

APRIL-JUNE 2026

PLAZA TOWERS TELEGRAM



BIRTHDAY CLUB

Keep Your Mind Sharp with Mental Exercises

Cognitive health is vital for independent living. Engaging your mind daily helps preserve memory, focus, and decision-making skills.

- **Practice brain games:** Try puzzles, crosswords, or strategy games to challenge your brain.
- **Lifelong learning:** Take up a new hobby, learn an instrument, or attend educational workshops.
- **Read and socialize:** Reading books, discussing current events, or joining clubs stimulates mental activity.

Build and Maintain Social Connections

Strong social ties are directly linked to better health, reduced risk of depression, and a longer, happier life.

- **Stay in touch:** Schedule regular calls or visits with friends and family.
- **Join community activities:** Participate in group exercise classes, clubs, or volunteer opportunities.
- **Try virtual engagement:** Use video chats or online forums to connect when travel is difficult.

Consider supportive services: Programs like [in-home supportive services](#) can help prevent isolation.

PLEASE SEE RESIDENT SERVICES IF YOU'D LIKE TO BE ADDED TO THE BIRTHDAY LIST

HOLIDAYS

EASTER 4-5-26

MEMORIAL DAY 5-25-26

JUNETEENTH 6-19-26



RESIDENT SERVICES

WE ARE HERE TO ASSIST YOU! LET US KNOW HOW WE CAN HELP!

CONTACT ADAM ARRIOLA - SERVICE COORDINATOR AT 661-387-4107 WITH ANY QUESTIONS, CONCERNS, OR SUGGESTIONS



HEALTHY LIVING TIPS FOR SENIORS



STAY ACTIVE

Engage in physical activities, such as walking, swimming, or yoga



EAT HEALTHY

Follow a nutritious diet, consisting of fruits and vegetables

STAY SOCIAL

Maintain relationships with



GET ENOUGH SLEEP

Aim for 7-9 hours of quality sleep per night



MANAGE STRESS

Practice relaxation techniques and mindfulness



STAY HYDRATED

Drink plenty of water throughout the day



MENTAL HEALTH

Engage in stimulating activities such as reading, puzzles



SEE YOUR DOCTOR

Schedule regular check-ups and health screenings



PREVENT FALLS

Make the home safe to reduce



PREVENTIVE CARE

Stay up-to-date with vaccinations

NEW SITE UPDATE AS OF 3-25-26

Both Letzring Gardens and Niles Street Apartments are under construction. To date, work has focused on grading, retaining walls, underground utilities, and foundation work. Framing should begin in the next few months. Both properties are scheduled to be finished in winter 2026. As we get closer to completion, we will provide more information about the timing of completion and relocation to the new properties.

***Both 60 Day & 30 Day Notices will be given, prior to the move.
Moving assistance will be provided.***

MESSAGE FROM THE MANAGER

***ONLINE RENT PAYMENTS AVAILABLE STARTING JANUARY 1ST, 2026
(ASK MANAGER FOR DETAILS)***

Please take pets to designated grass area for them to use the restroom & clean up after them. Do not allow pets to urinate on building, posts, chairs, doorways, etc. GRASS ONLY

\$25.00 late fee will be charged for rent payments received after the 5th of each month.

NO SMOKING IN THE BUILDING. PLEASE USE THE DESIGNATED SMOKING AREAS

Easter Day



BASKET
BLOOM
BONNET
BUNNY
CANDY
CHICK
CHOCOLATE
CHURCH
DAFFODIL

DINNER
EASTER
EGGS
FAMILY
FLOWERS
GARDEN
HAM
JELLYBEAN
LILY

NEST
PARADE
PASTEL
PICNIC
RIBBON
SPRING
SUNDAY
SUNSHINE
TULIP