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Upcoming Events for the Daybreak Community



Resources for Daybreak Residents



Daybreak's Happily Ever After

# COMMUNITY

Daybreak News, Activities, Real Estate, Articles, & Tips for Fall 2016

## THIS HOLIDAY SEASON: 5 Tips to Ensure Success



For many of us, the holiday season is a time of happiness, love, and joy. But for some of us, this time of year is particularly difficult. Whether you're suffering from a loss, going through a breakup, or simply combating the holiday season stress, if you're going through a tough time, this time of year isn't always the most enjoyable.

When things aren't going well, staying positive during the holidays can sometimes seem impossible—but no matter how tough the moments are, there are ways to make the most of them. Doing so will keep you focused on what's good in your life, making it easier to make it through the days when you're not feeling so festive.

**1. PAY ATTENTION TO THE GOOD STUFF** – Regardless of how tough things are for you right now, if you really look closely, you can find at least one thing that's going right in your life. It might be a small thing — like your ability to still get out of bed in the morning — but size doesn't matter when it comes to seeking out the good in life. There are always good things happening around you, but it's up to you to open your eyes and look for them. Keep this in mind: you'll almost always see what you're looking for.

**2. KNOW THAT YOU'RE NOT ALONE** – Though you might feel as if you're only one suffering during the holidays, know this: you are not alone. There are many people who aren't having a picture-perfect holiday this year, who are also going through heartbreak or suffering a loss. Remembering you are not alone in dealing with the difficult holiday season will help you feel less sad and afraid.

**3. INTERACT WITH OTHERS** – You might not feel like interacting with others if you're feeling unhappy or heartbroken, but if you motivate yourself to get up, get out, and be social, you'll certainly improve your mood. Even when you don't feel like interacting, doing so will give you a chance to pick up on the positivity of others and you might actually find yourself having a good time. Try not to be held back from socializing, because if you get out, you give others a chance to cheer you up.

**4. REALIZE HOW LUCKY YOU ARE** – Focusing on your good fortune (even when you aren't feeling so fortunate) can transform the way you see the world and your current situation. One of the quickest ways to put your life in perspective and recognize how fortunate you are to spend time with others less fortunate than you. There are often great volunteer opportunities around the holidays—soup kitchens, toy drives, etc.—and taking advantage of these opportunities by donating your time is a great way to give back to your community and brighten your spirits in the process.

**5. TRY TO SEE THE BIG PICTURE** – Try to see the big picture. This year might be tough. Next year might be hard too. But you know what? There will be a holiday season when you will be one of the ones laughing and smiling and spreading holiday cheer. Stay positive and focus on the good things in your life and you will once again be lifted up by the spirit of the holidays.

## HEIGHTS PARK VILLAGE

Heights Park Village sits atop a hill overlooking all the other villages surrounding Oquirrh Lake. From this elevation, your panoramic view of the Salt Lake Valley stretches out to the Wasatch Range. And your short bike ride to the lake is downhill all the way.

It's a choice location that's made even more desirable by the fact that Heights Park will be one of the last villages in close proximity to Oquirrh Lake.

A wide range of home choices welcomes everyone from first-time homebuyers to growing families to people in their post-kids years.

Contact Klair or Kandice today if you are interested in finding out more about our newest project. **801.541.4388.**

**GUNN GROUP**  
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# UPCOMING EVENTS



DAYBREAK

## COMMUNITY AMENITIES

### FOOD TRUCKS AT OQUIRRH LAKE

Sept. 29, Oct. 6 and 13, 5:00 - 9:00 pm  
North Shore Oquirrh Lake

Come and enjoy a variety of food trucks, from waffles to ramen, and take in the great views of Oquirrh Lake and the Wasatch Mountains. The food trucks will be at the lake every Thursday, weather and sunlight permitting.

