

S	M	T	W	T	F	S				
<i>may</i>						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 2 – **Justin Moore**: Ryman Auditorium
 May 2 – **Jack Johnson**: Ascend Amphitheater
 May 3 – **The National**: Ascend Amphitheater
 May 4 – **Foo Fighters**: Bridgestone Arena
 May 4 – **Brantley Gilbert**: Ascend Amphitheater
 May 4-6 – **Ballet: "Modern Masters"**: TPAC
 May 4-7 – **Sounds vs. Memphis**
 May 5 – **A Prairie Home Companion**: Ryman Auditorium
 May 6 – **Five Finger Death Punch**: Bridgestone Arena
 May 6 – **David Byrne**: Ryman Auditorium
 May 6 – **Beck**: Ascend Amphitheater
 May 8-11 – **Sounds vs. Colorado Springs**
 May 9 – **Justin Timberlake**: Bridgestone Arena
 May 10 – **Vance Joy**: Ascend Amphitheater
 May 11 – **Dashboard Confessional**: Ryman Auditorium
 May 12 – **Iroquois Steeplechase**: Percy Warner Park
 May 12 – **Jimmy Eat World**: Ryman Auditorium
 May 12 – **Odesza**: Ascend Amphitheater
 May 13 – **Bubble Guppies Live**: TPAC
 May 13 – **Spoon**: Ryman Auditorium
 May 18 – **Trampled By Turtles**: Ryman Auditorium
 May 18 – **Willie Nelson**: Ascend Amphitheater
 May 19 – **Portugal. The Man**: Ascend Amphitheater
 May 19-20, 23 – **Margo Price**: Ryman Auditorium
 May 20 – **Steely Dan & Doobie Bros.**: Ascend Amphitheater
 May 21-22 – **Fleet Foxes**: Ryman Auditorium
 May 21-24 – **Sounds vs. Colorado Springs**
 May 23 – **An Evening with Ghost**: TPAC
 May 25-29 – **Sounds vs. Oklahoma City**
 May 26 – **U2**: Bridgestone Arena
 May 31 – **Alan Cumming**: TPAC
 May 31 – **Poison & Cheap Trick**: Ascend Amphitheater

June 1 – **Darren Knight**: Ryman Auditorium
 June 5-7 – **Sounds vs. Reno**
 June 5-10 – **"Waitress"**: TPAC
 June 7-10 – **CMA Music Fest**
 June 8-11 – **Sounds vs. Tacoma**
 June 9 – **Nick Swardson**: TPAC
 June 11 – **Dr. Jordan Peterson**: Ryman Auditorium
 June 12 – **Harry Styles**: Bridgestone Arena
 June 12 – **Styx & Joan Jett**: Ascend Amphitheater
 June 14 – **Stephen Stills & Judy Collins**: Ryman Aud.
 June 15 – **Martin Lawrence**: Bridgestone Arena
 June 15 – **Celtic Woman**: TPAC
 June 15-17 – **American Artisan Festival**: Centennial Park
 June 16 – **Pink Floyd & Light Show**: Ascend Amphitheater
 June 18 – **Arctic Monkeys**: Ascend Amphitheater
 June 19-24 – **"Love Never Dies"**: TPAC
 June 20 – **Paul Simon**: Bridgestone Arena
 June 21 – **Anthony Jeselnik**: TPAC
 June 21 – **Dailey & Vincent**: Ryman Auditorium
 June 21-24 – **Sounds vs. Round Rock**
 June 22 – **Lovett or Leave It**: Ryman Auditorium
 June 23 – **Monster Jam**: Bridgestone Arena
 June 23 – **Third Day**: Ryman Auditorium
 June 24 – **Bill Maher**: Ryman Auditorium
 June 26 – **Georgia On My Mind**: Ryman Auditorium
 June 26 – **Logic**: Ascend Amphitheater
 June 27 – **Theresa Caputo**: TPAC
 June 27 – **The Who's "Tommy"**: Ascend Amphitheater
 June 28 – **The Del McCoury Band**: Ryman Auditorium
 June 30 – **Hall & Oates**: Bridgestone Arena

All dates subject to change without notice

S	M	T	W	T	F	S	
<i>june</i>						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	

