

S	M	T	W	T	F	S
	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	MAY		

May 1 – Nashville Sounds vs. New Orleans  
 May 2 – Emmylou Harris: Ryman Auditorium  
 May 3 – A Perfect Circle: Bridgestone Arena  
 May 5 – Pixies: Ryman Auditorium  
 May 5 – Bastille: Ascend Amphitheater  
 May 5-6 – Luke Bryan: Bridgestone Arena  
 May 5-7 – Ballet: “7 Deadly Sins”: TPAC  
 May 5-7 – Tennessee Craft Fair: Centennial Park  
 May 6 – Garrison Keillor: Ryman Auditorium  
 May 6-7 – Dave Matthews: Ascend Amphitheater  
 May 6-9 – Nashville Sounds vs. El Paso  
 May 10 – Steve Winwood: Ryman Auditorium  
 May 11-14 – Nashville Sounds vs. Albuquerque  
 May 12 – Paula Poundstone: TPAC  
 May 12-13 – Drew Holcomb: Ryman Auditorium  
 May 13 – Iroquois Steeplechase: Percy Warner Park  
 May 14 – Alice Cooper: TPAC  
 May 15 – Phoenix: Ryman Auditorium  
 May 16 – Whose Live Anyway?: TPAC  
 May 16 – Georgia On My Mind: Ryman Auditorium  
 May 17 – New Kids on the Block: Bridgestone Arena  
 May 17 – Mastodon: Ryman Auditorium  
 May 18 – John Legend: Ascend Amphitheater  
 May 19 – Alan Jackson: Ascend Amphitheater  
 May 19-20 – Little Big Town: Ryman Auditorium  
 May 23 – Maxwell: Bridgestone Arena  
 May 23-26 – Nashville Sounds vs. Omaha  
 May 23-28 – “The Carole King Musical”: TPAC  
 May 24 – Hall & Oates: Bridgestone Arena  
 May 26-27 – Eric Church: Bridgestone Arena  
 May 27 – Nashville Symphony: Ascend Amphitheater  
 May 27-30 – Nashville Sounds vs. Colorado Springs  
 May 31 – Lake Street Dive: Ryman Auditorium  
 May 31 – Train: Ascend Amphitheater  
 May 31 – Julianne & Derek Hough: Opry House

June 2-3 – Four Voices: Ryman Auditorium  
 June 3 – Muse: Ascend Amphitheater  
 June 4 – Bianca del Rio: TPAC  
 June 6 – Stars for Second Harvest: Ryman Aud.  
 June 7 – Marty Stuart: Ryman Auditorium  
 June 8-11 – CMA Music Festival  
 June 9 – Paul Shaffer: Ryman Auditorium  
 June 10 – City of Hope Celebrity Softball Game: First Tennessee Park  
 June 12 – Sigur Ros: TPAC  
 June 13 – Iron Maiden: Bridgestone Arena  
 June 13-16 – Nashville Sounds vs. Iowa  
 June 13-18 – “Dixie’s Tupperware Party”: TPAC  
 June 14 – Joe Jackson: TPAC  
 June 15 – Third Eye Blind: Ascend Amphitheater  
 June 17 – Dan TDM: Ryman Auditorium  
 June 17-20 – Nashville Sounds vs. New Orleans  
 June 24 – Monster Jam: Nissan Stadium  
 June 24 – An Evening with Cary Elwes: TPAC  
 June 24 – Punch Brothers: Ryman Auditorium  
 June 24 – Nashville Symphony: Ascend Amphitheater  
 June 26-29 – Nashville Sounds vs. Round Rock  
 June 27 – Chicago: Ascend Amphitheater  
 June 27-July 2 – “Something Rotten”: TPAC  
 June 30-July 3 – Nashville Sounds vs. OK City

All dates subject to change without notice

S	M	T	W	T	F	S
JUNE				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	

## Spring Is In – Time To Get Out!

With warmer weather and longer days, everyone will be spending more time outside riding bikes, taking walks and simply enjoying spring. Please remember the warm weather neighborhood courtesy. Move slowly when driving around the community or backing out of the parking lot. Keep your balcony or patio tidy, and if you choose to listen to music outside, please keep it at a reasonable volume level. And most importantly, have a wonderful time. See you outside!

## FRIENDS AT YOUR FINGERTIPS

Whether you live alone or share your home with someone, one of the greatest advantages of living in our community is having so many friends and neighbors close by. And we’d love to have more friends and neighbors just like you! When you tell your friends, family and co-workers all about our community you get the chance to choose your own neighbors. After all, friends do make the best neighbors!

## Grilling

The Fire Marshal’s office has asked us to remind you that grills are not to be used or stored on your patios or balconies. For a great barbecue, we do provide barbecue grills for your use. We do ask that this area be kept clean for everyone to enjoy.



## MAN’S BEST FRIEND

Please take care to walk your pet in the designated areas, keeping them safely on a leash. In addition, please remember to clean up after your pet. Everyone in the community will appreciate your thoughtfulness.



## Smokers Beware!

Please dispose of your cigarettes properly and don’t pitch them out the window of your car, and especially do not flick them off your patios and balconies. Not only does our staff have to pick all of them up, but this practice is a fire hazard. Remember that there is dry mulch and foliage surrounding your home and throughout the community.

