



El Dorado



JANUARY 2023



NOTES & NEWS

Manifest the Best

You've set a goal for the new year. Now what? It's time to manifest the results you want. While some descriptions of manifestations may sound a little out there, at its core, this self-help method is simply taking small steps every day to achieve your goal. Common manifestation techniques include making a vision board, practicing gratitude, journaling or meditating to focus your thoughts.

Decorate With String Lights

You may have started seeing little strings of lights year-round, instead of just during the holidays. They are the latest thing in home décor. They're an easy way to add ambience to an accent wall or around windows, doorways and mirrors. Create a focal point by running them over your headboard or along some shelves. You can even DIY new centerpieces by filling a glass bottle or jar with battery-operated fairy lights. You'll find string lights in all sorts of shapes and sizes, so grab a box and some adhesive tabs and get to jazzing up your home.

HIGHLIGHTS

Wake Up Happy

"Start each day with a positive thought and a grateful heart." —Roy T. Bennett

Wok This Way

Most commonly associated with stir-frying, the cooking pan called a wok has many uses and is one of the best ways to prepare food. The wok's tall, sloping sides create both a "sear zone" on the bottom, giving ingredients more flavor, and a "steam zone" throughout the rest of the pan, helping food cook quickly. The larger surface area makes a wok the ideal vessel for one-pan recipes or cooking for a crowd.

Protect Your Privacy Online

Data Privacy Day on Jan. 28 reminds us how important it is to keep our personal information secure, especially in this digital age. Use these tips to protect your data online:

- On all your devices, keep apps and software up-to-date.
- Use long, unique passwords for different accounts. Change them occasionally, or whenever there's a security breach.
- Enable multi-factor authentication for important accounts like banking and social media.
- Turn off location and activity tracking on mobile apps, and regularly clear cookies on your browser.

BULLETIN BOARD

MANAGEMENT

Danielle Zaidel

OFFICE PHONE & EMERGENCIES AFTER HOURS

(408) 734-1929

ADDRESS

600 E. Weddell Drive
Sunnyvale, CA
94089

OFFICE HOURS

Monday–Friday only
8AM-11AM
1PM-4PM

CLUBHOUSE HOURS

Monday–Sunday
9AM to 9PM

Closed Holidays

CAR WASH HOURS

9AM-8PM

LAUNDRY

FACILITY HOURS

8AM to 9PM

Self-Care Corner: Childlike Comfort

The yoga position called "child's pose" is a classic way to ease stress. It's one of the first poses learned by beginners and is often used to rest between more complex moves. Begin on your hands and knees, then sit back on your heels while bending forward, resting your head on either your knees or the floor. You can extend your arms in front of you or keep them relaxed by your thighs. Slowly breathe in and out, letting tension drain away.



January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Day 1	New Year's Day (Observed) 2	3	4	5	6	7
8	9	10	11	12	13 	14
15	Martin Luther King Jr. Day 16	17	18	19	20	21
22	23 	24	25	26	27	28
29	30	31	<h1>January</h1>			

"This Month In History"

JANUARY

1908: Illuminated by 100 lightbulbs, the New Year's ball drops in New York City's Times Square for the first time. There have been seven different Times Square balls since, with the current design bedazzled with over 32,000 LEDs.

1915: Rocky Mountain National Park is established in Colorado, ensuring the region's environment, habitat and wildlife stay protected.

1929: The Seeing Eye, a training school for dog guides, opens in Nashville. The organization was originally founded to breed and train dogs for visually impaired World War I veterans.

1933: Work begins on the Golden Gate Bridge. The famous San Francisco Bay bridge was completed four years later.

1942: Twenty-six countries sign the Declaration of the United Nations, reaffirming their opposition to the Axis powers of World War II.

1960: Senator John F. Kennedy announces his intent to gain the Democratic presidential nomination. Voters later elected him as the nation's 35th president.

1984: The U.S. Supreme Court rules that recording TV programs on home VCRs does not violate copyright laws.

1994: At 14 years old, Peter Leko becomes the youngest grandmaster in chess. Abhimanyu Mishra, who obtained the title at age 12, is the current record holder.

2007: Apple introduces the first iPhone, which features a 3.5-inch touchscreen, built-in microphone and headset controls.