

June 1, 2008



# Excelsior Court News

Volume 3, Issue 6

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## Window Cleaning Service

First Glass will be coming to Excelsior Court to clean the windows for those who are interested on Tuesday, June 17, 2008.

The cost is \$10 per window, which includes all taxes. If you have three windows in your apartment to be cleaned, then you must leave a cash or check for \$30 in an envelope marked "First Glass".

You must pay for this service on the day your win-

dows are cleaned. If you will not be home when they come, you must leave your payment for them in your apartment or with the service coordinator so they can be paid. The service coordinator will be able to let them into your apartment upon permission if a tenant will not be home on that day.

Getting your windows cleaned is *optional*. We must have at least three



tenants interested to have this service here.

Please complete the interest survey distributed to you and return it to Julie Hackbarth, Service Coordinator by Thursday, June 5, 2008.

If you would like more information or have questions please contact Julie in the office.

## Cub Club Car Wash June 7!

The Cub Club Car Wash will be here in just a few days! On Saturday, June 7 we will meet at Cub Foods in Minnetonka at 9:40 am to set up.

Please plan ahead for transportation. If you have any

questions or concerns about this, talk to Julie in the office.

Furthermore, we will discuss car wash duties and roles at the Car Wash meeting on Thurs-

day, June 5 at 5:30pm. Please bring any questions or concerns you have to the meeting. See you then!

## Cooking Class

Excelsior Court's Cooking Classes will start Mondays on June 23, 2008 from 5:30-7pm. If you are still interested in participating there are cooking con-



tracts posted on the bulletin board in the community room. You can also pick one up in the office. The deadline to return them is Wednesday, June 11, 2008.

The service coordinator will let you know in advance when there will be food

costs for the classes. Our course instructor will be Velma from the University of Minnesota Extension Services.

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*A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.*

*~James Dent*



## Renters Insurance Question and Answer

### What is Renters Insurance?

\*Renters Insurance covers damage to or loss of your personal belongings.

### Do you need Renters Insurance?

\*You need renters insurance to protect your belongings. HUD and Fraser only have insurance to protect the building. Your

belongings are not covered under this insurance.

### What kinds of loss or damage to property does Renters Insurance cover?

\*This depends on the policy purchased. Most policies will cover fire, theft, vandalism, and flood, and some will also cover additional living expenses if you are unable to live in the apartment due

to one of those things. HUD and Fraser **will not** cover living expenses if you are unable to stay in your apartment.

If you don't have Renters Insurance, talk with your family or your team to consider it. If you have additional questions or would like more information, Julie in the office can help you.

## Fitness Group

Excelsior Court's Fitness Group will be meeting again on Tuesday, June 24, 2008 from 6:30-7:30pm with volunteer Kolyn! She will be leading a fitness activity in the community room or a

walk outside if the weather is nice.

**DON'T FORGET TO WEAR COMFORTABLE CLOTHES, TENNIS SHOES, & BRING ALONG SOME WATER!**



## June Health Tip



### From Bloomington Public Health:

"Whether it's a picnic, potluck, or family gathering, if that potato salad has been sitting out for the past two

hours, throw it out.

As a general rule, if perishable food is left at room temperature for more than 2 hours you should throw it out. This includes most salads, meats, Meals-On-Wheels meals, deviled eggs, dairy products, cooked vegetables, and the like"

You can find more health tips from Blooming Public Health at [www.ci.bloomington.mn.us](http://www.ci.bloomington.mn.us) under the "Safety & Health" link.

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**Summer Officially Begins June 21!**  
**Don't forget to take your sunscreen & water along with you on outings !**

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## Stress Management Class

There will be a Stress Management Class on Tuesday, June 17 from 4p-5p in place of Current Events for this month. We will cover what stress is, signs and symptoms, and ways to cope with stress. It is a good way to refresh yourself & kick those stressors for Summer!!!



# June 2008

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2	3	4	5 Car Wash Meeting 5:30-6:30p	6	7 Cub Club Car Wash 10a-1p
8	9	10	11	12 CUB CLUB	13	14
15 Father's Day	16	17 <b>**First Glass Window Cleaning Service ***** *Stress Management 4-5p***</b>	18	19	20	21 Summer Begins!
22	23 Cooking Class Starts! 5:30-7p	24 6:30-7:30pm Walking Club	25	26 CUB CLUB	27	28
29	30 Cooking Class					