



## 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!



# THE VILLAGE AT ROCKBRIDGE

60 Willow Springs Road  
 Lexington, VA 24450  
 Phone: (540)464-1802  
 Fax: (540)464-1801  
 www.MarkDanaVa.com



## MARCH 2026 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Rent Due</b>	3	4	5	6 <b>Late Notices at 10:00 am</b>	7
8 Daylight Savings Time	9	10	11	12	13	14
15	16	17 St. Patrick's Day	18	19	20 Spring Begins	21
22	23	24 Exterminator	25	26	27	28
29 Palm Sunday	30	31				

## COMMUNITY CORNER

- ▶ A friendly reminder that rent is due on the first day of the month. Please do not drop blank or incomplete money orders/checks in the drop box. Money orders/checks should be payable to "The Village at Rockbridge," and include your name and apartment number in the memo. To pay online, please use the link provided. If you do not have the link, contact the office, and we will be happy to provide it for you. **Please remember to add the \$5 technology fee. If paying late, also include late fees in addition to your balance.**
- ▶ Any payments made to management are applied to past due balances (Rent, Court, Late Fees, Damages, etc.) before being applied to current balances. The only time payments will not be applied to past due balances is if you have a written payment arrangement with management and it is current.
- ▶ Daylight Saving Time begins on Sunday, March 8th, at 2:00 AM, when clocks move ahead one hour.
- ▶ For maintenance emergencies only, please call 1-800-224-4787.