



2026

FRESH STARTS, SIMPLER STEPS

Small Ways to Start the New Year Strong

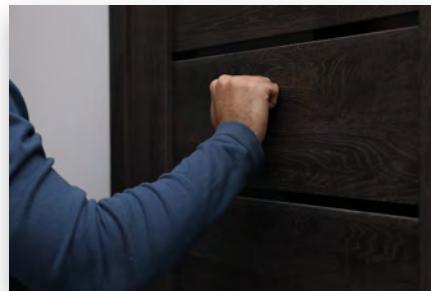
January is often called a “fresh start.” A new year can feel exciting—but it can also feel quiet, cold, and even a little overwhelming. The good news is that a fresh start doesn’t have to mean big changes or difficult goals. Sometimes, the smallest steps make the biggest difference.

As winter settles in, January gives us a chance to slow down. It’s a time to rest, reflect, and take care of ourselves and one another. Instead of making long lists of resolutions, try focusing on just a few simple habits that fit your life.



One easy step is to move a little more each day. A short walk, light stretching, or even standing up and moving around your home

can help keep your body strong. For seniors, gentle movement helps with balance and energy. For families, it’s a great way to spend time together.



Another small step is staying connected. Winter can feel lonely, especially when it gets dark early. A quick phone call, a friendly wave, or a short visit with a neighbor can brighten the day—for both people. Simple moments of kindness help build a stronger community.



Taking care of your space can also help your mood. Try organizing one

drawer, clearing off a table, or opening the curtains to let in more light. You don’t have to do everything at once—one small task is enough.

Finally, remember to be kind to yourself. January is not about being perfect. It’s about doing what you can, when you can. Rest when you need to. Celebrate small wins. Every day is a chance to begin again.



This new year doesn’t have to start fast or loud. With small steps, steady care, and a little patience, January can be a strong and peaceful beginning—for you and for our community..



January 2026

AIR FRYER - EVERYTHING BAGEL CHICKEN

INGREDIENTS:

- 1 1/4 pounds chicken tenders
- 1 Tablespoon olive oil
- 1/3 cup Everything Bagel seasoning



DIRECTIONS:

1. Gather all ingredients. Preheat an air fryer to 400 degrees F (200 degrees C), or according to manufacturer's instructions.
2. Place tenders in a bowl. Add oil and toss to coat. Add everything seasoning and toss to coat again.
3. Place tenders in the air fryer basket in a single layer; cook in batches if necessary. Cook until no longer pink at the center and juices run clear, about 12 minutes. An instant read thermometer inserted near the center should read at least 165 degrees F (74 degrees C).
4. Transfer to a serving plate and serve with desired dipping sauce.

PUZZLE CORNER

LETTER SUDOKU

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CREEKSIDE MANOR

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JANUARY 2026 CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|-----------|---|----------------------|----------|
| | | | | 1 Office Closed New Year's Day | 2 Rent Due | 3 |
| 4 | 5 | 6 Pest Control 100-200 | 7 | 8 | 9 | 10 |
| 11 | 12 Late Notices at 10:00 am | 13 Pest Control 300-400 | 14 | 15 | 16 | 17 |
| 18 | 19 Martin Luther King, Jr. Day | 20 Pest Control 500-600 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 Pest Control 700-900 Quarterly Inspection Bldgs. 100 & 200 | 28 | 29 Lunar New Year | 30 | 31 |

COMMUNITY CORNER

- Happy New Year to all!
- A friendly reminder, rent is due on the first of the month. A late fee will be applied to rent not paid in full by 10:00 am on the 12th as the 10th falls on the weekend.
- The only forms of payment we accept are checks, money orders, or credit/debit cards (with a \$5 fee). Please do not drop cash or change in the drop box for payments.
- Pest control comes on Tuesdays. Please note the extermination date for your building. You will not get another notice. Maintenance or Management may be assisting Dodson in the apartments.

COMMUNITY CORNER

- Company vehicles that are not your main vehicle, need to be parked in Guest parking.
- Trash thrown on the ground or left in the hallway is not acceptable. Please dispose of your trash in your trash can or in the dumpster.
- All Tenants need to have a Creekside Manor parking pass placed on their windshield. If you are a tenant and do not have one, please bring the Property Manager a current registration and one will be assigned.
- **Please do not overload the washing machines and dryers.
- **If you have a maintenance emergency after hours or when the office is closed, please call 1-800-224-4787. Do not call the office phone after hours or on the weekends.**