

Audubon Oaks

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

We Love Our Residents!

The entire staff of Audubon Oaks Apartments joins in wishing everyone in our community a very happy Valentine's Day. While February is the traditional month of love, we just wanted to remind you that *we really do love our residents all year long!* Thank you for making our community such a great place to call home!

Resident Appreciation Week: Something for Everyone!

We're planning a week to thank all of our residents for choosing to live in our apartment community. Every day of the week we'll have a different treat or activity to show our appreciation to the wonderfully diverse population that lives in our apartment community. For more details about Resident Appreciation Week, see the insert.

Valentine's Day Around the World

America and Canada are not the only countries that enjoy Valentine's Day. Here are how other countries celebrate the day:

Denmark. Danes exchange white flowers called snowdrops and send humorous notes in which the sender signs his or her name in dots (one dot for each letter). If the recipient guesses the correct name, the sender will give him or her a candy egg at Easter.

Italy. On this day, many couples either become engaged or announce their engagements.

Mexico. On "Dia del Amor y la Amistad" (Love and Friendship Day), Mexicans randomly assign secret friends to receive anonymous gifts (similar to the Secret Santa tradition).

Happening in February...

Black History Month. This month long celebration of the accomplishments of African Americans throughout history began in the early 20th century as a result of the efforts of Dr. Carter G. Woodson and the organization he founded, The Association for the Study of African American Life and History.

Creative Romance Month. Not big on candy and flowers for Valentine's Day? Plan the perfect rendezvous with your valentine. Consider an overnight stay at a bed and breakfast, a day hike at a scenic location, or a romantic movie marathon. Let love inspire your imagination to express what's in your heart.

Groundhog Day, Feb. 2. If the groundhog sees its shadow, prepare for another six weeks of winter (or possibly a showing of the 1993 Bill Murray movie).

National "Wear Red" Day for Women's Heart Health, Feb. 5. Heart disease is the No. 1 killer of women in United States. Raise awareness of heart health issues and disease prevention by wearing something red on this day.

President's Day, Feb. 19. Celebrating George Washington, Abraham Lincoln, and other U.S. presidents through the years.



February 2018
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Valentine's Day office advice
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Lifestyle

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 Robles

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

Facebook Keyword

www.facebook.com/audubonoaks

Instagram

[audubon_oaks_apartments](https://www.instagram.com/audubon_oaks_apartments)





GAME NIGHT Max and Annie's (Jason Bateman and Rachel McAdams) weekly game night gets kicked up a notch when Max's brother Brooks arranges a murder mystery party—complete with fake thugs and federal agents. So when Brooks gets kidnapped, it's all supposed to be part of the game. As the competitors set out to solve the case, they start to learn that neither the game nor Brooks are what they seem to be. The friends soon find themselves in over their heads as each twist leads to another unexpected turn over the course of one chaotic night.



Photo Credit: Matt Kennedy

BLACK PANTHER After the events of *Marvel's Captain America: Civil War*, King T'Challa (**Chadwick Boseman**) returns home to the reclusive, technologically advanced African nation of Wakanda to serve as his country's new leader. However, T'Challa soon finds that he is challenged for the throne from factions within his own country. When two foes conspire to destroy Wakanda, the hero known as Black Panther must team up with C.I.A. agent Everett K. Ross and members of the Dora Milaje, Wakanadan special forces, to prevent Wakanda from being dragged into a world war.

EVERY DAY *Every Day* tells the story of Rhiannon (**Angourie Rice**), a 16-year old girl who falls in love with a mysterious spirit named "A" who inhabits a different body every day. Feeling an unmatched connection, Rhiannon and A work each day to find each other, not knowing what or who the next day will bring. The more the two fall in love, the more the realities of loving someone who is a different person every 24 hours takes a toll, leaving Rhiannon and "A" to face the hardest decision either has ever had to make.

ANNIHILATION In seeking answers to her husband's tragic disappearance, a biologist (**Natalie Portman**) volunteers for an expedition into an area sealed off by the government for the last 30 years as an environmental disaster zone. A secret agency known as the Southern Reach has sent in 11 expeditions over those years to discover the truth about Area X, and those attempts were failures. She and her team find a pristine wilderness, but they also notice quickly that the rules of nature and evolution seem to work a little differently. And the creature they find is dangerous.

THE PARTY Janet (**Kristin Scott Thomas**) is hosting an intimate gathering of friends in her London home to celebrate her political ascension, while her husband, Bill (**Timothy Spall**), seems preoccupied. Janet's acerbic best friend, April (**Patricia Clarkson**), arrives and others follow, some with their own dramatic news to share, but an announcement by Bill provokes a series of revelations that gradually unravel the sophisticated soiree, and a night that began with champagne may end with gunplay.

