

Cheesman Tower West



April Spring News

2015

BOARD OF DIRECTORS

President – Barbara Wagner
Vice President – Mary Ellen Bayko
Secretary – Jean Reardon
Treasurer – Doug Beekman
Director at Large – Rita Bastien
Director at Large – Hall Skeen

COMMUNITY MANAGER

Jean Ronald, CMCA, AMS

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BOARD MEETINGS

.....are held at 5:00 pm (new time) in the Community Room on the third Thursday of every month.

Tentative meeting dates:

April 16, 2015 **May 21, 2015**

June 18, 2015 **July 16, 2015**

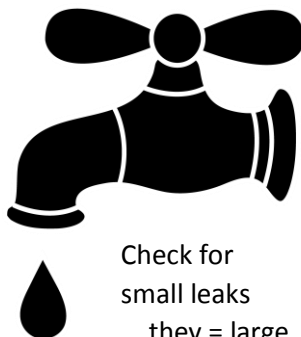
1965?

1st Sundays

in the Park

kick off May 3rd.

Cheesman Park roads are closed to vehicular traffic from 5 am to 6 pm on the first Sundays of May through September.



Check for small leaks
....they = large H₂O bills



Denver Free Days - April 2015

Chatfield Gardens

Tuesday, April 7, 2015 - A beautiful walking farm with nature trails.

Denver Nature & Science Museum

Sunday, April 12, 2015 and

Saturday, April 25, 2015

Amazing hands on museum for the kids.

Denver Botanic Gardens

Wednesday, April 22, 2015 - An excellent variety of plant life, indoor and outdoor.

DECK PROJECT UPDATE

The engineering plans and project manual have been finalized. Plans were reviewed and approved by the Board at the March 19th Meeting. These will be sent to several select contractors to commence the bidding process.

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Tips to keep your fresh flowers fresh longer:

- ✓ Clean your vase before you put flowers in it. Make sure to rinse out all of the soap.
- ✓ Change the water every other day.
- ✓ Add a small mixture of aspirin and sugar to the water.
- ✓ Drop a copper penny in the vase.
- ✓ Cut a little off the stems at a 45 degree angle with sharp scissors every other day.
- ✓ Hold the stems under water while you cut them.
- ✓ Remove any leaves that are submerged under the water.
- ✓ Cull any dying flowers as soon as possible.
- ✓ Keep the flowers away from drafts (even fans) and out of the sunlight.
- ✓ Keep flowers away from fruit and other plants.
- ✓ Keep flowers away from appliances like television and computers which give off heat and can cause flowers to dehydrate.



**NO
CHARCOAL
GRILLS**

**NO
PROPANE
TANKS
OVER
1 POUND**

Electric BBQ's are permitted, grills that use the smaller camper style propane tanks are also permitted.

Please refer to the Denver Fire Department, Fire Prevention and Investigation Division for further information.

Please,
When using the Community Room
please remember to clean up and
turn everything off as you leave,
lights and A/C.

Thank you

Safety tips when using fitness equipment

Make sure that the machine is very stable! Be safe!

- 1) *A heart rate monitor is an excellent safety feature - you can monitor your heart rate and lessen the intensity of your workout when your heart rate is too high.*
- 2) *Using a machine that is "too big" or "too small" for you could lead to injury.*
- 3) *If you have back problems or knee problems, talk to a doctor before using gym equipment. Treadmills are not the best if you have knee problems.*
- 4) *Make sure that all moving parts are covered - you don't want to get a finger caught!*
- 5) *Turn off the machine when you are not using it.*
- 6) *When exercising, pay attention to your body. If your body starts to hurt, lessen the intensity of your workout or stop completely! If your body continues to hurt, see a doctor.*
- 7) *Slowly increase your intensity.*

Please consider safety first when using fitness/gym equipment. Advise Marla or Ray if you notice anything out of the ordinary. Please respect our quiet hours whenever using the Fitness Room 10 pm - 7am.