

# Housing Programs & Services

NEWSLETTER

## You Should Move

Apache Junction loves it residents and our residents love Apache Junction, but perhaps you should consider moving...

Poor nutrition and a lack of exercise can have different health impacts. Some effects could be obesity, chronic illnesses including diabetes, hypertension, and high blood pressure which can put you at risk for stroke, kidney failure, and heart disease. A lack of exercise can also effect your brain function. It is recommend you get at least 30 minutes of physical activity each day.

So consider these options in order to get moving!

1. Parking on the farthest spot in the parking lot.
2. Take the stairs.
3. Walk a lap around the grocery store before you begin to shop.
4. Take a 10-minute walk 3 times a week.
5. Clean up the house each day for at least 10 minutes.
6. Consider doing strength exercising by using



- weights or joining the Apache Junction Multigenerational Center.
7. Participate in community events and activities through Parks and Recreation and the Apache Junction Public Library.
8. Take up dancing even if it is in your own living room.
9. Join a yoga class at the Multigenerational Center.
10. Play golf.
11. Go for a swim at the community pool.
12. Plant a garden or help out at Earthheart Park.
13. Ride a bike.
14. Go bowling.
15. Go for a walk before and after dinner.
16. Turn commercials into fitness breaks simply by getting up and moving.
17. Walk or run for charity.
18. Do yard work.
19. Walk the dog.
20. Join a club or organization and volunteer.

A healthy community is a happy community.

Just remember—you need to move!

## In This Issue

1	You Should Move
1	Notable News
1	Calendar of Events
2	Programs
2	Busy Bee Home Maintenance Tips
2	Resources
2	Housing Funnies

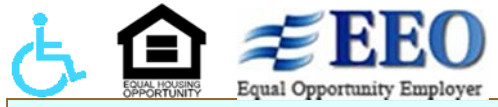
## Notable News

Small business Saturday is November 24th. Which means—shop local, shop AJ! Not only does this help local businesses but it also helps with city services. Did you know:

- Local sales tax revenue is the single largest source of funding for Apache Junction city services.
- Unlike many other cities, Apache Junction has no city property tax.
- 49 cents of every dollar in the city's general fund budget is supported by shopping in Apache Junction.
- For every \$1 in the City's general fund budget, approximately 42 cents goes to the Police and Public Safety, 13 cents for Parks and Recreation, and 5 cents for Library services.

## Calendar

- November 11—Veterans Day
- November 17-Hazardous Waste Event
- November 22—Thanksgiving
- December 25—Christmas
- January 1—New Years Day



## Programs

### Housing Rehab Assistance

The City of Apache Junction has funding available for homeowners within the City of Apache Junction city limits. Funding is available to make improvements to owner occupied homes where one of the occupants is either elderly, under the age of 18, or disabled. Improvements can include, but is not limited to, electrical, plumbing, roofing, heating and air conditioning, and ADA accessibility improvements. Homeowners may obtain an application either:

- 1) online at [www.ajcity.net/rehab](http://www.ajcity.net/rehab);
- 2) by phone at (480) 474-2635; or
- 3) by picking one up at City Hall 300 East Superstition Blvd in

the Development Services Building

Funding is available on a first come first serve basis, so applicants are advised not to wait. For more information call (480) 474-2635.

### Did you say FREE?

The city is offering Apache Junction residents free reflective house numbers with help from the Friends of Apache Junction and the Allstate Foundation. This offer is on a first come first serve basis, so call today 480-474-2635.

Free Dump Week is provided one week every quarter, Monday through Saturday from 6 a.m. to 4 p.m. For further information and the specific dates, please contact the Apache Junction Landfill at (480) 982-7003.

## Busy Bee Home Maintenance Tips

The City of Apache Junction will be holding a Household Hazardous Waste, White Goods, Electronic Recycling and Document Shredding collection event on Saturday, Nov. 17. The event will be held at the city's public works operations yard, 575 E. Baseline, from 8 a.m.-noon. The household hazardous waste collection is for items that typically cannot be deposited into your regular trash. An effort will be made to recycle as much of what is collected.

Residents may bring hazardous waste items such as anti-freeze, batteries, motor oil, paint, and tires free of charge. White goods are large appliances. Items that will not be accepted include furniture, lamps and small appliances.

For additional information about the event, please contact Heather at (480) 474-8500.

*Bees Wishes*



If you have a question or comment about anything written in this newsletter, please contact:  
City of Apache Junction  
Housing Division  
300 E. Superstition Blvd.  
Apache Junction, Arizona 85119  
Phone: (480) 474-2635  
Fax: (480) 474-5102  
TDD: (480) 983-0095  
[www.ajcity.net](http://www.ajcity.net)  
[hpatel@ajcity.net](mailto:hpatel@ajcity.net)  
Monday to Thursday 7 a.m. to 6 p.m.

## RESOURCES

Need Help? There is a Community Resource Center each Monday at the Genesis Project located at 564 North Idaho Road from 1:00 p.m. to 4:00 p.m.

The Resource Center brings different, local, regional, state, and federal programs to you! The schedule changes weekly. For an updated schedule visit <https://www.facebook.com/AJCommunityResource/>

### HOUSING PROGRAM GOALS:

1. Eliminate health and safety hazards in homes;
2. Benefit low to moderate income residents; and
3. Improve neighborhoods and encourage stability.

*Housing Funnies*

Don't you just wish this was true?

**I don't always diet and exercise...**

**...but when I do, I expect the results to be instant, dramatic & spectacular.**

**ACCESSIBILITY** The City of Apache Junction invites and welcomes people of all abilities to use our programs, sites and facilities. Any question about our service for people with disabilities can be answered by the city's ADA Coordinator (480) 474-2635, TDD (480) 983-0095, or [adacoordinator@ajcity.net](mailto:adacoordinator@ajcity.net). Additional information may be found at [www.ajcity.net/ada](http://www.ajcity.net/ada).