

Spring Clean Your Fridge

TOSS out any food that is spoiled, has an expired date, or is unidentifiable. Get in the habit of cleaning out your refrigerator every time you bring home groceries.

CLEAN off any leftover bits of food on the shelves and interior doors and wipe up any spills.

REMOVE all loose papers from the outside of your refrigerator. Toss out anything that is outdated. Put coupons into a coupon organizer, recipes in a recipe file. If you choose to display photographs on your refrigerator, buy magnet frames to keep them neat.

Spring Storms

Winter is almost over - but sometimes spring can bring bad weather as well. Strong storms and tornadoes may occur frequently during the spring and you should be prepared. Make sure you have a plan for severe weather.

- Designate an interior room (perhaps a closet or bathroom) for everyone to gather.
- Keep a working flashlight and radio handy.
- Listen to the weather reports carefully.
- Never underestimate warnings or watches. It is always better to be safe than sorry.



National Puppy Day

National Puppy Day, held on March 23 each year, celebrates the unconditional love puppies bring to people's lives. The day aims to help save puppies by encouraging adoption. Here are some ways you can celebrate:

- Visit an animal shelter and adopt a puppy.
- Spread awareness by using the hashtags #nationalpuppyday and #puppyday on social media and also share pictures of your dog.
- Donate your time or money to a local animal shelter or an organization that supports stray animals. There is always a need for help walking, feeding, playing with and cleaning up after the animals.



Step Lively!

With the advent of spring and longer daylight time, it's a great time to get in some exercise.

- Keep a pair of walking shoes in your car. You never know when you can squeeze in a 10-minute walk.
- To increase body toning, cardiovascular fitness and calorie burn, walk uphill.
- Freeze water in your water bottle. It will melt slowly while you walk so you'll have a constant supply of cold water.
- Get your arms pumping to bring your upper body into your workout. Want more toning? Carry two 5-pound hand weights.
- Always warm up and stretch to avoid injury.
- Find a place to walk and be consistent! Outdoor track, greenway or at the mall - just do it!

S	M	T	W	T	F	S
March		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Mar. 2-6 - SEC Women's Basketball Tournament: Bridgestone Arena
 Mar. 2-6 - "Dear Evan Hanson": TPAC
 Mar. 3-4 - Yola: Ryman Auditorium
 Mar. 6-7 - Conan Gray: Ryman Auditorium
 Mar. 8 - Predators vs. Dallas
 Mar. 9 - Billie Eilish: Bridgestone Arena
 Mar. 9 - Bob Weir & Wolf Bros.: Ryman Auditorium
 Mar. 10 - Predators vs. Anaheim
 Mar. 10 - Chris Janson: Ryman Auditorium
 Mar. 11 - Ron White: TPAC
 Mar. 12 - Predators vs. St. Louis
 Mar. 14-15 - Khruangbin: Ryman Auditorium
 Mar. 15 - Predators vs. Pittsburgh
 Mar. 16-17 - Little Feat: Ryman Auditorium
 Mar. 16-18 - Morgan Wallen: Bridgestone Arena
 Mar. 17 - Alton Brown: TPAC
 Mar. 18 - Brian Regan: Ryman Auditorium
 Mar. 18-26 - Ballet: "Lucy Negro Redux": TPAC
 Mar. 19 - Predators vs. Toronto
 Mar. 19 - Ministry: Ryman Auditorium
 Mar. 20 - Randy Houser: Ryman Auditorium
 Mar. 22 - Ben Platt: Bridgestone Arena
 Mar. 22-27 - "The Donna Summer Musical": TPAC
 Mar. 23 - Tame Impala: Bridgestone Arena
 Mar. 23 - Bob Dylan: Ryman Auditorium
 Mar. 25 - Russell Dickerson: Ryman Auditorium
 Mar. 26 - Mount Westmore: Bridgestone Arena
 Mar. 26 - Buddy Guy: Ryman Auditorium
 Mar. 27 - Predators vs. Philadelphia
 Mar. 27 - Trixie & Katya: Ryman Auditorium
 Mar. 28 - 311: Ryman Auditorium
 Mar. 29 - Predators vs. Ottawa
 Mar. 29-30 - Gregory Alan Isakov: Ryman Auditorium
 Mar. 29 - Apr. 3 - What the Constitution Means to Me: TPAC
 Mar. 30 - Jim Gaffigan: Bridgestone Arena
 Mar. 30 - Baby Shark Live: TPAC

