

Towers at Cheesman Park

INFORMATIONAL MEETING
RULES & REGULATIONS
UPDATES AND REVISIONS
MARCH 16, 2015 – 7:00 pm
In the Community Room

Please join us



Spring Time Forward
One Hour - March 8, 2015
at 2:00 a.m.

March Winter News

2015

BOARD OF DIRECTORS

President – David Hughes
Vice President – Greg Eisler
Secretary – Barbara Perzansowski
Treasurer – Daniel Galvagni
Director at Large – Jeff Stanley

COMMUNITY MANAGER

Jean Ronald, CMCA, AMS
jean@weststarmanagement.com



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BOARD MEETINGS

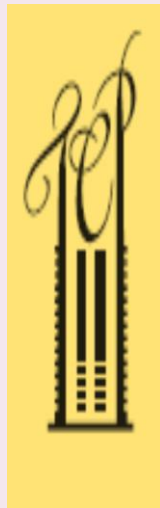
.....are held at 6:45 pm in the
Community Room on the last
Monday of every month.

Next Meetings:

March 30, 2015

April 27, 2015

ANNUAL MEETING OF MEMBERS



APRIL 8, 2015 7:00 PM

SAVE THE DATE



Check for small
leaks they
= large H²O bills

HOME PROJECT REMINDER LIST...

- ✓ Check and change out batteries to smoke alarm detectors and carbon monoxide alarms.
- ✓ Dishwasher drainage lines should be checked for leaks.
- ✓ Check toilets and sinks for a simple drip, drip, drip, leak.
- ✓ Old worn caulking in the bathroom can also lead to slow leak that you make not detect until they become major problems.
- ✓ Update your home/kitchen fire extinguisher.
- ✓ Start to clean out kitchen cupboards and bedroom closets as spring gets near.
- ✓ Tidy up your balcony.

Towers at Cheesman Park

Denver Free Days - March 2015

Denver Nature & Science Museum

Monday, March 2, 2015 - Amazing hands on museum for the kids.

Chatfield Gardens

Tuesday, March 3, 2015 - A beautiful walking farm with nature trails.

Denver Art Museum

Saturday, March 7, 2015 - Free first Saturdays

Denver Railroad Museum

Saturday, March 7, 2015 - A fun free day featuring antique trains, free rides.

Denver Botanic Gardens

Sunday, March 22, 2015 - An excellent variety of plant life, indoor and outdoor.

STREET SWEEPING

Residential streets are swept once a month from April through November. Because the equipment does not sweep under parked cars, your cooperation is needed to move your car on sweeping day. Street sweeping schedules are posted on residential signs which designate the sweeping day for each side of the block. Please be aware of the signage and avoid being ticketed.

Safety tips when using fitness equipment

- 1) *Make sure that the machine is very stable! Be safe!*
- 2) *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.*
- 3) *Using a machine that is "too big" or "too small" for you could lead to injury.*
- 4) *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.*
- 5) *Make sure that all moving parts are covered - you don't want to get a finger caught!*
- 6) *Turn off the machine when you are not using it.*
- 7) *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.*
- 8) *Slowly increase your intensity.*

It is very important to consider safety when using fitness/gym equipment.