

Sheridan Court



Happy Spring!

May 2007

Volume 6, Issue 5

Game Night

Come join friends and neighbors for a fun filled Game Night! Fraser volunteer,

Erin will be hosting game night on Wednesday, May 9 from 6:45-7:45PM.

Treats will be provided!



Inside this issue:

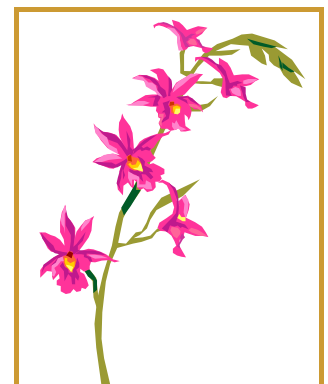
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Tenant Meeting

A spring tenant meeting will be held in the community room on **Monday, May 7th** at **6:00PM**. We will

discuss severe weather and fire safety, use and rules of the bike shed, the tenant guidebook, and information on planning for an

emergency. If you have questions regarding this meeting please talk to Holly Reinsmoen or Lauri Weickert.



Window Cleaning Service

Last summer we had a number of tenants who received window care in their apartments from a glass cleaning service.

Window cleaning will be

offered again this year by First Glass for those tenants that are interested. Please watch for more information and a sign-up sheet to receive this

service in the next couple of weeks. If you have any questions in the meantime please talk to Holly

Reinsmoen.



Air Conditioners

It is getting to be about that time of year again when everyone will be starting to use their air conditioners. The following is an excerpt from your tenant guidebook which talks about Fraser's air conditioner policy.

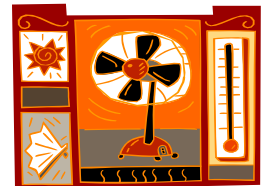
"Each apartment has a sleeve where an air conditioner unit can be placed. Air conditioners are not provided by Fraser. Each tenant is responsible for the purchase, maintenance and service of their air

conditioner. Fraser's maintenance department will not service your air conditioner.

The following is a list of suggestions from Fraser regarding your air conditioner. If you are thinking about buying a new air conditioner, any major appliance store will sell them. A new air conditioner will cost approximately \$500.00 to \$600.00. The size that fits your apartment is 21 1/2 inches wide, 15 inches tall, and 17 inches deep. If you would like to get your air

conditioner fixed you can get it serviced through the manufacturer. Manufacturers are listed in the Yellow Pages. "

If you would like more information please refer to your tenant guidebook or talk to Lauri or Holly.



Office Hours

The Service Coordinator will not have office hours on Wednesday, May 9th-

Friday May 11th. If you need immediate assistance please contact Fraser School at 612-861-1688.



Health Tip

Add quality to your life with walking!

Walk walk walk...

Some ways that walking can add quality to your life:

- Relieves arthritis and back pain
- Strengthens muscles, bones, and joints
- Helps improve balance
- Gives you more energy
- Makes you feel good
- Helps you to relax and reduce stress
- It's great for your heart
- Helps you sleep better
- Helps control your appetite
- Burns off extra calories



Flowers at Sheridan Court

Come and join Patti, your resident manager, on Wednesday May 23rd at 5:00PM for our Annual Flower Planting activity! If you, your family

members or friends would like to donate flowers or money to our activity please see Patti in #107 or call her at 952-2112-5012.



Resident Corner: Interact

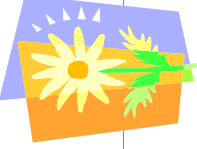
By: John Boler

I would like to let tenants and families of Sheridan Court be aware of what's going on at Interact. I am a part of a show that is currently being shown at the Interact Theater. It is called

"Future Perfect: A Genetically Modified Musical". We will have the show running through May 19th. Show times are Thursday and Friday evenings at 7:30PM and Saturdays at 3:00PM and 7:30PM. You may purchase

tickets through Ticketworks at 651-202-6689. When you purchase your ticket please mention my name, John Boler. All sales are greatly appreciated! If you have any questions please talk to John Boler at 612-861-6632.

May 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Happy May Day!	2	3	4	6
6	7 Tenant Meeting 6PM	8 Cub Club	9	10	11	12
13	14	15	16	17 Game Night 6:45	18	19
20	21	22 Cub Club	23 Flower Planting 5PM	24	25	26
27	28	29	30	31		