



Let's Get Physical May Fitness Month

Regular physical activity is good for everyone's health and people of all ages and body types can be physically active. National Physical Fitness Month is a great time to spread the word about the benefits of getting active. Physical activity keeps you in shape so you can enjoy leisure activities and safely perform work and home chores. It offers great mental and social benefits as well. Positive outcomes to physical activity, include a sense of purpose and value, a better quality of life, improved sleep, reduced stress, as well as stronger relationships and social connect- edness.

12 Important Reasons to be Physically Active

1. Be healthier
2. Increase your chances of living longer
3. Feel better about yourself
4. Reduce the chance of becoming depressed
5. Sleep better at night
6. Look good
7. Be in shape
8. Get around better
9. Have stronger muscles and bones
10. Achieve or maintain a healthy weight
11. Be with friends or meet new people
12. Have fun

Fight F.O.G. (Fats, Oil and Grease)

Grease is the leading cause of sink clogs and service calls.



DO: Use an old coffee can or jar as a grease container. Pour greasy or oily food waste into the container.

DO: Allow animal fats to cool or freeze in the container before throwing them in the trash

DO NOT: Pour oil and grease down drains.
DO NOT: Use hot water to rinse grease off cookware, utensils, dishes or surfaces.

DO NOT: Put food scraps down the drains.

THANK YOU FOR HELPING!



April Is National Humor Month



Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

Physical Health Benefits:

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

Mental Health Benefits:

- Adds joy and zest to life
- Eases anxiety and fear
- Relieves stress
- Improves mood
- Enhances resilience

Social Benefits:

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding

Check It Out!

www.indianoaksapartments.com



6200 Old Harding Highway, D-2
Mays Landing, NJ 08330

Hours of Operation: Mon/Friday 9-1 Closed Wed
Phone: 609-625-9200
Fax: 609-625-1643
www.indianoaksapartments.com

There's no place like home!

Reminder:
 Rent is Due the 1st day of EVERY month
 After the 5th there is a \$50 Late Fee
 After the 10th another \$50 Late Fee

Please pay your rent on time
 to avoid any charges

Sweet and Spiced Pecans

Prep: 5 min Cook Time: 25 Min Total Time: 30 min
Yield: 4-6 Servings

Ingredients

- 1/4 cup honey
- 2 teaspoons black pepper
- 1 teaspoon kosher salt
- 1/4 teaspoon ground allspice
- 2 tablespoons sugar
- 2 cups pecans



Instructions

Preheat the oven to 350 degrees F.

In a medium bowl, stir together the honey, pepper, salt, allspice and sugar. Add the pecans, tossing to coat well. Spread the pecans in a shallow baking pan and bake in the middle of the oven 15 to 18 minutes. Stir and bake 7 minutes more. Transfer to a sheet of parchment paper and let cool. When cool enough to handle, break apart the pecans.

Indian Oaks

Office Hours: Mon, Tues, Thurs, Fri 9-1 Closed
Wed. Sat. by Appt.

Reminder: ALL CHECKS MUST BE MADE
PAYABLE TO Indian Oaks Apartments.

Exterminator Dates:

APRIL 3, 2017 – Buildings A-E

MAY 1, 2017 – Buildings F-L

JUNE 5, 2017 – Buildings A-E

Please Recycle



ENERGY ASSISTANCE

- **Lifeline:** This program assists low-income residents for information, call 1-800-792-9745
- **NJ Shares:** This program is geared to any resident who needs temporary help paying utility bills. For a list of agencies, visit www.njshares.org or call SJG at 1-888-766-9900
- **HEAP (Home Energy Assistance Programs):** This program assists elderly, disabled and low-income residents. Contact or visit your local Community Action Program agency. For information, call 1-800-510-3102.



1 – April Fools Day

16 – Easter



14 – Mother's Day

29 – Memorial Day



18 – Father's Day