

# Audubon Oaks



March 2018

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## Lifestyle

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

## Spring Cleaning Clothes Drive

Spring is the time of year to clean and get rid of the old! What better way to clean out your closet than by helping those in need! All month, we will be collecting gently used clothing to donate to in-need families through the Dream Center of Lakeland. Just bring your no longer in use clothing to the office and we'll do the rest!

## It's Madness!

If you love college basketball, we have just the ticket for you! We're having an NCAA March Madness Basketball Contest. Enter the contest for some friendly competition with your neighbors and a chance to win a \$50 gift card!

**How to Enter:** Visit NCAA.com and print a bracket form or stop by the Office for a form. Brackets will be available starting March 12th. Fill out your team picks and drop the completed form at the Office by 11 am on March 15th. Brackets must be submitted on time in order to qualify!

**How You Win:** Each correct prediction receives points! Whoever has the most points at the end wins! First and Second Place Winners will receive a \$50 and a \$25 gift card!

## Easter Egg Hunt!

Come join the fun as Audubon Oaks Apartments hosts an "eggs-tra" special Easter Egg Hunt from 11am to 12pm on March 31st. Kids are invited to bring a basket to the Clubhouse and gather all the hidden eggs and Easter surprises they can find. Plenty of goodies will be provided for everyone! Children must be accompanied by an adult. We look forward to seeing you there!

## Happening in March...

**Women's History Month.** Celebrate the achievements of women like Juliette Gordon Low, who founded the Girl Scouts in 1912, before women had the right to vote and despite her severe hearing impairment.

**National Day of Unplugging, sundown March 9-sundown March 10.** Remember what life was like before everyone had a smartphone? Somehow we managed to have meaningful face-to-face conversations and get to places on time without getting lost. Unplug and live authentically for these 24 hours.

**Daylight Savings Time Begins, March 11.** Don't forget to set your clocks forward one hour before going to bed Saturday night.

**St. Patrick's Day, March 17.** Break out the green, read some James Joyce, and try to catch a leprechaun.

**Act Happy Week, March 19-25.** The third week of the month is devoted to embracing your inner joy and sharing it with others. If you're looking for a reason to be happy, think spring.

**Make Up Your Own Holiday Day, March 26.** Why not observe a cause that's near and dear to your heart?

**Take a Walk in the Park Day, March 30.** Walking is a great way to decrease stress. Take a break to enjoy the scenery and breathe the fresh spring air today.

### YOUR COMMUNITY TEAM

**Lacey Benigas**

Community Director

**Elise Cooper**

Resident Relations

**Ashley Punausua**

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](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)





# How to use social media responsibly

Here are some tips for both parents and children to follow to help create an atmosphere of positive citizenry on social media channels:

- **Pause before you press “enter.”** You leave a permanent footprint on everything you post, creating the likelihood it can resurface at any time and call your character into question later. Resist the urge to be impulsive, spread gossip, or promote hate.

- **Apply the Golden Rule.** You are what you post, retweet, and share. Ask yourself these three questions of anything you feel inspired to post: Is it true? Will it cause anyone harm? What is my motivation for posting this?

- **Get permission/Give permission.** Before sharing someone else’s photos or content, make sure you have their OK and ask the same of your contacts.

- **Review your privacy settings.** They are there for a reason—to limit who can access your

information and how they can use it. You have locks on the doors and windows of your home to keep unwanted guests out; do the same for your social media profiles and feeds.

- **Police the content that appears on your page.** Not everyone is mindful of the content they post. Occasionally, that inappropriate material will make its way onto your social media feed, where it can be viewed by your contacts and misinterpreted as something you favor. Don’t hesitate to block contacts and remove posts from your feed if they are offensive.

- **Exercise caution.** You wouldn’t allow your children to walk around with a sandwich board displaying their legal name, age, address, and other personal information, so don’t allow them to create detailed profiles that can be accessed by strangers the world over. Never divulge too much information about yourself, your current location, or future plans unless you want to fall victim to unscrupulous internet trolls.



