



Community News Meadowbrook

A Thesman Community

AFFORDABLE RESORT LIVING FOR ACTIVE FAMILIES



MEADOWBROOK

7401 San Pedro Drive NE
Albuquerque, New Mexico 87109

Office Hours

Monday - Sunday 8 a.m. - 5 p.m.

MEADOWBROOK TEAM

Manager	Josie Lujan
Assistant Manager	Karrie Vigil
Maintenance Supervisor	Abel Veleta
Maintenance Tech	Eduardo Camacho
Maintenance Tech	Brian Smith
Activity Director	Cyndi Garcia
Activity Director - Asst.	Joe Lyons
Cleaning	Joe Lyons
Office Admin	Brandi Nieto

IMPORTANT NUMBERS:

Meadowbrook Office	821-1717
Meadowbrook Fax	821-4972
Maintenance After-Hours Cell Phone ..	322-4592
NM Protective Force	323-1982
Large Item & Missed Pick up	768-2000
PNM	246-5700
Animal Control	311
Albuquerque Police - nonemergency ..	242-2677
www.meadowbrooknm.com	

GAS METER READS

We will be reading the gas meters on **Thursday, February 19th**. Please make sure to leave your gate unlocked and your dog inside your home.

Reminder: This area needs to be cleared of stored items and cleaned of all debris at all times. Please do not attach anything to the gas meter. This area is a NO parking area and you shouldn't block access in case of an emergency. Thank you!

February 2026

FEBRUARY BIRTHDAY WISHES FOR:

Jeremy, Alicia, Martha, Silvererio, Janessa, Jeremiah, Troy, Nicholas, Katrina, Journee, Katie, Alyssa, Monique, Maleiah, Isaiah, Gerardina, Rick, Aria, Cecelia, Victor, Katherine, Leticia, Norma, Jonathan, Ben, Jesus, Angel, Norma Jean, Trisha, Shiloh, Rosita, Linda, Glen, Alona Rei, Cassandra, Laverne, Craig, Ethan, Jacob, Eneida, Adriaan, Michael, Michelle, Araceli, Carlene, Sharon, Lucas, Harold, Angel, Christina, Donna, and Kent!!

Wishing you all a HAPPY BIRTHDAY!

Love for Your Little One's Lips

Winter's low temperatures and windy weather can cause chapped lips, especially for young children who lick their lips, drool, use a pacifier, or like to suck their fingers. Pediatricians have several recommendations to protect kids' lips from redness and irritation. First, staying hydrated is important for overall health, and helps skin stay moisturized in dry weather. Drinking water, milk and juice, as well as eating fruits and vegetables, provides hydration. Consider using a humidifier in your child's bedroom or play area to add moisture to the air. When your youngster's mouth is dirty or wet, gently wipe their face with a soft, clean cloth. Finally, petroleum jelly-based ointments are helpful. Apply them on and around your child's lips throughout the day, especially before bedtime. Avoid scented products, even if they're marketed for kids, because they can cause irritation.

HAPPY VALENTINE'S DAY
FEBRUARY 14TH

MEADOWBROOK FEBRUARY HIGHLIGHTS

- 2/7 Bingo Night
- 2/8 Super Bowl Party
- 2/12 Chicken Nugget Night
- 2/14 Valentine's Party
- 2/17 Mardi Gras Party
- 2/18 Cake & Ice Cream Night
- 2/21 Ladies Community Night
- 2/28 Potluck Night

COFFEE KLATCH!

Join us Tuesday and Friday mornings, from 9:00-11:00, in the clubhouse! Check out our new calendar listed below: Come out and enjoy friends and bring your great ideas for future activities.

