

DAYBREAK



Upcoming Events for the Daybreak Community



Resources for Daybreak Residents



Daybreak: Utah's Favorite Place to Buy a Home

[www.AtHomeinDaybreak.com](http://www.AtHomeinDaybreak.com)

# COMMUNITY

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

## SPRING CLEAN YOUR HEALTH Little Tweaks to Refresh Your Health



Ah, spring. There's something simply magical about the season. Even perpetually peppy birds seem to have a little more cheer in their chirps. But there's nothing that can kill your warm weather-induced buzz faster than the idea of "spring cleaning."

Not to worry, we're not going to tell you to set aside several days for massive home cleaning (good grief, can you imagine?). Instead, we've got some essentials to help you kick your healthy habits up a notch:

**Choose In-Season, Local Produce** - Seasonal produce offers more flavor as well as price savings. Local produce supports farmers and also spares the environment by eliminating long-distance delivery systems.

**Schedule Screenings & Doctor Appointments** - Plan ahead to keep track of wellness appointments during the year. Talk with your doctors about a plan that suits your needs.

**Venture Outside** - Walking for exercise benefits your cardiovascular system and burns calories. Take a walk along Daybreak's trails and you'll also reap the benefits.

**De-Clutter Your Medicine Cabinet** - The expiration date is your best guidance for the potency of a medicine, but if you're unsure, toss it if it smells bad or looks off-color. Look into programs such as Drug Take-Back Network to safely dispose of old medications.

**Go Wheat Free for a Month** - If you can't seem to shake those last few winter pounds, try eliminating wheat from your diet. Swap wheat-based products for rice, quinoa, legumes, buckwheat, tapioca, and potatoes.

**Learn How to De-stress Instantly** - If you can't spare a block of time every day to meditate, squeeze in a few minutes each hour to experience the same benefits.

**Replace Workout Shoes** - The general rule of running shoe replacement is every 600 miles of running, i.e., someone running 50 to 60 miles a week should replace their shoes every three months.

**Smarten Up Your TV Time** - Watch shows that stimulate thoughtful conversation or ones that focus on hobbies you find interesting, and discuss the topics to boost engagement and creative thinking.

**Organize Your Inbox** - Each morning, flag emails that must be dealt with today, focusing on your top priorities. Dedicate 30-minute blocks every two hours to staying on top of email. During those blocks, make decisions about each message immediately.



## COMMUNITY GARDENS

Daybreak residents are growing more than just vegetables in our community gardens. These special spots are popular places for spending time in the sunshine with family, neighbors, and lots of local ladybugs.

### GARDEN LOCATIONS:

**Eastlake Village** - Eastlake Garden  
4569 West Dorena Lane

**Founders Park** - Hillside Garden  
11602 Lake Run Road

**Founders Park** - Founders Garden  
11496 Kestrel Rise Road

**North Shore** - Church Garden  
10258 Phoebe Lane

**North Shore** - North Shore Garden  
4600 Vermillion Drive

**Garden Park** - Garden Park Garden  
4867 W Verooma Way

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# UPCOMING EVENTS



DAYBREAK

## COMMUNITY AMENITIES

### NEW RESIDENT SOCIAL

Wednesday, April 20, 2016  
6:00 pm  
The Glass House

This event is open to all residents, whether you just purchased a new or existing home, are a renter, or have been with us for a while. There will be representatives from the HOA, LiveDaybreak Community Council, and the Volunteer Activities Council to help answer your questions and provide you with great information about the community.

### SPRING COMMUNITY YARD SALE

Saturday, May 14, 2016  
7:00 am - 1:00 pm  
Daybreak Community

Hold a yard sale in your own yard with others doing the same! If you would like to be added to the map of households holding a yard sale, please call the DCC at 801.253.6418.

### SODA ROW MUSIC NIGHTS

Fridays & Saturdays - Beginning May 27  
6:00 - 8:00 pm  
Amphitheater at Kestrel Rise Road

Grab some food from our SoDa Row shops, take a walk along the lake, and then enjoy live music at Daybreak's amphitheater. A lovely local evening for all.



### DAYBREAK TRIATHLON

Saturday, June 4, 2016  
8:00 am  
Oquirrh Lake

In 2011 we introduced a new point-to-point swim course and our athletes loved it! The Daybreak Tri offers triathletes an epic urban open water swim close to home. The swim takes place in Oquirrh Lake at Daybreak and offers a fast swim-to-bike transition. The bike course starts in Daybreak and goes past the Kennecott Copper mine and back. The run will take place inside of Daybreak on the fantastic trail systems that circles the lake. This race completely sold out in its first year, 2009, and became an instant classic in the Utah Triathlon scene.

### LADYBUG FESTIVAL

Friday, June 10, 2016  
6:00 - 7:00 pm  
Community Gardens

Ladybugs are beneficial to our gardens! They eat pesky aphids, other insects, and larvae that harm garden plants. Come down to our community gardens to help us release the ladybugs. Residents can purchase a container of ladybugs for release.



### DAYBREAK BEACH PARTY

Saturday, June 25, 2016  
Eastlake Pool

Go to [www.livedaybreak.com](http://www.livedaybreak.com) for future details.



## LiveDAYBREAK Calendar of Events

Did you know that Daybreak has a calendar of events online? It is easy to access and has dates, times, locations and details. We have a community council, LiveDAYBREAK, whose mission is to nurture a vibrant and caring community. They are indeed the heartbeat of the community and provide opportunities for residents to be involved. Most of the activities and events in Daybreak are sponsored by LiveDAYBREAK. For more information about our community and our events, go to [www.LiveDAYBREAK.com](http://www.LiveDAYBREAK.com).

**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

Eastlake Garden - 4569 West Dorena  
Hillside Garden - 11602 Lake Run  
Founders Garden - 1496 Kestrel Rise  
Church Garden - 10258 Phoebe  
North Shore Garden - 4600 Vermillion

### OQUIRRH LAKE

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

### EASTLAKE POOL

10761 Indigo Sky

### SPLASH POOL

11428 South Kestrel Rise

### PARKS

Boulder Park - 10520 South Ojibwa  
Bowery Park - 10639 South Cave Run  
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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