



7400 Sugar Bend Drive • Orlando, FL 32819

Happy Thanksgiving!

One of the most-celebrated holidays of the year, the holiday feast often takes center stage. The real focus of the day will be achieved as you recognize and give thanks for your family, your country and the many blessings, large and small, that fill your life.

This holiday includes more travel than any other, including Christmas. That means, as you drive, fly, or travel by train, you should put safety first.

Remember not to rush or drive fast. By staying in your travel mode, which means you can patiently handle any travel situation that comes up, you will reach your destination safely. You'll have time to eat, give thanks, visit and cheer for your favorite football team.

Just Say, 'Tow'

By now you have heard over and over about the parking guidelines for all of our residents and their guests here at The Sanctuary at Bay Hill. Despite this fact, we still have had problems recently with people parking in the wrong areas **We thought we would go over it one more time.**

- All vehicles must have some type of parking permit to be parked on property.
- If you have a resident parking permit your vehicle is only allowed in your garage or driveway, not in the parking spaces located through out the property, those are for guests.
- Guest vehicles must have either a green hang tag on them (during allotted hours) or a guest permit issued by the Management Office or our Parking Enforcement.
- During Office Hours please call **407-352-7623** to find out how to get a guest permit, or after hours you can call our **Parking Enforcement Officer at 407-335-3449**. Please leave a detailed message and someone will get in touch with you.
- To avoid being towed, please follow these simple rules and refrain from parking in unauthorized areas. Thank you for your cooperation!

Motivational Tips From Personal Trainers

- Use your calendar and mark 3 days a week to exercise.
- Shake up the routine. Anything we do again and again can get tiresome and boring! So, try a new exercise video. Take a different class. Vary your hiking location or purchase new workout wear.
- Keep your exercise shoes out as a reminder.
- Tell everyone you are working out. When TV seems terrific compared to a set of sit-ups, knowing how embarrassed you'll feel when asked "So how's your exercising going?" may get you to work on those abs.
- Fuel up with a light snack two hours before you work out.
- Forgive yourself. If you miss a week or more, don't beat yourself up, or worse, decide to stop trying. Plan your next session...and just do it!
- Buy an item of clothing that's a size too small. Try it on periodically. Imagine how you'll feel when it really fits.
- Reward yourself. At the end of the week if you've met all your goals, do something special for yourself. You're going to love the results!



November/December 2018

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Turkey carving tips

Flu season is upon us

Movie previews and more!

Lifestyle

YOUR COMMUNITY TEAM

Lori Coolidge

Community Association Manager

Ruth Gibson

Assistant Community Manager

Jose Santos

Maintenance Staff

Luis Delgado

Maintenance Staff

Zach Emerson

Parking Enforcement

Zach Emerson

Parking Enforcement/Courtesy Officer

OFFICE HOURS

Monday

9:00 am–5:00 pm

Tuesday

9:00 am–5:00 pm

Wednesday

9:00 am–12:00 noon

Thursday

9:00 am–5:00 pm

Friday

9:00 am–12:00 noon

Saturday

Closed

Sunday

Closed

HOW TO REACH US

Management Office

(407) 352-7623

Courtesy Patrol

(407) 335-3449

Office E-Mail

manager@sanctuaryatbayhill.com

Community Website

www.sanctuaryatbayhill.com





How to carve the perfect Thanksgiving bird

A good Thanksgiving dinner is usually about the turkey. You don't have to be a surgeon to carve one correctly, but proper carving and slicing techniques will ensure you get the most meat from your bird and enable you to present an attractive meal to your friends and family.

Follow these easy techniques for successfully carving your holiday turkey:

- Let your 10-pound-or-bigger turkey stand at room temperature for 10 to 20 minutes after cooking and before slicing. This allows the juices to distribute evenly throughout the turkey. Netting and cooking bags are also easier to remove after waiting.
- Slice or carve the turkey on a sanitized cutting surface. Knives, pans, and covers should be sanitized, too.

Resanitize boards and knives every 30 minutes. Wear disposable food-handling gloves while carving or frequently wash your hands thoroughly.

