



BAY PARK *Towers*

A Newsletter for the Residents of the Bay Park Towers Condominium Association, Inc.

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BAY PARK TOWERS Condominium Association, Inc.

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OFFICE HOURS

Mon - Fri 8:00AM - 5:00PM



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HEALTHY HOLIDAYS

Do you find your belly wiggling like a bowl full of jelly every January? It can be hard to keep from overindulging when you are faced with a December full of buffets, cookies, and holiday dinners. But there are ways to battle the holiday bulge!

Exercise is an important part of anyone’s healthy lifestyle. During the holidays it is even more important to include exercise in your busy day. There is a stronger tendency to skip your daily walk, aerobics workout, or swim during winter. There are fewer daylight hours and there are additional activities that demand your time. Taking time for yourself every day, however, will reduce stress and help you to stay fit and trim.

As for the eating, remember that the key to success is moderation. You don’t have to deprive yourself of all those holiday goodies. Just keep portions reasonable and opt for some healthy substitutes. If you are invited to a holiday gathering, try to eat something healthy before you go. You won’t be starving and tempted to eat everything available. Take small portions of everything you wish to taste and eat slowly.

Substitutions can help also. Instead of very high-fat eggnog, drink cranberry juice. Avoid fried foods and choose fresh fruits and vegetables instead. Munch on pretzels in place of chips, and choose a couple of cookies instead of the cheesecake.

If you find yourself at a dinner party with a host or hostess that insists on second helpings, make your first serving a small one. When you return for more, your second serving will bring your total intake up to one normal sized portion. Offer to bring a dish or two and make it healthy and low-fat.

As for your own holiday baking and food preparation, remember your limits and your weaknesses. If you have a tendency to eat handfuls of cookies, make batches to give away. Keep only a few for yourself. As your schedule gets more hectic, remember to take time to eat three meals a day, and allow for time to plan for healthy meals.

A little planning and extra attention to including exercise in your day will be all it takes to avoid gaining those extra pounds this holiday season. You will enjoy your happy and healthy holidays even more!

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- If someone in the building has tested positive or has had contact with someone that has tested positive for COVID-19 we ask you to please report it to the office immediately. Thank you to the resident who took the time and reported their condition to the office, we know this was your choice and residents also were very grateful to you.
- When smoking, please be considerate of your surrounding neighbors and do it outside on your balcony, if you do smoke on your balcony, please use an ashtray and do not toss the cigarette butts out of your balcony. Please remember that smoke travels through the vents and is very unpleasant to non-smoking residents.
- Picking up after your dog is the responsible thing to do as a dog owner. We ask that you continue to keep your dog on a leash and pick up after them. If they have an accident in the building, please be sure to clean it up and notify a staff member if you need assistance.
- Keep in mind that all units have assigned parking if someone is parked in your parking space do not take someone else's space, please contact security or valet immediately and they will contact management. Management is the only one authorized to allow Booting on vehicles not parked in their assigned spaces.
- Refrain from slamming your doors when entering or exiting your unit. This is a nuisance to your neighbors. Keep in mind that if you leave your balcony door open this will cause a vacuum in your unit making it easier for your door to slam when opened.
- If you have not done so, please sign up for ONR. As mentioned, this is a great tool to receive text updates on emergencies happening in the building, updates if something happens over the weekend or if there is a power failure and also to vote and take surveys (when created) on line.

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RECIPE FOR LATKES

- 4 medium potatoes
- 1 medium onion
- 2 eggs
- 3/4 cup matzah meal (flour or bread crumbs can be substituted)
- salt and black pepper to taste
- vegetable oil



Shred the potatoes, onion and bell pepper into a large bowl. Press out all excess liquid. Add eggs and parsley and mix well. Add matzah meal gradually while mixing until the batter is doughy, not too dry. (you may not need the whole amount, depending on how well you drained the veggies). Add a few dashes of salt and black pepper (don't taste the batter - it's really gross!). Don't worry if the batter turns a little orange, that will go away when it fries.

Heat about 1/2 inch of oil to a medium heat. Form the batter into thin patties about the size of your palm. Fry batter in oil. Be patient: this takes time, and too much flipping will burn the outside without cooking the inside. Flip when the bottom is golden brown. Place finished latkes on paper towels to drain. Eat hot with sour cream or applesauce. They reheat OK in a microwave, but not in an oven unless you cook them just right. If you'd like to try something a little different, add some bell peppers, parsley, carrots, celery, or other vegetables to the batter to make veggie latkes!

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