

May 2005						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2 Tai Chi 10am	3	4 Tai Chi 10am Bookmobile	5 Coffee 10am	6 Tai Chi 10am	7
8 Mother's Day	9 Tai Chi 10am	10	11 Tai Chi 10am	12 Coffee 10am	13 Tai Chi 10am	14
15	16 Tai Chi 10am	17	18 Tai Chi 10am	19 Coffee 10am	20 Tai Chi 10am	21
22	23 Tai Chi 10am	24	25 Board Mtg 7pm Tai Chi 10am	26 Coffee 10 am	27 Tai Chi 10 am	28
29	30 Memorial Day Tai Chi 10am	31				

YOUR BOARD OF DIRECTORS

President	Alfonso Baute
Vice President	June Robinson
2nd Vice President	Ed Healy
Secretary	Mary Kirk
Treasurer	Kathleen Slotterback
Alternates	Rick Caughey Margaret Saunders

An **Emergency** is a situation that threatens human life or personal property and demands immediate attention, i.e., Medical, Burglary, Fire, Theft and Assault - **DIAL 9 1 1**

EASTERN GARDENS TATTLER



Volume 2 Issue 5

May 2005

WHEN TOMORROW DOESN'T COME

When a loved one, family member, or someone we know dies suddenly, for a moment we tend to re evaluate our lives. As we live day by day, we never truly know when it is our time to go.

Sometimes, we take life for granted and have a tendency to put things off until tomorrow. We dream our dreams, but some of us don't fulfill them. We would like to call a family member or friend that we haven't spoken to in years, but we say, "What is one more day?" Having a family, we put off life insurance with the thought in mind that *it won't happen to us*.

We get caught up in the rat race and we are running nowhere. We are busy doing nothing. We are talking on the cell phone, but not communicating. We spend hours on the computer only to surf the net and we really aren't "looking for anything."

How many of you work full-time and grab fast food for dinner? When was the last time you made a home-cooked meal for your family? When was the last time you went to the movies with your significant other? What was the last book you read by your favorite author?

We pile up excuses like dirty laundry. We imagine what it would be like to fulfill a dream, but how many of us really fulfill those dreams? Why are we filled with excuses? What are we afraid of? What is holding us back? What would happen if tomorrow never comes?

We dwell about the past and we worry about the future, but what about the present? What is wrong with today?

Today, do the things you have always wanted to do. Pick up the phone and call a friend, make that roast beef your kids have been begging you to make, plan a date with your significant other, fulfill those dreams and get started. Put down the phone, get off the computer, and don't put things off until tomorrow.
Live Today!
Theresa Williams



Eastern Gardens Management Team

Office Hours

Community Director: *Theresa Williams*

Maintenance Tech: *Ramon Lara*

Sr. Regional Manager: *Jim Collins*

FPI Management, Inc.



Mon - Fri 8:00 a.m. - 5:00 p.m.

Wednesday's Only 9a.m. - 6pm

Sat - Sun Closed

Office Ph.: 916.489.1604

FPI Emergency Ph: 916.357.5300

BIRTHDAY'S THIS MONTH

Happy Birthday to every resident who is celebrating a birthday this month. We wish you good health, happiness, and many returns. May all your wishes come true.

May Potluck:

Let's bring the "Olive Gardens!" to "Eastern Gardens!" Our theme will be ITALIAN cuisine:

pastas; marina, alfredo and pesto sauces; meatballs; Tuscan & Sicilian-style dishes; chicken parmesan; antipasto salads; ravioli; garlic bread; red wines; Italian pastry; spumoni--to name a few suggestions. Hope to see you there with a BIG APPETITE!

Friday, May 20, 2005

Social: 6:00 pm Dinner: 6:30 pm

Bring a food item and/or beverage items to serve approx 6 people or a \$4.00 donation w/o food.

RSVP no later than Wednesday, May 18. This courtesy helps provide a good variety of food. Hosts: Rich & Kathy Kent, #44 (Ph: 482-1533). Thanks!

