



THE GALLERY AT GODWIN

3061 Godwin Blvd. • Suffolk, VA 23434 • (757) 530-7933
www.godwinvaapts.com

January 2025

The Gallery at Godwin Team Property Manager

Kara Joslin

Assistant Property Manager

Ruby Wray

Leasing Consultant

Mariah Castillo

Maintenance Supervisor

James Nock

Maintenance Technician

Zac Ezell

Porter

Meredith Wall



Local THINGS TO DO

- **Vinyl Radio** - January 11th, 2025, 8:00PM, Center for Cultural Arts
- **The Vibe Check** - January 15th, 2025, 10:00 AM - 11:00 AM, Center for Cultural Arts
- **American Girl Program** - Featuring Samantha Parkington, January 25th, 2025. 10:00 AM

Resident EVENTS

Vision Board Night January 7th, 2025 6:00PM - 7:00PM

It's the perfect time to think about our goals, dreams, and aspirations for 2025. We're hosting a Vision Board Creation Event, and we'd love for you to be part of it! Come join us to create a visual roadmap for the year ahead, while meeting new faces and sharing some fun moments with your community!



Office Hours

Sunday	Closed
Monday	10 AM - 6 PM
Tuesday	10 AM - 6 PM
Wednesday	10 AM - 6 PM
Thursday	10 AM - 6 PM
Friday	10 AM - 6 PM
Saturday	11 AM - 4 PM



Help us wish **James Nock**, our amazing **Maintenance Supervisor**, a Happy Birthday on 01/01/2025!

REFER Your Friends

Invite your friends to live at our community to earn bonuses*!

★ **\$500 per referral** ★

Contact the leasing office for more information!
*subject to change

TRASH FAIRIES

Trash & Recycling Solutions at your Doorstep

REMINDERS

PREPARATION

- Use 12.5-gallon trash bags.
- Limit of 2 bags of trash per night
- If you have more than one bag, place the second on top of the can, NOT on the floor.
- Please break down all boxes.
- When the bag gets full, TIE IT, and set the can outside your front door on **pickup nights** from **6–8PM**.

COLLECTION

- Trash Fairies start their collection at 8PM.
- Collection days are **Sunday–Thursday**.
- NO collection on Friday or Saturday night
- NO oversized/overweight items, liquid, hazardous waste, or loose trash
- Do NOT put trash bags on the floor.

NEXT MORNING

- Bring your empty can inside by 9AM the next day.

TRASH CHUTE

- Ensure that you are placing your bags in the chutes and NOT on the floor in the trash room. You will be charged a \$50 removal fee if you leave trash on the floor.
- Do NOT put boxes in the trash chute: break them down and place them outside of the trash room on the 1st floor.

THANK YOU FOR BEING A GOOD NEIGHBOR



Have a Happy Winter

Winter is a beautiful season, but it can also be full of challenges. We'll help you overcome them with this quick guide:

Warmth. Both indoors and out, wearing layers will keep you feeling cozy. If you get too toasty, simply shed a layer or two—a better option than wishing you'd dressed warmer. Bundling up in sweatshirts and thick socks can also help you keep the thermostat down in your home.

Safety. When walking or driving in winter weather, go slow. Wear shoes or boots with nonskid soles, turn on your headlights and watch for slick spots on roads and sidewalks. Keep a blanket in your vehicle in case you get stuck.

Boredom. Colder and shorter days may keep you inside, but there are plenty of activities to stay entertained. Winter is the perfect time to tackle your reading list, work on puzzles or craft projects, play video or board games, and try new recipes.

Winter blues. Fewer daylight hours can lead to seasonal affective disorder, or SAD. Talk to a health care provider if you're feeling down. In addition to medication, SAD can be treated with light therapy and vitamin D supplements. When possible, try to spend a little time outdoors to enjoy the fresh air and sunshine.



Pet of the Month!

Name: Kessel
Age: 1
Breed: Dachshund Mix
Favorite Activities: Snuggling and eating treats

Scan the QR Code Below for Your Chance to Be Featured as the Next Pet of the Month!





WINTER REMINDERS

- Heat is recommended to be set at 70. If you are away, you can set it as low as 65.
- Humidifiers are a great resource to add moisture to the air, making your home feel warmer.
- Be aware of weather alerts for rain, ice, snow, and low/freezing temperatures.
- Stay stocked on essentials in the event there is inclement weather or power outages.
- If you are experiencing issues with your heat, drafty doors, or windows, please report them to management.
- Prepare your vehicle for winter conditions. Check tire pressure, battery life, and antifreeze levels. Keep an emergency kit in your car.



If you would like to show off your home décor, please email photos to KJoslin@GodwinVAapts.com (photos can be used on social media)



RETAIL ON SITE RETAIL



PRESSED CAFE'
Come Nourish your day at Pressed Cafe'



GODWIN PHARMACY
"Medicine Made Simple"



**CATHCART
CLUB CARD**
EXCLUSIVE MEMBERSHIP
FOR CATHCART RESIDENTS

Scan the QR code to check out all participating businesses



! IMPORTANT REMINDERS !

Reservations

- The Club Room, Theater, Outdoor Patio & Grills **MUST** be reserved for private use. Contact the office for more information.

Grills

- You **MUST** sign a waiver and check out a key before you may use the grills.

Grease Bags

- Grease bags are in the office: please collect bags in the office for proper disposal. Grease cannot be poured down the chute.

Pets

- Please be a good neighbor and clean up accidents inside & outside. Pet stations can be found around the exterior of the community.

Vehicle & Contact Info

- Don't forget to update your contact and vehicle information with the office if there have been changes!

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day Office Closed	2	3	4
5	Muffin Monday! 6	7 Resident Event: Vision Board Night!	8 Pest Control Wellness Wednesday!	9	10 	11
12	Muffin Monday! 13	14	15 Wellness Wednesday!	16	17	18
19	Muffin Monday! 20 Martin Luther King Jr. Day Office Open 8AM - 11AM	21	22 Pest Control Wellness Wednesday!	23 	24	25
26	Muffin Monday! 27	28	29 Wellness Wednesday!	30	31	

"This Month In History" JANUARY

1908: Illuminated by 100 lightbulbs, the New Year's ball drops in New York City's Times Square for the first time. There have been seven different Times Square balls since, with the current design bedazzled with over 32,000 LEDs.

1915: Rocky Mountain National Park is established in Colorado, ensuring the region's environment, habitat and wildlife stay protected.

1929: The Seeing Eye, a training school for dog guides, opens in Nashville. The organization was originally founded to breed and train dogs for visually impaired World War I veterans.

1933: Work begins on the Golden Gate Bridge. The famous San Francisco Bay bridge was completed four years later.

1942: Twenty-six countries sign the Declaration of the United Nations, reaffirming their opposition to the Axis powers of World War II.

1960: Senator John F. Kennedy announces his intent to gain the Democratic presidential nomination. Voters later elected him as the nation's 35th president.

1984: The U.S. Supreme Court rules that recording TV programs on home VCRs does not violate copyright laws.

1994: At 14 years old, Peter Leko becomes the youngest grandmaster in chess. Abhimanyu Mishra, who obtained the title at age 12, is the current record holder.

2007: Apple introduces the first iPhone, which features a 3.5-inch touchscreen, built-in microphone and headset controls.