Apr. 1 - Harlem Globetrotters: Bridgestone Arena
 Apr. 2 - Predators vs. Washington
 Apr. 3 - Daryl Hall: Ryman Auditorium
 Apr. 5 - Predators vs. Minnesota
 Apr. 5-10 - Sounds vs. Durham
 Apr. 6 - Maxwell: Bridgestone Arena
 Apr. 7, 9 - Opera: "Rigoletto Noir": TPAC
 Apr. 7-10 - Southern Women's Show: Music City Center
 Apr. 8 - 2Cellos: Bridgestone Arena
 Apr. 8 - Trace Adkins: Ryman Auditorium
 Apr. 9 - Predators vs. Florida
 Apr. 12 - Predators vs. San Jose
 Apr. 12 - The Price Is Right Live: TPAC
 Apr. 13 - John Mayer: Bridgestone Arena
 Apr. 13 - The Zombies: Ryman Auditorium
 Apr. 14 - Predators vs. Edmonton
 Apr. 15 - Chris Tomlin: Bridgestone Arena
 Apr. 16 - Predators vs. Chicago
 Apr. 16 - Mat Kearney: Ryman Auditorium
 Apr. 17 - Predators vs. St. Louis
 Apr. 19 - Predators vs. Calgary
 Apr. 19-24 - Sounds vs. Charlotte
 Apr. 19-24 - "Come From Away": TPAC
 Apr. 21-22 - Bert Kreischer: Ryman Auditorium
 Apr. 24 - Predators vs. Minnesota
 Apr. 25 - Gladys Knight: Ryman Auditorium
 Apr. 26 - Predators vs. Calgary
 Apr. 26 - Letterkenny: TPAC
 Apr. 27 - Journey: Bridgestone Arena
 Apr. 28-29 - The Eagles: Bridgestone Arena
 Apr. 28-May 8 - "Mary Poppins": TPAC
 Apr. 29 - Walker Hayes: Ryman Auditorium
 Apr. 30 - Ben Jovi: Bridgestone Arena

All dates subject to change without notice

S	M	T	W	T	F	S
April					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

March
April 2022

STAFF

Jim Lott
Property Manager

Taylor Nowels
Assistant Manager

Keevin Weber
Maintenance Supervisor

Tyler Heckaman
Courtesy Officer

OFFICE HOURS

Monday-Friday
8:00am-5:00pm

THE Voice of VILLA ADRIAN

2964 Franklin Pike • Nashville, TN 37204
(615) 383-2224

Schatten Properties Management, Inc.

Daylight Saving Time Begins

You might lose an hour of sleep on Sunday, March 13, but it might be worth it as we get to tack on an extra hour of daylight in the evening. Remember to set your clocks ahead one hour the night before!

Spruce Up for Spring

Please take a moment to tidy up your place by removing any personal belongings you might have stored in the entryways or breezeways, patios or balconies. Patio furniture and potted plants are welcome to stay. If you are in need of extra storage space, please call or stop by the office. We can refer you to several storage services in the neighborhood.

March is National Nutrition Month

National Nutrition Month is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. Initiated in March 1973 as a week-long event, National Nutrition Week became a month-long observance in 1980 in response to growing public interest in nutrition. We encourage everyone to build a healthy lifestyle this month and always. Visit www.eatright.org to learn more.





Our daylight hours are getting longer and in many places the temperature is warming up! It's a great time to get outside. Studies show that a bit of sunlight is good for your body.

Did you know that sunshine cheers you up? It produces serotonin (our natural, happy hormone) and can stave off moderate depression. Your body also produces more endorphins when you exercise outside instead of indoors.

Sunlight can help outwit osteoporosis. Vitamin D is best synthesized in the presence of the sun. You can "bank" Vitamin D in the pre-30 years by getting your daily dose of sunlight.

We all want to boost our immunity, especially in today's world. Get outside and in the sun! Many of our ailments and health concerns can be helped with adequate sun exposure. Make sure if you are in the sun for a lengthy period of time to use sunscreen.

 Check us out on **Hassle Free Newsletter** and pin your favorites!

MONEY STRONG



How is your budget for 2022?
 By keeping a spending diary for a month, you'll see where your money goes.

Save something every month, as much as 5% to 10%. If you direct deposit, put some into savings each pay period.

Take advantage of your work's 401K, if offered. Every bit goes a long way to helping you in retirement.

If you overspend on groceries one week, deduct from your "out to eat" fund. This could apply to any area of spending.

Sneak in at least one "no spend day" each week and even make it a game to see how many days you don't spend any money.

Look to cancel any subscriptions you don't need or want.

May The Luck of the Irish Be With You

Here's something to say to your friends on St. Patrick's Day!

You've got to do your own growing, no matter how tall your father was.

May misfortune follow you the rest of your life, and never catch up.

It is often that a person's mouth broke his nose.

May you always have a clean shirt, a clear conscience, and enough coins in your pocket to buy a pint!

A good laugh and a long sleep are the two best cures.

May your home always be too small to hold all your friends.

MASCOTMADNESS

IN MARCH MADNESS

- | | |
|----------------------|--------------------------|
| ___ NEBRASKA | A: BUFFALOES |
| ___ AIR FORCE | B: GOLDEN GOPHERS |
| ___ COLORADO | C: CARDINAL |
| ___ TEXAS TECH | D: SUN DEVILS |
| ___ MINNESOTA | E: BOILERMAKERS |
| ___ WESTERN KENTUCKY | F: CORNHUSKERS |
| ___ WISCONSIN | G: FALCONS |
| ___ PURDUE | H: BADGERS |
| ___ STANFORD | I: RED RAIDERS |
| ___ ARIZONA STATE | J: HILLTOPPERS |

MARCH 25 IS INTERNATIONAL WAFFLE DAY



What toppings do you like on your waffles? Here are a few to try for your recipe this month.

- Warm Nutella drizzled on top
- Chocolate chips added to the batter
- Runny eggs - packed with protein
- Greek yogurt with honey and blueberries
- Chili - with waffles made from cornbread mix
- Caramelized bananas with a dab of whipped cream
- Ice cream with a cherry added
- Cooked apples with cinnamon
- Strawberries and whipped cream or berries and cream
- Steak - with waffles made from hash browns