

# THE SPACE CO.

*Celebrating 37+ years of service*

## Bring Spring Feeling Inside!

Living in a rental home doesn't mean that you have to miss out on the fun of brightening up your surroundings for spring. You may not be planting flowers in the front yard or growing vegetables out back, but there are plenty of opportunities to bring a little springtime life into your apartment home.

Container gardens allow for options to suit nearly any apartment layout and personal taste. Whether that means growing your own herbs and spices in decorated jelly jars in your kitchen or putting together a larger container with miniature landscaping for the balcony, you can create your own living decor this spring. Although you might start gardening for the spring, remember that the flexibility of a container garden may allow you to keep those blooms or edibles alive indoors throughout the year

### 8 STRATEGIES FOR A HEALTHY SPRING

*Move More, Sit Less*



*Get at least 150 minutes of moderate-intensity physical activity every week. That could mean 30 minutes a day, 5 days a week. Do muscle-strengthening activities 2 days a week.*

*Eat Healthy Foods*



*Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.*

*Choose Your Drinks Wisely*



*Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.*

*Get Enough Sleep*



*Adults need at least 7 hours of sleep per night.*

*Be Sun Safe*



*Wear long-sleeved shirts and long pants, a wide-brimmed hat, and sunglasses and use broad-spectrum sunscreen with at least SPF 15.*

*Brush Your Teeth*



*Brush twice a day with fluoride toothpaste*

*Don't Use Tobacco*



*Call 1-800-QUIT-NOW for free support to quit smoking.*

*Learn Your Health History*



*Talk to your family and your doctor about your family health history.*

# Seasonal Recipe

## MINT ICE CREAM PIE

Mix one cup of chocolate cookie crumbs with 2 tablespoons of melted butter and press into a pie pan. Refrigerate until firm and then fill with 3 cups of softened vanilla ice cream. Microwave 7 ounces of marshmallow cream and 2 tablespoons of milk for one minute, and then stir. Stir in 8 ounces of whipped topping, ¼ cup green creme de menthe and 2 tablespoons of creme de Cacao. Spread mixture over ice cream layer. Freeze for at least 6 hours. Drizzle with chocolate syrup before serving.

## OFFICE BULLETIN

FOR ALL YOUR  
MAINTENANCE  
REQUEST, PLEASE GO  
TO THE LINK BELOW

[MAINTENANCE SERVICE](#)



Are you looking to purchase a home and don't know where start?

**WE CAN ASSIST YOU TO GET QUALIFIED FOR 100% FINANCING OR DOWN PAYMENT ASSISTANCE PROGRAMS!**

## CONTACT US!



## March UPCOMING EVENTS

- **Festival of Houses and Gardens, March 15 - April 16 2023**

The Historic Charleston Foundation's annual tours of Charleston homes and gardens that are not ordinarily open to the public.

- **Charleston Brunch Festival, March 18 2023**

Brunch-themed food festival at Johnson Hagood Stadium, The Citadel.

- **Springtime in Charleston Annual House & Garden Tour, March 24-25 2023**

The Garden Club of Charleston's annual tours of historic homes and gardens not ordinarily open to the public.

- **Charleston Bluegrass Festival, March 24-25 2023**

Annual festival of bluegrass music at the Woodlands Nature Reserve. Camping available.

- **Summerville Flowertown Festival, March 31 - April 2 2023**

Very popular annual arts and crafts festival in Summertown, with 200+ artists, food from local restaurants and vendors, children's activities and more.

Ready to purchase your own home? We can help!

CALL 843-864-3990 OR EMAIL [SMALLSRENATA@GMAIL.COM](mailto:SMALLSRENATA@GMAIL.COM) NOW!

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