

THE FLATS

AT AVALON PARK

FEBRUARY NEWSLETTER

February 1, 2010

Volume 1, Issue 1



Office Hours:

Monday-Friday
8:30 a.m.—5:30 p.m.

Saturday
10:00 a.m.—5:00 p.m.

Sunday
11:00 a.m.—4:00 p.m.

**Appointments
Recommended**

Your Management Staff:

Property Manager
Zaida Rosado

Leasing Associate
Lee Ann Casazza

Facility Director
Duane Underwood

Maintenance Staff
Edward Gauldin
Ed William Hernandez
Jose Alvarez
Juan Nunez
Steve Negron

For Emergency Maintenance
407-273-4337

Fire & Police Emergency
911

Contact Us:
info@TheFlatsAtAvalonPark.com

Or
407-273-4337

THE FLATS AT AVALON PARK: APARTMENT HOMES OF EXCEPTIONAL STYLE

As a resident of The Flats at Avalon Park, you are able to take advantage of several great amenities and features by being part of a mid-rise apartment community in the middle of a thriving Downtown atmosphere. Did you know that you have access to all of these Avalon Park Amenities:

- Live Oak Village Pool & Cabana
- Tanja King Park
 - Splash Park
 - Dog Park
 - Tennis Courts
 - Racquet Ball
 - Basketball
 - Soccer Fields
 - Children's Play-ground
- Baseball Field
- Walking/Biking Trails
- 240 acres of Wetlands & Lakes
- Town Park



- Avalon Park Resident Rate at AP YMCA
- Avalon Park Resident Discount Card

facebook

Please let us know if you have any questions on how to access any of these amenities.

Follow us on Facebook to find up-to-date events, specials and information! Search for us by: Flats at Avalon Park

WE LOVE OUR RESIDENTS APPRECIATION PARTY

We want to let you know how much we appreciate you! Join us for an evening of appetizers and beverages at Eastside Bistro on Thursday, February 25th, 6:00—8:00 p.m. Receive complimentary beverages for the first hour and

receive a special discount for staying for dinner afterwards. Reservations are encouraged to: info@TheFlatsAtAvalonPark.com.



EASTSIDE
Bistro

12001 Avalon Lake Dr., Ste. F
407-381-0096

Resident Referral Fee

Did you know if you refer a friend, family or co-worker to live in The Flats and they sign their lease by the end of this month, you receive \$200?

Call us to find out more details!

Offer Expires 2-28-2010 and subject to change at anytime.



FEBRUARY IS HEART HEALTHY MONTH

The American Heart Association has produced the following 7 Simple Steps to Live Better.

1. Get Active
2. Control Cholesterol



3. Eat Better

4. Manage Blood Pressure
5. Lose Weight
6. Reduce Blood Sugar
7. Stop Smoking

From:

www.mylifecheck.heart.org

The American Heart Association, along with other local health advisors, will be at the **Mega Heart Event hosted by Florida Hospital East Orlando** on February 9th in front of the Keith A. Ewing Medical Office Building. Come walk through a gigantic inflatable heart where Cardiologists from Florida Hospital East Orlando will be present to answer ques-

tions as you make your way through the inner-workings of the heart, as well as explain the difference between healthy and diseased tissue, artificial valves, stents and damage caused by heart attacks. The first 70 guests to RSVP receive a FREE EKG Screening. To RSVP call 407-303-DOCS.



DANCE WITH US

The Flats and Avalon Dance have partnered together to offer you a special rate! It's Valentine's Day and this month's featured dance is Ballroom! Learn to dance with your sweetheart and impress your friends with your smooth moves on the floor. Residents are invited to learn this month's featured dance

at 10% off the already great rates, with your proof of residency. Beginner Ballroom Classes are offered Saturdays at 3:00 p.m. For more information, please call the studio at 407-380-3444 or www.avalondance.net.



Entrance Gate Update:

The gates at TC I were reprogrammed and are operating to their full potential. By the end of March, all entry points to TC I and TC II will require card access. The current entry code in the program will be changed at the end of March. To ensure minimal inconveniences, please check your access cards to ensure they are working and if you are having any issues, please contact us at the leasing office: 407-273-4337.

SHOW US YOUR PICTURES

We would like to feature your photos of The Flats and the Avalon Park Community on our website and in the newsletters! E-mail your favorite pictures to info@TheFlatsAtAvalonPark.com by February 22nd. The most creative submission will receive a \$10 Gift Certificate to Bernie's Coffee and will be featured in next month's newsletter!