## How to start your morning off right

Starting your day on the wrong foot can make the rest of it more difficult, but the opposite also holds true. Here are three simple things you can do to start your day off right.

- **Smell the Good** Scientists have discovered that smelling lemons releases serotonin (a feel-good hormone) and lowers norepinephrine (a stress hormone). Put lemon in your tea, use essential oils, or light a lemon-scented candle. Not into lemons? Try basil, juniper, or lavender.

- **Snag a Snuggle** Hugging is another serotonin kick. Grab your special someone and snuggle up!

- **Get Giggling** Some say reading a new joke each morning can help set your day up for delight. In fact, a recent study out of Loma Linda University in Southern California found that healthy, older adults who watched a funny video distraction-free for 20 minutes performed memory tests better than those who didn’t. They also showed a decrease in stress hormones.



## Redecorate on the Cheap

Is it time to freshen up your home? These inexpensive ideas will help reinvent your space fast.

- **Get Snappy with Seating.** New sofas and chairs can infuse life into a ho-hum home, but they can also be pricey. Instead, add throw pillows to the couch, layer blankets over armrests, and place cushions on chairs. Visit a discount shop for fabric to tie over the backs of chairs and change the color palette each season.

- **Find Some Artsy Treasure** If your walls are bare, cover them with low-cost finds from garage sales, art festivals, and art schools. Get frames from discount stores and let the artwork shine through. Yard sales feature “another man’s trash,” but these trinkets could be perfect for you. Showcase them on shelves and windowsills. When it comes to vases, the cheaper the better, since the flowers are the true beauties. Use empty wine bottles as vases for recycling with purpose!



Photo credit: Takashi Seida



**DEATH WISH** Dr. Paul Kersey (**Bruce Willis**) is a surgeon who often sees the consequences of the city's violence in the emergency room. When home intruders brutally attack his wife (**Elisabeth Shue**) and young daughter, Kersey becomes obsessed with delivering vigilante justice to the perpetrators. As the anonymous slayings grab the media's attention, the public begins to wonder if the deadly avenger is a guardian angel or the Grim Reaper itself.

**GRINGO** A mild-mannered American businessman (**David Oyelowo**) finds himself in over his head after traveling to Mexico. He soon crosses the line from citizen to criminal while tangling with shady colleagues, international mercenaries, drug lords and the DEA. **Charlize Theron** also stars.

**A WRINKLE IN TIME** Follows Meg Murry (**Storm Reid**), a young girl traumatized by the disappearance of her scientist father (**Chris Pine**) years before. She finds herself on an interplanetary journey with a schoolmate and her younger brother to find her father. They are aided by a trio of supernatural beings: Mrs. Whatsit (Reese Witherspoon), Mrs. Who (**Mindy Kaling**) and Mrs. Which (**Oprah Winfrey**).

**DEAR DICTATOR** A notorious dictator (**Michael Caine**) finds refuge with a single mother and her teenage daughter after a coup. While hiding out in the suburbs, he teaches the teen how to start a high school revolution by taking down the popular students. **Katie Holmes, Seth Green, and Jason Biggs** also star.

**THE HURRICANE HEIST** Centers on a team of hackers who break into a U.S. Mint facility on a small coastal town to steal \$102 million. But a disastrous Category 5 hurricane strikes at the same time, leaving only a meteorologist and a female treasury agent to stop the thieves from getting away with the heist.

**TOMB RAIDER** Lara Croft (**Alicia Vikander**) is the fiercely independent daughter of an eccentric adventurer who vanished years earlier. Hoping to solve the mystery of her father's disappearance, Croft embarks on a perilous journey to his last-known destination—a fabled tomb on a mythical island that might be somewhere off the coast of Japan. The stakes couldn't be higher as Lara must rely on her sharp mind, blind faith and stubborn spirit to venture into the unknown.

**FLOWER** Follows 17-year old Erica Vandross (**Zoey Deutch**) and her two friends as they spend their free time making money in unconventional ways, acting as self appointed, free-wheeling vigilantes of the San Fernando Valley. Everything changes for Erica when her mother (**Kathryn Hahn**) invites her boyfriend (**Tim Heidecker**) and his estranged son (**Joey Morgan**) to move in with them.

