Winter Edition 2014

A Look Inside...



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PROVIDENCE VILLAGE 2014 A Year in Review

014 proved to be another extremely successful year for Providence Vil-■ lage Homeowners Association, Inc. Through fiscal responsibility, the Board of Directors (BOD) was yet again able to make some major improvements to the property. Here is a recap of everything that went on this year and some insight to what's coming in 2015.

Residents Elect New

Board

In April, at the 2014 Annual Meeting held at Monaco Elementary, the community voted in three new BOD Members. As outlined in the governing documents, with this year's election, the top three persons receiving the most votes would secure a term of two years. After the vote was double counted, the following persons were elected: Roland Clarke, Bruce Dudley, and Don Fisher (all homeowners).

As a required follow up to the Election, the BOD met a few days after in an open meeting to vote on which member would fill which position. In a unanimous vote by the BOD, the following was approved: Don Fisher, President; Bruce Dudley, Vice President; Heather Thornton, Treasurer; Roland Clarke, Secretary; and Barry Jameson, Member at Large.

With the end of the year fast approaching, the BOD looks forward to announcing the upcoming Annual Meeting in April 2015. Stay tuned for more information!

LEED

One of the BODs goals when making any improvements to the property is to always consider green materials. The BOD continued to implement LEED approved building materials into any repairs on the property. LEED stands for Leadership in Energy & Environmental Design and is as internationally recognized green building certification system. LEED certification verifies that a building is constructed using strategies aimed at achieving water savings, energy efficiency, and environmental health.

As part of implementing the energy efficiency portion of LEED, the BOD installed additional new pool pumps at both pool complexes as the older pumps begin to fail. The new pool pumps are variable speed pumps that allow the



Main Clubhouse due to hail damage back

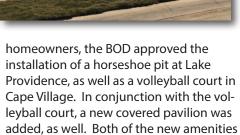
in April. Also, energy efficient HVAC units were replaced along with LED lighting throughout the property. So, after all these improvements are made, are we really saving any money? Was it worth it? We are happy to announce that since the LEED practices have been implemented, Providence HOA has seen a reduction of \$55,000 a year in electrical expenses. These items will save Providence an additional \$10,000 in electrical costs in 2014! We will continually look for ways of saving money, so that we can continue being good stewards with your dues.

Other Improvements

In the spring, the 24 hour work-out facility received another update with three new full commercial exercise bikes; one full commercial elliptical, and one full commercial stepper, as well as new flooring throughout. Another major improvement in the spring was the conversion of the existing business center to a new location in the clubhouse. The new location is more accessible to homeowners. The business center offers two new computers, as well as free copies, printing and faxing. The old business center location was transformed into an office for the General Manager, so that he can be more accessible to all residents.

One of Providences' biggest assets is its pools. Prior to pool opening in May, the Saltwater Pool Complex pools were all re-plastered. Not only did this improve the aesthetics, it was a much needed improvement to extend the life of the pools.

After receiving requests from



are receiving tons of use! Some additional improvements made this year include: striping the parking lots, additional pool furniture for added seating areas, back fencing added to the Community Center, new trash cans, security cameras in the Main Clubhouse, and new office furniture.

New Construction

The final phase of Providence--Harbor Village at Providence Phase 6--consisting of 131 single family lots and a park, was recently completed. With the completion of this last phase, we are at 2261 total lots in Providence. History Maker Homes is the sole builder in Phase 6B, as they are in Seaside Village at Providence Phase 6A (143 lots) that was completed last year. As of October 31st, History Maker had permitted all but 17 of the Phase 6A lots.

2015 Expectations

2014 was another successful year, but the BOD is looking forward to an even better year in 2015. A list of upcoming projects to look forward to for 2015 is:

- New Lifeguard Company--USAManagement
- **New Precor Weight Equipment**
- Interior Painting
- Fencing Upgrades
- Mulch for Parks
- Repainting of Tennis Courts
- Additional Seating Areas at Main Pool Complex
- Sand Volleyball Court



www.fsrconnect.com/providence





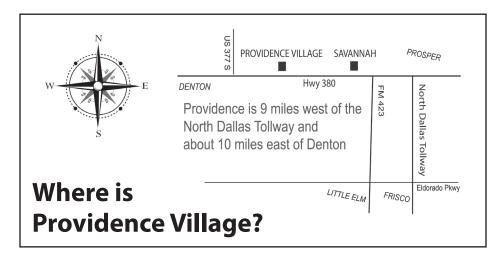
Homeowners Association

809 Oakcrest Drive Providence Village, TX 76227 Phone: 940.440.2200 Fax: 214.975.3575

HOA Office Hours

Mon-Fri -- 9 a.m.--6 p.m. Saturday -- 10 a.m.--3 p.m. **Closed Sunday**

Questions About Your HOA Account? Call FirstService Residential: 877.378.2388 www.fsrconnect.com/providence