### DAYBREAK DANCERS

October 6, 8:30 - 9:30 pm  
Community Center Group Fitness Room

An intermediate jazz dance class, with some hip hop & lyrical/modern mixed in. It's a fast, challenging and sweaty opportunity to get in shape for all those dormant dancers in Daybreak. First Thursday each month until January 5.

### KIDS' CHESS CLUB

October 7, 3:30 - 4:30 pm  
Daybreak Community Center

A meeting of the minds for the kids of Daybreak, where they can play chess and socialize. First Friday of each month until January 6.

### RAISE THE WOOF CANINE CARNIVAL

October 8, 10:00 am - 12:00 pm  
SoDa Row

Halloween has gone to the dogs! Grab Fido and Spot and head on over to SoDa Row. Cost of admission is \$5 per dog and humans get in free. In addition to the costume contest, which starts at 11:00 am, there will be vendors, games, door prizes, pet/owner look-a-like contest, agility course, pet psychic, Bone Bar, and photo opportunities. Nuzzles & Co. will have information about the Purple Paw Program and adoptable pets. Come join the fun and support a great cause!

### TRICK OR TREAT STREET

October 29, 2:00 pm - 4:00 pm  
SoDa Row

Trick or Treat Street is back! Ghost and ghouls will be haunting SoDa Row at our annual Halloween event! Snag a trick or treat bag filled with goodies (while supplies last) and visit our SoDa Row tenants, who will be handing out treats! Activities, costume contests and so much more! It will be a "spook"tacular good time!



## Daybreak's Happily Ever After...

This is a story about you. And about how the place where you live can make your story even more wonderful. Letting you grab a pastry at the local bakery. Letting the kids find their own adventures at the park or the neighborhood lake or on the walk home from school. Brining you close to shops and light rail and all the other places you want to be. So contact us today if you are interested in moving in or moving up. And see if your story doesn't go in an interesting new direction. ~ Klair & Kandice of The Gunn Group, 801.541.4388

### DAYBREAK COMMUNITY CENTER

and Fitness Center  
4544 West Harvest Moon Drive  
South Jordan, Utah 84095  
801.253.6418  
[CommunityCenter@LiveDAYBREAK.com](mailto:CommunityCenter@LiveDAYBREAK.com)

### GARDEN PARK CLUBHOUSE

11150 South Tydeman Way  
South Jordan, Utah 84095  
801.253.1037

### COMMUNITY GARDENS

Hillside Garden - 11602 Lake Run  
Founders Garden - 1496 Kestrel Rise  
Church Garden - 10258 Phoebe  
North Shore Garden - 4600 Vermillion  
Garden Park Garden - 4867 Verooma

### OQUIRRH LAKE

Residents have access to kayaks, rowboats, and sailboats at no charge!

### POOLS

East Lake Pool - 10761 Indigo Sky  
Brookside Pool - 10304 Fish Hook Road  
Splash Pool - 11428 South Kestrel Rise

### PARKS

Boulder Park - 10520 South Ojibwa  
Bowery Park - 10639 South Cave Run  
Brookside Park - 4863 Fish Hook  
Church Park - 10258 Phoebe  
Daybreak Promenade - 4260 Lake Bridge  
Eastlake Commons - 4569 West Dorena  
Finch Park - 4352 West Clarks Hill  
Firmont Park - 4823 West Firmont  
Founders Park - 11428 South Kestrel Rise  
Garden Corner - 4181 West Blackshear  
Orchard Park - 4331 West Belleville  
Overlook Park - 10749 South Fern Ridge  
Peek-a-Boo Park - 5006 West Calton  
Secret Garden - 4190 West Dardanelle  
Silent Rain Park - 4403 West Silent Rain  
Sunflower Park - 4688 West Lumina  
Sunset Park - 4370 West Cool Canyon  
Trellis Park - 10782 South Navarro  
Vermillion Park - 4421 West 10200 South  
Willoughby Park - 4481 West Willoughby

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Keller Williams - South Valley Realty

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