

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9. Good luck!

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



Feel Good Foodie **One Pan Pasta**

One pan pasta is an easy family friendly meal you can whip up quickly on any weeknight. It's a no-fuss meal using only one cookware and any vegetables you like. Enjoy!

Ingredients:

- 8 ounces linguine
- 1 pint cherry tomatoes sliced in half
- 2 ounces baby spinach leaves
- 1 small onion finely sliced
- 3 garlic cloves finely sliced
- A small handful of basil leaves roughly chopped
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon salt
- 2 ounces parmesan cheese grated (optional)

Instructions:

1. In a large deep pan, place the linguine in addition to the cherry tomatoes, spinach, sliced onions, garlic and basil. Drizzle the olive on top and season with crushed red pepper and salt.
2. Pour 4 cups of boiling water (or vegetable/chicken stock) into the pan and bring the mixture to a boil. Cook for 8-10 minutes on medium heat stirring occasionally with tongs, until the liquid is nearly evaporated, creating a sauce.
3. Remove the pan from heat and stir in parmesan cheese and fresh basil, if desired. Serve immediately and enjoy warm.

April Firsts in Sports:

Many firsts in sports history happened in April. Here are just a few of the highlights.

- 1858** | First U.S. billiards championship held
- 1876** | First National League baseball game played
- 1893** | Longest boxing match in history: 7 hours and 110 round
- 1897** | First modern Olympics Games took place
- 1927** | Stanley Cup played solely by NHL teams
- 1934** | First Masters Tournament played in professional golf
- 1940** | First 15-foot pole vault made
- 1947** | First NBA finals played
- 1950** | Globetrotters embarked on their first South American tour
- 1974** | Hank Aaron topped Babe Ruth's career home run record
- 1985** | World record high dive set: 174 feet, 6 inches
- 1986** | World record of 8,800 continuous somersaults set
- 2013** | First time no running backs selected in first round of NFL draft

WELCOME TO YOUR AVENIDA LIFE

AvenidaPartners.com | (720) 705 - 0055 | April 2020
11001 W. 15th Pl. | Lakewood, CO | 80215

A Note to Our Avenida Lakewood Residents

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 Lakewood to safeguard your health and well-being, and also the health of our team members and the entire Denver Metro 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 Lakewood 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.

AVENIDA ADVENTURE CLUB

Let the adventure begin!

Join us to celebrate the launch of our Travel Club while we discuss upcoming trips for 2020.

**Wednesday, March 4th at 5:30 pm
Theater**

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**Irish Splendor
Departing October, 28th 2020**

Emerald Isle | Dublin | "Fair City" of Dublin | Killarney | Dingle Peninsual | Cliffs of Moher | Tullamore - overnight stay in Cabra Castle | Kingscourt

8 Days | 8 Meals: 6 Breakfasts | 2 Dinners
Per Person Rates: Double \$2,799; Single \$3,199;
Triple \$2,769



Trivets are so handy to have around and the simplicity and natural feel that the rope lends this project. The best part is you can make these trivets in a jiffy, with only rope and tape! Join Sadie in the Creative Arts Room on Friday, March 20th at 12:30 pm. **RSVP is required.**

Shakti Whole Health Salad in a Jar



These mason jar salad recipes are super simple to prepare, and will save you money & time. Fill your jar with all of your favorite ingredients for an excellent grab-and-go salad!

March 11th | 11:00 am

\$5 per salad

Sign up in the Mail Room

Women's History Month: Molly Brown Soldiers in Petticoats



It's hard to imagine a time when women didn't have the right to vote. In 2020, the United States marks the centennial anniversary of the passage of the 19th Amendment which granted women the right to vote. Join us in the theater on March 25th at 11:00 am to learn how Molly Brown was involved!

Understanding the Brain-Gut Connection with Dr. Harrison



Join Dr. Harrison, owner of *The Center for Functional Medicine* for a free seminar to learn the #1 cause of Autoimmunity and a Poor Functioning Brain.

Tuesday, March 10th

11:00 am

Theater