Go to FSRConnect for all your HOA information--view CC&Rs, your account information, our up-to-date community calendar, HOA forms, past copies of The Providence Times, a directory, and more! Also, residents registered on FSRConnect will receive our weekly Community News email!



www.fsrconnect.com/providence

If you haven't registered yet, contact us at connect@providencehoa.com

Do You Have Your **ACCESSCARDS?**

To access the pools and fitness center, you will need a valid magnetic access card (HOA dues must be up-to-date in order to be eligible). If you are a new resident, we encourage you to come by the HOA office at your earliest convenience to get your access card. You will need to fill out some basic paperwork and review governing documents (CC&Rs, Bylaws, etc). Please bring one of the following:

a) Current Drivers License AND Closing Papers, OR

b) Your New Drivers License With Your Providence Address

Important Phone Numbers

Cable / HDTV / Internet / Phone / Home Security

Suddenlink 1.888.822.5151

Home Phone / Wireless Phone / U-Verse Cable (limited areas)

Direct TV / Internet--AT&T 1.800.464.7928

Emergency Numbers

Denton County Sheriff's Dept. Non-Emergency 940.349.1600

Aubrey Fire Dept. Non-Emergency 940.365.9785

Utilities / Services

Electricity--CoServ 1.800.566.2314

Gas--CoServ 1.800.566.2314 (east of FM-2931 is all electric - no gas service)

Water--Mustang Water 940.440.9561

Garbage--Waste Management 1.800.772.8653

Your HOA Staff



Cody Watson

General Manager hoamanager@providencehoa.com

- Oversees all aspects of the management and maintenance of homeowners association
- Oversees onsite HOA management team
- Property inspections
- Addresses homeowner association issues

Sheila King

Assistant Manager assistmgr@providencehoa.com

- Assists in the HOA office
- Assists with property inspections Issues access cards
 - Assists the HOA manager
- Helps orientate homeowners with the Association



Sheryl Porter

Activities Manager activities@providencehoa.com

- Assists in the HOA office
- · Issues access cards
- Coordinates events
- Coordinates with committees
- · Oversees Providence clubs and classes
- Schedules rentals

Brian Wulfkuhle Facilities Manager

- Oversees all aspects of maintenance in all of the common areas
 - Oversees maintenance personnel Property inspections

1402

2014 Violations – Year to Date

ACC MOD-Addition	1
ARC-Not Approved	10
BasketBall-Conceal from View	4
BasketBall-Store In Approved Area	13
Exterior of Home-Remove misc, items	51
Fence-Repair	34
Landscaping-Clean Borders	5
Landscaping-Cut Lawn	403
Landscaping-General Maintenance	27
Landscaping-Missing landscaping	8
Landscaping-Remove Grass/Weeds in Flowerbeds	62
Landscaping-Remove Tree Stump/Dead Tree	6
Landscaping-Remove Weeds	122
Landscaping-Replace damaged tree	1
Landscaping-Replace Dead Landscaping	11
Landscaping-Replace Tree	61
Landscaping-Trim Shrubs	24
Landscaping-Trim Trees	13
Mailbox-Repair	8
Maintenance / Repair-Garage Door	1
Maintenance / Repair-Window	2 5 8
Other-Decorations	5
Other-For-Rent Sign	8
Other-For-Sale Sign	25
Other-Holiday Decorations	35
Other-Other	1
Pets-Clean Up after Pet	1
Pets-Excessive Noise	1
Repairs-Misc	1
Roof-Repair	1
Trash Receptacle/Recycle Bin-Remove debris	1
Trash Receptacle/Recycle Bin-Store Out Of View	422
Vehicles-Not permitted	1
Vehicles-Recreation Vehicle	5
Vehicles-Remove disabled vehicle	10
Vehicles-Remove Trailer	17
Window Coverings-Material Not Allowed	1

TOTAL:



Mark Your Calendars-2015 Providence EVENTS!

Living in Providence Village has some very special perks. One of those perks is the fantastic events that are put on by your HOA staff. Here are the upcoming events in 2015! The annual event calendars will be available in the office in January. Please keep an eye out for the announcement of their arrival in the weekly eblasts!

