



May/June 2019

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Lifestyle

7400 Sugar Bend Drive • Orlando, FL 32819

Sorry, No Kids Allowed

You've seen height restrictions posted at amusement parks. They're there for the safety of those too small to ride. It's the same principle with the exercise equipment in our weight room. The equipment is intended for residents, over the age of 16, to use for serious exercise. The equipment is not a toy and can be dangerous to those who are not old enough, or developed enough, to correctly use it. For your safety, no one under 16 is allowed in this area.

Maintenance Manners

If you have a maintenance request, please submit it to the Office either by phone or by email. Because work orders are scheduled daily, your request will be scheduled as soon as possible. Please don't stop members of our Maintenance Staff while they are out on the property, as they are busy completing other work orders. Please direct your questions and comments to the Office. Thank you.

Cell Phone Etiquette

- Know when to turn it off or put it on the vibrate setting. The vibrate feature is good for public places where you don't want to disturb others around you.
- If you have to talk, don't scream. The cellular phone is actually more sound- and voice-sensitive than a regular phone. Just speak in a lower-than-normal voice, and you will be heard by the caller.

Remember, when you're in a meeting and you take a call, you're telling the person you are with that you don't respect them or your time with them. You're saying they aren't as important as the person calling. The call may be for you, but the impression is for others.

Memorial Day Weekend

Though you realize that Memorial Day will be a solemn day of remembrance, the three-day break from work offers two days before Memorial Day when you can rest, organize your thoughts, or put them aside for a time. You can have a picnic or barbecue with family or friends and celebrate life before honoring the fallen.

Have a good time on Saturday and Sunday, but show some respect on Monday and your weekend will be complete.

Happening in May...

Cinco de Mayo, May 5. A commemoration of the Mexican Army's victory over French forces at the Battle of Puebla on May 5, 1862.

Mother's Day, May 12. The second Sunday of May. Whether you send a card, make a phone call, or cook dinner, show your mother you care.

Memorial Day, May 27. Remember the people who died while serving in the United States' armed forces.

National Creativity Day, May 30. Make something today. Tap your imagination, and let your creativity flow.

National Women's Health Week, May 12-18. Women's health needs change as they age. Visit www.womenshealth.gov/nwhw/ to take a quiz, get your health score, and find out where to focus your efforts to maintain your optimal health.

YOUR COMMUNITY TEAM

Lori Coolidge

Community Association Manager

Ruth Gibson

Assistant Community Manager

Luis Delgado

Maintenance Staff

Pete Nassif

Maintenance Staff

Zach Emerson

Parking Enforcement/Courtesy Officer

James McColley

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 stay healthy when you travel

Can your hotel room make you sick? Whether you're on vacation or traveling for work, you don't want your accommodations to create health issues. Try these tips to stay healthy wherever you crash:

- **Get a smoke-free room.** Avoid exposure to leftover smoke and nicotine by requesting a smoke-free floor when you make your reservations, or at least a nonsmoking room.
- **Resist the minibar.** Decline a minibar key when you check in. You'll be free of temptation to indulge in

unhealthy (and expensive) drinks and snacks.

- **Ditch the bed cover.** Bed covers can be hiding places for bugs and other pests. Store it in a dresser or a corner of your room before going to bed.
- **Bring your own disinfectant.** Wipe down the phone, TV remote, and other devices with an antibacterial spray or wipe before using them to get rid of any harmful bacteria and germs from previous guests.
- **Pack your own snacks.** You won't want to raid the minibar or visit the vending machines if you bring your own snacks with you. Dried fruit,

trail mix, and other nutritious options will help you avoid overindulgence in your room and when you eat out.

- **Use fresh cups.** Don't drink from reusable glasses and cups. Stick with your own water bottle, or plastic disposable cups wrapped in plastic.
- **Exercise.** Take some time out to stretch, run in place, or do some simple aerobics or yoga.
- **Check the exits.** Make sure you and your family (or fellow business travelers) know how to get out of the hotel quickly in the event of a fire or other emergency.



Breakfast: It really is for champions

Breakfast really is the most important meal of the day. People who skip the morning meal tend to struggle more with weight problems, as well as low energy all day long.

Why? The hours between dinner and breakfast are usually the longest span between any of the meals in the day. While sleeping, the body still needs fuel to keep your body in working order. That fuel comes from glucose stored in the blood, liver, and muscles. By morning, the glucose is depleted.

"Breakfast skippers" can feel fine and full of energy in the first few hours after waking up, because the body and mind are refreshed after a night's sleep. But that energy fades as the increasing demands of the day add stress to a body already running low on fuel. By lunchtime, even if you eat a healthful meal, regaining the energy that you would have had if you had eaten breakfast is close to impossible.



