



## New Year's Resolutions For A Healthy, Happy Life

Create a list of attainable New Year's resolutions that allow you to make healthier lifestyle tweaks every day. You'll start the year with a stronger, well-nourished body and an enriched mind.

**Build a better budget** - If there's one New Year's resolution that will help you the most in the long run, it's making a vow to save more money. Before you head back to the office in January, outline a rough budget that works for you — and make a plan for how you'll stick to it.

**Practice mindfulness** - Anxiety can nag at anyone during any season, in all parts of life — and it can be easy to let the idea of the future or past experiences inform your reality of the present. Practicing mindfulness means doing everything you can to be grateful for what you have in the moment, where you are in life, and who you are right now.

**Cook something new each week** - Everyone wants to eat healthier in the new year, but you should also try to eat more diverse foods. After all, variety is the spice of life. This year, choose an easy dinner recipe you've never tried before at least once a week.

**Read more books** - January is the perfect time of year to snuggle up with a new book. To keep yourself accountable all year long, why not link up with friends and peers to connect over the best pages you've read?

*continued on page 2*

## Ten Things To Do Inside When It's Cold

**Movie Marathon** - There are few pleasures greater than snuggling up with a blanket inside your warm house, some snacks, and the guaranteed satisfaction that comes with no commercials or scheduling conflicts, and uninterrupted, hours-long blocks of your favorite movie or tv shows.

**Rearrange Your Furniture** - At first, this doesn't sound very enticing. However, a lot can be said for the fresh feeling and inspiring atmosphere of a newly arranged living room or bedroom. Aren't sure how to re-arrange your furniture. Try Feng Shui, the Chinese art of movement, because it's never a bad time to increase the positive energy.

**Hit the Books** - If you find yourself needing a change of scenery, stroll over to the library and get lost among the shelves. Venture to a section you've never perused; set up shop at an empty desk overlooking a snowy landscape and finish some homework; or simply observe and meditate.

**Play Catch-Up** - Snow days are the best excuse to curl up with a good book, or brush up on current events. Plus, you won't feel guilty about not moving for several hours at a time — knowledge is power, people! These are the days made for finishing projects and tying up loose ends: surprise procrastination solutions.

**Yoga/Exercise** - For relief of stiff legs and back after vast amounts of time spent lounging, yoga is one of the simplest, most beneficial, and calming exercises to partake in. Yoga poses reduce stress, increase flexibility, and improve endurance. Hot yoga is great option if you're in dire need of a break from the cold (and don't mind sweating an obscene amount!).

**Create!** - Copious amounts of leisure time due to six-foot drifts and gale-force winds? Keep yourself occupied for hours by tapping into your creative side. Draw, paint, or sculpt; listen to, write, or play music; knit, sew, or embroider — the only true limitation you possess is the boundary of your imagination!

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### Williamsburg II 2022 HOA Payment Coupon

Membership: \$35.00. All residents of Williamsburg II are encouraged to join! Please return this form and a check made payable to Williamsburg II HOA and mail to **Mark Hickman, 10588 W. Roxbury Avenue, Littleton, CO 80127**. Your dues pay for the maintenance of the front entrance, electricity for the lights, Board of Directors insurance and social events that promote community involvement. Your support is greatly appreciated. Thank you! **Pay in January 2023 and you will be entered to win a prize!**

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

## Minutes For Noveber 29, 2022

### Meeting By Zoom

MEETING CALLED TO ORDER AT 7:00PM

**Board members present:** Kathy, Sara, Marie, Krista, Mark

**Treasurer's report:** -\$50 payment, front entrance decorations, block leader gifts (\$240)

**Architectural control:** N/A

**Covenant Control:** N/A

**Media reports:** Go over the newsletter.

**Old Business:** N/A

**New business:**

Front entrance Christmas Lights

Hayride updates

Lighting Contest

No meeting in December

**Events:**

Hayride: new Santa!, horse/sleigh all lined up and ready (\$800)

Lighting contest

**Action items:** Lights on the pine trees? We'll get a quote and decide from there.

## Resolutions, *continued from front page*

**Create a cleaning schedule you'll stick to** - Keeping your home tidy without doing what feels like a deep clean every week can feel like a big ask. It's true that you may be under cleaning some tricky spots, but it's also true that you may be overdoing it elsewhere.

