

MIDTOWN APARTMENTS SPRING 2023 NEWSLETTER



Office Hours

Monday—Friday

9 AM—4 PM

(315) 265-3680

info@potdamhousingauthority.com

These Shoes Were Made For Walking!

Spring has sprung! As the air outside warms and the ice around us melts, there's no better time than now to start a daily walk routine. Walking 30-minutes a day is a great way to improve or maintain your overall health.



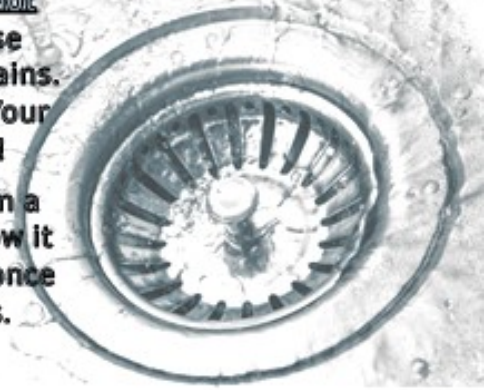
It will soon be time for the **Annual Spring Inspection**. Make sure to clean up any clutter and clear spaces in front of doors and all walkways. Maintenance needs easy access to the hot water closet and the electric panel box. Always keep your kitchen and bathroom space clean and tidy.



Do you love knitting? Grab your gear and join the Potsdam knitting group, Purl Jam! They meet on Thursdays at Noon in the Potsdam Public Library.

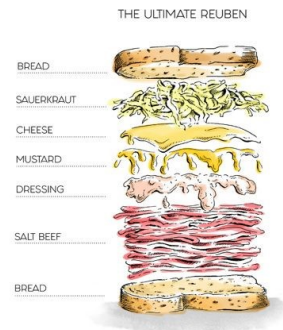
Have you joined in on the Midtown Coffee Hour? It's every Third Wednesday of the month at 10 AM—11 AM in the Midtown Lobby!

Please Do Not Pour Grease Down The Drains. It Will Ruin Your Plumbing!
Put grease in a can and throw it in the trash once it hardens.



Do you just love the taste of a Reuben Sandwich? Are you excited when the corned beef, sauerkraut, and dressings all go on sale? Or is there something disgusting about the mixture of tanginess that causes your neck hairs to spring up? Love it or hate it, here's the history of the Reuben sandwich:

Arnold Reuben, the owner of Reuben's Delicatessen in New York City from 1908-1965, created the "Reuben Special" around 1914. The sandwich was apparently made for the Broadway actress Marjorie Rambeau, who visited the deli one night when the cupboards were particularly bare. There are, of course, several other claims to the sandwich's origin, including Alfred Scheuing and Charles Schimmel, but the sandwich screams NYC deli like no other sandwich could.



You are given a pair of words. Your goal is to find a third word that is connected or associated with both of these two words.

1. LOCK—PIANO—KEY

2. SHIP—CARD—

3. TREE—CAR—

4. SCHOOL—EYE—

5. PILLOW—COURT—

6. RIVER—MONEY—



7. BED—PAPER—

8. ARMY—WATER—

9. TENNIS—NOISE—

10. EGYPTIAN—MOTHER—

11. SMOKER—PLUMBER—

The VPHA has partnered with Excelsior University to provide our tenants discounted education options. To learn more about Excelsior University and the benefits of being a partnership student, schedule a virtual meeting with your Partnership Specialist, Mary Sayer, by emailed—msayer@excelsior.edu