EARLY MAN Set at the dawn of time, when prehistoric creatures and woolly mammoths roamed the earth, this animated film tells the story of Dug, along with sidekick Hognob, who unites his tribe against the mighty Bronze Age in a battle to beat them at their own game.

THE 15:17 TO PARIS In August 2015, ISIS terrorist Ayoub El-Khazzani boards train from Brussels to Paris. El-Khazzani is armed with an AK-47 and enough ammo to kill more than 500 people, but three American friends refuse to give in to fear. Together, they avert a mass tragedy.

THE WAR WITH GRANDPA A young man loves his grandfather, but also loves his bedroom. When grandpa's wife dies, he moves in. His bad leg means he can't stay in the attic bedroom, so guess who gives up his beloved bedroom? The young man engages in a series of pranks meant to drive out grandpa, but the old man is pretty resourceful in returning each salvo. **Robert De Niro** and **Christopher Walken** star.

HOME ENTERTAINMENT RELEASES

Feb. 27	Coco
Feb. 13	Wonder
Feb. 20	Daddy's Home 2
Feb. 27	Murder on the Orient Express
Feb. 6	A Bad Moms Christmas
Feb. 20	The Star
Feb. 6	Only the Brave
Feb. 13	Roman J. Israel, Esq.
Feb. 20	Same Kind of Different as Me



A beginners guide to yoga



Valentine's Day and the office

With increased focus on inter-personal relationships in recent months, you might be asking what you can and can't do on Valentine's Day in an office setting. Good question.

The rules of relationships are changing, but here are some tried and true guidelines from Forbes.

- Don't discuss your love life at the office and, if you break this rule, make sure you don't discuss these things with the opposite sex.
- Don't flirt. This can be misinterpreted in a dozen different ways. Dodge that snare.
- Skip the personal gifts but feel free to share cookies with all your coworkers. You might stay away from love-themed cookies and little heart candies. Chocolate chip will do.
- Don't get physical at the office. Ever.
- Rethink having your significant other send elaborate gifts of flowers to the office.
- No emotional displays, please. Not joy. Not sadness.

Yoga classes are everywhere these days. And for good reason. You don't have to be a triathlete to start; the benefits are both physical and mental; it doesn't require a lot of expensive equipment; and you can do it nearly anywhere.

Once you've decided to give yoga a try, you might be confused by the number of different types of yoga. So here's a primer on the many branches and traditions of yoga:

Hatha. This is an umbrella term for a variety of postures and breathing techniques. It is appropriate for any fitness level or age. Wear loose clothing, have a mat, and start with an instructor who can fine tune your postures.

Don't rely on videos in the beginning and don't eat a large meal for at least two hours before class.

Iyengar. This is a moderately difficult type of yoga that focuses on balance and alignment and sometimes uses straps and blocks to achieve precise postures. Wear clothing that doesn't hide your form.

Ashtanga. Generally, an extremely difficult and challenging form of yoga, though instructors can modify the forms for beginners. Postures are performed in increasingly difficult sequences in rooms heated to 80 degrees. Wear body-hugging clothing.

Vinyasa. This type is challenging and requires stamina, as it involves continuous movement.

Postures flow from one form to the next. You need light clothing.

Kundalini. A combination of hatha yoga, chanting and meditation to awaken the energy near the base of the spine. It is moderately difficult and demands loose, comfortable clothing.

Bikram. A very challenging series of 26 poses designed to increase flexibility and sweating. Rooms are heated to 90 degrees, so very light clothing is a must, as is drinking plenty of water.

Jivamukti. There are different levels of difficulty to this type of yoga, but most are considered very challenging. It integrates Ashtanga poses with music, chanting and meditation. Comfortable clothing is recommended.



Want a better complexion? Look in your fridge.