**Commit to a healthier sleep routine** - So many issues can be traced back to a poor night's sleep. And yet, there is so much more that we can aim to improve beyond a reasonable bedtime. Creating a plan to improve your sleep hygiene - the habits you maintain to get good sleep every night - may look different for everyone, as it depends on when you need to be active and working throughout the day. Your brain actually relies on cues to regulate your internal circadian rhythm, and the choices you make throughout the day can interfere with these. Start taking charge of your sleep by mastering these 10 to-dos as the year progresses.

**Prioritize annual health screenings** - Open your calendar app (or planner!) and make your appointments for the year in one sitting - not only will you get the anxiety-inducing nuisance over with, but exams will be less likely to get squeezed out as life gets bonkers.

—In part from [goodhousekeeping.com](http://goodhousekeeping.com)

### Advertising

The deadline for advertisements is the 15th of the month for the next month's issue, except for the Jan. issue which is Dec. 7th.

To place an ad, call Colorado Lasertype, 303-979-7499.

Email: [getinfo@coloradolasertype.com](mailto:getinfo@coloradolasertype.com)

To find ad rates and discounts,

go to [www.ColoradoLasertype.com](http://www.ColoradoLasertype.com)

and click on the "Advertising Rates" link.

Appearance of an advertisement in this publication does not constitute a recommendation or endorsement by the publisher or the association of the goods or services offered therein. The opinions expressed in this newsletter are those of the individual authors and not of the Board of Directors of your association or the publisher. Neither the Board, publisher nor the authors intend to provide any professional service or opinion through this publication.

## 2022 Board Members

**President:** Kathy Morelli

**Secretary:** Sara Spillan

**Vice President:** Krista Reichow

**Board Members:**

**Treasurer:** Mark Hickman,

Krista Reichow,

[Mark.hickman@ihsmarkit.com](mailto:Mark.hickman@ihsmarkit.com)

Jen Teske, Marie Lynch

### Committees

**Historian**.....Wendi Milinkov

**Sign Boards**.....Sara Spillan

**COHOPE Rep.**.....HOA Board

**Common Areas**.....Kathy Morelli

**Covenant Controls**..... HOA Board, [williamsburg2hoa@gmail.com](mailto:williamsburg2hoa@gmail.com)

**Newsletter Coor.**.....Sara Spillan, 303-949-5638

**Special Events**.....Jen Teske and Krista Reichow

**Foothills Liaison**.....Kathy Morelli

**Newsletter Distributor**..Sheila Rea, 303-887-7023

[www.williamsburg2hoa.com](http://www.williamsburg2hoa.com)

[williamsburg2hoa@gmail.com](mailto:williamsburg2hoa@gmail.com)

Check out our Facebook Group Page at: Williamsburg II.

Type this in the group search option to see if you are a member.

The Williamsburg II HOA newsletter is published monthly by the Williamsburg II Homeowners Association, a non-profit homeowners association. The newsletter is distributed by block workers.

### News Articles

The deadline for news articles is the 12th of the month before the next month's issue. Please email news articles to the editor at [sara.spillan@gmail.com](mailto:sara.spillan@gmail.com). No endorsement of any product or service is implied or stated by its inclusion in the newsletter. All articles must be approved by the editor for publication, or as space permits.

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Classified ads are \$4.00/line (about 40 characters/line). Contact Colorado Lasertype at 303-979-7499 or [getinfo@ColoradoLasertype.com](mailto:getinfo@ColoradoLasertype.com) to place an ad. To view our display ad prices, visit our website at [www.ColoradoLasertype.com](http://www.ColoradoLasertype.com). The deadline for placing a classified or display ad is the 15th of the month for the next month's issue (i.e., 15th of Sept. for Oct. issue), except the January issue, which has a deadline of December 6th. Residents placing ads to sell household items are not charged a fee.

**This Space Intentionally Left Blank for Teen Services**

## Things To Do, *continued from front page*

**Play Games** - Whether of the board, card, or word variety, games are some of the best remedies for less than agreeable weather or being stuck inside. There's a reason they've continued to be such ubiquitous household companions, despite of the rise of the digital age. Victory is even sweeter when wagers are made: lose a round of Uno and you're running barefoot down the frozen tundra that was once your street!