Start planning a relaxing summer vacation today

If you're planning this year's summer vacation, you want to make sure it's safe and enjoyable for everyone in your family. Follow these tips for a vacation that's truly relaxing:

- **Do your homework.** Once you've selected a destination, find out what's available in terms of activities and amenities. Discuss what you want to do ahead of time so you can stay organized and avoid burning out from trying to do too much, or getting bored because you're doing too little.
- **Think about nutrition.** Don't go overboard on fast food or expensive dinners. Pack some healthy snacks, like carrot sticks or granola, for the road. Bring plenty of water. Find out what restaurants are available at your destination and along the way so you can plan at least some healthy meals.
- **Be flexible.** Planning is useful, but don't let your schedule dictate everything you do. Build enough time into your itinerary to explore the unexpected. Let everyone have the chance to decide what to do and where to go so long trips don't turn into extended family fights.



ALADDIN A thrilling and vibrant live-action adaptation of Disney's animated classic, "Aladdin" is the exciting tale of the charming street rat Aladdin (**Mena Massoud**), the courageous and self-determined Princess Jasmine (**Naomi Scott**) and the Genie (**Will Smith**) who may be the key to their future.



Photo credit:
 Christian Black

THE HUSTLE **Anne Hathaway** and **Rebel Wilson** star as female scam artists, one low rent and the other high class, who team up to take down the dirty rotten men who have wronged them.

JOHN WICK: CHAPTER 3 - PARABELLUM John Wick (**Keanu Reeves**) is on the run for two reasons... he's being hunted for a global \$14 million dollar open contract on his life, and for breaking a central rule: taking a life on Continental Hotel grounds.

LONG SHOT Fred Flarsky (**Seth Rogen**) is a gifted and free-spirited journalist who has a knack for getting into trouble. Charlotte Field (**Charlize Theron**) is one of the most influential women in the world—a smart, sophisticated and accomplished politician. When Fred unexpectedly runs into Charlotte, he soon realizes that she was his former baby sitter and childhood crush. When Charlotte decides to make a run for the presidency, she impulsively hires Fred as her speechwriter—much to the dismay of her trusted advisers.

ROCKETMAN An epic musical fantasy about the incredible human story of Elton John's breakthrough years. The film follows the fantastical journey of transformation from shy piano prodigy Reginald Dwight into international superstar Elton John. This inspirational story—set to Elton John's most beloved songs and performed by star **Taron Egerton**—tells the universally relatable story of how a small-town boy became one of the most iconic figures in pop culture.

THE INTRUDER When a young married couple (**Michael Ealy** and **Meagan Good**) buys their dream house in the Napa Valley, they think they have found the perfect home to take their next steps as a family. But when the strangely attached seller (**Dennis Quaid**) continues to infiltrate their lives, they begin to suspect that he has hidden motivations beyond a quick sale.

BOOKSMART On the eve of their high school graduation, two academic superstars and best friends realize they should have worked less and played more. Determined not to fall short of their peers, the girls try to cram four years of fun into one night. **Kaitlyn Dever** and **Billie Lourd** star.

TOLKIEN As a young student, J.R.R. Tolkien finds love, friendship and artistic inspiration among a group of fellow outcasts. These early

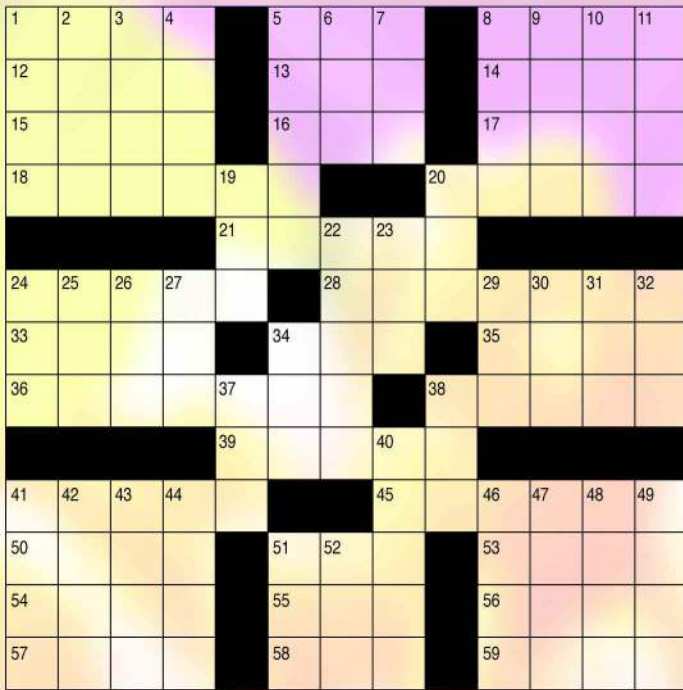
life experiences soon inspire Tolkien to write the classic fantasy novels "The Hobbit" and "The Lord of the Rings."

