



# El Dorado



## NOVEMBER 2023



## HIGHLIGHTS

### Self-Care Corner:

#### Swap 'Sorry' for 'Thank You'

Sincere apologies are important for good relationships and communication. But saying "I'm sorry" too often, especially when there's really nothing to apologize for, can do more harm than good. Chronic over-apologizers may begin to feel guilty all the time and appear less confident to others. Furthermore, unnecessary apologies usually don't make either party feel better. Psychologists recommend saying "thank you" instead—for example, rather than "Sorry I'm late!" or "Sorry for talking your ear off," say "Thank you for waiting" or "Thanks for being such a good listener." These expressions of gratitude create positive feelings during an interaction while giving more meaning to honest apologies.

#### Thanksgiving Walk

Feeling stuffed after the feast is part of what Thanksgiving is all about! But before you settle on the couch to watch football or take a nap, go for a quick walk. Even a stroll as short as 15 minutes will regulate blood sugar levels and help you digest that heavy meal. And the healthy group activity provides more opportunities to bond—it could be your new holiday tradition!

## 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

## NOTES & NEWS

### FIXING HOMES

*When planning on fixing/upgrading your home (inside/outside) please make sure to check in w/ the office for approvals or if a permit is required from HCD.*

### Additional Occupants

*If you have a new additional person living w/ you, you are required to report to the office and complete proper paperwork.*

### DOG OWNERS

*We are still having residents not obeying the pet rules. Please DO NOT allow your pets to walk or use other residents' lots as restrooms. Also, Please pick up after your dog.*




### RESPECT

*We all signed up to live in this community, let's make the best of it by respecting one another by being polite with communication, respecting each other's lots and of course, following the rules & regulations.*

### Perfect Pillows

Throw pillows are most often 16- to 22-inch squares that add a decorative touch to any couch or chair. An easy way to stay on trend is to refresh the pillowcases in your living space. Keep multiple pillow covers on hand so you can swap them out at your leisure, whether seasonally, for holidays or simply for a change of scenery.

# November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 POOL OFFICIALLY CLOSED FOR THE SEASON!	2	3	4 Event- Please Be Mindful of Parking
5 Rent Is Due Oh, No! Late Fees Begin Today	6	7	8	9	10 Veterans Day (Observed)	11 Veterans Day Event-Please Be Mindful of Parking
12	13 	14	15	16	17	18 Event- Please Be Mindful of Parking
19	20	21	22 Office Closed	23 Thanksgiving Office Closed	24 Office Closed	25
26 	27	28	29	30		

## "This Month In History"

### NOVEMBER

**1929:** Movie star turned Princess of Monaco, Grace Patricia Kelly is born on Nov. 12. She was an iconic actress during the Golden Age of Hollywood and an advocate for children in the arts.

**1930:** The Bank of Italy in San Francisco changes its name to the Bank of America. Currently, the financial company is the second-largest banking institution in the United States.

**1942:** In the midst of World War II, the minimum age for the U.S. military draft is dropped from 21 to 18. This

quickly brought out supporters of lowering the legal voting age, too, with the phrase "Old enough to fight, old enough to vote."

**1960:** John F. Kennedy becomes the youngest person to be elected U.S. president.

**1989:** The fall of the Berlin Wall occurs on Nov. 9. With the literal destruction of the wall, the figurative "Iron Curtain" between the U.S. and the Soviet Union was dissolved as well, ending the Cold War.

**1994:** Returning to the ring after a 10-year retirement, George Foreman wins the world heavyweight boxing championship—the oldest ever to earn the title, at age 45. "Big George" still holds the record.

**2011:** The creative video game Minecraft is released. It has since become the bestselling video game in history, with 140 million active players.

**2022:** The global population reaches a new high of 8 billion people.