COFFEE KLATCH MONTHLY EVENT CALENDAR

- 2/3 Valentine Trivia
- 2/6 Compliment Day
- 2/10 Make Cards
- 2/13 Bingo
- 2/17 Cupid Shuffle
- 2/20 Share Our Pets
- 2/24 Game
- 2/27 Chair Exercise

THE NAIL LOUNGE NM

THE NAIL LOUNGE
NM

Gift
VOUCHER

BY APPOINTMENT ONLY

505-600-9543
[HTTPS://BOOK.HEYGOLDIE.COM/THE-NAIL-LOUNGE-NM](https://book.heygoldie.com/the-nail-lounge-nm)
@THENAILLOUNGENM

VALUE
15%





Winter Olympics Preview

The Milano Cortina 2026 Winter Olympics—the 25th Winter Olympics—are scheduled to be held from Feb. 6-22. Here are some sports and stars to watch:

New kid on the ice block. Ski mountaineering, a combination of alpine skiing and mountain climbing, is making its debut at this year's games.

Comeback kids. After a 12-year Olympics hiatus, National Hockey League players are back to play ice hockey for their home countries. In the 2022 Beijing Winter Olympics, both the U.S. and Canada were eliminated in the quarterfinals, not having the NHL stars on their rosters. This year, Team USA is heavily favored to take home the gold.

Frozen fan favorites. Along with ice hockey, figure skating and snowboarding are some of the top-watched events for American viewers. Young snowboard stars to watch include gold medalists Chloe Kim and Red Gerard. Male figure skating star Ilia Malinin is expected to shine at the 2026 games. The 21-year-old is the only athlete in history to have landed the quadruple axel—the hardest jump in figure skating—during a competition.

The Art of Figure Skating

With their graceful jumps, smooth spins and fancy footwork, figure skaters can make gliding across the ice look effortless.

For centuries, skating was a form of transportation rather than a recreational pursuit or sport. In ancient times, people strapped animal bones to the bottoms of their feet and pushed themselves across icy ground with wooden poles. In the 13th century, the Dutch developed skates with iron blades and used them to travel between villages along frozen canals. Later in England, skating clubs and rinks became popular.

Ice skating was done in a stiff, rigid manner until the innovations of two Americans in the mid-1800s. Edward Bushnell invented skates with steel blades that allowed skaters to perform complex turns and jumps, and Jackson Haines became the father of figure skating when he used elements of ballet and coordinated the moves to music.

Figure skating is the oldest winter sport in the Olympics. The event debuted at the 1908 Summer Games in London, then moved to the Winter Games in 1924.





Be My Green Valentine

Valentine's Day makes us think of red and pink, but green is the best way to express your love for Mother Earth. Make eco-friendly choices as you prepare to celebrate the holiday.

Instead of buying a new greeting card, send a thoughtful text message or a short but sweet video message. Alternatively, you could also use recycled materials to create your own romantic message that's sure to be treasured for years.

Groundhog Stars

Every year, in the early hours of Feb. 2, Punxsutawney Phil is pulled from his temporary tree trunk den at Gobbler's Knob in western Pennsylvania. There, thousands gather and many more watch on TV to see if Phil sees his shadow. If he does, it's a sign of six more weeks of winter. If he doesn't, spring is just around the corner.

But there are other weather-forecasting groundhogs who take the spotlight on Groundhog Day. Phil has a stoic rival across the way in eastern Pennsylvania: the taxidermic Grover the Groundhog. Head to the Midwest and Buckeye Chuck carries on the tradition in the

The manufacture of new gold jewelry produces tons of waste from mining and processing. Consider buying a gift of vintage jewelry instead, or look for jewelry made from recycled metal or repurposed materials.

A traditional bouquet of flowers is even more charming if it is arranged with locally grown, pesticide-free blooms. For longer-lasting flora, give a blooming plant as a symbol of your enduring love.

Bypass processed and packaged chocolates, and opt instead for homemade candies, cupcakes or pastries, either from your own recipes or locally sourced from a small business or farmers' market.

Buckeye State of Ohio.

In New York City, Charles G. Hogg, also known as Staten Island Chuck, makes his prediction from his log cabin home at the Staten Island Zoo. For over 50 years, western New York has looked to Dunkirk Dave for a seasonal projection. And there's the Cajun groundhog, a nutria rodent named Pierre C. Shadeaux, who forecasts how long spring will last before the summer heat hits Louisiana.