Annual Family Bingo Easter Spring Yard Sale Family Fishing Tourney Concert at Lake Providence Movie in the Park-Main Field FirstService DIY Home Expo Memorial Day Summer Kick-off Saturday, May 23, 2015 Movie in the Park-Tea Party Park Saturday, May 30, 2015 **Teen Pool Party**

Saturday, March 07, 2015 Saturday, April 04, 2015 Saturday, April 11, 2015 Saturday, April 25, 2015 **Saturday, May 02, 2015 Saturday, May 09, 2015** Saturday, May 16, 2015 Saturday, June 13, 2015

Independence Day Celebration Movie Night at the Pool-Saltwater Saturday, July 11, 2015 Movie in the Park-Ballpark **Adult Pool Party** Movie Night at the Pool-Main Pool Saturday, August 08, 2015 **Back to School Party Fall Yard Sale Barktoberfest Fall Fest/National Night Out Family Fun Run** Light up the Season in Providence

Saturday, June 27, 2015 Saturday, July 25, 2015 Saturday, August 01, 2015 Saturday, August 15, 2015 Saturday, September 12, 2015 Saturday, October 03, 2015 Saturday, October 24, 2015 Saturday, November 07, 2015 Saturday, December 12, 2015

SNOWMAN COOKIE FRIENDS



Prep Time -- 20 min Total Time -- 1 hr 30 min Servings -- 24

1 Pouch (1 lb 1.5 oz) Betty Crocker™ sugar cookie mix 1/3 Cup butter or margarine, softened

2 Tablespoons Gold Medal™ all-purpose flour 1 Egg

1 Container Betty Crocker™ Whipped fluffy white frosting Betty Crocker[™] decorating icing (assorted colors, as desired) Betty Crocker[™] blue, green and yellow decorating sugars

Betty Crocker™ red cinnamon decors Holiday Cookie Cutter(s)

Directions

Heat oven to 375°F. In medium bowl, stir cookie mix, butter, flour and egg until dough forms. Roll dough on floured surface to about 1/4 inch thick. Cut with cookie cutters. Place 1 inch apart on ungreased cookie sheet.

Bake 7 to 9 minutes or until light golden brown around edges. Cool 1 minute before removing from cookie sheet; cool com-

Spread frosting on cooled cookies. Decorate as desired with remaining ingredients.

Expert Tips

Allow frosted or decorated cookies to harden or become set before storing. Store them between layers of waxed paper, plastic wrap, or

Committee Contact Information

HOA Board of Directors

BOD@providencehoa.com

The HOA Board can be reached at the email address above and consists of the following Board Members:

Don Fisher **Heather Thornton** Bruce Dudley Roland Clarke Barry Jameson

Landscape Committee

landscape@providencehoa.com

Educates and encourages homeowners to keep their properties well maintained through articles and yard-of-the-month programs. Works with developer on selection of landscape & maintenance of common areas.

Meetings: Last Wednesday of each month, 7 p.m., Main Clubhouse.

Chair: Lisa Jacquez

Sports Committee

sports@providencehoa.com

Adult Sports--Co-ed Adult Softball

Organizes fun, interesting sports activities for the entire community so neighbors can meet and socialize with each other for friendly competition.

Meetings: 4th Fridays, 8:30 p.m., Main Clubhouse.

Chair: Carlos Valenzuela

Sports Committee

providenceyouthleague@gmail.com

Organizes fun, interesting sports activities for the entire community so neighbors can meet and socialize with each other for friendly competition.

Meetings: 4th Fridays, 8:30 p.m., Main Clubhouse.

Chair: Craig Capestany

Architectural Review Committee

arc@providencehoa.com

Reviews plans for exterior home improvements & ensures that they fall under the guidelines stipulated in the CC&Rs. Membership is confidential.

Get Involved... Attend a Meeting of Your HOA Board of Directors.

If you wish to make a presentation before the Board, submit your request at least 72 hours in advance of the Board meeting. The request should be sent to the Providence HOA General Manager at hoamanager@providencehoa.com.

MoreNews Notes

2015 Assessments Increase by \$5.00 per Month

Recently, a letter from the Board of Directors outlining the 2015 Annual Association Assessments went out to all homeowners. A copy of the letter has been provided below.

Dear Providence Homeowner,

The current economic times continue to mandate that all businesses carefully evaluate operating budgets to ensure that income is relative to expenditures. Our Association is no exception to this. As Providence grows, it is experiencing the same challenges faced by both businesses and individuals in today's marketplace. You have the commitment from the Board of Directors and FirstService Residential to continue to act in a conservative manner as stewards of the community to protect and preserve property values.

