# WELCOME TO YOUR AVENIDA LIFE

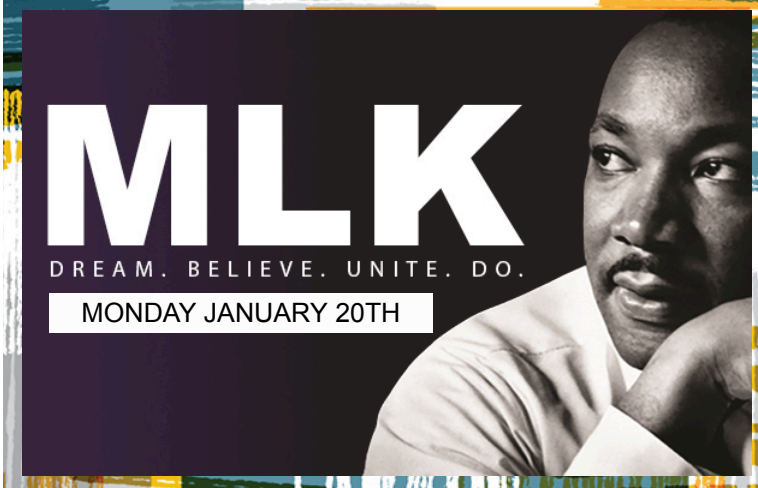
AvenidaPartners.com | (615) 599 - 3000 | January 2020
222 Mallory Station Rd. | Franklin TN | 37067

It's that time of year again when people tend to reassess their lives and habits and decide to make a change. Most often, these New Year's resolutions are about health and wellness: In a 2015 Nielsen survey, staying fit and healthy came in at number one on the list of popular resolutions, with losing weight at number two. In 2017 research by YouGov, a UK-based marketing research firm, "eating healthier" made up over a third of resolutions, with "exercising more" another third. Not surprisingly, it isn't making the resolutions that is so difficult—it's keeping them. But in case you think resolutions aren't worth it, some research shows they're not totally unachievable: A 2018 YouGov survey found that of the people who made resolutions, the majority mostly or completely kept them.

So what can you do to make sure your health resolutions fall into the success category? We asked experts in health and behavior what pitfalls you should avoid, and how to set New Year's resolutions that will make next year your happiest yet. First, instead of resolutions, think of them as goals. "Considerable research shows that goal-setting is an important component to behavior change," says William T. Riley, PhD, director of the NIH Office of Behavioral and Social Sciences Research, and NIH associate director of Behavioral and Social Sciences Research. Second, be specific in your goal(s) and make your goal(s) measurable. Lastly, break it up into both short term and long term goals.

Cheers to a happy, healthy, and prosperous 2020

Congratulations to Mr & Mrs Sharp for winning the door decorating contest!




## Ladies Luncheon

Join the Ladies of Avenida on January 29th at 11:30 for lunch at Bucca Di Beppo. RSVP Required. Bus transportation provided.

MORE MORE MORE
Friends, Fun, Savings!

It's time for your friends to share the excitement about making Avenida Cool Springs their new home! Refer them today and you will receive a $1,000 rent credit—**double** the normal referral credit!

$1,000
RENT CREDIT FOR AVENIDA COOL SPRINGS RESIDENTS*

Ask Ginger for more information.

AVENIDA
Cool Springs

AvenidaCoolSprings.com

*Rent credit awarded 30 days after referred party moves-in. Referred party must move in by September 30, 2019.

"Yesterday was not your defining moment. The calendar moved forward; why not you?"

*— Dr. Steve Maraboli*

Schedule your session today!