Celebrating Black History Month

Each February, the U.S. observes Black History Month to honor the achievements of African Americans throughout history. Learn more about the man who pushed so hard for this month of recognition, a coal miner turned Harvard-educated historian.

In 1875, Carter G. Woodson was born to two survivors of slavery in Virginia. As a teen, Woodson worked in the local coal mines to help support his family. When he was 20, he started high school, and two years later, he graduated and started teaching high school himself, later earning multiple college degrees, including a doctorate from Harvard.

Woodson wanted the contributions of the heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created an event to promote Black history during the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. For his efforts, Woodson has been called the father of Black history.

Monthly Celebrations

There is much more to celebrate in February than Valentine's Day and Presidents Day.

- Enjoy a sweet and nutritious treat in honor of National Cherry Month.
- Check out a local library during Library Lovers' Month.
- Make positive changes in your life as part of Plant the Seeds of Greatness Month.

Try a One-Month Challenge

If your New Year's resolution is fading fast, try a one-month challenge instead. Completing a daily goal or task for the shorter time frame is more attainable for most people. But a month is still long enough to be challenging and to create a habit that can become part of your life for the long haul.

Soothe Your Skin

To soothe irritated skin, soak a clean washcloth in cold milk and place it over your face or other area for 10 minutes. The proteins, amino acids and vitamin A in milk help reduce redness and irritation.

Brainteaser

Question: In which month do people get less sleep?

Answer: February—it's the month with the fewest days.

Sunday	Monday	Tuesday
1	2 CLUBHOUSE & OFFICE & FITNESS CENTER Open 8 AM To 5 PM	3 COFFEE KLATCH @ 9 AM - Clubhouse BOARD GAME NIGHT
8 SUPER BOWL PARTY @ 4 PM - CLUBHOUSE	9 CLUBHOUSE & OFFICE & FITNESS CENTER Open 8 AM To 5 PM	10 COFFEE KLATCH @ 9 AM - Clubhouse BILLIARDS NIGHT
15 BOARD GAME NIGHT	16 Presidents Day CLUBHOUSE & OFFICE & FITNESS CENTER Open 8 AM To 5 PM	17 COFFEE KLATCH @ 9 AM - Clubhouse MARDI GRAS PARTY @ 5:30 PM
22 NOODLE NIGHT	23 CLUBHOUSE & OFFICE & FITNESS CENTER Open 8 AM To 5 PM	24 COFFEE KLATCH @ 9 AM - Clubhouse AIR HOCKEY NIGHT
 FEBRUARY 		

Wednesday	Thursday	Friday	Saturday
4	5	6	7
Wii NIGHT	AIR HOCKEY NIGHT Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	BINGO NIGHT
11	12	13	14
PING PONG NIGHT	CHICKEN NUGGET NIGHT @ 5:30 PM	COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	VALENTINE'S DAY PARTY @ 5 PM
18	19	20	21
CAKE & ICE CREAM NIGHT @ 6 PM	KIDS CHOICE NIGHT	COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	LADIES COMMUNITY NIGHT
25	26	27	28
BOARD GAME NIGHT	BILLIARDS NIGHT	COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	POTLUCK NIGHT

SERVICE REQUESTS

All service requests need to be **called** into the office. Please do not stop employees out in the field to give details on a work order. We will make sure they are processed and given to the maintenance staff to address the issue.

MAINTENANCE AFTER-HOURS CELL PHONE

If you have an emergency utility problem after hours, please contact our on-call maintenance at **505-322-4592**. They will respond to the call as soon as they can.

Self-Care Corner: Valentine's Day Your Way

No date for Valentine's Day? Put your energy toward self-care instead. Treat yourself to the pick-me-up of your choice, whether that's fresh flowers or your favorite takeout. Spend the evening doing something you enjoy. Cheesy movie marathon? Video game session? Your date, your rules! Finally, end the holiday on a high note by writing a list of things you love about yourself.