- Immediately after the 10 to 20 minutes holding time, carve the turkey into major sections (i.e., breasts, thighs, drumsticks, and wings).
- To serve turkey hot, place sections in pans. Cover with foil or plastic film to retain heat and moisture and to minimize the possibility of contamination. Your turkey should be at least 140° F when placed in the holding pans. A maximum holding time of 20 to 30 minutes is recommended.
- Slice the sections into serving pieces, arrange them on a plate, and add garnish. Enjoy!



No flu for you!

Flu season is upon us and one shot could save you two weeks of suffering, says the Centers for Disease Control (CDC).

Different flu vaccines are approved for use in different groups of people. There are flu shots approved for use in children as young as 6 months of age and flu shots approved for use in adults 65 years and older. Flu shots also are recommended for use in pregnant women and people with chronic health conditions. The nasal spray flu vaccine is approved for use in non-pregnant individuals, 2 years through 49 years of age. People with some medical conditions should not receive the nasal spray flu vaccine.

The CDC does not recommend one flu vaccine over another. The most important thing is for all people 6 months and older to get a flu vaccine every year. If you have questions about which vaccine is best for you, talk to your doctor or other health care professional.



Take a cold shower—for better health

Showers keep you clean, but a cold shower can be good for your health. An article on the Success website spells out the benefits of taking cold showers:

- **Immunity.** Scientists believe there's a correlation between cold showers and increased production of an amino acid called glutathione, which boosts the immune system, gets rid of toxins, and eases stress.
- **Better skin health.** A hot shower removes important oils from the skin, making it dry and itchy. Cold showers reduce skin inflammation. They also prevent your hair from becoming brittle.
- **Muscle recovery.** There's a reason why athletes soak in ice baths after a tough game. The cold water helps speed their recovery time and relieve soreness quicker.
- **Better moods.** Cold showers may prevent depression, according to researchers at Virginia Commonwealth University. Decreasing the temperature of your water and then spending two or three minutes under cold water sends a lot of electrical impulses from the nerves in your skin up to your brain, which could have an anti-depressive effect.



BOHEMIAN RHAPSODY The film traces the meteoric rise of Queen through their iconic songs and revolutionary sound. They reach unparalleled success, but in an unexpected turn Freddie Mercury, surrounded by darker influences, shuns Queen in pursuit of his solo career. Having suffered greatly without the collaboration of Queen, Freddie manages to reunite with his bandmates just in time for Live Aid. While bravely facing a recent AIDS diagnosis, Freddie leads the band in one of the greatest performances in the history of rock music.



Photo credit: Barry Wetcher

CREED II Life has become a balancing act for Adonis Creed (**Michael B. Jordan**). Between personal obligations and training for his next big fight, he is up against the challenge of his life. Facing an opponent with ties to his family's past only intensifies his impending battle in the ring. Rocky Balboa (**Sylvester Stallone**) is there by his side through it all and, together, Rocky and Adonis will confront their shared legacy, question what's worth fighting for, and discover that nothing's more important than family. Creed II is about going back to basics to rediscover what made you a champion in the first place, and remembering that, no matter where you go, you can't escape your history.

AT ETERNITY'S GATE A journey inside the world and mind of a person who, despite skepticism, ridicule and illness, created some of the world's most beloved and stunning works of art. This is not a forensic biography, but rather scenes based on Vincent van Gogh's (**Willem Dafoe**) letters, common agreement about events in his life that present as facts, hearsay, and moments that are just plain invented.

INSTANT FAMILY When Pete (**Mark Wahlberg**) and Ellie (**Rose Byrne**) decide to start a family, they stumble into the world of foster care adoption. They hope to take in one small child but when they meet three siblings, including a rebellious 15 year old girl (**Isabela Moner**), they find themselves speeding from zero to three kids overnight. Now, Pete and Ellie must hilariously try to learn the ropes of instant parenthood in the hopes of becoming a family.

WIDOWS Veronica, Linda, Alice and Belle have nothing in common except a debt left behind by their dead husbands' criminal activities. Tensions soon rise when they take fate into their own hands and conspire to forge a future on their own terms.

THE FRONT RUNNER Senator Gary Hart (**Hugh Jackman**) is the frontrunner during the early stages of the 1988 race for the Democratic presidential nomination when his campaign is rocked by revelations of an extramarital affair with Donna Rice (**Sara Paxton**). The Colorado senator then drops out of the race.

