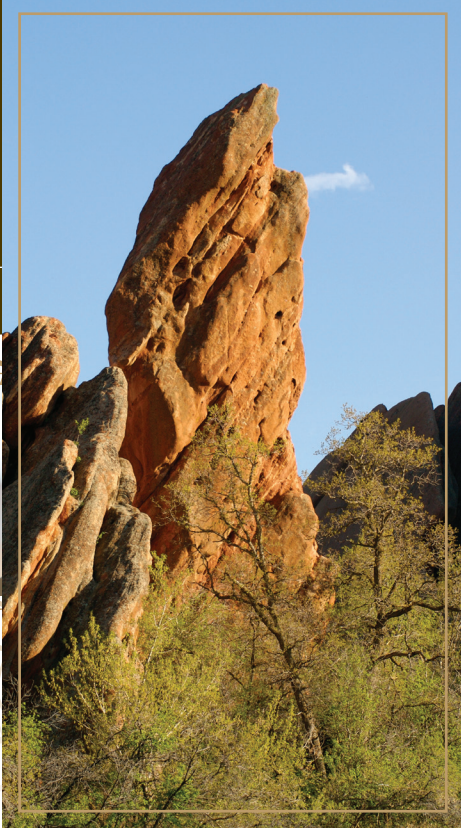


The View Pointe

GrandView of Roxborough

Spring 2017



Change of Seasons - The To Do List!

It's here – well almost. SPRING! The CHANGE for which we have all been waiting. The winter months brought holiday get-togethers with family and friends. Sitting by cozy fireplaces and drinking warm beverages or perhaps becoming snow birds and going somewhere warm, made the winter tolerable if not enjoyable.

But now it's time to open the window, clean the house and get back outdoors. Hopefully the following list will help you get ready for warm weather. Happy spring!

Outside:

- Clean up yard and gardens of dead foliage; go to green house to buy then plant new flowers/shrubs
- Trim bushes/cut/remove dead branches and those which are over home or low hanging
- Check roof for any possible winter damage
- Schedule chimney cleaning if you have wood stove/ fireplace
- Clean out eaves/downspouts
- Clean garage - service and put away snow shovels/snow blowers and get rakes/hoses, lawn mowers/blowers out (check to make sure they run and don't need oil change/carburetor cleaned)
- Get lawn furniture out, clean repair/paint or replace as needed
- Get grill out, check to make sure it works and you have propane (nothing is worse than anticipating your first spring BBQ and the grill doesn't work!)
- Wash windows/exterior doors – check for needed repainting and/or caulking
- Power wash deck, wash siding as needed
- Check outdoor lighting and activate sprinkler systems
- Schedule pest control and lawn services
- Check AC unit/ change air filter – make sure it's working before you REALLY need it and can't get a repairman for 72 hours (don't forget to take cover off)
- Clean all vehicles making sure you re oil the leather seats/dash, and flush away the salt underneath the carriage
- Spray down driveway to remove salt and winter sand – you don't want to keep tracking that indoors

Inside:

- Clean closets/drawers – get out summer attire. Pack away winter clothing, donate those you didn't wear all winter
- CLEAN – windows, carpets, cupboards/woodwork, furniture and upholstery (you may want to hire a professional cleaner for this especially if you have use any type of wood fireplace/stove during the winter months)
- Get warm weather sporting goods out – golf clubs, fishing gear, canoes, bikes, etc and clean
- Drain water heater of sediment
- Check your “emergency gear”. Replace flashlight batteries, fresh water bottles, ready to eat snacks/food just in case a storm knocks out power

Continued on next page...

Webinars

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of
ROXBOROUGH

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You may delay, but time will not.

— Benjamin Franklin



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At GrandView, we look forward to offering you gourmet meals along with tantalizing treats. But until you become an owner at GrandView, you'll have to make this yourself. Below is a simple, but delicious recipe which we think will delight you. Bon Appétit!



