



2026

FRESH STARTS, SIMPLER STEPS

Small Ways to Start the New Year Strong

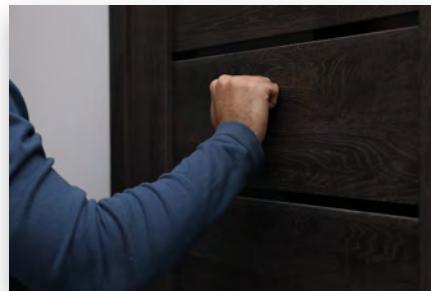
January is often called a “fresh start.” A new year can feel exciting—but it can also feel quiet, cold, and even a little overwhelming. The good news is that a fresh start doesn’t have to mean big changes or difficult goals. Sometimes, the smallest steps make the biggest difference.

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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GERMANNA HEIGHTS

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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	7	8	9	10
11	12 Late Notices at 10:00 am	13	14	15 Pest Control	16	17
18	19 Martin Luther King, Jr. Day	20	21 I	22	23	24
25	26	27	28	29 Unit Inspections - 1-23	30 Unit Inspections - 24-50	31

COMMUNITY CORNER

- ▶ Happy New Year to all!
- ▶ **We will be conducting inspections of ALL units. The lower level units will be inspected on January 29th and the upper level on January 30th. ** Please remove anything blocking the HVAC closet to allow for easy access to change the filter.**
- ▶ A friendly reminder that rent is due on the first of the month.
- ▶ All work orders and concerns regarding the property should be reported to the office directly or email me at ckeener@markdanava.com (checked regularly).
- ▶ A reminder that QUIET HOURS are from 11:00 pm - 8:00 am.
- ▶ ALL pets MUST be kept on a leash on the property and within the building at ALL times.

COMMUNITY CORNER CONTINUED

- ▶ Please put all trash in the container and break down all boxes. Do not place bags on the ground outside of the container.
- ▶ Reminder: Parking in front of the building is limited to 15 minutes. This applies to everyone, including visitors. Also, everyone **should be driving slowly in the parking lot for the safety of all**. Thank you for your cooperation.
- ▶ All units and grounds are smoke-free. Smoking is permitted in vehicles, but PLEASE do not throw cigarette butts in the parking lot.
- ▶ Reminder: Church services are held weekly on Sunday in the Community Room.
- ▶ Bingo - check bulletin boards for the date.