



Quarterly Newsletter

Spring 2022

HAPPY SPRING!

Woodscape Glen Community Garden

It is time to assign garden spots for the Community Garden this year. We are looking for a volunteer Garden Coordinator who will be guaranteed a spot in the garden. The Garden Coordinator will oversee the garden and communicate with Wildwood staff on behalf of the gardeners. The rest of the plots will be assigned by lottery, if we receive more requests than there are plots.

Please contact Sam at the office if you would like to volunteer your time as Garden Coordinator or if you are interested in obtaining a plot this year. The deadline to submit your request is April 15th. Plots will be assigned on April 18th.



Maintenance Update

It is April and that means it is time to remove the hose bibs from the homes and open the vents. Expect to see the grounds crew around the houses taking care of these items during the month.

Also, remember - Work orders should be submitted to our office through the electronic Maintenance Form found on our website at www.woodscapeglen.com. At the top of the page, you will need to click on "Current Residents" then scroll down to the bottom of the page where you will find the maintenance form. Once submitted the form will go to our entire team and you will see a message saying the request has been submitted.



Spring Chicken Salad

Ingredients:

- * 4 cups chopped, cooked chicken.
- * 2 stalks of celery, chopped.
- * 1 cup halved, seedless red grapes.
- * ½ cup of Mayo.
- * 2 Tbsp Dijon mustard.
- * 2 Tbsp lemon juice.
- * 1/8 tsp ground black pepper.
- * 8 lettuce leaves.

Directions:

1. Combine all ingredients except lettuce.
2. Spoon onto lettuce leaves to serve.

Tip:

For convenience, this flavorful chicken salad can be prepared ahead of time. Refrigerate up to 2 days before serving.

Credit:

www.myfoodandfamily.com

SPRING

Spring is the season of new growth and change, a wonderful reminder that the cycle of life is starting over again and that better times lie ahead.

With the warmer weather, the trees in bud, beautiful blossoms blooming and daffodils shining, how can we not be inspired to feel more joyful and optimistic about life when Spring arrives? After all, if the flowers can push their way through the frosty ground, then surely, we can flourish too.

There are many reasons to be excited by the new season and the positive effects it can have on our emotional and physical wellbeing.

***Spring helps us to feel happier and energized** – The increased daylight and warmer temperatures encourage hormonal changes that help to boost our mood and energy levels.

***Spring encourages us to become more active** – As the days get lighter, longer and warmer we are more encouraged to start doing outdoor activities.

***Spring is a great time to get busy in the garden** – There is lots to do in the garden in the Spring, and there is now a growing body of evidence that shows the positive effect that gardening can have on our health.

***Spring sunshine tops up our Vitamin D** – Vitamin D is a unique vitamin that most people don't get enough of. Although some comes from our diet, 80% of our vitamin D is made from cholesterol in our skin when it's exposed to the sun.

Credit: www.baseformula.com/blog



MAHONIA VINEYARD

Don't forget to call the office to order some Mahonia wines for the Spring season. Our Estate Chardonnay, Pinot Noir, Rosé and Pinot Gris pair wonderfully with the tastes of the season, including the Spring Chicken Salad recipe on the front page.



Resident Referral Incentive

Life is so much more enjoyable when you live next door to a friend. That is why we like to reward you for bringing your friends, family, or co-workers to Woodscape Glen!

Limitations do apply. You must notify us of your referral before your friend's move-in date or have the applicant state their referral on their rental application. Contact Deb in our office for more information.