

# WELCOME TO YOUR AVENIDA LIFE

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Greetings,

As the world continues to face new challenges and difficulties posed by the pandemic known as COVID-19 (novel coronavirus), we are taking extra precautions here at Avenida Naperville to safeguard your health and well-being, and also the health of our team members and the entire Chicagoland community.

We have recently adopted the following measures:

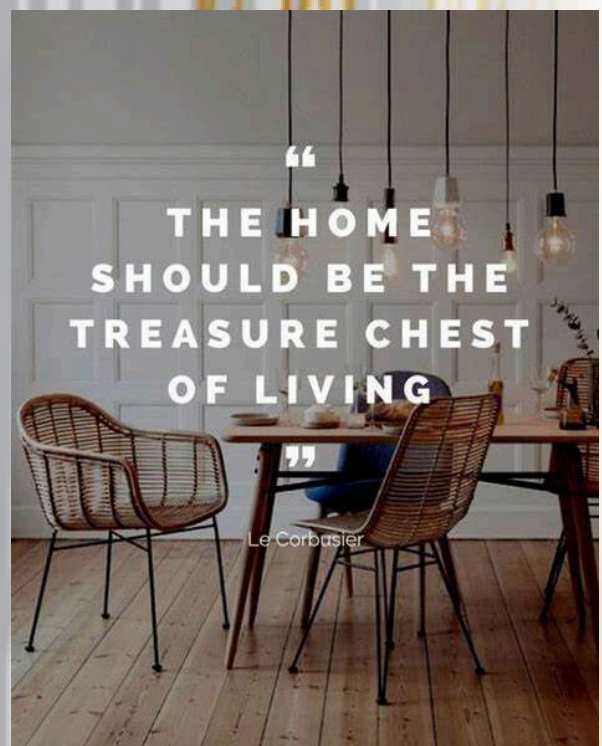
- \* Stringent cleaning procedures and protocols have been implemented.
- \* We are limiting access into the community to essential visitors only—namely, those providing care and/or medical attention.
- \* We will attempt to screen essential visitors for symptoms of infection and to determine if they have visited areas known to be sources of the virus or have interacted with persons who were infected.
- \* We have suspended our socially interactive programming and activities and are working on offering activities that can be participated in remotely.
- \* Onsite events that were open to the public have been cancelled.
- \* Package and meal deliveries are not allowed beyond the front desk; packages must be left in the Amazon Hub or at the front desk for pickup.
- \* All common area amenities have been closed to promote social distancing.
- \* All non-essential maintenance requests and non-emergency in-home projects have been postponed, though our team members are still available to respond to emergencies.
- \* We encourage you to comply with social distancing directives and to contact our staff via phone and email.

\* Our Sales team members have suspended all in-person appointments and are continuing their outreach activities via phone, email, and video conferencing.

\* We are actively monitoring updates from the Centers for Disease Control and our local health agencies, and we will make policy adjustments according to their recommendations.

We appreciate that you have chosen Avenida Naperville as your home, and we will continue to take every step necessary to make sure you are happy and healthy during these difficult times.

We are sensitive to how challenging this time is for everyone and take comfort in knowing that we are all in this together. Wishing everyone continued health.



## Challenge Yourself with Sudoku

A sudoku puzzle consists of a 9 by 9 grid. This grid is subdivided into nine 3 x 3 boxes. Some of the cells in the grid are prefilled with a number between 1 and 9, while many other cells are blank. Your job is to determine the correct number to be entered in each of the empty cells.

To figure out which number between 1 and 9 belongs in a particular cell, you need to adhere to the following rules:

The numbers 1 through 9 must appear exactly once in each **row**.

The numbers 1 through 9 must appear exactly once in each **column**.

The numbers 1 through 9 must appear exactly once in each **3x3 box**.

The challenge of sudoku is using the process of elimination and other strategies to identify the unique solution for the sudoku puzzle. Sudoku really is an excellent brain game, as it trains logical reasoning and visual perception, among other brain skills. Give the puzzle below a try. Have fun!

5					8			3
2					1	4	8	
	8				3	2		7
	6		8		9			
	2			6			3	
			4		2		6	
6		8	1				5	
	5	1	9					6
7			3					8

8,549,176,320

*What makes this number unique?*

## Top 10 Fitness Facts

1. Exercise Boosts Brainpower
2. Movement Melts Away Stress
3. Exercise Gives You Energy
4. It's Not That Hard to Find Time for Fitness
5. Fitness Can Help Build Relationships
6. Exercise Helps Ward Off Disease
7. Fitness Pumps Up Your Heart
8. Exercise Lets You Eat More
9. Exercise Boosts Performance
10. Weight Loss Is Not the Most Important Goal

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