Please be advised that by Resolution of the Board of Directors the homeowner assessment for 2015 has been set at \$720 annually, payable in two semi-annual installments of \$360.00 each. This adjustment becomes effective with the April 2015 billing cycle. This equates to less than 10% per year increase (or \$5.00/month) as permitted by the By-Laws of the Providence Homeowners Association, Inc.

There are several reasons behind the necessity to increase the dues, including:

1. Assessments have not been raised since 2009 or 6 years ago.

- 2. As we continue to grow, we need more Reserves to maintain all of the assets.
- 3. The costs of numerous contracts have increased over the past 6 years.
- 4. The growing number of amenities to meet the needs of our residents puts demands on the budget.

A complete overview of the 2015 budget will be presented at the 2015 Annual Meeting which will be held in April 2015. Should you have questions regarding the Association, or how your dues are allocated, you may contact the Association Manager, Cody Watson, at

hoamanager@providencehoa.com.

If you have a question regarding your homeowner account, please contact Account Services Department at (877) 378-2388 or visit their website at www.fsresidential.com. We thank you for your continued support of the community

Sincerely,

The Board of Directors
Providence Homeowners Association,
Inc.



"There was a farmer had a dog and Bingo was his name-o! B-I-N-G-O..." Look at how packed Bingo night was! Thanks to everyone who came out and had a blast with us!









Help Wanted

o you have a flair for writing? Are you involved in your community? If you would be interested in helping write articles for each newsletter that comes out, we would love to have vou volunteer.

The more homeowners that we get involved in writing articles and/or submitting pictures, the more enjoyable it is for everyone to read. If you don't have the time to volunteer, but you still have a local community story idea, please feel free to pass it along, as



well. All inquiries can be emailed to hoamanager@providencehoa.com.



Ding-Dong-Ditch

t's one of the oldest pranks in the book: the "ding dong ditch." The prankster rings the victim's doorbell, then quickly runs away or hides before the resident answers. The unsuspecting victim drops what they're doing to answer the door, only to find that no one's there.

While the kids think this may be a fun prank, it has the potential to get

someone seriously hurt. There have been numerous réports of this happening all over Providence. Should it happen to you, please make sure you let the Sheriff Department know it is going on.

Parents, please talk with your kids about the dangers of this prank. Times are different these days and we don't want to see anyone get hurt or in

Tips for Holiday Dining

How to be a Great Host or Hostess

By William Socket, goarticles.com

elicious food, beautiful decorations, and good company are the three ingredients of successful holiday events like the family Christmas dinner and the Thanksgiving meals. Here are some simple entertaining tips to be a great holiday party host.

Send out invitations to Christmas parties and Thanksgiving meals two to three weeks in advance. Many event management and entertaining sites offer e-invitations that can be downloaded and personalized. These invitations are available in different holiday themes so selecting a themed invitation card for your party is easy.

Holidays are a busy time for everyone so early invitations will allow friends and family to plan their schedule. This is important for a family Christmas dinner as extended family may have to make travel arrangements for the event. Ask your guests to RSVP as this allows you to plan for the party. Bring home candles and clear glass vases, lanterns and hurricanes of different shapes and sizes for decorating the tabletop for Thanksgiving meals or the family Christmas dinner. Gorgeous centerpieces can be created within minutes with these candles and vases. Submerged fall foliage in glass vases with floating candles on top is a beautiful idea for Thanksgiving centerpieces.

Fall flowers such as asters in vibrant colors are perfect for making these centerpieces. Use tall cylindrical vases to add height to the display. The flowers or leaves can be submerged by tying small fishing weights to the stems.



complete the centerpiece. Besides centerpieces and party decorations, the food is an important part of holiday entertaining. Classic entrees like turkey for Thanksgiving and ham for Christmas are always a good idea. Be mindful of your guests' eating preferences, such as vegetarian food or gluten-free food while planning the menu for your holiday party.

Go online to find easy recipes and you can also look for specialized ingredients on gourmet food sites. Dry rubs and spices are essential elements for holiday roasts and you can easily find them online. Make desserts, such as pies and tarts ahead of time and warm them in the microwave before serving to save time on the day of the party. Ice cream or whipped cream makes tasty toppings for homemade pies. Happy Hosting!

