



March 2026

## SPRING FORWARD: FRESH STARTS FOR HOME AND COMMUNITY

March is a month of change. The days grow longer. The air feels lighter. After the quiet of winter, spring gives us a chance to begin again.

A fresh start does not have to be big or expensive. In fact, small steps often make the biggest difference.

One simple way to welcome spring is to refresh your living space. Open the curtains and let in natural light. Wipe down a table or organize one drawer. Even small changes can make your home feel brighter and more peaceful.

Spring is also a good time to refresh your routine. Take a short walk if the weather allows. Stretch your arms and legs in the morning. Drink an extra glass of water. These simple habits help keep our bodies strong at every age.

March is also about connection. During winter, many of us

spend more time indoors. Spring is a great time to say hello to a neighbor, check in on someone, or offer a friendly smile. Small acts of kindness help build a strong community.

This month brings Daylight Saving Time. When you move your clocks forward, remember to check smoke detector batteries and review emergency contact numbers. A few minutes of safety planning can bring peace of mind.

Spring reminds us that growth happens little by little. Flowers do not bloom overnight. They grow one day at a time. We can do the same.

Whether you are enjoying retirement, raising a family, working hard, or starting something new, March is a reminder that every season brings hope.

Let's welcome spring together — with fresh air, fresh starts, and

small steps that make our homes and communities even stronger.

### 5 Simple Ways to Refresh Your Home This Spring

1. Open windows (if the weather allows) for fresh air.
2. Wash bedding for a clean start.
3. Organize one small space.
4. Donate unused items.
5. Add a small plant or flowers for color.



## EASY SPRING VEGETABLE & RICE SKILLET



### INGREDIENTS:

- 1 cup uncooked rice
- 2 cups water or broth
- 1 bag frozen mixed vegetables
- 1 tablespoon oil or butter
- Salt and pepper to taste
- Optional, cooked chicken or beans for protein

### DIRECTIONS:

1. Cook rice according to package directions.
2. In a large skillet, heat oil or butter.
3. Add frozen vegetables and cook until heated through.
4. Stir in cooked rice.
5. Add salt, pepper and optional protein.
6. Cook together for 3-5 minutes and serve warm.

## COMMUNITY CORNER

### SPRING IS A SEASON OF NEW BEGINNINGS!

We'd love to hear from you.

Do you have:

- A favorite spring recipe?
- A photo of your balcony or patio refresh?
- A tradition your family enjoys in March?

Submit to your management office for a chance to be featured in an upcoming newsletter!



# ASHLAKE TRAILS

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## MARCH 2026 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Rent Due</b> National Banana Cream Pie Day	3	4	5 National Cheese Doodle Day	6	7 National Flapjack Day
8 Daylight Savings Time Begins - Turn Clocks Forward 1 hour	9	10 <b>Late Notices at 10:00 am</b>	11	12	13 Ashlake Crossing Pest Control	14
15	16 St. Patrick's Bingo at ALC 12:00-2:00pm	17 <b>Office Closed</b> St. Patrick's Day	18 <b>Office Closed</b>	19 St. Patrick's Trivia at ALT 12:00-2:00pm	20 Spring Begins	21
22	23 National Chips & Dip Day	24	25	26	27 Ashlake Trails Pest Control	28
29	30	31				

## COMMUNITY CORNER

- ▶ A friendly reminder that rent is due on the 1st of the month. Please be sure you pay on time to avoid additional fees. Late fees for rent will be applied to rent not paid by 10:00 am on the 12th, as the 10th falls on the weekend. \*\* If you pay your rent and water with your credit or debit card, remember to include the \$5 fee.
- ▶ **Key Events in March 2026:**
  - Banff Mountain Film Festival:** March 12th - 14th - Held at Falling Creek Middle School Auditorium, this event showcases films about mountain culture and adventure.
  - 2026 Chesterfield Community Champion Nominations:** **Deadline:** March 9th - Submissions for the annual community champion awards are due by 5:00 pm.
  - NTBA/PSB Girls Spring Kick Off Basketball:** March 28th - 29th - A youth basketball tournament hosted in the area.
  - Black History Month Celebrations:** Commemorations continue into early March, celebrating diverse heritage through local programs.
- ▶ **Resident Information:**
  1. Please make sure all trash is placed inside the trash dumpsters. No trash should be thrown on the grounds or outside of your vehicle at any time. This includes trash, cigarette butts, and personal items.
  2. Please do not move the community furniture, at any time, to a different location. We want to keep the community looking its best.
  3. In the event of an after-hours emergency, please call 1(800)224-4787.
  4. If you would like to pay by credit card or set up auto draft payments, please call (540)249-3060.
  5. At no time should a vehicles be parked on the grass or in the community's common areas. Any vehicle parked in these areas will be subject to towing at the resident's expense.