

Cedars & Cedars North Apartments



JUNE 2011



NOTES & NEWS

Welcome Summer

Summer solstice, also known as the first day of summer and the longest day of the year, is June 21.

Cold Water on the Go

Whether you're planning a road trip or just a long day of errands, spending hours in a hot car is bound to make you thirsty. Freeze a refillable bottle of water and stash it in the car while you're out and about. It will melt in no time, and it's cheaper and more eco-friendly than buying water at a convenience store.

Positive Thought

"People become really quite remarkable when they start thinking that they can do things. When they believe in themselves, they have the first secret of success."

—Norman Vincent Peale

Put Motivation in Motion

To get inspired to work out, sign up for a coming event such as a 5k run or a mini-marathon. Training for a period of weeks or months will give you a goal and a deadline to keep you motivated.

HIGHLIGHTS

Hats Off to Dad

Father's Day is June 19.

Summer Slumber

Many people stay active late into the evening during summer months, when days are long. If you find that extra activity during the evening makes it hard to fall asleep at night, try nibbling an ounce of almonds or sipping a cup of chamomile tea before bedtime. Both are safe, natural sleep aids.

Daily Decluttering

Spend five minutes every day straightening up your home so it never gets out of control.

Easy Way to Cut Calories

Swap some common breakfast foods for fewer calories. Drink skim milk instead of whole milk, use egg whites and skip the yolk, and eat turkey bacon or sausage instead of the pork variety.

Sharing Shoes

Americans discard about 300 million pairs of shoes annually. Instead of trashing your old shoes, donate them to Soles4Souls, which will give them to people in need around the world. Learn more at Soles4Souls.org.

Get Out

June is Great Outdoors Month. Step outside and enjoy the view.

BULLETIN BOARD

A Figure of Speech

Phrase: "Let the cat out of the bag."




Meaning: To unwittingly divulge a secret.

Origin: The story goes that in medieval England, livestock was sold on the street in bags. Unscrupulous sellers would say the bag held a pig (valuable) when it actually contained a cat (not so valuable). If the cat slipped out before the transaction was complete, the seller's secret was revealed.

Your Staff

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# June 2011

| Sunday | Monday | Tuesday                                                                                                       | Wednesday | Thursday                                                                                | Friday                                                                                                                 | Saturday |
|--------|--------|---------------------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------|
|        |        |                                                                                                               | 1         | 2                                                                                       | 3                                                                                                                      | 4        |
| 5      | 6      | 7                                                                                                             | 8         | 9<br> | 10                                                                                                                     | 11       |
| 12     | 13     | 14<br><br>CELEBRATE FLAG DAY | 15        | 16                                                                                      | 17                                                                                                                     | 18       |
| 19     | 20     | 21                                                                                                            | 22        | 23                                                                                      | 24                                                                                                                     | 25       |
| 26     | 27     | 28                                                                                                            | 29        | 30                                                                                      | national<br>Jced Tea<br>month<br> |          |

## San Francisco Giants

### Home Games

- AT&T Park  
(415) 972-2000  
SanFrancisco.Giants.MLB.com
- June 3-5 vs. Colorado Rockies
  - June 6-8 vs. Washington Nationals
  - June 9-12 vs. Cincinnati Reds
  - June 21-23 vs. Minnesota Twins
  - June 24-26 vs. Cleveland Indians

## Oakland Athletics

### Home Games

- The Coliseum  
(510) 638-4900  
Oakland.Athletics.MLB.com
- June 1 vs. New York Yankees
  - June 14-16 vs. Kansas City Royals
  - June 17-19 vs. San Francisco Giants
  - June 28-30 vs. Florida Marlins

## Through June 19

- Blue Man Group**  
Golden Gate Theatre  
(888) 746-1799  
www.SHNSF.com

## June 4, 5

- Union Street Festival**  
Union Street: Gough to Steiner  
(800) 310-6563  
www.UnionStreetFestival.com

## June 7

- U2**  
Oakland-Alameda County Coliseum  
(510) 569-2121  
www.Coliseum.com

## June 12

- Haight Ashbury Street Fair**  
Haight Ashbury District  
www.HaightAshburyStreetFair.org

## June 14

- Chamber Music with Yuja Wang**  
Davies Symphony Hall  
(415) 864-6000  
www.SFSymphony.org

## June 16-19

- Project San Francisco: Pianist Yuja Wang**  
Davies Symphony Hall  
(415) 864-6000  
www.SFSymphony.org

## June 29, 30

- Favorite String Serenades**  
Davies Symphony Hall  
(415) 864-6000  
www.SFSymphony.org

## June 30

- Pink Martini with the San Francisco Symphony**  
Davies Symphony Hall  
(415) 864-6000  
www.SFSymphony.org

## Upcoming Events:

### July 21-Aug. 8

- San Francisco Jewish Film Festival**  
Various venues  
(415) 621-0556  
www.SFJFF.org

### July 31

- The San Francisco Marathon**  
Embarcadero  
(888) 958-6668  
www.TheSFMarathon.com

*Dates and venues are subject to change.*

San Francisco  
AREA EVENTS