Clubs

"Bunko"--Contact bunko@providencehoa.com

"Poker Club"--Contact poker@providencehoa.com

"Supper Club"--Contact supperclub@providencehoa.com

"Providence Book Club"--Contact Brandi--Justice-bjustice78@hotmail.com or 214.924.2743

"The Real Housewives of Providence Bunco" -- Contact Natalie Runyan -runyan2002@gmail.com

"Hand & Foot Card Club"--Contact Loretta Fortner @ 940.365.9049

Classes

"Get Healthy 380"-Contact Leslie Smith--lescooley4@yahoo.com

"JC Boot Camp"--Contact Julion Curry--jcworkouts@gmail.com

"Tai Chi" -- Contact Ann Williams -- amwils 2015@sbcglobal.net

"Providence Cooking Class"--Contact Chef Melalee Winkler-chefabilities@yahoo.com or 469.387.3786

"Zumba"--Contact Courtnee Washington--cocofitinfo@gmail.com or 469.666.0348



Turning a Negative Into a Positive

Foreclosures with Providence Village

ver the last several years, foreclosed homes have become a common sight throughout communities all over the United States; Providence Village is no

Prior to a family losing their home, there has typically been some sort of continued financial struggle that led them there. Because of this, the property may have started to deteriorate long before the foreclosure occurs. We've all seen these homes throughout our community. Unfortunately, they don't get much better when the bank takes possession of the property or when it is turned over to HUD in some

The top priorities for both the bank and HUD are to secure the property and resolve any safety issues that may be present. These properties are not difficult to spot as we drive around and have obvious negative impact on the community. These properties don't have water supplied to them, so the lawn and any other foliage may begin to die and is not replaced by the bank or HUD; the grass may grow quite tall before the next scheduled mow; the fence may remain in disrepair, etc. These unsightly properties can affect marketing within the community and the moral of neighboring homeowners.

However, there are positive aspects that occur when the property falls into foreclosure and once the property is sold. Once a listing broker is assigned the property, the realtor will place pressure on the foreclosing agent to bring the home to marketable condition. In

many instances, this will bring the property into better condition that it was months, or longer, prior to foreclosure.

Although some entities, such as HUD, will not cure cosmetic issues, they will take measures to prevent further damage to the property. Houses in need of shingle replacement to prevent roof leaks will get the attention they have possibly needed for quite some time. The listing broker will often ensure that the mow schedule is strictly adhered to in order to provide the most curb appeal possible during the marketing of the property. The listing broker's interest is in the sale of the property, and therefore is an ally in getting the most out of the foreclosing agent in regards to maintaining the visual aspect of the property.

Moving forward to the sale of the property, any and all HOA violations will be disclosed to the new homeowner once a contract is signed. Once the new homeowner moves in, they will be in a better financial situation to resolve the outstanding violations and contribute to the community through HOA assessments.

The time during which the property is being maintained by the bank or HUD, etc. can be a very frustrating time for surrounding homeowners, because it is not being maintained to the standards within the community. Once a new owner takes possession, they become part of our community. Their care and pride in their newly acquired home will begin to show and brighten-up a once dark spot within Providence

HOA/Town News

Town Of Providence Village **Contact Information**

1745 FM 2931 Providence Village, TX 76227

P 940.365.9333 F 940.365.9373

Hours of Operation

Monday: 9 a.m.--4 p.m. Tuesday: 9 a.m.--4 p.m. Wednesday: 9 a.m.--4 p.m. Thursday: 9 a.m.--4 p.m. Friday: 9 a.m.--Noon

Mayor: Dave Shuck daveshuck@pv-tx.com Place 1: Steve Miller stevemiller@pv-tx.com Place 2: Lynn Jaco

lynnjaco@pv-tx.com
Place 3: Justin Steiner
justinsteiner@pv-tx.com

Place 4: John Pugh johnpugh@pv-tx.com

Place 5 (Mayor Pro-Tem): Darren Vader darrenvader@pv-tx.com

Timely Tips for Gardeners

This is the perfect time to plant bulbs for Spring, they should be in the ground before the first frost and planted while the soil is still easy to work with. Some of the most popular bulbs are tulips, hyacinth and daffodils. Iris, daylilies and gladiolas should also be planted at this time of year, although they are not "true" bulbs, but; rhizomes, tubers and corms, respectively. Yet all of these, like bulbs, require the cooler soil of winter to generate healthy new growth in spring.

Transform your landscape with the addition of fresh, colorful blooms! Pansies are by far the most popular Winter color. The 'Matrix' Pansy has been outstanding for our Texas weather. It will not "stretch" during bouts of warm temperatures and is bred to grow out, not up. This compact grower offers shorter stems to support large colorful blooms. Dianthus (also known as "Pinks"), Snapdragons, Cyclamen, Violas and the fragrant Alyssum are also good choices for cold tolerant annuals. Ornamental Cabbage and Kale provide interesting texture in the landscape as well as color. For best effect, limit your planting to two or three colors per bed.