MA Octavia Spencer stars as Sue Ann, a lonely, middle-aged woman who befriends a group of teenagers and decides to let them party at her house. Just when the kids think their luck couldn't get any better, things start happening that make them question the intention of their host.

THE SUN IS ALSO A STAR Natasha (**Yara Shahidi**) and her family have less than 24 hours before they are scheduled to be deported from New York to Jamaica. Further complications soon arise when Natasha meets and falls in love with Daniel (**Charles Melton**), the son of Korean immigrants.

HOME ENTERTAINMENT RELEASES

May 7	What Men Want
May 14	Cold Pursuit
May 14	Apollo 11
May 14	Fighting with My Family
May 21	The Upside
May 21	Isn't it Romantic
May 21	How to Train Your Dragon: The Hidden World



ACROSS

- 1. Boutique
- 5. Hosiery color
- 8. Swine Food
- 12. Waiter's offering
- 13. Fleecy mother

- 14. Prepare for traffic
- 15. Mine yields
- 16. Cane across
- 17. Congregation response
- 18. Busybody

- 53. Press clothes
- 54. General's help
- 55. Have obligations
- 56. Missile housing
- 57. Stepped on
- 58. Long in the tooth

- 20. Russian emperors
- 21. Japan's capital
- 24. Donkeys
- 28. Asleep
- 33. Association
- 34. Dad
- 35. Helm direction
- 36. Facial fringe
- 38. Young bird
- 39. Had
- 41. Bush
- 45. City in New Jersey
- 50. Informal shirts
- 51. Louse

- 59. Sentry's command
- DOWN**
- 1. Polluted air
 - 2. Large sandwich
 - 3. Smallest bills
 - 4. Cat
 - 5. Musical pace
 - 6. Astonish
 - 7. High-wire precaution
 - 8. Resorts
 - 9. Tibetan priest
 - 10. Finished
 - 11. Writing tools
 - 19. "_____ Impossible"
 - 20. Blouse
 - 22. Familiar
 - 23. Jabber
 - 24. Expert pilot
 - 25. Foxy
 - 26. Bring action against
 - 27. ____ and flow
 - 29. Kitten's foot
 - 30. Out of sorts

- 31. Once named
- 32. Retrieve
- 34. Punching sound
- 37. Filch
- 38. Song of praise
- 40. Wrapped up
- 41. RBI or ERA
- 42. Named in a will
- 43. Perform again
- 44. Accustomed
- 46. Desire
- 47. Elaborate solo
- 48. Bakery item
- 49. Nautical mile
- 51. Pigeon's call
- 52. Piercing implement



May 2019

wednesday thursday friday saturday

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2	3	4	5	6	7
			<i>Lei Day</i>	<i>Password Day</i>	<i>Two Different Colored Shoes Day</i>	<i>Star Wars Day (May the Fourth Be with You)</i>
8	9	10	11	12	13	14
<i>Happy Cinco de Mayo!</i>	<i>May is Golf Month</i>	<i>Cosmopolitan Day</i>	<i>No Socks Day</i>	<i>Teacher Appreciation Day</i>	<i>Military Spouse Appreciation Day</i>	<i>Eat What You Want Day</i>
15	16	17	18	19	20	21
<i>Mother's Day</i>	<i>Happy Mother's Day</i>	<i>Frog Jumping Day</i>	<i>Chicken Dance Day</i>	<i>Chocolate Chip Day</i>	<i>Sea Monkey Day</i>	<i>Work From Home Day</i>
22	23	24	25	26	27	28
	<i>World Bee Day</i>	<i>I Need a Patch for That Day</i>	<i>May is Get Caught Reading Month</i>	<i>Lucky Penny Day</i>	<i>Brother's Day</i>	<i>Geek Pride Day</i>
29	30	31				
<i>Indianapolis 500</i>	<i>Memorial Day</i>	<i>We Honor Those Who Made the Ultimate Sacrifice</i>	<i>Hamburger Day</i>	<i>May is Asian Pacific Heritage Month</i>	<i>Mint Julep Day</i>	<i>No Tobacco Day</i>