

The Landings

January 2019 Newsletter

Happy New Year!

In observance of the New Year holiday, our office will be closed on Tuesday, January 1, 2019. Enjoy the time with family and friends!

The Landings Staff:

Elena — Property Manager
Helena — Assistant Manager
Jessica — Leasing Consultant
John — Maintenance Supervisor
George — Maintenance Crew
Don — Painter
Miriam — Housekeeper

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

Inside This Issue:

Local January Activities pg. 2

Happy Birthday! Pg. 2

John's Maintenance Corner pg. 2

Recipe of the Month pg. 3

The Landings Thanks YOU pg. 3

Healthy Tips pg. 3

Calendar of Events pg. 4



In the case of a medical emergency, please call 911.

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

Local January Activities

Times Union Center: Monster Jam: 1/12/19 — 1/13/19 (showtimes vary)

Panic at the Disco: 1/15/19 @ 7:00pm

Alabama: 1/20/19 @ 7:00pm

Schenectady Greenmarket: Winter Market: Beginning 1/6/19 and each Sunday through April 2019 from 10:00am until 2:00pm. Located at Proctors Theatre, 432 State Street, Schenectady, NY 12305. Enjoy shopping and musicians at this festive marketplace featuring more than 60 vendors!

December '63 Tribute Dinner Show: 1/9/19 at 7:00pm. Located at Rivers Casino & Resort, 1 Rush Street, Schenectady, NY 12305. The Frankie Valli & The Four Seasons Tribute Band will perform while you enjoy a Mallozzi Family Style dinner.

"We Shall Overcome": A Musical Celebration of Dr. Martin Luther King, Jr: 1/11/19 at 7:30pm. Located at The Egg, 1 Empire State Plaza, Albany, NY 12203. Bring the family to enjoy this celebration created and produced by award winning piano virtuoso Damien Sneed in honor of the 90th birthday of Dr. Martin Luther King, Jr.

Annual Albany Chef's Food & Wine Festival: 1/17/19 at 5:30pm. Located at Empire State Plaza, Albany, NY 12210. Join in the festivities for the 10th annual Albany Chef's Food & Wine Festival.

Keith Sweat at Rivers Casino & Resort: 1/20/19. Located at 1 Rush Street, Schenectady, NY 12305. Legendary R&B singer Keith Sweat will perform his chart-topping hits to the Rivers Casino & Resort.

Murder Mystery Dinner: 1/25/19 from 6:00pm until 9:00pm. Located at Saratoga-Wilton Elks Lodge, 1 Elk Lane, Saratoga Springs, NY 12866. Enjoy an evening of interactive murder mystery with plenty of laughs, puzzling, and thoroughly involved investigation to solve a whodunnit! Mystery served with plenty of entertainment and a Turkey dinner. RSVP by 1/18/19 by calling 518-669-6138.

Happy January Birthday!

Capricorn: December 22 — January 19

Capricorn Symbol: Sea Goat

Favorable Colors: Black and Indigo

Capricorn Gem: Black Onyx

Capricorn Opposite Sign: Cancer

Element: Earth

Aquarius: January 20 — February 18

Aquarius Symbol: Water Bearer

Favorable Colors: Black and Royal Blue

Aquarius Gem: Amethyst

Aquarius Opposite Sign: Leo

Element: Air

We hope you have a Fabulous Day!!

John's Maintenance Corner

Just a reminder that when snow falls, be sure to park your vehicle at least a foot away from the curb to allow for proper snow removal.

Also, if it is slippery by your front door, please let us know so we can provide you with snow melt.

In addition, if you know you will be out of town when snow is expected and are leaving a vehicle on the property, please contact the office.

We will be happy to recommend areas where it is best to park your vehicle for snow removal.

By working together we can ensure a happy and safe Winter season!

Recipe of The Month: White Chicken Chili (Courtesy of tasteofhome.com)

Ingredients:

1 lb. boneless, skinless chicken breasts, chopped	2 tsp. ground cumin
1 medium onion, chopped	2 tsp. dried oregano
1 tbsp. olive oil	1-1/2 tsp. cayenne pepper
2 garlic cloves, minced	1 cup shredded monetary jack cheese
2 cans (14 oz. each) chicken broth	Sliced jalapeno pepper, optional
1 can (4 oz.) chopped green chilies	3 cans (14 oz. each) great northern beans (drained, divided)

Directions:

In Dutch oven over medium heat, cook chicken and onion in oil until lightly browned. Add garlic; cook 1 minute longer. Stir in broth, chilies, cumin, oregano, cayenne pepper; bring to a boil.

Reduce heat to low. With a potato masher, mash one can of beans until smooth. Add to saucepan. Add remaining beans to saucepan. Simmer for 20-30 minutes or until chicken is no longer pink and onion is tender.

Top each serving with cheese, and if desired, jalapeno pepper.

The Landings Thanks YOU

We want to thank all of our wonderful residents for the contributions you have made this holiday season. Between donating food for the Thanksgiving and Christmas holidays, to ensuring that a local family's children received both needed and wanted items for Christmas, you have truly shown how incredible our community is. Our appreciation is profound!

Healthy Habits for a Healthier You

- * **Get adequate sleep:** Lack of sleep leads to health problems, so get 8 hours each night!
- * **Drink a glass of water first thing in the morning:** Have a glass of water before tea or coffee.
- * **Get regular physical exercise:** Try walking, yoga, swimming, jogging, or weight training!
- * **Stretch before bed:** Stretching muscles before bed will help tighten and strengthen them!
- * **Say no to packaged goods:** Processed foods have no nutritional value, limit your intake.
- * **Do not skip breakfast:** The most important meal of the day will keep you energized!
- * **Eat a fiber-rich diet:** Add a dose (or three) of fresh fruits and veggies each day!
- * **Meditation:** Calm the mind, soul, and body to relax and manage stress levels.
- * **Limiting refined sugar:** Use alternatives such as honey, coconut sugar, or maple syrup.

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Year's Day Rent is Due!	2 World Introvert Day Kid's Treat Day	3 Festival of Sleep Day	4 Oops! Rent is Late! Trivia Day	5 National Bird Day Fruitcake Toss Day
6 Cuddle Up Day Apple Tree Day	7 Old Rock Day Old Christmas Day	8 Bubble Bath Day English Toffee Day	9 Nat'l Apricot Day Kid's Treat Day	10 Nat'l Cut Your Energy Costs Day	11 Nat'l Milk Day Secret Pal Day	12 Nat'l Marzipan Day Work Harder Day
13 Make Your Dream Come True Day	14 Organize Your Home Day	15 WaterWatch is Due! Humanitarian Day	16 Book Publishers Day Kid's Treat Day	17 Ben Franklin Day Cable Car Day	18 Nat'l Thesaurus Day Maintenance Day	19 Good Memory Day Brew a Potion Day
20 World Religion Day	21 MLK Jr. Birthday Nat'l Hugging Day	22 Nat'l Southern Food Day	23 Library Selfie Day Kid's Treat Day	24 Compliment Day Belly Laugh Day	25 Opposite Day Spouse's Day	26 Visit Your Local Quilt Shop Day
27 Nat'l Geographic Day	28 Community Manager Appreciation Day	29 Nat'l Puzzle Day Curmudgeons Day	30 Nat'l Escape Day Kid's Treat Day	31 Backward Day Scotch Tape Day		