The key to growing beautiful annual flowers is soil preparation. Work Calloway's Flowerbed Mix into the soil, or organic compost, to a depth of 6" to 8". Adding Calloway's Flower Food to the soil at the time of planting will provide the extra nutrients for growth and blooms. Remember to add 2 to 3 inches of mulch to all beds to reduce moisture loss, prevent weeds from

germinating and to insulate the soil from the cold.

These same annuals can be used in patio containers. Fill your container with fresh potting soil and plant food. Keep them watered as necessary and remove faded flowers to encourage repeat blooming.

If want beautiful Bluebonnets in the Spring, sow the seed in early November!

Please remember the birds. Texas is a haven for birds. No other state in the United States has more species within its boundaries. There are currently over 620 species documented in Texas, which is almost 75 percent of all bird species recorded in the continental United State. To attract the widest variety of wild birds, you should consider placing a wide variety of bird feeders and food around your yard. Probably one of the single most important elements to include is water. Saturday, November 1st at 10:15 am – Birding Basics: Creating a Bird Friendly Backyard

Information courtesy of Calloway's Nursery ©2014, calloways.com. Attribution to Calloway's required for all use and reproduction.





FALL FESTIVAL





Fall Fest had a HUGE turnout this year! A big THANK YOU goes out to all of our vendors, Summit Church for providing the Climbing Wall, and to Talon Martial Arts for providing the Bounce House--both free of charge! We hope you got to see the helicopter land--it was really awesome!



HOLIDAY TIPS!

1. Buy Safe Toys

If you plan to buy toys for the kids in your life, choose age-appropriate toys and look for labels with safety advice. For young children, avoid toys with small parts, sharp edges, and electric toys that can heat up. Always purchase safety gear in addition to sports-related gifts or ride-on toys, such as bicycles or skateboards. Get additional toy safety tips from the Consumer Product Safety Commission website.

2. Celebrate on a Budget

The holidays can be expensive, but you don't have to break the bank to celebrate. Take a few minutes to decide how much you can afford to spend on gifts, travel, parties, decorations, and other holiday expenses. Once you've created a spending plan, keep track of your purchases.

Shopping online can help you stick to a budget as you'll avoid the temptation of store displays and may be able to use coupons and promotion codes. Before you buy, look for free shipping offers; check ordering deadlines to ensure that your gifts will arrive on time; and read the return policy.

3. Give the Gift of Service

Sometimes the greatest gift you can give to others is service. Studies show that reading to a child just three hours a week significantly improves his or her reading skills. If you help out at a local soup kitchen or food bank, you are directly providing meals to hungry individuals. Visit Serve.gov to find volunteer opportunities in your area or create your own and recruit others.

4. Find Seasonal Employment

Even in a tough economy, businesses need extra

help around the holidays. Seasonal employment can help supplement your income and potentially lead to a permanent position. If you need to update your resume, get resume and interview tips on CareerOneStop. org. Visit USA.gov for online tools and resources to help with your job search.

5. Get Through the Holiday Blues

The holidays aren't joyous for everyone. This time of year can bring stress and feelings of loneliness. Exercise, focusing on positive relationships, and doing things that you find rewarding can help with depression. Visit the National Institute of Mental Health for tips on how to help yourself if you're depressed. Keep in mind that winter depression could be a sign of seasonal affective disorder (SAD), which is caused by the lack of sunlight. Treatment for SAD is much like other forms of depression, but may also involve light therapy.

6. Pay Attention to Food Portions & Physical Activity

The holidays are a wonderful time to celebrate with family and friends, but celebrations sometimes involve over-indulging in sweet treats and heavy foods. Even if you only gain one or two pounds during the holidays, these gains can add up over the years. The holidays are probably not the ideal time to try to lose weight, but you can take steps to maintain your weight.

Visit ChooseMyPlate.gov for tips on how to enjoy your food but eat less of it, and how to make physical activity a regular part of your day.

7. Reduce Holiday Waste

The holiday season includes many opportunities to

reduce waste, recycle, and reuse items. Did you know that about 40 percent of all battery sales occur during the holiday season? Consider buying rechargeable batteries (and a charger) for electronic gifts to help reduce the amount of harmful materials thrown away.

After the holidays, look for ways to recycle your tree instead of sending it to a landfill. If you plan to send greeting cards, consider purchasing ones that are made of recycled paper or sending electronic greetings. Visit EPA.gov for more ideas on how to reduce waste, save money, and help the environment.

