



Sheridan Court



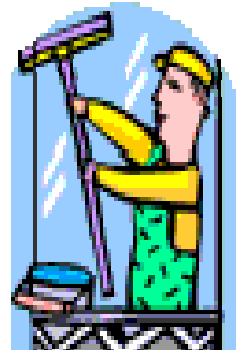
Inside this issue:

<i>BBQ</i>	2
<i>Health Tip</i>	2
<i>Fire Drill</i>	2
<i>Building Safety</i>	3
<i>Tenant Submissions</i>	3
<i>Thank You!</i>	3
<i>Calendar</i>	4

Window Cleaning

For those who signed up to receive the window cleaning service, First Glass will be coming to Sheridan Court between the days of June 12, 13, and 14. They will be contacting those tenants who signed up to set up a time that works for you. If there is a time when

you are unable to be in your apartment, please choose a time for the service and the Service Coordinator will let First Glass into your apartment. Remember that payment is due on the day of service. If you will not be home when your windows are scheduled to be cleaned, please leave the payment out. If



you have any questions regarding this service please talk to Holly Reinsmoen.



Game Night

Come join your neighbors and Fraser volunteer, Erin for a fun filled game night! This month's game night will take place

on June 27, from 6:45 to 7:45PM. Hope to see you there!



Sheridan Court BBQ



Please join your Resident Manager for a BBQ at Sheridan Court!

When: Thursday, June 14th, 6:00PM.

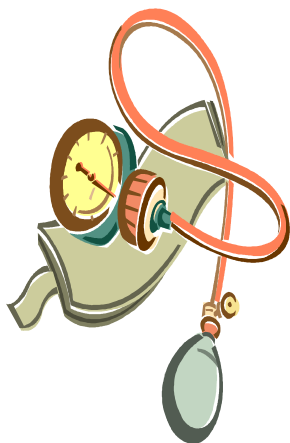
Where: Sheridan Court.

Please bring something to grill and a beverage. You may also bring a dish to share (salad, dessert,

chips, etc.). Plates, cups, napkins, utensils and condiments (ketchup, mustard, relish and ice) will be provided. Please talk to Patti if you have any questions.



Health Tip

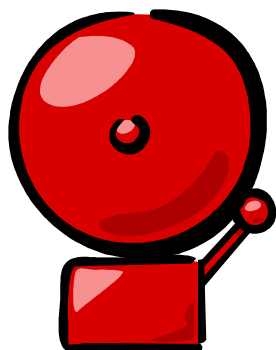


Know your blood pressure numbers...

High blood pressure is called "the silent killer" because there may be no symptoms. Know your numbers; they are your only warning:

- The upper number is the systolic reading and the lower number is the diastolic reading.
- Normal blood pressure is a reading less than 120/80.
- If either or both of your numbers are higher please talk with your doctor because you might have high blood pressure.

Fire Drill Reminder



A reminder to all tenants of Sheridan Court! We will be having a Fire Drill sometime in the month of June. Please be aware of this and remember to follow the fire drill

procedure at the time of the drill. It may be good review to go over the guidelines on the tip sheet that was handed out at the tenant meeting in May. If you need a tip sheet or have questions

regarding the fire drill please talk to Holly Reinsmoen.



Don't Let Strangers In!

It is everyone's responsibility to keep our building safe! Please do not let strangers into Sheridan Court. If someone buzzes your apartment, always ask who it is before letting them in. If you are unsure

please go down to the lobby to check that you know the person before opening the door to them. If you do not know the person, DO NOT let them in!



Tenant Submissions

A reminder to all Sheridan Court tenants. We love to have tenant submissions in the monthly newsletters! If you have a story,

drawing, recipe, or anything else you would like to share please feel welcome to submit it to the newsletter! All submissions can be

given to Holly Reinsmoen.



Thank You!

Thanks to Patti and the tenants who joined her in planting the flowers outside Sheridan Court! Many thanks to the families who donated to the

project! To keep the flowers looking beautiful, they must be watered! If you are interested in being a member of the

watering schedule, please see Holly as soon as possible.



June 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2

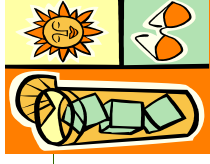
3 4 5 6 7 8 9

10 11 12 Cub Club 13 14 BBQ 15 16

Window Cleaning ----->
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17 18 19 20 21 Happy 22 23

Summer!



24 25 26 Cub Club 27 Game Night 28 29 30

6:45-7:45PM