Nikki Jo Boston ACE CPT (615)599-3000 ext. 2005
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**This Month In History:**

1 Paul Revere was born (1735)
1 The ball was first dropped at Times Square in NYC. (1908)
3 Construction began on the Brooklyn Bridge (1870)
6 Samuel Morse demonstrates the telegraph (1838)
7 Galileo Galilei discovers four of Jupiters moons. (1610)
9 The United Nations opens it's headquarters in New York City.
10 The world's first underground passenger railway system opens
in London, England (1863)
11 Samuel Morse and Alford Vail demonstrate the magnetic electric telegraph using morse code (1838)
12 Batman debuts on television (1966)
14 The United States of America ratifies a treaty with England ending the Revolutionary war. (1784)
14 The Miami Dolphins become the first undefeated team in NFL
history. (1973)
15 Happy Days premieres on television (1974)
16 Operation Desert Storm begins to oust Saddam Hussein's' Iraqi
forces from Kuwait. (1991)
20 At 69 years, 349 days old, Ronald Reagan becomes the oldest person to become U.S. president. (1981)
21 Edward Jenner introduces the smallpox vaccine, which eventually leads to wiping out this deadly disease.(1799)
21 The first Kiwanis club is formed in Detroit. (1915)
22 Supreme Court legalizes abortion in Roe vs. Wade(1973)
23 The deadliest earthquake in history strikes Shansi, China, killing 830,000 people. (1556)
24 Beer was first sold in cans.(1935)
27 The Russians liberate Auschwitz in WWII (1945)
28 U.S. space shuttle Challenger explodes. (1986)

## CLASSES AT AVENIDA

**PHYSICAL & FUNCTIONAL FITNESS CLASSES**
**CHAIR YOGA:** *Monday at 1:30pm*
**GENTLE FLOOR YOGA:** *Monday at 2:00pm*
**LOW IMPACT CARDIO & CORE:** *Tuesday and Wednesday at 2pm.*
**BALANCE & STABILITY:** *Tuesday & Thursday at 10:15*
**CIRCUIT TRAINING:** *Friday at 10am*
**BARRE STABILITY:** *Saturday at 10:15*

**LIFE ACTIVITY CLASSES**
**MIXED MEDIA ART:** *Every Monday in January at 10am*
**OIL PAINTING:** *Wednesday the 15th and 29th at 10am*
**ACRYLIC PAINTING:***Sips'n'Strokes 6:30 the 29th $15ea*
**MINDFUL MEDITATION:** *January 8th at 10am*
**LINE DANCING:** *Friday January 10th and 24th at 2pm*
**SIPS n STROKES***:$15ea. Wednesday the 22nd at 6:30pm*

**COGNITIVE EFFICACY CLASSES**
**DRAWING:** *Friday the 3rd and 17th*
**ROLLER COASTER RIDE THROUGH HISTORY:** *Every Friday at 3:30 in the Theatre*
**MUSIC & SONGWRITING:** *First 3 Wednesdays at 3pm*

**FINANCIAL SECURITY CLASS**
**TAX SEMINAR:** *January 17th at 2:00 join Amberlee to discuss current tax changes and tax saving strategies.*
**MONEY MATTERS:** *Chevonne Farler & Keri Gwynne, Certified Divorce Coach, will discuss maneuvering through the court system, and saving money in legal costs. Friends & Family are invited to join. January 29th at 3pm.*

## SPECIAL THIS MONTH

***When Winter Hits, Lets Keep You Eating Right!***

**BEST WINE FOR YOUR DINNER PARTY:**
RSVP REQUIRED. Wine tasting on Friday January 10th at 4:00 in the Bistro.

**AVENIDA AVENTURE COOKING CLASS:**
RSVP REQUIRED. Join the Travel Club January 15th at 1:00 join us for an Italian cooking class and learn about our trip to Ireland in 2020.

**PREPARING TO COOK FOR 1 OR 2:**
RSVP REQUIRED. Join Nutrition Coach Megan Marcum on Saturday the 25th at 2:00 as she helps you to food prep some healthy and tasty soups this winter. Just add broth and you'll be good to go.