8. Pack for Hassle-Free Air Travel

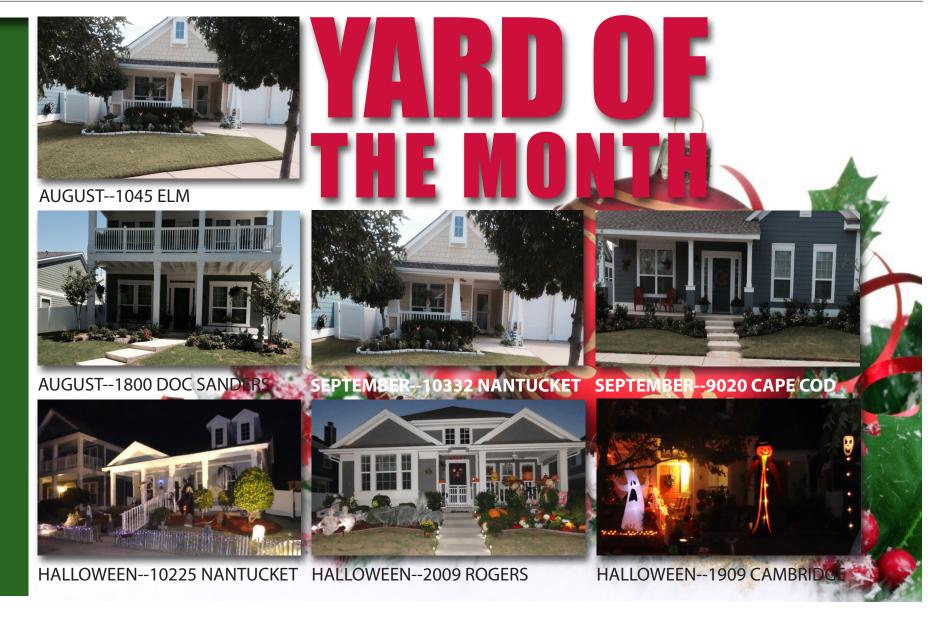
You can get through the airport security line faster by traveling with unwrapped gifts and following the 3-1-1 rule when carrying on liquids. You may have favorite liquid food items (like cranberry sauce and gravy) that you want to enjoy during the holidays, but it's best to put them in your checked bag or ship them ahead of time.

If you're at the airport and need last-minute information about what you can and can't bring through security, use the MyTSA app or mobile website. Visit TSA.gov to learn more about flying with food or gifts.

9. Keep Food Safe

Holiday buffets are convenient ways to entertain a crowd, but leaving food out for long periods of time can invite bacteria that cause foodborne illness. To keep your holiday foods safe, cook them thoroughly, use shallow containers, never leave them sitting out for more than two hours, and keep them at the appropriate temperature.

Get more food safety tips from the Food Safety and Inspection Service.