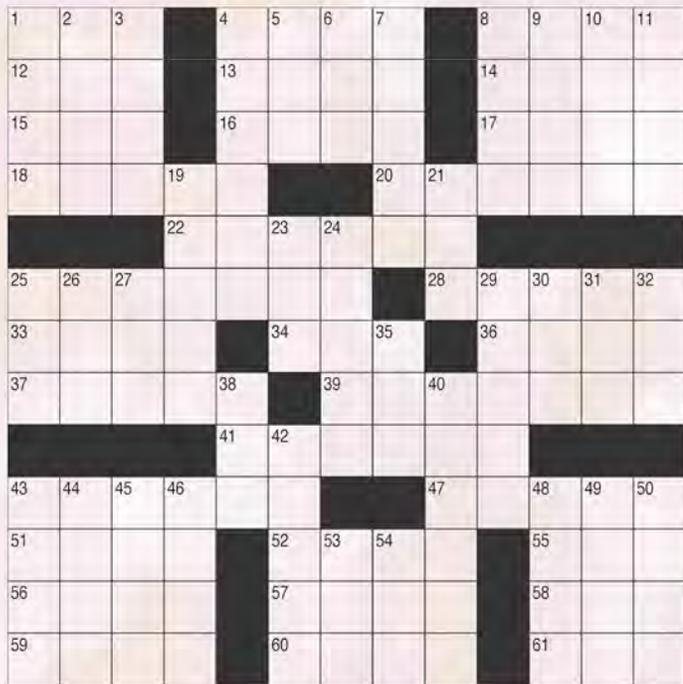
Your mother was right. What you eat really does affect your complexion. In her book *Smart Medicine for Your Skin*, dermatologist Jeanette Jacknin pinpoints which foods to eat to combat specific skin conditions.

Eating yellow or orange fruits and vegetables helps prevent sun damage. These foods are packed with beta-carotene and antioxidants, like vitamins C and A. Combined they act like a natural sunscreen.

Recent research has shown that drinking green tea can also prevent sun induced skin damage. Green tea contains polyphenols which reduce cell damage caused by ultraviolet radiation. (A word of caution: these foods should supplement not replace topical sun screens).

To combat wrinkles, include almonds, brown rice and olive oil in your diet. These foods contain high amounts of vitamin E which can protect the cell membranes of the skin. In fact, a study conducted in Australia recently found that people who eat these foods have the least amount of wrinkles.

To improve the skin's elasticity and prevent thin skin, eat whole grains, seafood and garlic. These foods are rich in selenium which can slow the signs of aging by preserving the suppleness of skin tissue.



ACROSS

- 1. Have a bawl
- 4. Deadly serpents
- 8. Raised platform
- 12. "_____ Done It?"
- 13. Decoy
- 14. Land tract
- 15. Feel ill
- 16. Kitty's comment
- 17. "_____ Will I Be Loved"
- 18. Phrase
- 20. Actor Borgnine

- 55. Hoopla
- 56. Piece of land
- 57. "_____ on Down the Road"
- 58. Small explosion
- 59. Regard

- 22. Di-sheveled
- 25. Forsake
- 28. Chowed down
- 33. Deteriorated
- 34. One of Santa's helpers
- 36. Festive event
- 37. Spare
- 39. Avidly
- 41. General George _____
- 43. Acknowledges
- 47. Loft
- 51. Winter garment
- 52. Lovers' quarrel
- 60. Preschooler
- 61. Like a fox

DOWN

- 1. Took a dip
- 2. Akron's location
- 3. Lightning flash
- 4. Marzipan nut
- 5. Mystery writer Grafton
- 6. Ace
- 7. Replaced a button
- 8. Tony Orlando's group
- 9. Yearn
- 10. Enrages
- 11. Conveyed
- 19. Radio receiver
- 21. Cereal grain
- 23. Foot part
- 24. Small bay
- 25. Wonderment
- 26. Carton
- 27. Type of gallery
- 29. Representative
- 30. Roofing material

- 31. House extension
- 32. Congressional negative
- 35. Chew the _____ (talk)
- 38. Prone
- 40. Chin beard
- 42. Something of value
- 43. Corrosive liquid
- 44. Medicine unit
- 45. Drake or stag
- 46. Bit of gossip
- 48. Knocks softly
- 49. Revered person
- 50. Imitation
- 53. Income
- 54. "_____ Me No Questions"



February

sunday	monday	tuesday	wednesday
4 Super Bowl Sunday	5 February is Black History Month	6 RENT IS LATE! Money Order Or Cashier's Check Only.	7 Wave All Your Fingers at Your Neighbor Day
11 HAPPY RESIDENT APPRECIATION WEEK! See Insert For Details.	12 Lincoln's Birthday	13 Mardi Gras	14 Valentine's Day Happy Valentine's Day!
18 Daytona 500	19 President's Day	20 Cherry Pie Day	21
25	26 Carnival Day	27 Polar Bear Day	28

thursday	friday	saturday
1 RENT IS DUE. PEST CONTROL	2 Groundhog Day	3 Ice Cream For Breakfast Day
8 PEST CONTROL Call The Office To Sign Up.	9 National Pizza Day	10 Umbrella Day
15 PEST CONTROL Call The Office To Sign Up.	16 Chinese New Year	17 Random Acts of Kindness Day
22 PEST CONTROL Call The Office To Sign Up.	23 Single Tasking Day	24 National Dance Day

2018