



# Audubon Oaks

December 2017  
Inside this issue

Holiday shopping sanity  
Eat right to avoid the flu  
Movie previews and more!

## LifeStyle

Audubon Oaks Apartments • 4350 Audubon Oaks • Lakeland, FL 33809

### Holiday Office Hours

The Management Office will be closed on Monday, December 25th for the Christmas holiday. We will also close Monday, January 1st in observance of New Year's Day. Happy holidays everyone!

### Welcome Home for the Holidays!

We all enjoy welcoming friends and family into our homes for the holidays. Audubon Oaks Apartments is pleased to welcome a number of new friends into our community. Keeping our residents happy and informed is our first priority. If you have any questions about residential life in our community, please feel free to call the Office. We'll be happy to assist you in any way that we can, as you settle into your new home.

We're so grateful to all our loyal, longtime residents who we consider "family" and who make Audubon Oaks Apartments such a pleasurable place to call home.

### Night of Lights Competition

Starting December 1st, we will be holding our annual Night of Lights competition! To enter the competition, decorate the balconies of your apartment homes with your best light/holiday display. Be sure to decorate within your rented space only. Judging will take place on Monday night, December 11th. The winner will be announced at the Christmas Party on December 12th! Be sure to be there because YOU could be the winner!

### Expecting a Holiday Package?

Everyone has busy schedules and the Management Office is happy to accept holiday packages in your absence. However, due to limited storage space, we ask that you promptly claim your parcels as soon as you are notified of their arrival. Thank you!

### Happening in December...

**National Stress Free Holidays Month.** Don't let the hectic demands of the December holiday season get you down. Learn to recognize signs of stress, keep expectations realistic, and practice saying no before you burn out. Also, watch your diet and stick to your exercise schedule to stay healthy and calm.

**World AIDS Day, Dec. 1.** World AIDS Day is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV, and commemorate those who have died.

**National Influenza Vaccination Week, Dec. 3-9.** The Centers for Disease Control and Prevention recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. Getting the flu vaccine as soon as it becomes available each year is always a good idea, and the protection you get from vaccination will last throughout the flu season.

**Answer the Telephone like Buddy the Elf Day, Dec. 18.** If you don't know who Buddy the Elf is, then you probably don't believe in Santa, but those who do will embrace their inner child (or elf) and have some fun with this.

**World Healing Day, Dec. 31.** This nonpolitical, nondenominational day is about peace, love, understanding, forgiveness, harmony, and restoring balance.

#### YOUR COMMUNITY TEAM

**Lacey Benigas**

Community Director

**Elise Cooper**

Resident Relations

**Ashley Punausuia**

Leasing Consultant

**Beth Hill**

Leasing Consultant

**Danny Rodriguez**

Maintenance Supervisor

**Sonia Ulloa Aguilar**

Housekeeper

**Ephraim Selles "Jr"**

Maintenance Staff

**Frank Fernandez**

Maintenance Staff

**Alejandro Melendez**

Maintenance Staff

#### OFFICE HOURS

**Monday thru Friday**

9:00 am-6:00 pm

**Saturday**

10:00 am-5:00 pm

**Sunday**

Closed

#### CONTACT INFORMATION

**Management Office**

(863) 853-9900

**Office Fax**

(863) 853-6975

**Community Website**

[www.audubonoaks.com](http://www.audubonoaks.com)

**Facebook Keyword**

[www.facebook.com/audubonoaks](http://www.facebook.com/audubonoaks)

**Instagram**

[audubon\\_oaks\\_apartments](https://www.instagram.com/audubon_oaks_apartments)





## Eat right to avoid the flu

It's never too late to protect yourself (and your friends and family) from the flu. A flu shot may be your best line of defense, but you can also keep the flu virus at bay with help from these foods:

- **Chicken Soup.** Once again, your mother was right. Chicken soup provides fluids that help fight off viruses, and it can reduce inflammation and other symptoms of the flu.
- **Garlic.** Compounds in garlic (also onions) known as allion and allicin have an antiviral impact. For maximum effect, chew a raw clove every three to four hours. If necessary, try chopping the clove into smaller pieces to swallow like pills.
- **Pumpkin seeds.** The zinc in pumpkin seeds is said to help white blood cells fight off disease.
- **Citrus fruits.** The vitamin C found in most citrus fruits (as well as red bell peppers, broccoli, sweet potatoes, and other foods) can reduce cold and flu symptoms by up to 25 percent.
- **Blueberries.** Antioxidants are more plentiful in blueberries than in lots of other fruits and vegetables. Eat half a cup a day during flu season. Fresh are best, but even frozen ones offer strong benefits.

## Trek the malls: Tips for staying sane during shopping trips

The holiday season can be stressful, especially if you've got a lot of gifts to buy for friends and family. To stay calm through the ordeal, follow this advice:

- **Plan your holiday shopping.** Make a list of the people you want (or need) to buy presents for and what you want to buy. Set a budget so you don't overspend.
- **Shop online.** You'll save time as well as wear and tear on your nerves. Just pay attention to the details. For example, is shipping free, or is there an extra charge?

- **Buy a couple of gift cards.** Pick stores that you and most people like. That way if you've forgotten anyone, you'll have something to fall back on. And if you haven't forgotten anyone—you get the gift!
- **Keep track of your spending.** Save your receipts so you can know how much you've spent at any given moment. Of course, this also comes in handy if any gifts you purchased need to be returned or exchanged. Which leads us to . . .

