

# Parkway Village

January Community Newsletter 2020



## WAYS TO STAY WARM THIS WINTER

Here are some great tips for cooler weather in January!

**Fool the eye:** It's silly, I know. But! Sometimes warmth is a matter of perception. Warm colors and textures make you feel warmer so maybe it's time to change your decor! Add a throw so you can snuggle under it.

**Try a rug:** Cover up your bare floors to help with the coolness.

**Bake something:** Stews, roasts, casseroles and soups are made for the cold weather because they cook at low temperatures for a long period of time. This helps warm up the house during the process. Of course, they warm you up going down!

**Drink something:** Wrap your hands around a warm mug of tea, cocoa or coffee. Stop in the office. We can help!

**Let the sun in:** Open curtains and blinds during the day for natural warmth.

**Change out your bedding:** Switch to flannel sheets, a down comforter, use extra blankets. Try a heated blanket.

**Use a humidifier:** Humid air feels warmer. No humidifier? Open the bathroom door while you're showering.

## Ideas to Kick Start your 2020!

Write your top 10 goals for this year and post them where you can see them.

Take a dance or fitness class.

Schedule all doctor and dentist appointments for the year.

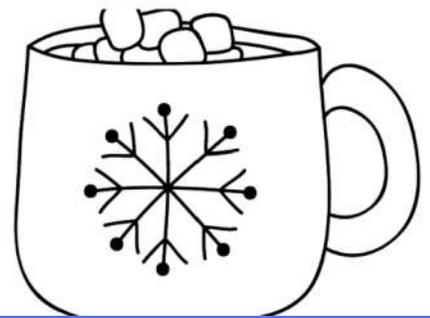
Sign up for a birthday/anniversary reminder service.

Get a whole new hairstyle or haircut.



## Did you know?

You can use an app to pay your rent. Yes, really! We have made it that simple for our residents. All you have to do is download the **RentPayment** app to your smartphone device. You'll just need to set up an account and make sure you select Parkway Village. From there, you can set up how much you want to pay and when you want it to come out. You can even setup autopay. Give it try!



## January Giveaway!

Win a deluxe hot chocolate set from us! You'll receive beautiful wintry themed mugs, hot coco, and more. All you have to do is pay your rent before the 5th and you're automatically entered.

Good luck!



## New on the Coffee Bar

Stop in to see us here in the Parkway office and enjoy a cup of coffee or hot chocolate on us. This month we have two new flavors for you to enjoy.

*Swiss Miss* - Savor a classically delicious hot cocoa, filled with a great taste and familiar chocolaty flavors that lift your spirits and warm your soul. Top it off with marshmallows and enjoy! Perfect for a cold, January day.

*Winter Warm Coffee* - Need a boost of caffeine? Try our newest coffee blend on the bar. Winter Warm will feature a smooth taste of butter rum with a hint of milky coconut. Add a little sugar and cream and you have yourself a tasty treat



# Classic Chicken Pot Pie Recipe

Here's a homemade chicken pot pie recipe with flaky pie crust and creamy chicken pot pie filling.  
Classic comfort food for a brisk day.

## Ingredients

4 tablespoons unsalted butter  
1 lb. boneless skinless chicken breast -  
cut into small bite  
size pieces  
1 cup sliced carrots  
1/2 cup sliced celery  
1/2 cup chopped yellow onion  
1 1/4 teaspoons salt  
1/2 teaspoon garlic powder  
1/2 teaspoon dried thyme leaves  
1/4 teaspoon ground black pepper  
1/4 cup all-purpose flour  
1/2 cup heavy cream  
1 cup chicken broth  
1/2 cup frozen peas  
2 tablespoons minced fresh flat-leaf  
parsley  
2 (1 top and 1 bottom) unbaked pie  
crusts (could use  
pre-made refrigerated - 1 box)

## Instructions

Make sure there is an oven rack on the bottom rack of the oven. Preheat oven to 425 degrees F.

Add the butter to a large skillet over medium heat. Once the butter is melted, add the chicken, carrots, celery, onion, salt, garlic powder, thyme leaves, and pepper.

Cook for 8-10 minutes, until the chicken is cooked through, stirring often.

Add the flour. Stir well, until no dry flour remains. Slowly stir in the cream, then the chicken broth. Cook until bubbling and thick, stirring often, 3-4 minutes.

Remove from the heat. Stir in the peas and flat leaf parsley. Let this cool for 15-30 minutes before filling the pie.

Fit one pie crust into a 9-inch pie plate. Spoon the cooled filling into the pie crust. Top with the second pie crust.

Seal the edges of the pie crust together.

Cut 3-4 slits in the top crust to allow steam to escape.

Place the filled pie plate on a baking sheet. Bake for 30 minutes on the bottom rack of the oven.

Cool for 15-30 minutes before slicing and serving.