



September/October 2019  
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 Movie previews and more!

# Lifestyle

7400 Sugar Bend Drive • Orlando, FL 32819

## Parking Town Hall Meeting

The Board of Directors along with the Management team have been working on some new options for our Parking spaces. We will be having open meetings for residents to attend and get the updated information. We will be starting towing soon so please make sure you and your guests have the correct pass and information to avoid being towed.

Please watch your email for the times and dates. Also the new options once they are finalized will be posted on our website at [www.sanctuaryatbayhill.com](http://www.sanctuaryatbayhill.com).

## How to Keep Your Kitchen Clear of Germs

One key to preventing illness is keeping your kitchen clean. Follow these simple tips for maintaining a germ-free cooking area:

- Wash all countertops often with hot, soapy water and a clean sponge, especially before preparing any meals.
- Clean up spilled food right away.
- Keep your counters free of foreign objects—mail, newspapers, bags, etc.—that might leave dirt or germs behind.
- Wash dish towels, sponges, and other cleaning items regularly.

## Happening in September...

**National Tailgating Day, Sept. 1.** The first Saturday of September is when we celebrate the return of football, sport our favorite team's colors, and fill our bellies with food served off the grill by men and women who know how to party in a stadium parking lot.

**Labor Day, Sept. 2.** Celebrate the American labor movement, and the social and economic achievements of workers everywhere.

**National Bring Your Manners to Work Day, Sep. 7.** Greet your co-workers when you enter the office. Make a fresh pot of coffee when you take the last cup. Hold the door open for the person behind you. Don't microwave smelly food in the kitchen. Be a good citizen of your workplace.

**National Grandparents Day, Sept. 8.** Send Grandma and Grandpa a card, call them, celebrate their lives.

**Patriot Day, Sept. 11.** A national day of Service and Remembrance in memory of the nearly 3,000 people killed in the September 11, 2001 attacks.

## Holiday Office Hours

Labor Day is Monday, September 2nd and we hope everyone will be able to relax and enjoy the holiday with friends and family. The Office will be closed for the day, so our Staff can also have time to spend with their loved ones.

### YOUR COMMUNITY TEAM

- Lori Coolidge**  
Community Association Manager
- Ruth Gibson**  
Assistant Community Manager
- Luis Delgado**  
Maintenance Staff
- Enrique ( Ricky) Kook**  
Maintenance Staff
- 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](mailto:manager@sanctuaryatbayhill.com)
- Community Website**  
[www.sanctuaryatbayhill.com](http://www.sanctuaryatbayhill.com)





# How to lose weight without going hungry



## READ A REAL BOOK AT BEDTIME

Sleep researchers have long warned that watching TV, working on a computer and using other electronic devices will disrupt sleep patterns.

The type of short-wavelength enriched light, known as blue light, that many backlit devices emit is powerful at suppressing the release of melatonin, the hormone that helps bring on sleep.

At Brigham and Women's in Boston, Charles Czeisler, chief of the hospital's sleep and circadian disorders, says, "Many people read things to help them fall asleep. They don't realize that this technology is actually making them less likely to feel sleepy."

The study by Czeisler and colleagues appeared in the Proceedings of the National Academy of Sciences.

**T**o achieve a healthy weight, and maintain it for the rest of your life, don't think about losing weight fast. Do it slowly and steadily.

You won't have to make intricate calculations about how many calories you should eat, then write down the value of every morsel you consume. And you won't have to buy a diet book that calls for recipe ingredients you've never heard of. Instead, reduce calories by making better food and drink choices.

**Drinks:** Rather than drinking a latte with 500 calories, have a cup of black coffee. Instead of drinking sugary soda pop, choose diet pop or water.

**Planning:** Plan your meals and snacks for a week. Make a shopping list that includes low-fat meat, fish, chicken, vegetables, fruits and whole grain bread.

**Snacks:** If you want to snack on chips, nuts, crackers or candy, put the amount you intend to eat in a bowl. Stash the bag away so you won't eat more without thinking about it.

**Prepare foods wisely:** Broil or bake your chicken, fish and red meats. Frying adds calories. Battering and deep frying can double the number of calories.

Skip the butter when you make mashed potatoes. You won't notice it's missing after you add low-fat gravy.

**Salads:** Use fat-free or low-fat salad dressing. Two tablespoons of blue cheese dressing have 150 calories. You might use three or four tablespoons, depending on the size of the salad.

**Eat breakfast:** Studies show that people who eat breakfast will eat less the rest of the day. Include protein, like cheese or an egg, fruit, and whole grain bread. Drink a glass of water before each meal.

**How much to eat:** At home and at restaurants, eat a reasonable portion of food. Relax and take your time. If you eat fast, you'll eat more.

You may not want to do all of these things, but doing some of them will result in weight loss.