Pumpkin Ginger Smoothie

If you love the pumpkin craze but not all the sugar, try this. Fresh ginger gives pumpkin extra flavor, while the vanilla no-sugar added protein powder gives it the sweet taste. *Makes one serving*

ingredients:

- 1 c pumpkin puree
- 1 c baby spinach
- 1 scoop vanilla no-sugar-added whey protein powder
- 1 T grated fresh ginger
- ¼ c unsweetened vanilla almond milk

directions:

Blend all ingredients in blender

nutrition: 217 calories, 21 g protein, 29 g carbs, 15 g fiber, 12 g sugar, 4 g fat, 0.5 g sat fat, 226 mg sodium

Source & Photo: EatClean.com

- Clean dryer vent
- Replace batteries in smoke and carbon monoxide alarms
- Check fire extinguishers - refill/ replace as necessary
- Change direction of ceiling fans
- Clean ductwork
- Vacuum refrigerator coils

If all of this sounds like WORK, think of it in a different way. A Harvard study determined that individuals who thought of cleaning as an exercise had a decrease in weight, body mass index, blood pressure and more. So get into that mindset and you will not only be ready to enjoy the beautiful weather, you could be healthier!

SPRING CLEANING YOU!

Now that your home and yard has been cleaned, its time to Spring Clean you. WHAT? That means cleaning up your life - looking over what you have wanted to do, but never get around to it. Spring cleaning you means starting a new life for you! During last winter, did you hear from friends who travelled someplace that you always had wanted to go? Did you think, next year, I/we should go there? When you cleaned out the garage, did you just rearrange where you stored your old, dusty, golf clubs and thought, next year I should start golfing again? When you saw an advertisement for your favorite Broadway play coming back to town, did you say to yourself, gee I missed it last winter, but this year I'm going to go? During those really cold, snowy, horrible January days, did you think, I don't like living here anymore - tired of shoveling, too many worries, and I'm too tied down?

Did those thoughts just happen last winter, or have you contemplated them before? If you are like many people, they have been in the back of your mind several times over the years.

So what are you waiting for? Your desire to do things, go places and make changes in your life is there. You just need to act. Don't wait until tomorrow to make that December play reservation, do it today. Contact your travel agent and, find out how much it will cost to go to that warm winter destination you always wanted to go and book it. Get the golf clubs out, dust them off (or buy a new set) and call to make a tee time! It really doesn't matter if you lost your "touch", as once you are out there, you will again LOVE it! If time spent maintaining your home is interfering with your ability to travel, enjoy family and friends and try new adventures, why are you still living in that big old house? Call a Realtor to find out how much your home could sell for and how much it would cost to purchase a home with less worries and more amenities and benefits. (Active Adult communities can take away so many chores and responsibilities while giving you security and peace of mind not to mention unlimited opportunities for a social life that can make you feel young again). In order to make a decision you need to first get some facts!

Don't get into the same old rut and procrastinate or before you know it, winter will arrive and you will again be saying "next year..." It's time to **spring clean your life**; so start doing it today!

Yes, you own your condominium home, complete with a DEED!

There are only 91 luxury condominium homes offered for sale at GrandView of Roxborough. Homes range in size from 796-1203 square feet and include a private balcony or patio. There are a series of designer packages for you to personalize your home. Underground parking is also available. Prices start from the upper \$200's.

Right now, you can RESERVE a condominium home at GrandView of Roxborough with a \$1,000 NO-RISK, fully refundable deposit. This allows you to purchase your condominium home during the initial pre-sale period, and lock in the price and location while prices are at their lowest.

Lunch & Learn Presentations

Wednesdays at 11:30 - 1:30 pm
March 8 & 22 June 10 & 24
April 5 & 19 July 12 & 26
May 10 & 24 August 9 & 23

Please join us for a complimentary "Lunch & Learn" presentation and find out more about GrandView. Call Steve or Kim at 303.744.8000 to reserve your space.

Open Houses

Saturdays at 10 am -2 pm
March 25 June 17
April 22 July 22
May 20 August 19

Register for Dinner for two at Arrowhead Golf Course. Refreshments will be served.

Both Lunch & Learn Presentations and Open Houses are located at: 6265 Roxborough Park Road, Littleton.