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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2014		CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am Providence Recycle	2 CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am GR-Sr.Hand&FootCard Game- 1-4pm	CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am	4 CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8am-9am	CC-Tai Chi 8-9am GR-Poker Club 7pm	6 JCBootCamp-8am MPR-ZumbaClass-830-930am GR-SeniorChristmasParty- 2-10pm
er :	7	CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am CC-GS Troop 3969 5-8pm GR-Supper Club 7-10pm	9 CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am GR-Sr.Hand&FootCard Game- 1-4pm CC-LandscapeComm-6-10pm GR-Chefabilities-6-10pm	10 CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am	CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am CC-KaraokeClub-7-10pm	CC-Tai Chi 8-9am GR-Pack65-5:30-6:30pm CC-TheRealHousewivesOfProvi- dence-6-10pm GR-Poker Club 7pm	JCBootCamp-8am MPR-ZumbaClass-830-930am GR-Christmas Event -6-9pm
mb	14	15 CC-GetHealthy380Aerobics-5am JCBootCamp-7am CC-Tai Chi 8-9am Providence Recycle GR-GSTroop3969-6-8pm CC-PVWCID BOD Meeting 7pm	16 CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am GR-Sr.Hand&FootCard Game- 1-4pm	17 CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am GR-Bunko 7pm	18 CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am Gr-ProvBookClub-7-10pm	CC-Tai Chi 8-9am GR-Poker Club 7pm	20 JCBootCamp-8am MPR-ZumbaClass-830-930am
ece.	21	JCBootCamp-7am CC-GS Troop 3969 5-8pm	23 GR-Sr.Hand&FootCard Game- 1-4pm CC-Crossroads-6-10pm	24 JCBootCamp-7am	25 CC-CrunchyMoms-6-10pm	26 GR-Pack65-5:30-6:30pm GR-Poker Club 7pm	27 JCBootCamp-8am MPR-ZumbaClass-830-930am
	28	JCBootCamp-7am Providence Recycle	30 GR-Sr.Hand&FootCard Game- 1-4pm GR-BOD Meeting 6:30pm	31 JCBootCamp-7am			3 0
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
015					1	GR-Poker Club 7pm	3 JCBootCamp-8am MPR-ZumbaClass-830-930am
2	4	5 CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am	6 CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am GR-Sr.Hand&FootCard Game- 1-4pm	7 CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am	8 CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am CC-KaraokeClub-7-10pm	GR-Pack65-5:30-6:30pm CC-TheRealHousewivesOfProvidence-6-10pm GR-Poker Club 7pm	10 JCBootCamp-8am MPR-ZumbaClass-830-930am
Lar	11	12 CC-GetHealthy380Aerobics-5am JCBootCamp-7am CC-Tai Chi 8-9am Providence Recycle CC-GS Troop 3969 5-8pm GR-Supper Club 7-10pm	13 CC-GetHealthy380Aerobics-5am CC-Tai Chi 8-9am GR-Sr.Hand&FootCard Game-1-4pm GR-Chefabilities-6-10pm CC-LandscapeComm-6-10pm	14 CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am	15 CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am Gr-ProvBookClub-7-10pm	CC-Tai Chi 8-9am GR-Poker Club 7pm	17 JCBootCamp-8am MPR-ZumbaClass-830-930am
an	18	19 CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am CC-PVWCID BOD Meeting 7pm	20 CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am GR-Sr.Hand&FootCard Game- 1-4pm	21 CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am GR-Bunko 7pm	22 CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am	CC-Tai Chi 8-9am GR-Pack65-5:30-6:30p GR-Poker Club 7pm	24 JCBootCamp-8am MPR-ZumbaClass-830-930am
	25	26 CC-GetHealthy380Aerobics-5am JCBootCamp-7am CC-Tai Chi 8-9am Providence Recycle GS Troop 3969 5-8pm	27 CC-GetHealthy380Aerobics-5am CC-Tai Chi 8-9am GR-Sr.Hand&FootCard Game-1-4pm CC-Crossroads-6-10pm GR-BOD Meeting 6:30pm	28 CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am	29 CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am CC-CrunchyMoms-6-10pm	30 CC-Tai Chi 8-9am GR-Poker Club 7pm Senior Pot Luck/Game Night	31 JCBootCamp-8am MPR-ZumbaClass-830-930am
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2015	CC = Cape Cod Community Center GR = Gathering Room Main Clubhouse MPR = Multi-Purpose Room Main Clubhouse For amenities rentals, please contact the Activities Manager at 940-440-2200.	CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am	CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am GR-Sr.Hand&FootCard Game- 1-4pm	CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am	5 CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am	CC-Tai Chi 8-9am GR-Pack65-5:30-6:30pm GR-Poker Club 7pm	7 JCBootCamp-8am MPR-ZumbaClass-830-930am
	8	CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am Providence Recycle CC-GS Troop 3969 5-8pm GR-Supper Club 7-10pm	CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am GR-Sr.Hand&FootCard Game- 1-4pm GR-Chefabilities-6-10pm CC-LandscapeComm-6-10pm	CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am	CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am CC-KaraokeClub-7-10pm	CC-Tai Chi 8-9am CC-TheRealHousewivesOfProvidence-6-10pm GR-Poker Club 7pm	14 JCBootCamp-8am MPR-ZumbaClass-830-930am
ual	15	16 CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am CC-PVWCID BOD Meeting 7pm	17 CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am GR-Sr.Hand&FootCard Game- 1-4pm	18 CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am GR-Bunko 7pm	19 CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am Gr-ProvBookClub-7-10pm	CC-Tai Chi 8-9am GR-Pack65-5:30-6:30pm GR-Poker Club 7pm	21 JCBootCamp-8am MPR-ZumbaClass-830-930am
ebr	22	23 CC-GetHealthy380Aerobics-5am JCBootCamp-7am CC-Tai Chi 8-9am Providence Recycle CC-GS Troop 3969 5-8pm	24 CC-GetHealthy380Aerobics-5am CC-Tai Chi 8-9am GR-Sr.Hand&FootCard Game-1-4pm CC-Crossroads-6-10pm GR-BOD Meeting 6:30pm	25 CC-GetHealthy380Aerobics- 5am JCBootCamp-7am CC-Tai Chi 8-9am	26 CC-GetHealthy380Aerobics- 5am CC-Tai Chi 8-9am CC-CrunchyMoms-6-10pm	27 CC-Tai Chi 8-9am GR-Poker Club 7pm Senior Pot Luck/Game Night	28 JCBootCamp-8am MPR-ZumbaClass-830-930am