FEBRUARY MAINTENANCE TIP: LOVE YOUR GARBAGE DISPOSAL



While the garbage disposal is a very handy appliance to have, if you don't treat it with love, it won't return the favor! Here are some helpful tips to help prevent foul odors and expensive repair costs. There are several food items and objects that give your disposal indigestion. Foods that are mistakenly considered to be disposal products, and actually not are: coffee grounds, mashed potatoes and rice. All three of these items absorb water and become mushy as they pass the disposal blades unchanged, and because of their weight, they are not carried away by the flow of water. Over time, they accumulate in the trap of the sink resulting in drain clogs and possible

pipe replacement. You can prevent these types of damages by disposing of items like this in your garbage can or compost pile.

Other items that frequently make their way into the garbage disposal without our knowledge are: pocket change, bottle tops, utensils and screws/nails. The best prevention for damage caused by these items is to keep your disposal stopper in place when it is not being used. While the counter top may be a convenient way to accumulate these types of loose items, try to find another place to store them.

Here are a couple tricks of the trade to help keep nasty odors away. You can run ice through the disposal once a month, the ice is sharp enough to scrape the food that has accumulated on the blades and the housing, but not too strong, as to cause damage. The most important tip is to run your dishwasher. The drain for the dishwasher is hooked to the drain for the disposal, therefore, if you do not run the dishwasher, the water in the pump housing becomes stagnant and create a very bad odor that will travel through the pipes and come out of the disposal.

Remember: If you love your garbage disposal, it will love you back.



On February 3rd in TC II, the following maintenance will occur:

- Filter Changes
- A/C Preventative
- Maintenance
- Pest Control



The Flats at Avalon Park

3680 Avalon Park Blvd. East
Ste. 110
Orlando, FL 32828

Phone: 407-273-4337
Fax: 407-273-1733
E-mail: info@theFlatsAtAvalonPark.com



APARTMENT HOMES OF
EXCEPTIONAL STYLE



Developed, Managed & Leased by
Avalon Park Group Management,
Inc.

WHAT WOULD YOU
LIKE TO SEE IN
YOUR NEWSLETTER?

E-MAIL YOUR
REQUESTS,
SUGGESTIONS AND
COMMENTS:

INFO@
THEFLATSATAVALON
PARK.COM



DOWNTOWN AVALON PARK EVENTS

February in Downtown Avalon Park is very busy, join us for these great events right downstairs!

Saturday, February 6th: 6:30 p.m.—8:30 p.m. Father-Daughter Dance in Founders Square hosted by Christ Kingdom Church.

Tuesday, February 9th: 10:00 a.m.—3:00 p.m. Mega Heart Health Event in front of the Keith A. Ewing Medical Office Building. The first 70 attendees receive a free EKG. Walk through a gigantic heart to find out how the heart works and how to keep it healthy. Also, learn other heart healthy tips from local businesses.

Saturday, February 13th: 5:00 p.m.—11:00 p.m. Dancing' in the Moonlight Valentine's Dance at Avalon Dance. Kids, ages 10 and up 5:00—7:00 and Adults 8:00—11:00. \$5 presale and \$7 at the door.

Sunday, February 14th: 2nd Sunday Market 9:00 a.m.—3:00 p.m. Traditional Monthly Market held in Town Park.

Sunday, February 14th: 3:00 p.m. ORLANDO PHILHARMONIC at Town Park featuring an instrument petting zoo and 3:00 and the String Romance Performance at 4:00 p.m.

Friday, February 19th: 7:00 p.m.—10:00 p.m. Kidz Klub at Kids R Kids Avalon Park

Saturday & Sunday, February 20-21st Doglympics For a full list of pet events visit: www.doglympicsusa.com.

Friday, February 26th: 7:00 p.m. Town Park Join us for this month's FREE Family Movie Under the Stars: Cloudy with a Chance of Meatballs.

Saturday, February 27th: 9:00 a.m. Senior Pancake Breakfast at Founders Square hosted by the Avalon Park Rotary Club.

Sunday, February 28th: 8:00 a.m. Tour de Cure Bicycle Race

For more information on these and other Avalon Park Events: www.AvalonPark.com
Stephanie@avalonparkgroup.com
407-658-6565



Orlando Philharmonic-2009 Performance