OVERLORD On the eve of D-Day, a group of American paratroopers are dropped behind enemy lines to carry out a mission crucial to the invasion's success. But as they approach their target, they begin to realize there is more going on in this Nazi-occupied village than a simple military operation.

RIVER RUNS RED When the son of a successful judge (**Taye Diggs**) is killed by two police officers and the system sets them free, a hardened veteran detective (**John Cusack**) finds some incriminating files on the officers and the judge teams up with another mourning father (**George Lopez**) to take the law into his own hands.

NOBODY'S FOOL Wild child Tanya (**Tiffany Haddish**) looks to her buttoned-up, by-the-book sister Danica (**Tika Sumpter**) to help her get back on her feet. As these polar opposites collide, Tanya soon discovers that Danica's picture-perfect life and boyfriend may not be what they seem.

FANTASTIC BEASTS: THE CRIMES OF GRINDELWALD In an effort to thwart Grindelwald's plans of raising pure-blood wizards to rule over all non-magical beings, Albus Dumbledore enlists his former student Newt Scamander, who agrees to help, unaware of the dangers that lie ahead. Lines are drawn as love and loyalty are tested, even among the truest friends and family, in an increasingly divided world.

HOME ENTERTAINMENT RELEASES

Nov. 6	Incredibles 2
Nov. 6	Christopher Robin
Nov. 6	BlacKkKlansman
Nov. 13	Mile 22
Nov. 13	The Meg
Nov. 20	Crazy Rich Asians

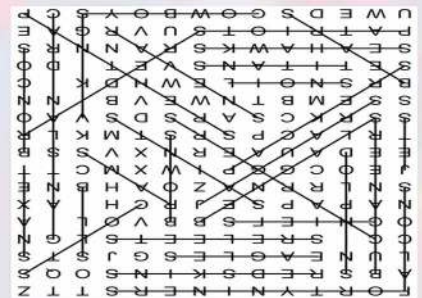
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F O R T Y N I N E R S T T Z
 A B S R E D S K I N S O Q S
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NFL TEAMS SEARCH

- BEARS
- JAGUARS
- SAINTS
- BENGALS
- JETS
- SEAHAWKS
- BILLS
- LIONS
- STEELERS
- BRONCOS
- PACKERS
- TEXANS
- BROWNS
- PANTHERS
- TITANS
- BUCCANEERS
- PATRIOTS
- VIKINGS
- CARDINALS
- RAIDERS
- REDSKINS**
- CHARGERS
- RAMS
- CHIEFS
- RAVENS
- COLTS

Answer



November '18

				thursday	friday	saturday
				1 <i>Men Make Dinner Day</i>	2 <i>November is Native American Heritage Month</i>	3 <i>Cliché Day</i>
sunday	monday	tuesday	wednesday	8 <i>Cappuccino Day</i>	9 <i>World Freedom Day</i>	10 <i>Sesame Street Day</i>
4 <i>Zero Tasking Day</i>	5 <i>November is Peanut Butter Lovers' Month</i>	6 <i>Election Day</i> VOTE!	7 <i>Stress Awareness Day</i>	11 <i>We Salute Our Veterans!</i>	12 <i>Veterans Day (Observed)</i>	13 <i>World Kindness Day</i>
11 <i>Veterans Day</i>	12 <i>Veterans Day (Observed)</i>	13 <i>World Kindness Day</i>	14 <i>Loosen Up, Lighten Up Day</i>	15 <i>Clean Out Your Refrigerator Day</i>	16 <i>Button Day</i>	17 <i>Guinness World Record Day</i>
18 <i>Mickey Mouse Day</i>	19 <i>Women's Entrepreneurship Day</i>	20 <i>Name Your PC Day</i>	21 <i>Jukebox Day</i>	22 <i>Thanksgiving</i> Office Closed.	23 Office Closed.	24 <i>Celebrate Your Unique Talent Day</i>
25 <i>Shopping Reminder Day</i>	26 <i>Cyber Monday</i>	27	28 <i>French Toast Day</i>	29 <i>Throw Out Your Leftovers Day</i>	30 <i>Stay Home Because You're Well Day</i>	