outside of their apartments and when participating in any community events/activities.



PARQWOOD APARTMENTS

August 2021 Newsletter

Hello wonderful residents of Parqwood! We are in a whole new month again and that means more things to read about in the newsletter and different activities to participate in.

Please be sure to check out the bulletin board weekly to look for events and helpful resources. Also, the suggestion box is at the board for residents to deposit ideas for activities, so if you have any suggestions you know where to leave them.

Remember that leasing office hours are 9:00am-12:30pm and 1:30pm-4:00pm. Office is CLOSED on Wednesdays.

● RESOURCES ●

- **Resilient Roots: FREE Mental Health Workshop at the Ironwood Center in Maumee – August 18th @ 6:30pm. Sign up on ironwoodcenter.com.**
- **Retirement Planning Workshop – August 10th & 12th. RSVP to sit down for a Complimentary Private Dinner event at Rockwell's Steakhouse and to learn essential retirement tips. Call Citizen Advisory Group at 419-872-0204 to find out more and RSVP. Spots are limited.**

● AROUND TOLEDO ●

- **Glass City Exotic Reptile Expo – August 1st, 10:00am-3:00pm**
- **Westgate Farmer's Market, every Wednesday 3pm-7pm now through Mid-October**
- **Botanical Gardens: Jazz in the Garden Series, August 5th, 12th & 19th from 6:30pm-8:00pm**
- **55th Annual German-American Festival: August 27th to 29th**

A RECIPE FOR A DELICIOUS DINNER

Bell peppers are in season around this time of year, which means that they'll be extra flavorful, making them perfect for **stuffed bell peppers**. This recipe uses a cheesy ground beef and rice mixture that you're sure to love.

Here's what you'll need:

- 4 whole bell peppers any color
- 3/4 to 1 pound ground beef
- 1 white onion diced
- 3 cloves garlic minced (sub 2-3tsp garlic powder)
- 1 15 ounce can diced tomatoes, drained
- 1 cup cooked white rice
- 1 cup frozen or canned corn
- 1 tablespoon Worcestershire sauce
- 1 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 1/2 cup of shredded cheese

Here's how to make it:

1. Preheat oven to 350 degrees F. Lightly grease a 9x13 pan.
2. Trim the tops off each bell pepper and remove seeds and membrane from inside. Place the bell peppers into the prepared pan.
3. In a large skill over medium high heat, cook ground beef and onion until browned. Drain any excess fat or liquids. Add in garlic and cook 1 minute more.
4. Remove from heat and stir in tomatoes, cooked rice, corn, Worcestershire sauce, salt, pepper, and 1 cup pepper jack cheese.
5. Spoon mixture into bell peppers until full. Sprinkle remaining cheese over the top.
6. Bake in the preheated 350 degree oven for 30 minutes until cheese is bubbling and browned.

TIPS ON HOW TO SAVE AT THE GROCERY STORE

- Download your grocery store's app if possible. Use it to make lists, keep track of pricing/deals, and you can clip coupons too!
- Be sure to have a meal/snack before shopping. Never go hungry at the store, you'll likely spend more if you do.
- Don't shy away from store/generic brands! They are often just as good as the name brands, but won't take as much money out of your pocket.

AUGUST 2021 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 AAA 'Round Town Pizza Luncheon/Info Session 11:00am-1:00pm	4 Community Room open 1:30p-4:00p BOOK MOBILE 3:00-3:45PM	5 COMPUTER LAB TIME (sign-up required) 10:00am-12:00pm	6 Late fees begin VACCINE CLINIC 10:00am-1:00pm	7
8	9 COMPUTER LAB TIME (sign-up required) 10:00am-12:00pm	10 COMMODITIES 11:30-3:30PM	11 COMMODITIES 1:30-3:30PM	12	13	14
15	16 UNITED HEALTHCARE & LIFE INSURANCE WORKSHOP @ 11:00am	17 MOVIE DAY (sign-up required) 2:00p-4:00p	18 Community Room open 1:30p-4:00p BOOK MOBILE 3:00-3:45PM	19 COMPUTER LAB TIME (sign-up required) 10:00am-12:00pm	20	21
22	23 COMPUTER LAB TIME (sign-up required) 10:00am-12:00pm	24	25 Community Room open 1:30p-4:00p	26 B-DAY CELEBRATION 1:00PM-2:00PM	27	28
29	30	31 MOVIE DAY (sign-up required) 2:00p-4:00p	Sept. 1 Community Room Open 1:30-4:00pm	Sept. 2 COMPUTER LAB TIME 10:00am-12:00pm VIRTUAL BOOK CLUB AT 2:00pm		