—The Awesome Mitten

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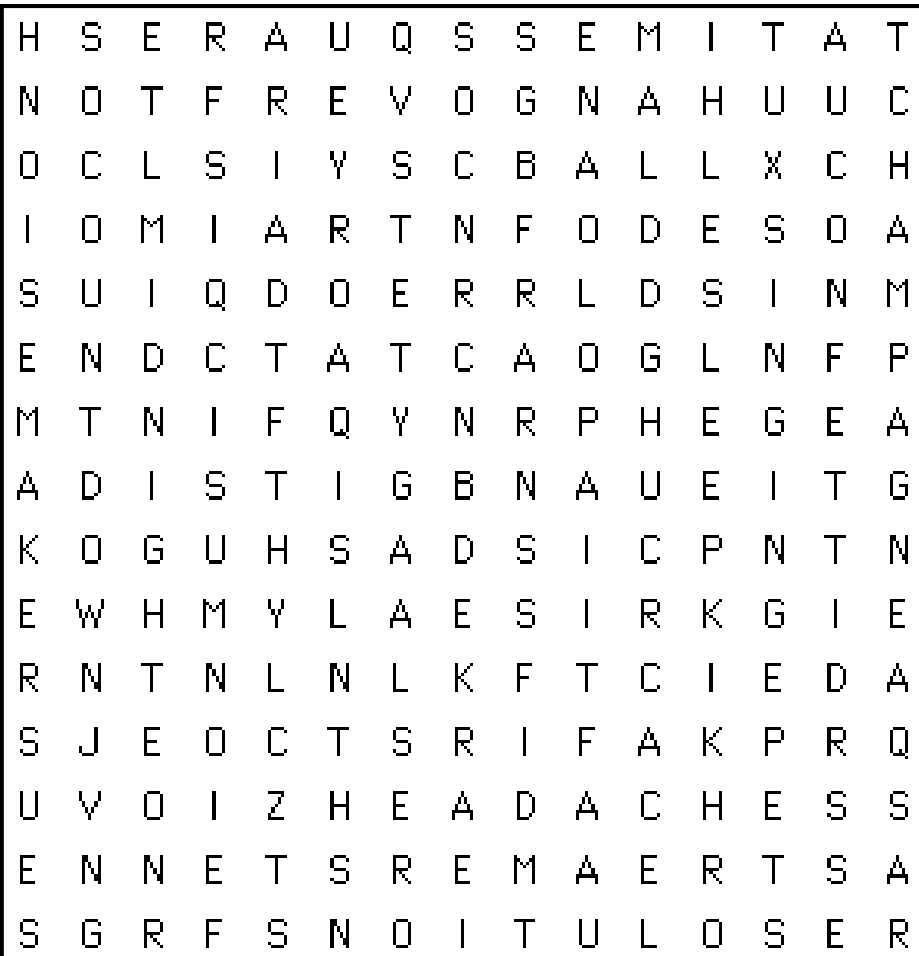
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## New Year's Eve

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<http://www.thepotters.com/puzzles.html>

- |                |              |
|----------------|--------------|
| ASPIRIN        | HORNS        |
| AULD LANG SYNE | MIDNIGHT     |
| BALL           | MUSIC        |
| BALLOONS       | NOISE MAKERS |
| CHAMPAGNE      | PARTY        |
| CONFETTI       | RESOLUTIONS  |
| COUNTDOWN      | SELTZER      |
| DANCING        | SICK         |
| EVE            | SINGING      |
| FIRECRACKERS   | SLEEP        |
| FIRST          | STREAMERS    |
| HANGOVER       | TIMES SQUARE |
| HATS           | TOASTS       |
| HEADACHE       | TUXEDO       |
| HOLIDAY        |              |



## Healthy Weight Week

**Jan. 17–23.** Diets are a temporary fix to a long-term problem, and usually they don't work. Healthy lifelong habits are what produce weight loss, weight maintenance, and good health. Healthy Weight Week's main concept is that dieting is not only harmful to your body, but your self-esteem.

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