



Why you should become a Fan on our Facebook page!

New YouTube Video



Renaissance Village at Shadow Lake

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### Office Hours

Monday- Friday  
9:00am-6:00pm  
Saturday  
10:00am-5:00pm  
Sunday  
1:00pm- 5:00pm



“Never doubt that a small group of thoughtful, committed people can change the world, indeed, it is the only thing that ever has!”

--Margaret Meade

## What's to come...

Can you believe the year is almost over? With the kids back in school, the seasons changing, and the holidays quickly approaching you are most likely wondering what's to come in your Community?

To begin, you may have noticed the newsletters have been redone to offer you more pertinent information about your office staff, community, and new events. The newsletters are

updated every month to make you aware of these events. It's important that we have a way to communicate with our residents, so please make sure that you read our newsletters.

They can be found on our website under the newsletter tab, or emailed to you monthly, by sending an email to [RenaissanceMktg@Greystar.com](mailto:RenaissanceMktg@Greystar.com)

In the subject line please put, RVSL Newsletter.



At one point in your life you either have the thing you want or the reasons why you don't.

--Andy Roddick

## Renaissance Village & Facebook

### Don't leave us behind bring us with you!

Imagine yourself sitting at your desk and winning money off your rent simply by clicking Like on our Facebook Page.

At Renaissance Village at Shadow Lake, we understand that Facebook is a great way to get connected to our

residents and new prospects. Over the next few months we will be offering contests, money off rent, renewal incentives, New YouTube Videos and much more, to get our residents more involved with us on Facebook. Do you have something great to share?

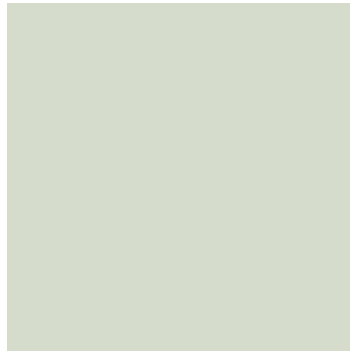
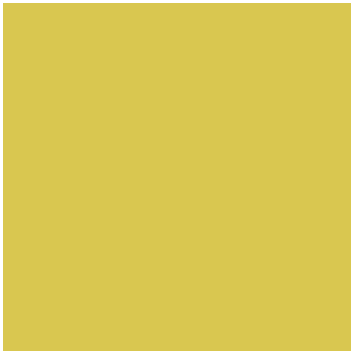
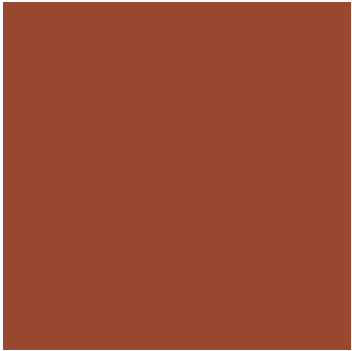
Do you have a piece of art or a poem that you wrote that you want to share with our fan base? Let us know, we will be more than happy to display it on our page. Like us on Facebook and see what you can win!



Did you know Renaissance Village has a YouTube Channel?

Sometimes your office staff likes to be goofy, and make fun little videos to show you how much we love what we do. These videos are simple and expressive ways to show you how

much we care and we are more than happy to share them with you. Over the next few months, we will be creating more videos specifically for you. These videos will include special incentives and money off your rent, so make sure you stay tuned in! Visit our web page and click on the YouTube link.



# Flower Pot Sugar Cookies Recipe

## Ingredients

2 cups butter, softened  
 3 cups white sugar  
 4 eggs  
 1 tablespoon vanilla extract  
 1 tablespoon butter flavored extract  
 7 cups all-purpose flour  
 2 teaspoons baking powder  
 1 teaspoon salt

## Directions

Cream margarine and sugar. Add eggs and flavorings and mix well. Stir flour, baking powder and salt together. Add to batter and mix well.

CHILL 3-4 hours or overnight before using.

Roll cookies out approximately 1/4 inch thick and insert cookie sticks at least 1/3 to 1/2 way into cookie.

Bake cookies at 350 degrees F (175 degrees C) for 8-10 minutes. This dough keeps well in a covered container in the refrigerator for a couple of weeks.

Decorate as desired. Display 3-7 cookies in a 6 inch clay pot (depending on size of cookie).

# How To Lose Weight And Get Healthy

These easy tips to lose weight can be incorporated into your daily routine to help you easily achieve your weight loss goals.

Don't think that losing weight is an all or nothing effort. Incorporating small changes into your diet and exercise programs can have a huge impact.

The below tips are not only easy but they are also healthy ideas that will improve your overall health.

Keep in mind that your mental attitude is one of the most important aspects of weight loss. Whatever you set your mind to do – you can do! Never forget that.

1. Plan all of your meals – make a shopping list and stick to it.
2. Clear your kitchen of all unhealthy and fattening foods.
3. Visualize yourself at your ideal weight. Think about the positive effects it will have on your life. Do this first thing in the morning, before you go to sleep at night and several times during the day. Try it now – close your eyes and picture yourself, as you want to

be. Hold this picture in your thoughts all day.

4. Set a realistic weekly weight loss goal. Keep a journal of your progress.
5. Make sure that you have plenty of healthy snacks available – so when you do get hungry you won't reach for the wrong food.
6. Try new fruits and vegetables. Eat a fruit or vegetable – or both – at every meal. The more good foods you eat the less room you have for the bad ones.
7. Stay away from negative people who will try to sabotage your diet. Do not let other people break your resolve to lose weight.
8. Make exercise a part of your daily routine. Even ten minutes a day will help. Find some new activities that you enjoy – dancing – biking – bouncing on a mini trampoline (see our Mini Trampoline Exercise For Sculpting A Lean Body article).
9. Eat slowly – put your fork down in between bites. You will eat less and feel full faster.
10. Keep a food journal. Write down everything you eat and drink each day. Sometimes we don't realize just how much we

are eating until we keep track of it.

Remember that it is the little things you do all day that will make the difference. Just stay conscious of your weight loss



Unless you try to do something beyond what you have already mastered, you will never grow.

---Ronald E. Osborn

goals and you will be a success. Incorporate a few of these easy tips to lose weight and that extra weight will start melting away.

*Lose Weight and Get Healthy* (n.d.) Retrieved September 3, 2011, from <http://www.loseweightandgethealthy.com/2011/06/easy-tips-to-lose-weight/>