AIR CONDITIONING TIME

Now that warmer weather is here, many of you will begin to rely on your air conditioning heavily. Here are a few things to keep in mind:

- Do not turn your air conditioning off during the day while you are away. While your air conditioning is off, the walls in your home will heat up and your cooling unit will have to run twice as long to cool when turned back on.
- Try to keep your thermostat at a constant temperature. Raising and lowering the temperature only increases the amount of work the unit has to do. An ideal temperature setting is about 72 degrees.
- Keep your blinds closed as much as possible, especially if you are on the south side of a building. Sunlight alone will easily raise the temperature in your home 10-15 degrees.
- Remember that any air conditioning unit is designed to cool approximately 15 degrees cooler than the outside temperature. So when the temperature outside reaches 98 degrees, your home cannot realistically be cooled to 68 degrees.

Please check your air conditioning and report any malfunctioning to our office so we can fix the problem as quickly as possible.

Furry Friends

If you recently acquired a new furry friend, don't forget the following to make sure you and your pet are happy:

- Have your pet properly vaccinated.
- Be sure your pet has a collar with ID and rabies tag.
- Begin house training immediately. Talk to a vet about different methods.
- Schedule your pet to be spayed or neutered.
- Register your pet with our office so we can welcome our new resident and review our community pet policies with you.

REFRIGERATOR TIPS

If you have noticed your fridge isn't cooling enough, check these things first to see if you can correct the problem. We are always happy to make a service call, but you may be able to make a quick adjustment and save time and your food.

- Make sure the thermostat has not been inadvertently lowered.
- Make sure there is nothing blocking the door, preventing it from closing completely.
- Make sure that food packages inside the freezer and fridge sections are not packed so tightly that they inhibit air movement throughout the compartments.

If you have checked all these things and the problem persists, please let us know. One of our maintenance technicians will be happy to come take a look and perform the necessary repairs.



THE VOICE of VILLA ADRIAN

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

Mothers Day

Our observance of Mothers Day began in 1907 when a woman named Anna Jarvis requested her church to hold a service on the anniversary of her mother's death, in memory of all mothers. All those who attended were asked to wear a white carnation in remembrance. In 1914 President Woodrow Wilson declared the second Sunday in May to be Mothers Day. According to tradition, a red carnation is worn in honor of a living mother, and a white carnation is worn in memory of one who is not.

More than 46 countries have officially set days for this, although the dates will sometimes vary. The United States, Canada, Denmark, Italy and Australia have all designated the second Sunday of May as Mothers Day.

CONGRATULATIONS, GRADUATES!

Whether you are completing high school or receiving your college degree, we are proud of you! As you look back at the happy times, the friends you've made, and the things you've learned...and as you look ahead to a future full of promise and opportunity...we wish you good luck and success on your journey.

Looking Good!

Thanks to all of you who assist us in keeping our community looking good by keeping your patio or balcony free of anything other than patio furniture and plants. Please do not hang laundry, rugs, towels, etc. on your patio. We do welcome hanging baskets and wind chimes. And please remember that breezeways are for breezes, not for bikes, toys and other personal belongings. Please store these items inside your home.

May/June 2018

Staff

Jim Lott
Property Manager

Taylor Nowels
Assistant Manager

Robert Irwin
Maintenance Supervisor

Office Hours

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



- MAY 5**
Cinco de Mayo
- MAY 6**
Kentucky Derby
- MAY 8**
National Teacher Day
- MAY 13**
Mother's Day
- MAY 19**
Armed Forces Day
- MAY 28**
Memorial Day
- MAY 28**
National Hamburger Day



LUNCH IS READY!

Who's ready for **National Hamburger Day?**

We are!

Check out some delicious and fun recipes on our Hassle Free Newsletter page on Pinterest!



Monday, May 28 is Memorial Day, an official holiday that was borne out of the Civil War with a desire to honor those who died while serving in the military.

- In 1966 the Federal Government declared Waterloo, New York, the official birthplace of Memorial Day.
- Each year on Memorial Day, a national moment of remembrance takes place at 3:00 p.m. local time.
- At Arlington National Cemetery, troops will place an American flag at each of the more than 220,000 graves.
- Fly your flags at half staff until noon on Memorial Day, then raise to full mast until sunset.
- Every Memorial Day, bikers ride into Washington, D.C. to honor veterans, POWs, and MIAs.
- On average, there are 28 burials each day at Arlington National Cemetery.
- The American Battle Monuments Commission (ABMC) has created and maintains 25 American military cemeteries located in 10 foreign countries.