# THE VOICE of VILLA ADRIAN

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

## A MONTH TO HONOR

Opportunities abound in May for us to honor many deserving people. Mothers and grandmothers certainly fit into this category. Don’t forget to express your gratitude to them for their unconditional love and support. Let’s also remember to do something special for these ladies on Mothers Day.

Graduates also deserve our praise and respect, and May will be filled with commencements. Whether you have a family member or friend graduating from kindergarten, high school or college, remember to express your congratulations. A little recognition can mean so much.

And finally, sometime during the Memorial Day activities, let’s pause to remember the men and women who lost their lives serving our great country. It’s because of their sacrifice that we enjoy the freedom of America.

Let’s all recognize and honor these special people in our lives.

## Watch the Calendar

Vacation is right around the corner! But before you leave, remember rent is due by the 1st and is considered late by the 6th. Avoid paying late fees by taking care of rent and your bills before you leave. That way you can spend your money on fun stuff during vacation instead of unnecessary charges when you return. Bon voyage!



## CINCO DE MAYO...

...is a Mexican holiday that observes the victory over the French on May 5, 1862. It is a big holiday for Mexican-Americans and is celebrated by families of Mexican descent with parades, dances and other fun and colorful festivities. We wish all our residents celebrating this day a Happy Cinco de Mayo!

**MAY/JUNE 2017**

### STAFF

**Jim Lott**  
Property Manager  
**Taylor Nowels**  
Assistant Manager  
**Robert Irwin**  
Maintenance Supervisor  
**Wayne Michon**  
Courtesy Officer

### OFFICE HOURS

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





**Although not a holiday in Mexico, other countries love to celebrate Cinco de Mayo big time!**

- The Fiesta Broadway is a mile-long street fair in downtown Los Angeles. Other activities continue all the way to the coast.
- Sydney, Australia hosts a Margarita Showdown with five local bars showing off to see who makes the best margarita.
- Vancouver, Canada holds an annual Cinco skydiving event, followed by a moustache contest.
- The annual air guitar competition is held on Cinco in the Cayman Islands.
- Chandler, Arizona celebrates with Chihuahua races.



## Celebrate Mom

Most of us have fond memories of our mothers who gave so much of themselves to help us succeed. But if you look back on your life, you've had a lot of women who've helped "mother" you as well. Perhaps it was your friend's mom who took you both to practice, or a female teacher who prodded you to do your best, or a mentor who helped in your career.

You, too, can be a "mother" to others in your everyday walk. Look for ways to encourage those who need a hand up, offer your professional services to someone struggling and love on children who need it most.



It's National Bike Month and a great time to start this healthy exercise. Did you know that exercise boosts brainpower? Kids are even more positively affected by time on the bike.

A study found that elderly patients with knee pain and osteoarthritis actually improved their condition when cycling was integrated into their routines.

You can lose fat simply by exercising and biking is a great way to exercise.

Studies have shown that insomnia sufferers who cycled for 20-30 minutes every other day had their fall asleep time reduced by half with sleep time increasing by almost an hour.

Cycling just 20 miles a week reduces your risk of heart disease to less than half that of those who take no exercise. Pregnant women who ride have an easier, less complicated labor, recover faster and enjoy better overall mood through the nine months. Your baby also has a 50% lower chance of becoming obese and enjoys better in-utero neurodevelopment. Always check with your doctor before beginning an exercise program.

## CINCO DE MAYO

WORD SEARCH		
CELEBRATION	HOLIDAY	MEXICO
COSTUMES	MAY	PINATAS
DANCING	MARACAS	SALSA
FIESTA	MARIACHI	SOMBRERO



M C S D P Z M N A D  
 U N W A X J H O T A  
 Q F S Z L O E I S N  
 C L U O L S P T E C  
 V L G I M X A A I I  
 S C D L J B M R F N  
 V A F I B S R B S G  
 Y R T Y Q B P E I C  
 S A C A R A M L R G  
 T X K G N U A E A O  
 P E M X T I Y C I C  
 X M N S Y G P F J Q  
 S H O U M E X I C O  
 T C M A R I A C H I  
 U F X Z G K Y H M K  
 X U G Z Z E E T Y P

### CHICKEN/CHEESE QUESADILLAS

- 2 CUPS BAKED OR GRILLED CHICKEN (DICED)
- 1-1/2 CUPS SALSA (MILD OR HOT)
- 1 CUP GRATED MEXICAN FOUR CHEESE LARGE TORTILLAS

Mix chicken, salsa and cheese together. In large skillet put small amount of oil or butter. Place a large tortilla in skillet, heat and turn over. Place chicken mixture on top of the hot tortilla and fold in half. Leave until second side gets hot. Place in casserole dish and do as many tortillas as you have mixture. Sprinkle cheese generously on tops of quesadillas; heat in 350 degree oven for 10 minutes or until cheese begins to melt. May be dipped in salsa or ranch dressing. Use your imagination by adding onions, peppers, mushrooms, etc. to chicken mixture if desired.

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**Memorial Day is the holiday set aside to pay tribute to those who died serving in the military. What can you do?**

- Visit cemeteries and place flags or flowers on the graves of our fallen heroes.
- Visit memorials.
- Find out if there are any observances in your area and attend. Participate in the National Moment of Remembrance at 3:00 p.m. to pause and think upon the true meaning of the day.