

Quail Hollow News

| (325) 690-6698

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2017 Happy New Year!

Happy New Year from all of us at Quail Hollow!! Goals for the future and reflections on the past rest on many minds. It's important to set achievable goals and write them down whether it's to spend time with family, be creative or get organized. In any case introduce small changes in your daily routine helping you go the long run! Fitness is a lifestyle. Losing 30 pounds this January is pretty steep but; you could walk three times a week, Extend your walk to the mailbox, you're already out of the house. Cook healthier choices at home and reduce portion size. Try making easy smoothies or cut up veggies for a snack. Slowly you will see change and it won't be painful.

Dates to Remember

- 1.1 New Year's Day
- 1.16 MLK Day
- 1.9 Bubble Bath Day
- 1.19 Popcorn Day

After Hour Maintenance
325-690-6698



Time for a soothing
soak. Relax after the
holiday buzz & Get your
bubble bath treat Jan. 9
Leasing Office



Get your Nip on
National Popcorn Day, such a
simple pleasure it is. Popcorn bags
available all day Jan 19. Leasing
office

Martin Luther King Jr.

A Baptist minister and social activist was a key leader during the American civil rights movement from the 1950's until his assassination in 1968. African Americans achieved more genuine progress toward racial equality in America than the previous 350 years. Dr. King is regarded as one of the greatest nonviolent leaders in world history. This federal holiday is observed the third Monday of January, marking Dr. King's birthday.