- **Pay attention to stores' return policies.** Some shops set a time limit on when items can be returned; others offer exchanges but no refunds. Be aware of policies to make returns easy on everyone.
- **Wrap things as you go.** Wrap each gift the minute you get home. You won't have to spend hours wrapping a bunch of presents at the last minute, and you'll feel more rested and prepared as the holiday festivities begin.



## How to avoid the 5-pound holiday weight gain

- At a dinner, eat just foods you like, not some of everything.
- Sit farther away from a buffet table so seconds (and thirds) are less convenient.
- Eat slowly. It takes 20 minutes for your body to recognize a full feeling.
- Drink water with your meals.
- When mixed drinks are being served, ask for club soda, water, or diet soda in your drink.
- Visit with many people so you have something to do in addition to eating and drinking.
- At home, keep cookies, candy, and other treats out of sight so you won't snack every time you walk by them.



**FERDINAND** tells the story of a giant bull with a big heart. After being mistaken for a dangerous beast, he is captured and torn from his home. Determined to return to his family, he rallies a misfit team on the ultimate adventure. Set in Spain, Ferdinand proves you can't judge a bull by its cover.



Photo Credit: Lewis Jacobs

**JUST GETTING STARTED** Duke Diver (**Morgan Freeman**) is living the high life as the freewheeling manager of a luxurious resort in Palm Springs, Calif. He soon faces competition from Leo (**Tommy Lee Jones**), a former military man who likes the same woman that Duke is interested in. When Diver's past suddenly catches up with him, he must put aside his differences and reluctantly team up with Leo to stop whoever is trying to kill him. **Rene Russo** also stars.

**THE GREATEST SHOWMAN** Inspired by the imagination of P.T. Barnum (**Hugh Jackman**), *The Greatest Showman* is an original musical that celebrates the birth of show business & tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

**JUMANJI: WELCOME TO THE JUNGLE** Four high school kids discover an old video game console and are drawn into the game's jungle setting, literally becoming the adult avatars they chose. What they discover is that you don't just play Jumanji - you must survive it. To beat the game and return to the

real world, they'll have to go on the most dangerous adventure of their lives, discover what Alan Parrish left 20 years ago, and change the way they think about themselves - or they'll be stuck in the game forever. **Dwayne Johnson, Jack Black, and Kevin Hart** star.

**GOTTI** The film follows infamous crime boss John Gotti's (**John Travolta**) rise to become the "Teflon Don" of the Gambino Crime Family in New York City. Spanning three decades and recounted by his son John Jr. (**Spencer Lofranco**), "Gotti" examines Gotti's tumultuous life as he and his wife (**Kelly Preston**) attempt to hold the family together amongst tragedy and multiple prison sentences.

**STAR WARS: THE LAST JEDI** Rey took her first steps into a larger world in *Star Wars: The Force Awakens* and will continue her epic journey with Finn, Poe, and Luke Skywalker in the next chapter of the continuing *Star Wars* saga, *Star Wars: Episode VIII*.

**DOWNSIZING** When scientists discover how to shrink humans to five inches tall as a solution to overpopulation, Paul (**Matt Damon**) and his wife Audrey (**Kristen Wiig**) decide to abandon their stressed lives in order to get small and move to a new downsized community — a choice that triggers life-changing adventures.

**FATHER FIGURES** **Ed Helms** and **Owen Wilson** play Peter and Kyle Reynolds, two brothers whose eccentric mother (**Glenn Close**) raised them to believe their father had died when they were young. When they discover this to be a lie, they set out to find their real father, learning more about their mother than they probably ever wanted to know.

**I, TONYA** Competitive ice skater **Tonya Harding** (**Margot Robbie**) rises amongst the ranks at the U.S. Figure Skating Championships, but her future in the activity is thrown into doubt when her ex-husband intervenes.

**WONDER WHEEL** On Coney Island in the 1950s, a lifeguard tells the story of a middle-aged carousel operator and his beleaguered wife. **Jim Belushi, Justin Timberlake** and **Kate Winslet** star.

**HOME ENTERTAINMENT RELEASES**

Dec. 5	Despicable Me 3
Dec. 5	American Assassin
Dec. 12	Detroit
Dec. 12	Kingsman: The Golden Circle
Dec. 19	The LEGO Ninjago Movie
Dec. 19	Victoria & Abdul
Dec. 19	Dunkirk



# MERRY CHRISTMAS

*and Happy New Year*

## December 2017

					friday	saturday
					1	2
					RENT IS DUE. Night Of Lights Begins!	
sunday	monday	tuesday	wednesday	thursday		
3 Disability Day	4 Wear Brown Shoes Day	5	6 RENT IS LATE! Cashiers Check Or Money Order Only.	7 PEST CONTROL Call The Office To Sign Up.	8 Brownie Day	9 Gingerbread Decorating Day
10	11 "NIGHT OF LIGHTS" VOTING! Winner Will Be Announced On The 12th!	12 HOLIDAY PARTY! The Clubhouse 7:30pm	13 Violin Day	14 PEST CONTROL Call The Office To Sign Up.	15 Ugly Christmas Sweater Day	16 Chocolate Covered Anything Day
17 Wright Brothers Day	18 Bake Cookies Day	19	20 Go Caroling Day	21 PEST CONTROL Call The Office To Sign Up.	22 Forefathers' Day	23 Festivus
24 Christmas Eve!	25 Christmas Day <b>MERRY CHRISTMAS!</b> Office Closed.	26 Thank You Note Day	27 Fruitcake Day	28 PEST CONTROL Call The Office To Sign Up.	29 Tick Tock Day	30
31 Happy New Year!						