



The Fenner Square Bulletin

Fenner Square Apartments
555 S. Burke, Goliad, TX 77963

National Night Out

November 2009

On October 6, Fenner Square celebrated National Night Out as well as Jossie's son, Nicholas,' Birthday! Goliad County Sheriff Kirby Brumby showed up to share some great Crime Prevention Tips. Everyone enjoyed grilled hamburgers, chips and dip. Thanks to all the residents who volunteered their time for this event and, of course, the Sheriff.

COMMUNITY REMINDERS

Rent is due on the 1st and is late on the 4th.

The Computer Lab is open everyday.

FOR AFTER HOURS EMERGENCIES, please call 361/645-0024

Fall Health Tips from Carol Miller, Hamilton Valley Management, Inc.

This fall season follow these tips to help you and yours stay in top health and be your best during the season, and all year long:

Flu Shots - Check with your doctor or your local public health department to find out when the annual flu shot is available. If your doctor can give you the shot in the office, combine it with a check-up. If your doctor does not give the shot, check on local events for flu shot administration.

Cold and Flu - Cover your face when you sneeze or cough and wash your hands often to help stop the spread of the season's cold and flu germs.

Exercise - Exercise is important all through the year, but it can also help you get in shape for the winter months. If you exercise by walking outdoors, it may be time to locate other places you can walk that are protected from harsh winter weather. Indoor shopping malls are great places to walk. With the days getting colder, take a few extra minutes to warm up and stretch your muscles before you exercise.

Diet - Add all the fall vegetables to your diet. Many of the root vegetables are in season now and are an inexpensive and nutritious way to add variety to your diet.

Drink More Water - You can experience dehydration even during the winter. Dry central heat robs your body and skin of vital moisture. If you keep hydrated your mucous membranes also stay hydrated, working much more effectively to filter our disease causing organisms.

Area Agency on Aging Presentation

When: November 18, 2009 @1:00 PM

Where: Community room

Topic: Medicare Part D



November 11, 2009
Veteran's Day



National Night Out in the Community Room



Dear Fenner Square Residents,

Please contact Jossie if you have any suggestions of any activities or events that you would like the Fenner Square Apartments to participate in, or have in the community room.



Resident Services at this property are provided by:



212 West Laurel

San Antonio, TX 78212

Ph: 210/281-0234

Fax: 210/281-0238

www.mercedhousingtexas.org

RESIDENT SERVICES OFFICE INFORMATION:

OFFICE HOURS: Monday-Friday 8 AM-2 PM

PHONE: 361/645-3393

EMERGENCY CONTACT: 361/645-0024

Director: Jossie Wilbanks

Happy Thanksgiving!