Super Savings

If you're hosting a Super Bowl party this month, be sure to check out the dollar store for paper goods, serving platters and decorations. You might be able to save quite a bit of money buying your party supplies there.

LEASE RENEWALS

Meadowbrook Renters renting homes from us, we love having you as members of our community, and hope you plan to stay. You will be notified at least 75 days before your leases expire, and a 60-day notice of inspection will be done prior to signing lease renewals. We will give you notice about ALL deposit increases prior to renewing your lease. If you're wondering when your leases expire and about increase amounts, please contact the office. All lease renewals will be scheduled for 60-day, 6 month and pre-renewal inspections.

Homesite leases renew automatically on an annual

basis. On-site transfers are approved (with conditions) via Community Manager and/or Regional Manager. Notices to vacate will only be taken on the first of the month. (Correct form is found in the office.)

Call or stop by the office to discuss your options!

REFER A FRIEND!

Your friends are great friends; wouldn't it be better if they were your neighbors, too? Get paid to bring them in! We have a great referral program! Applicants must mention and write down your name and space number at the first visit on the guest card.

Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

Wear red. Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversations about heart health.

Know your numbers. Take advantage of blood pressure

checks and cholesterol screenings in the community. Record your numbers and work with your doctor to make any needed changes.

Get fit with a friend. Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

Give back. Participate in health fundraisers and events, such as a 5K or blood drive.



EARLY BIRD WINNER

Make sure you cut out the coupon and bring it to the office by the 1st of the month. If you're on Epay for the 1st, please bring in your coupon. We will enter your name into the drawing for a FREE lunch on us!!

LUNCH ON US

LUNCH WINNERS:

- January: #73 Danielle
- February:
- March:
- April:
- May:
- June:
- July:
- August:
- September:
- October:
- November:
- December:

EARLY BIRD

PAY YOUR RENT ON OR BEFORE THE 1ST AND GET A CHANCE TO WIN A FREE LUNCH. PRESENT THIS COUPON WITH YOUR RENT CHECK. **YOU MUST TURN IN A COUPON TO WIN**
NAME

LOT NUMBER

PHONE NUMBER

THERE'S A WINNER EVERY MONTH!

#23 2026 CLAYTON

PURCHASE PRICE..... \$98,900
SIZE 16 X 68
TYPE OF HOME..... Singlewide
SQ. FEET 1088
MONTHLY COMM. FEE \$626

#164 2026 CLAYTON

PURCHASE PRICE..... \$98,900
SIZE 16 X 68
TYPE OF HOME..... Singlewide
SQ. FEET 1088
MONTHLY COMM. FEE \$626



To Your Health: Don't Forget D

Sunlight helps our bodies produce vitamin D, a nutrient important for mental and emotional health. If chilly weather keeps you indoors, be sure to eat foods that are good sources of vitamin D, such as salmon, tuna, milk, eggs and fortified cereals. Vitamin D supplements are also an option.

A Friendly Walk

Psychiatrist Gary Small says walking with a friend is a triple threat against Alzheimer's disease. It gives you a cardiovascular workout, stress-relieving social interaction and mentally stimulating conversation.



LOOKING FOR A SIGN?

Use ours for the highest price and the fastest sale.

Thinking of making a move this year, but you're not sure how to list your home?

Meadowbrook will sell your home faster and for a higher value than any of our competitors.

We only sell homes at Meadowbrook.

We have more showings, our professional marketing generates an average of 10 community tours per week.

93%

Our average sales price vs listing price.

VISITS

Average 12 community tours per week.

BE SURE

Take the guesswork and the worry out of selling your home.

Give our Licensed Professionals a chance to earn your business.

Contact us Today for a FREE No Obligation Conversation.
Please Call Josie: (505) 821-1717

Thinking of Selling Your Home?

Give me a call and let me *SELL* it for you. Make your appointment!

