

# The Landings

# June 2017 Newsletter

## The Landings Office Hours:

Monday, Wednesday, and Friday

9:00AM — 6:00PM

Tuesday and Thursday

11:00AM — 6:00PM

Saturday

10:00AM — 5:00PM

**1700 Lookout Lane**

**(518) 383-6700**

## Office Staff:

Elena — Property Manager

Helena — Assistant Manager

Jessica — Leasing Consultant

John — Maintenance Supervisor

George — Maintenance Crew

Tim — Maintenance Crew

Andrew — Painter

Patty — Housekeeper

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In the case of a medical emergency, please call 911.  
In the case of a maintenance emergency, please call 518-383-6700

## Local June Activities

**SPAC:** FLY 92.3 Summer Jam Feat. Flo Rida, Sabrina Carpenter, and Bebe Rexha 6/3/17 @ 3:00PM

Dave Matthews and Tim Reynolds 6/16/17 and 6/17/17 @ 7:30PM

Train with Oar and Natasha Bedingfield 6/18/17 @ 7:00PM

Dead and Company 6/20/17 @ 7:00PM

Freihofer's Jazz Festival 6/24/17 and 6/25/17 @ 12:00PM

**Palace Theatre Albany:** Portugal. The Man 6/2/17 @ 8:00PM

Ghost 6/6/17 @ 8:00PM

Happy Together Tour 6/17/17 @ 7:30PM

Dancing with the Stars 6/23/17 @ 7:30PM

**Proctors Theatre:** Riverdance 6/16/17 — 6/18/17 (Show times vary)

Hudson River Sightseeing Cruise of Albany 6/3/17 from 1:00PM to 2:30PM at Dutch Apple Cruises, 141 Broadway, Albany NY.

39th Annual Freihofer's Run for Women 2017 6/3/17 at 9:00AM in Downtown Albany, NY

23rd Annual Kids' Arts Festival 6/3/17 from 12:00PM to 4:00PM at Schenectady City Hall (outside)

Capital Pride 2017 6/11/17 from 12:00PM to 5:00PM at Washington Park, Albany NY

Albany's Dad Fest 6/18/17 from 1:00PM to 6:00PM at Washington Park, Albany NY



A special Happy Birthday message to all of our June residents! We hope that you enjoy your special day and take the time to relax with family and friends!

### John's Maintenance Corner

While we hope that all of our residents enjoy the summer months at the pool, we want to remind you of a few things in order to ensure everyone stays safe while swimming:

Please remember that there is no diving anywhere in the community pool.

Anyone under the age of 16 must be accompanied by an adult.

No running at any time in the pool area.

While we encourage snacks and drinks in the pool area, please refrain from bringing glass containers.

## Recipe of the Month: Fish and Chips

### Batter Ingredients:

1 cup beer (not dark)  
1 cup flour, and a little more for dusting  
1/2 teaspoon baking powder  
1 pinch salt  
1 pinch fresh ground black pepper

### Other Ingredients:

1/2 lb. white fish fillet (cod or halibut)  
French fries

### Directions:

Combine all batter ingredients in a mixing bowl.  
Cut the fillets into desired size pieces.  
Dust the fillets with flour.  
Dip fillets into batter.  
Fry fillets in deep fryer at 375 degrees with at least two inches of vegetable oil until golden brown.  
Be sure not to crowd fillet pieces while frying.  
Drain fillets on paper towels.  
Serve with French fries, tarter sauce, cocktail sauce, malt vinegar, and Cole-slaw or cucumber salad.



## Tips for Healthy Summer Living

1. Have at least 1 cup of fresh berries every day (blackberries, blueberries, or strawberries). Fresh berries are loaded with antioxidants that help to prevent tissue damage and illness.
2. Plant a small garden. Planting and tending to a garden helps to reduce stress — whether the garden is inside or outside.
3. Get outside and exercise. Choose from a variety of outdoor activities: Go on a hike, take a walk to admire nature, play outdoor games with the kids, go cycling, roller blading, or swimming. Not only will these activities improve overall health, but they are a great way to get some bonding time in as a family.
4. Take that vacation! Vacation time away from the pressures of everyday life (such as work, school, etc.) offers the opportunity to unwind and relax. Vacations are known to help lower blood pressure, your heart rate, and the level of stress hormones.

# June 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1 <i>Rent is Due!</i>	2 <i>Fish &amp; Chips Day</i>	3 <i>Insect Repellant Awareness Day</i>
4 <i>Oops! Rent is Late!</i>	5 <i>World Environment Day</i>	6 <i>Drive-in Movie Day</i>	7 <i>VCR Day</i>	8 <i>World Ocean's Day</i>	9 <i>Donald Duck Day</i>	10 <i>National Ballpoint Pen Day</i>
11 <i>Corn on the Cob Day</i>	12 <i>Superman Day</i>	13 <i>Iced Coffee Day</i>	14 <i>World Blood Donor Day</i>	15 <i>Water-Watch is Due</i>	16 <i>Fresh Veggies Day</i>	17 <i>Apple Strudel Day</i>
18 <i>International Picnic Day</i>	19 <i>Garfield the Cat Day</i>	20 <i>Ice Cream Soda Day</i>	21 <i>First Day of Summer</i>	22 <i>Onion Rings Day</i>	23 <i>Public Service Day</i>	24 <i>Swim a Lap Day</i>
25 <i>Global Beatles Day</i>	26 <i>Chocolate Pudding Day</i>	27 <i>National Sunglasses Day</i>	28 <i>Insurance Awareness Day</i>	29 <i>Camera Day</i>	30 <i>Social Media Day</i>	