**RED SPARROW** Prima ballerina Dominika Egorova faces a bleak and uncertain future after she suffers an injury that ends her career. She soon turns to Sparrow School, a

secret intelligence service that trains exceptional young people to use their minds and bodies as weapons. Egorova emerges as the most dangerous Sparrow after completing the sadistic training process. As she comes to terms with her new abilities, Dominika meets a CIA agent who tries to convince her that he is the only person she can trust.

**READY PLAYER ONE** When the creator of a virtual reality world called the OASIS dies, he releases a video in which he challenges all OASIS users to find his Easter Egg, which will give the finder his fortune. Wade Watts (**Tye Sheridan**) finds the first clue and starts a race for the Egg.

**SHERLOCK GNOMES** In the heart of London, gnomes are disappearing from the gardens. Gnomeo (voiced by **James McAvoy**) and Juliet (voiced by **Emily Blunt**) join forces with the great Sherlock Gnomes (voiced by **Johnny Depp**) and Watson to discover what is behind the mystery.

**HOME ENTERTAINMENT RELEASES**

March 6	Thor: Ragnarok
March 13	Justice League
March 13	Ferdinand
March 13	I, Tonya
March 20	Pitch Perfect 3
March 20	Downsizing

# A Sweet Way To Top Off Your St. Patrick's Day Party

Every March 17th, people come together to celebrate St. Patrick's Day. For most, it's just a time to party; but for the Irish, it is a national holiday where friends and families get together—as they have for generations—in the long Irish tradition of storytelling and blarney. They share stories about their husbands, wives and kids, and funny anecdotes from work, continuing to talk until they're all talked out.

Though originally a religious holiday, March 17th has evolved into more of a secular celebration of Irish tradition; and in Ireland, food and drinks serve the purpose of warming the surroundings and making friends feel at home. For your main dish, serve Irish stew, Corned Beef and Cabbage, or Shepherd's Pie; and to finish, try this deliciously rich dessert.



## Bailey's Chocolate Mousse Pie

6 ounces Ready Crust (graham cracker/chocolate)  
 1 package unflavored gelatin  
 1 teaspoon vanilla  
 3/4 cup milk

3/4 cup Bailey's Irish Cream  
 6 ounces Semisweet choc chips  
 2 cups Frozen whipped topping  
 Chocolate-dipped strawberries (as a garnish, if desired)

In saucepan, sprinkle unflavored gelatin over milk. Let stand about 1 minute. Stir over low heat until gelatin is dissolved, about 5 minutes. Add chocolate and continue cooking, stirring constantly until chocolate is melted; stir in vanilla. Remove from heat and stir occasionally, adding Bailey's about five minutes after removal from heat. When mixture forms mounds when dropped from spoon, fold in whipped topping.

Turn into crust. Garnish with more whipped topping (or real whipped cream, later, by preference) and strawberries (if desired). Chill at least 4 hours before serving.

# March 2018

				Thursday	Friday	Saturday
				1	2	3
				RENT IS DUE! PEST CONTROL	Old Stuff Day	
4	5	6	7	8	9	10
Hug a GI Day	World Tennis Day	RENT IS LATE! Money Order Or Cashier's Check Only.	March is Women's History Month	PEST CONTROL	Barbie Day	Genealogy Day
11	12	13	14	15	16	17
Check Your Batteries Day	Napping Day		Pi Day	March Madness Bracket Due At 11am! PEST CONTROL	No Selfies Day	Happy St. Patrick's Day
18	19	20	21	22	23	24
Forgive Mom & Dad Day		Won't You Be My Neighbor Day	Common Courtesy Day	PEST CONTROL	National Tamale Day	
25	26	27	28	29	30	31
Waffle Day	Make Up Your Own Holiday Day	World Theatre Day	Manatee Appreciation Day	NO PEST CONTROL	Take a Walk in the Park Day	Easter Egg Hunt! 11am Clubhouse