

Monthly *Mystic* Newsletter

POINTE
Tower 300

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Maint. Engineer Robert Kulic

OFFICE PHONE #'S

Main (305) 933-2636
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OFFICE HOURS

Monday - Friday.....9 AM - 5 PM
Closed from 1pm - 2pm

Mystic Pointe Condo 1

3600 Mystic Pointe Dr.
 Aventura, FL 33180
mysticpointeresidents.
buildinglink.com

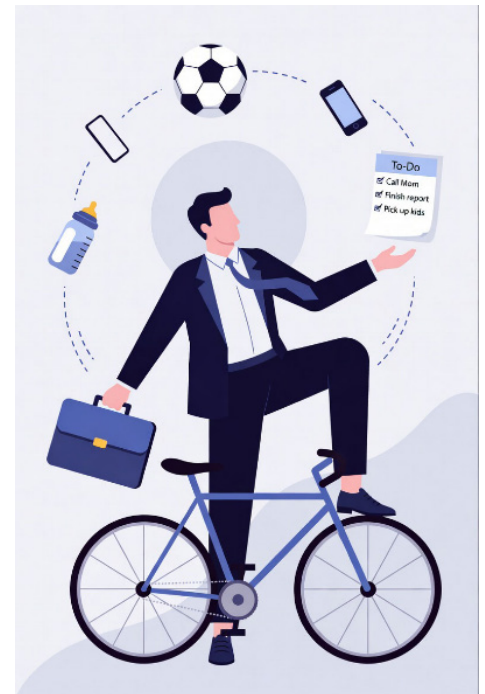


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Beat The ‘Captivity of Activity’ with Rest

There’s a difference between accomplishing something and doing something. Our fast-track world honors constant activity, but those who aren’t selective about what they do can wind up with a lot of stress and feel like a mouse on a treadmill. They’re running fast, working hard, and not getting anywhere. Experts call it the “captivity of activity.” Here are some of the symptoms:

- You’re in a constant rush.
- You think that no matter how much you work, you’ll never have enough time to do it all.
- You are chronically tired and emotionally exhausted.
- You believe that if you stop, everything will fall apart.

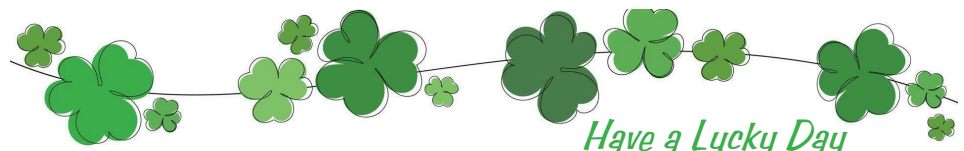


It won’t. Here’s a radical notion that will help: Get some rest. That doesn’t mean rushing off for a vacation, because that could raise your stress level even higher. It doesn’t mean taking a less-stressful job, because every job includes stress. And it doesn’t mean putting your kids up for adoption, because you’ll continue to run anyway.

The key to resting is to actively do nothing for a while, and then do it some more.

Will the world fall apart if you say “no” more often? Will anyone care 10 years from now if your home isn’t very neat today? Will your kids be harmed if you tell them not to interrupt your down time? Will you lose your reputation by not volunteering for the next big project? If your stress level is pushing you toward burnout, you have to give careful thought to these questions.

Life isn’t going to slow down, but you can purposely find ways to do it when you need to and to get some rest. The trap of activity will always be there, waiting to pull you in.



ATTENTION PLEASE!

- If we do not have your guests in our system we will not allow them access, no verbal authorization is allowed! Please send us a WRITTEN authorization with owner signature. Please remember that only IMMEDIATE family are allowed to stay in the unit without owners being present. Owners MUST be present while all other guests stay in the unit.
- Cigarette butts must never be thrown off the balconies. Please make sure you and your guests and employees use ashtrays. Do not toss cigarette butts in front of our building!!
- If your delivery (i.e.: stove, dishwasher, bed etc.) any type of delivery....is not scheduled they will be turned away!
- Do not wash down your balcony, as the dirty water lands on the balconies below. Use a damp mop instead.
- Dogs must be carried or wheeled in a doggie cart through hallways, elevators and through the pool area at all times.
- All items that go down the trash chute must be placed in securely closed plastic bags. All items that do not fit in the trash chute easily must be taken to the first floor trash room for disposal. This includes most boxes,

including pizza boxes. Otherwise, the chute becomes blocked.

- When requesting the key for the bike room you must leave your driver's license with the concierge.
- When your individual air conditioning unit is replaced, the valves must also be replaced.



Also, the management office needs to know three days in advance of the replacement.

- Contact the management or valet office if you will be having more than 10 cars as guests in your apartment.
- Remember to call the valet 10 minutes in advance at 305-932-8881, if you need your car.
- ATTENTION LEASEE: This is not a rental community. The employees of Mystic Pointe are here to maintain the common areas, not the units. Any work requested for the unit must be submitted in writing by the unit owner



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POOL AEROBICS:

Tuesdays & Thursdays
10-11 AM



MARCH IN HISTORY



- Harvard University students in March 1939 thrilled the public with their new fad: Goldfish swallowing.
- On March 15, 1937, the first blood bank was established at Cook County Hospital, Chicago, Ill.
- On March 30, 1867, Alaska was purchased from Russia for 2 cents an acre.



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Contact Marc (the newsletter guy)

cgpimarc@earthlink.net | 786-223-9417

REMINDERS!

- All movers must be licensed and insured, no self-moves. Proof of license and insurance is required. The use of the service elevators must be reserved two days in advance or access will be denied. Any un-expected delivery or non-scheduled delivery may be charged between \$25.00 - \$50.00. There is a \$500.00 refundable security deposit for the use of the service elevators plus a \$250.00 non-refundable fee is required for all move in's & move out's. There is a \$500.00 pet security deposit for unit owners ONLY. Renters are not allowed to have pets.
- Packages are held at the front desk for a maximum of 3 days, after 3 days they are sent back. If you would like the front desk to hold your packages for more than 3 days, you must contact the front desk at 305-932-9333. We have minimal space at our front desk to hold packages. If you are out of town for long, we ask that you please refrain from receiving loads of packages.
- Rental of the Garden Room and Bayview Room are available to residents. Reservations are required at least two weeks in advance. There is a \$500.00 refundable security deposit fee and a \$350.00

non-refundable rental fee for the Garden Room and a \$500.00 refundable security deposit fee and a \$350.00 non-refundable rental fee for the Bayview Room.



- Do not throw large items, i.e.; construction debris, fishing poles, curtain poles, large boxes, AC Filters etc. down the trash chute. This will cause the trash chute to jam, causing the garbage to back up to the upper floors.
- Contractors shall be in by 9:00am and out by 4:30pm, NO LATER! When using the chipping hammer, hours allowed are from 10:00am – 3:00pm and contractors MUST advise management office at least 3 days in advance.
- Residents, please always remember to keep our home a nice place to live in by maintaining this building clean and following building rules. Keep your guests informed of our rules and regulations.

NO JOB TOO SMALL
PAINTING AND MINOR REPAIRS
SATISFACTION AND QUALITY GUARANTEED

REMODELING & INSTALLATIONS

Kitchens | Bathrooms | Interiors | Cabinets
 Vanities (New & Resurfaced)
 Baseboards & Crown Molding
 Quartz, Marble & Granite Countertops
 Popcorn Ceiling Removal | Interior Doors & Frames
 Impact Windows & Doors
 Plumbing & Electrical Service
 Ceramic Tile & Marble Installed | Mirrors

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