## How to drive away with the best deal

Buying a new car is a big decision—and a costly one. To get the best deal, follow this advice from the GOBankingRates.com website:

- **Plan ahead.** Start shopping before you need a new car. Give yourself time to do as much research as you can.
- **Watch your timing.** You can get a better deal if you know when to buy. At the end of the month, salespeople may be more likely to give you a break in order to meet their quota. At the end of the model year, a car dealer might be motivated to clear all the unused cars off his or her lot at a reduced price.
- **Decide on what you want.** Don't go in blind. Before you go to a dealership, be clear on exactly what make and model of car you want—and how much you're willing to spend.
- **Be friendly.** Salespeople will try to build rapport with you, and you can do the same. Focus on what's best for both of you instead of turning the negotiation into a battle.
- **Study pricing.** Be aware of what dealers are offering—and what they aren't. Taxes and fees might not be included in a car's list price. Certain offers may only be available to buyers with top-tier credit. Fees for license, title, and registration can vary from state to state, so check up on those first.





**JUDY** In London in the winter of 1968, legendary performer Judy Garland (**Renée Zellweger**) arrives to perform a series of sold-out concerts at the Talk of the Town. As she prepares for the show, she battles with management, charms musicians and reminisces with friends and adoring fans.

Photo credit: David Hindeley

Photo credit: Francois Duhamel

**AD ASTRA** Astronaut Roy McBride (**Brad Pitt**) travels to the outer edges of the solar system to find his missing father and unravel a mystery that threatens the survival of our planet. His journey will uncover secrets that challenge the nature of human existence and our place in the cosmos. **Tommy Lee Jones, Ruth Negga, Liv Tyler** and **Donald Sutherland** also star.

**RAMBO: LAST BLOOD** When his house-keeper's daughter is kidnapped, Rambo (**Sylvester Stallone**) crosses the U.S.-Mexican border to bring her home but finds himself up against the full might of one of Mexico's most ruthless cartels.

**ABOMINABLE** When teenage Yi (**Chloe Bennet**) encounters a young Yeti on the roof of her apartment building in Shanghai, she and her mischievous friends name him "Everest" and embark on an epic quest to reunite the magical creature with his family at the highest point on Earth. But the trio of friends will have to stay one-step ahead of Burnish (**Eddie Izzard**), a wealthy man intent on capturing a Yeti, and zoologist Dr. Zara (**Sarah Paulson**) to help Everest get home.

**DOWNTON ABBEY** It's now 1927 and Lady Edith (**Laura Carmichael**) returns to Downton Abbey with her daughter Marigold, and her husband, Herbert Pelham. When the Granthams receive word that the King and Queen of England are coming to visit Downton Abbey, they're thrilled. The servants begin polishing and cleaning every surface in anticipation of the royal visit. However, Lady Mary (**Michelle Dockery**) feels unprepared. She goes to find their longtime, faithful butler Carson (**Jim Carter**), to convince him to return to service at Downton Abbey.

**21 BRIDGES** After uncovering a massive conspiracy, an embattled NYPD detective joins a citywide manhunt for two young cop killers. As the night unfolds, he soon becomes unsure of who to pursue -- and who's in pursuit of him. When the search intensifies, authorities decide to take extreme measures by closing all of Manhattan's 21 bridges to prevent the suspects from escaping. **Chadwick Boseman, Sienna Miller, and J.K. Simmons** star.

**THE GOLDFINCH** Theodore "Theo" Decker (**Ansel Elgort**) was 13 years old when his mother was killed in a bombing at the Metropolitan Museum of Art. The tragedy changes the course of his life, sending him on a stirring odyssey of grief and guilt, reinvention and redemption, and even love. Through it all, he holds on to one tangible piece of

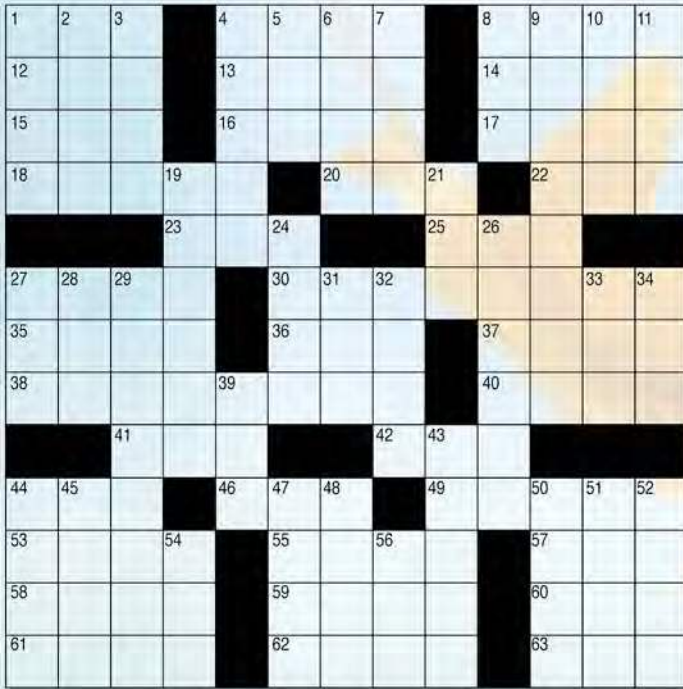
hope from that terrible day...a painting of a tiny bird chained to its perch. The **Goldfinch**. **Nicole Kidman** and **Luke Wilson** also star.