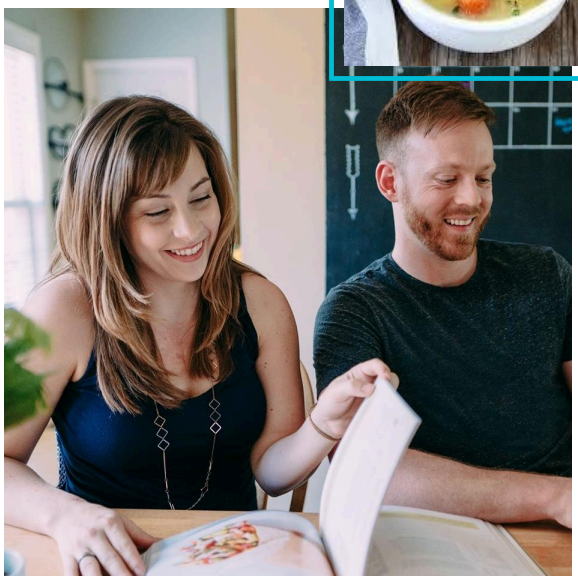
## CLUBS AT AVENIDA

**Stag Night** | Men's Poker Night Monday at 6:30pm. See Carrol Kleinschmidt for more information.
**Mahjong Monday** | Mondays at 3pm in the Great Room. See Mary Ann Rank for information.
**Investment Club** |10:30am the 2nd Monday the month. Join the discussion on financial industry topics.
**Card Club** | Thursdays at 3pm in the Sky Lounge.
**A Novel Idea** | The Book Club will meet on January 9th at 2:00 in the Sky Lounge. See Maureen Napoli to join.
**Master Minds Trivia** | A resident run trivia club. Join us on January 15th and 29th in the Great Room at 4pm.
**Veterans of Avenida** | Will meet in the Sky Lounge on January 31st at 10am. See Paul Bender for details.
**Ladies Corner** | We will be going to Bucca di Beppo on Wednesday January 29th at 11:30 for our Ladies Lunch. RSVP Required
**Mens Corner** | The men will be car pooling to lunch on Wednesday January 22nd. Meet in the lobby at 11:30
**Hobby Club** | Needle work and more! Join us on Thursdays at 1pm. See Gayle Gilmer if interested.
**Small Group Bible Study** | Join us Thursdays at 6:30pm. See Rick Madden or Ed Anthony for more information.
**Euchre Card Club** | We meet on Sunday's at 3pm. Contact Lois McBee for more details.
**Gocce Ball** | Postponed until Spring. See Diane Mazarra for details.
**Pot Luck Bingo** | Bring your favorite snack and enjoy a resident lead game on January 8th and 22nd at 4pm.
**Weekend Walking Club** | Meet us in the lobby to go on a leisure or brisk walk at 6pm on Saturday and Sunday.

***Interested in creating a new club?***
***Stop by Nikki Jo's office to get it all set up.***

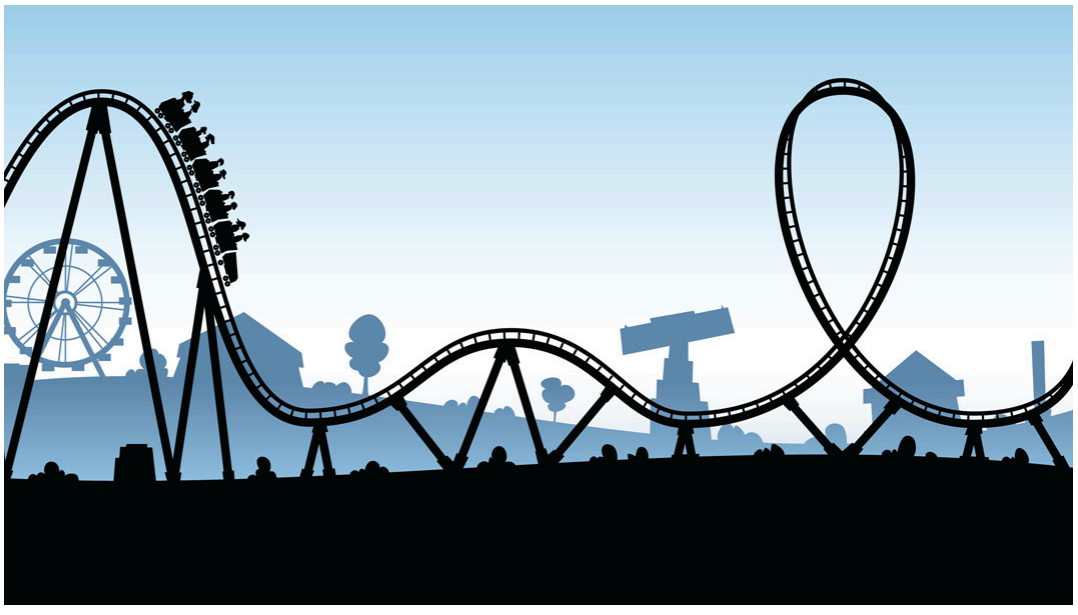
Saturday January 4th at 9am join the public on a ReNew Year Hike at Radnor Lake, 1160 Otter Creek Road  Oak Hill, TN 37220

Join Flourish Meditation Studio Owner Kimberly Revereza for a session in deep breathing and meditation on Wednesday January 8th at 10am.



