

## Make 2018 the Best Year Ever Challenge

**Let's make 2018 the best year ever by challenging ourselves and encouraging each other to do something each month for 30 days in a row. Here are 12 ideas to get you started.**

- Shape up. Do 30 minutes or yoga or aerobic exercise.
- Stay positive. Listen only to positive and uplifting music. Avoid negative media of any kind.
- Say it. Verbally appreciate at least 3 people a day.
- Sleep on it. Get a minimum of 8 hours of sleep.
- Help yourself. Read a self help book or listen to an inspirational CD for 30 minutes every morning.
- Time out. Schedule your time for the next day, week, month, and year. Make the most of your time by scheduling your health care appointments, family time, vacation, and don't forget date nights!
- Do it. Do 5 things every day for someone else.
- Say what?! Call a loved one on the phone; even if you live together.
- Drink up. Drink 10 glasses of water.
- Rest and relax. Take a nap.
- Be grateful. Don't just think it; say it, show it, and write it down.
- Give it away. This is a great time of year to donate extra toys, clothes, household goods, and especially your time.

Have a Safe and Happy New Year, Dover Families!

We at Eagle Heights are so excited for the upcoming year of 12 new chapters and 365 fresh starts.



ONE MISSION. ONE COMMUNITY.

Eagle Heights Leasing Office  
(302) 678-3603

Eagle Heights Maintenance 24/7  
(302) 736-0850

### JANUARY EVENTS AND HAPPENINGS

8th & 15th

Live Christmas Tree  
Pick-up

19th

BINGO @ 6 PM

### CONGRATULATIONS!

Yard of the Month Winners

The Phillips Family  
of Fig Street

The Bennett Family  
of Myrtle Street

The Aslett Family  
of Larch Court

**Do not become a victim of loss. Please make sure you obtain renter's insurance by 1/31/2018!! In case of fire or flood it is your responsibility to protect your belongings.**

"If you can't **fly** then **run**, if you can't **run** then **walk**, if you can't **walk** then **crawl**, but whatever you do you have to **keep moving forward.**"

- Martin Luther King, Jr.

