Life of a Butterfly

Come join the outdoor fun of exploring the natural world together with your child. Plant a garden, hunt for leaves, learn about nature, see how food is grown, explore the composting process, create crafts and much more.

Come join the fun!

Should you require accommodations for this or any PV event or program, please contact sherwook@uci.edu

ALTERATIONS - Residents are not permitted to make alterations to the interior of any apartment. In other words, you may not make changes to any partition, door, window, add locks, paint or wallpaper, put screws in walls, ceilings, floors or woodwork. Do not remove window screens.

Residents may hang pictures with small nails or picture hooks, not with tape. Do not put stickers on doors, walls, appliances or other structural surfaces in the apartments.

Do not hang anything from any of the fire sprinkler heads. Any alteration will result in damage charges being assessed at move-out.

Receive two free Angels tickets when you step up to the plate and donate blood!

By donating blood at UCI Health, you help patients who have been critically injured or who are fighting life-threatening diseases like cancer.

Visit the UCI Health bloodmobile at the University Hills Community Center for a chance to receive two (2) free Angels ticket vouchers.

Those who donate will receive two Angels vouchers or their choice of a T-shirt or a certificate for a pint of Iskand Robbins ice cream. Each voucher can be exchanged for a free game ticket online or at the Angels box office.

To schedule your donation at University Hills, visit bit.ly/32vd5im or call 949-824-2662.

Can’t make it to the blood drive?

Donate blood at our Irvine location to receive your free vouchers.

Making your appointment is easy – visit bit.ly/277pwpG8, email bleedblue@uci.edu or call 949-824-2662.

UCI Campus | 106 B, Student Center, Irvine, CA 92617

UCI Health

uchealth.org/donateblood

“Sometimes all a person wants is an empathetic ear; all he or she needs is to talk it out. Just offering a listening ear and an understanding heart for his or her suffering can be a big comfort.” – Roy T. Bennett

Please Bring Your Trash to the Dumpsters - Leaving trash lying around, especially close to others, is an invitation for animals to come, rip open the bag and cover the area with a layer of your garbage.

To reduce pest activity, it is important that you walk your trash to the bin, open the lid and place the trash inside the bin. Be considerate and make sure that you dispose of your trash in the proper way.

Please place trash from your apartment in the garbage (beige) and recycling (blue) bins provided in the dumpster areas located in the parking lot. Please do not throw your trash over the enclosure walls or leave your trash on top of or around the dumpster. Make sure that ALL trash makes it into the dumpster.

Do not leave any unwanted items in your room, outside the front door, on walkways or any of the common areas. You will be charged for removal of these items.

Disposing of items properly is part of being both a good neighbor and will also go a long way in keeping our property looking great.

Tampering with Fire Safety Equipment - Tampering with the smoke detector includes but is not limited to removing it from the ceiling, twisting to loosen it, covering it with anything, or removing batteries of any alarm system.

Tampering with the fire sprinklers includes but is not limited to disconnecting wiring of any alarm system and no muffling the sound of any alarm system. No items may touch, obstruct, or be hung from sprinkler heads.

Tampering with the hallways and fire exits includes but is not limited to removing hardware from fire doors to prevent proper latching/closing, propping fire doors open with a “wedge” or blocking doors in any manner.

If you have tampered with any fire equipment, including your smoke detector, you will be charged for materials and labor to repair, replace, or reinstall what has been tampered with. You will also be referred to our Judicial Office for violating the Student Conduct Code and subject to eviction per your lease.

Tampering with any fire safety equipment, such as the smoke detectors and/or fire sprinklers, is a very serious violation. The fire equipment is provided for the safety of each of our residents.
Healthy Eating Tips
Your food and physical activity choices each day affect your health — how you feel today, tomorrow, and in the future. Be a role model by eating right and providing healthy meals for you and your family.

• Make half your grains whole grains. Substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice. Read the ingredients list and choose products that name a wholegrain ingredient first on the list.

• Vary your veggies. Brighten your plate and salads with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. They not only taste great but also are good for you, too. Buy vegetables that are in season for maximum flavor at a lower cost.

• Focus on fruit. Buy fresh fruits in season when they may be less expensive and at their peak flavor. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Add fruits to sweeten a recipe. Make most of your fruit choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

• Get your calcium-rich foods. The Dairy Group includes milk, yogurt and cheese. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be lowfat or fat-free—to cut calories and saturated fat. Many cheeses are high in saturated fat. Look for “reduced-fat” or “low-fat” on the label. Regular cream cheese, and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium.

• Go lean with protein. Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. Choose lean or low-fat cuts of meat. Many deli meats and processed meats are high in sodium - check the Nutrition Facts label. Eat seafood in place of meat or poultry twice a week. A variety of vegetarian products look (and may taste) like their non-vegetarian counterparts and recipes that typically contain meat or poultry can be made vegetarian.

Special PV Playgroup
SUMMER DANCE CLASSES
FOR ALL CHILDREN!
Every Thursday from July 25th - September 5th
4:00-4:30 pm for 3 years old and under, 4:40-5:10pm for 3 years old and older in the PV Community Room
Joins us for children’s dance classes directed by our very own Palo Verde resident, Slavyana Naydenova Nedelcheva. These lessons are prepared for children using both musical and physical exercises through dance to effectively help children in their coordination, flexibility, balance, strength and emotional health.

Palo Verde Playgroup - Every Thursday from 3:30-6:30pm.
This playgroup is a free playtime for the children which allows for more socialization (and relaxation) for the parents.
We have light snacks for the children and coffee and tea for the adults. All children and parents/guardians/babysitters are welcome and it is FREE!
All parents/guardians/babysitters must be present at all times to ensure the safety and wellness of their children.
There will be light snacks for the children and coffee and tea for the adults.

If you have any questions please contact sherwook@uci.edu

Commit to Give
Donate today to
Amvets
THrift Stores

Pick-ups will be done at 9:30 a.m. on the dates listed below, between 5100 and 4400 near the mailboxes.
If you have larger items, please call our friendly call center staff to schedule a personal pick up: 877.990.VETS.

06/12, 06/19, 06/26, 07/03, 07/10, 07/17, 07/24, 08/14, 08/21, 08/28
Together we can make a difference in a Veteran’s life.

For more information, please visit:
http://www.housing.uci.edu/housingOptions/Palo_Verde.html