Ready to warm up this winter? Let Megan Marcum from Fitness Porter lead you in a soup prep class called "Just Add Broth". On Saturday January 25th at 2pm in the Bistro she will walk you through food prepping two different soups to keep you warm this winter. You will need to bring a cutting board, a chef knife, a pairing knife, measuring cups, a can opener,  and an apron is optional. RSVP is required by January 23.

Join Resident Bill Fairchild on Friday December 6th, 13th and 20th at 3:30 for a roller coaster ride through history



# COOL SPRINGS WINES & SPIRITS

Join Cool Springs Wine and Spirits as they take you on a tasting to find out the best wine for your dinner party. RSVP is required for this event on Friday January 10th at 4:00 in the Great Room.

Massimo Criscio, owner of the Italian Cooking School and Chef Dino will do a presentation of cooking an Italian Risotto and tasting some Montepulciano Wines Wednesday January 15th at 1:00 in the Great Room. RSVP Required

## RISE & DINE BRUNCH

Sunday January 26 from 10AM -1PM. $20 Each RSVP Required

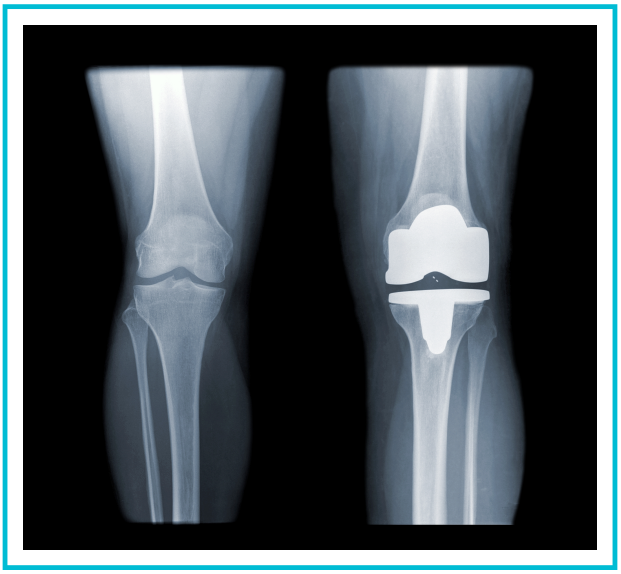
Menu Includes:
Made to order Omelet/Egg Station—Meat and Veggies
Southwestern Potato Hash
Biscuits and Bagel Station
French Toast Bar with Toppings
Mixed Fruit and Yogurt Parfait Bar

FREE Group Meeting Next Door. January 21st at 6PM 1897 General George Patton Rd.

Have you attended the the New Resident Orientation? Join us in the Theatre on Tuesday January 28th at 9:30am. Meet the Avenida Team and learn how we can help you make the most of your new home.

**New Resident Orientation**

Have you moved in to Avenida recently? Then join us for the New Resident Welcome Party on January 7th at 3:30pm. We would love for you to invite your friends and family to join us for happy hour as we welcome you to our community. This month The Band of Kelley's will be performing!



# DAVID PRICE

## IMAC REGENERATION CENTER

The national proprietary OA Centers Knee Program is a highly successful, proven alternative to total knee replacement.If you or a loved one are currently suffering with knee pain and arthritis we invite you to attend our informative seminar on Thursday January 9th at 3:30 to learn more about the latest medical breakthrough that does not require surgery to reduce pain. This treatment is covered by most insurance including Medicare.

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A New Year, another tax filing. Music City Payroll will be here on Friday January 17th at 2:00 to go over current tax changes and tax savings strategies. Don't miss out!