MOVIE NIGHT

DATE: Friday, May 13th

TIME: 7:00 pm

WHERE: Eastern Gardens Clubhouse

MOVIE: "SEVEN YEARS IN TIBET"
STORY LINE: Brad Pitt stars in the soaring adventure and incredible true story of an Austrian prisoner of war who is transformed by his friendship with the young Dalai Lama.

Maintenance Technician On Site

You will be seeing a new face working on the property during Ramon's absence. His name is Ricardo Gonzales and has been employed with FPI Management, Inc. for 10 years. He is currently working as a supervisor at another FPI property. He has offered his assistance to us 5 days a week during the hours of 8:00 am to 12:00 pm. Please stop and introduce yourself to Ricardo. He looks forward to working with each of you!

Alterations To Your Apartment

Before installing appliances, closet system, cabinets, doors, plumbing, electrical or structural alterations to the premises you must check with management for written consent of the Corporation. Without this permission, depending on the modification, it could result in a reduction of membership amounts due from the Corporation after move-out.

Fire Tips For Inside The Apartment

*Make sure all smoke detectors are working. If warning indicator beeps replace battery immediately or call the office.

*Purchase a fire extinguisher. Extinguishers that cost less than \$20 may prevent small fires from spreading and destroying all of your possessions.

*Be careful. Common causes of fires in rental properties are candles left unattended, falling asleep while smoking, and leaving a stovetop on.

*Following these tips could save someone's life.

The month of May stands for appreciation and recognition for those special person's that have touched us throughout the world and in our own private life's. Let's acknowledge these individuals with the respect they deserve: **MILITARY SERVICES** Memorial Day-May 30th, in honor of those Americans who have given their lives in defense of our nation's freedom and the men and women now serving in uniform. Let us celebrate them just as we celebrate the other important entities that make up this wonderful country of ours. **Quote**

"Your silent tents of green
We deck with fragrant flowers;
Yours has the suffering been,
The memory shall be ours."

OLDER AMERICANS CELEBRATED

Older Americans Month originated with a presidential proclamation in May 1963. It has been proclaimed by the president every year since then. Last year, President Bush stated, "Our seniors have cared for their families and communities, enhanced our economic prosperity, defended our nation and preserved and protected the Founders' vision. Their commitment to our future sets an inspiring example for all."

Quote

"The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning."

May History Facts

1st Mother's Day declared (1914)
1st Memorial Day celebrated (1868)
Levi's Blue Jeans patented (1873)
1st Commercial jet flight (1952)
1st Grammy Awards held (1959)
Nylon stockings 1st for sale (1940)
Bonnie & Clyde gunned down (1939)
Last Model T Ford made (1927)

MOTHER'S DAY

Anna Jarvis of Philadelphia began the campaign that brought about the official observance of Mother's Day in the United States. Her mother died, and Anna wanted all mothers to be remembered. She asked that white carnations be the official mother's day symbol. In 1914, President Woodrow Wilson signed the orders that made Mother's Day a national holiday. Just nine years later, Anna filed a lawsuit in an effort to stop the over-commercialization of Mother's Day. She lost her fight. Now, cards, letters, candy and dinners out mark Mother's Day for most families. Anna had hoped for a day of reflection and quiet prayer by families, thanking God for all that mothers had done. **Quotes**

"Of all the rights of women, the greatest is to be a mother."

"We are here to add what we can to life, not to get what we can from it."

The Truest Friend

A mother is the truest friend we have, when trials, heavy and sudden, fall upon us; when adversity takes the place of prosperity; when friends who rejoice with us in our sunshine, desert us when troubles thicken around us, still will she cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts.

To All The Mothers...

This day is for young mothers stumbling through diaper changes and sleep deprivation. And mature mothers learning to let go. For working mothers and stay-at-home mothers. Single mothers and married mothers. Mothers with money, mothers without. This is for you all. So hang in there.

Your Eastern Gardens staff wishes you **A WONDERFUL MOTHER'S DAY!**