MAY THE 5th BE WITH YOU

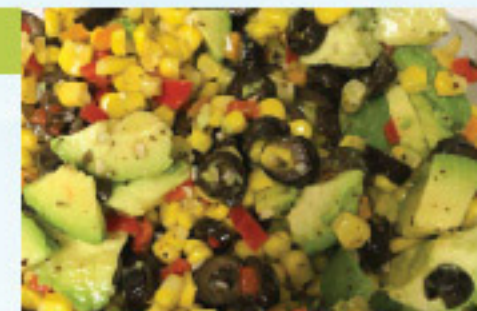
It's not Mexico's Independence Day and is primarily celebrated in only one of Mexico's 31 states. So why is Cinco de Mayo so popular in the United States?

Cinco is a celebration of Mexican forces defeating the French army on May 5, 1862. As Mexican immigrants flooded into the American southwest, they joined their fellow Mexican-Americans already in the United States as a time to showcase their ethnic identity – similar to how the Irish-Americans celebrate St. Patrick's Day.

So throw a Fiesta! Enjoy some Mexican food and learn about the rich traditions and culture. Happy Cinco de Mayo!

AVOCADO SALSA

- 10 ounce package of frozen corn (thawed)
- 2 cans (2-1/4 oz. size) sliced ripe black olives (drained)
- 1 sweet red bell pepper (chopped into small pieces)
- 1 tsp. onion powder or 1 small onion (chopped)
- 5 garlic cloves (minced) – optional
- 1/3 C. olive oil
- 1/4 C. lemon juice
- 3 tbsp. apple cider vinegar
- 1 tsp. dried oregano
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 large avocados (chopped)



Combine the corn, olives, bell pepper, and onion or onion powder into a bowl. Mix the remaining ingredients (except the avocados) into another bowl. Pour over the corn mixture, stirring gently all the ingredients together. Cover and refrigerate overnight. When ready to serve, stir the ingredients together again. Peel and chop the avocados and stir into the salsa. Serve with your favorite tortilla chips.



It's National Physical Fitness and Sport month and there's not a better time than NOW to begin your journey into better health.

Whether you run, walk, do yoga, spin class, or play with your kids or grandkids, exercise is key. Integrate physical activity into your day – not an add on. Although it is recommended adults get 30 minutes a day of physical activity, you can break it up into 10-15 minute bursts that fit your schedule.

By staying active, you are doing one of the most important things to curb obesity, lower chances of heart disease and live healthy.

We Appreciate You!

Two special weeks for two groups of people!



NATIONAL NURSES WEEK

is Sunday, May 6 through Saturday, May 12. Their 2018 theme is "Nurses: Inspire, Innovate, Influence."

From hospitals, medical offices, nursing homes, community health centers, schools, ambulatory care centers, retail clinics, camps, homeless shelters, prisons, sporting events, and tourist destinations, nurses are always there with quality care and compassion.



TEACHER APPRECIATION WEEK

is Monday, May 7 through Friday, May 11. Their 2018 theme is "Teachers Deliver" and yes, they do!

Teachers deliver inspiration, motivation, and knowledge that shape the futures of millions of children every day! It's a time to honor the men and women who bring the passion and skills to educate our children.

Mother's Day Quotes

"Mother – that was the bank where we deposited all our hurts and worries."
T. Dewitt Talmage

"To a child's ear, 'mother' is magic in any language."
Arlene Benedict

"Life doesn't come with a manual, it comes with a mother."
Unknown

"A mother is not a person to lean on, but a person to make leaning unnecessary."
Dorothy Canfield Fisher

LEWIS LETTERWORKS

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Spring Flower WORD SEARCH

- | | |
|-----------|-----------|
| Amaryllis | Marigolds |
| Bluebell | Peony |
| Daffodil | Poppy |
| Daisy | Rose |
| Gerberas | Sweet Pea |
| Iris | Tulip |
| Lilacs | Zinnia |
| Lily | |

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