**AMERICAN DREAMER** A down on his luck rideshare driver who makes extra cash chauffeuring a low level drug dealer around town finds himself in a serious financial bind and decides to kidnap the dealer's child.

**THE FANATIC** Moose (**John Travolta**) is a rabid movie fan who is obsessed with his favorite celebrity action hero, Hunter Dunbar (**Devon Sawa**). When he is cheated out of his opportunity to finally meet Hunter, Moose gets a little help from his friend Leah, a well-connected paparazzi photographer, who knows how to find celebrity homes. Moose turns to stalking to get the celebrity interaction he feels he deserves, and while harmless at first, Moose's actions begin to take a dark turn as his obsession grows stronger.

**HOME ENTERTAINMENT RELEASES**

Sept. 3	Men in Black: International
Sept. 3	Ma
Sept. 10	Aladdin
Sept. 10	John Wick 3: Parabellum
Sept. 17	X-Men Dark Phoenix
Sept. 24	Shaft



**ACROSS**

- 1. "\_\_\_\_\_ Done It?"
- 4. Lump
- 8. Outskirts
- 12. Coop resident
- 13. Change the decor of
- 14. Comic Rogers
- 15. Kind of bran
- 16. Highly curious
- 17. Plumb and Arden
- 18. Pass into law
- 20. Stadium cheer
- 22. Dollar
- 23. Gun a motor
- 25. Belonging to us
- 27. Spiked club
- 30. Perfumes
- 35. Corn and canola
- 36. Dead beat
- 37. Existed
- 38. Dais
- 40. Theory
- 41. Hawaiian dish
- 42. "\_\_\_\_\_ My Party"
- 44. Short jump
- 46. Flock sound
- 49. Settle a debt
- 53. Abide by
- 55. Evil habit
- 57. Hatchet
- 58. Deteriorated
- 59. Enrages

- 60. Fasten
- 61. Without
- 62. Hues
- 63. Wild donkey
- DOWN**
- 1. Horse command
- 2. "\_\_\_\_\_ of the Class"
- 3. Above
- 4. Wooden container
- 5. Journey part
- 6. Skunk feature
- 7. Garment for Caesar
- 8. Meadow mama
- 9. No longer married
- 10. Narrow valley
- 11. Something different
- 19. Magician's word
- 21. Tilling tool
- 24. President's no
- 26. Foolish
- 27. Swab the deck
- 28. Become sick
- 29. Audience members, often
- 31. Title for Lancelot

- 32. 18-wheeler
- 33. Previous to, to Browning
- 34. Mermaid's home
- 39. Tell a lie
- 43. Lock of hair
- 44. Wolf's cry
- 45. Certain woodwind
- 47. Enthusiastic
- 48. Well-ventilated
- 50. Mama's mate
- 51. Pivot point
- 52. Cravings
- 54. You bet!
- 56. So-so grade



sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 Pet Rock Day	2 <i>Labor Day</i> <b>Office Closed In Observance Of The Labor Day Holiday.</b>	3 <i>September is Read a New Book Month</i>	4 <i>Wildlife Day</i>	5 <i>World Day of Charity Day</i>	6 <b>Pest Control On Property Today.</b>	7 <i>World Beard Day</i>
8 <i>Grandparents Day</i>	9 <i>September is Friendship Month</i>	10 <i>TV Dinner Day</i>	11 <i>Patriot Day</i>	12 <i>Video Games Day</i>	13 <b>Pest Control On Property Today.</b>	14 <i>Eat a Hoagie Day</i>
15 <i>Batman Day</i>	16 <i>Play Doh Day</i>	17 <i>Constitution Day</i>	18 <i>Read an Ebook Day</i>	19 <i>September is Hispanic Heritage Month</i>	20 <b>Pest Control On Property Today.</b>	21 <i>Miniature Golf Day</i>
22 <i>Business Woman's Day</i>	23 <i>Family Day</i>	24 <i>Punctuation Day</i>	25 <i>One-Hit Wonder Day</i>	26 <i>Fitness Day</i>	27 <b>Pest Control On Property Today.</b>	28 <i>Good Neighbor Day</i>
29	30 <i>Mud Pack Day</i>	<h1>September '19</h1>				