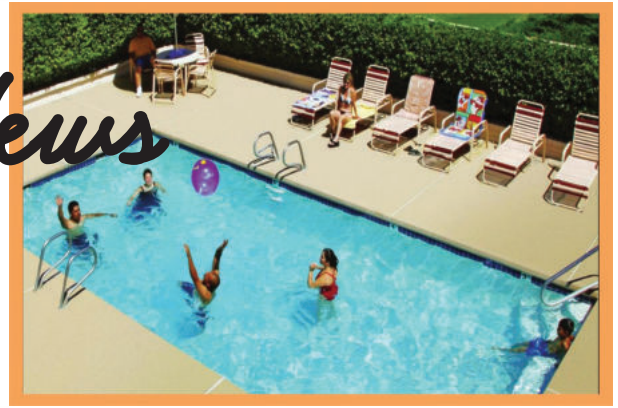




# Community News Meadowbrook

AFFORDABLE RESORT LIVING FOR ACTIVE FAMILIES



## August 2025

### 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 .....	John Barnett
Maintenance Tech .....	
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
<a href="http://www.meadowbrooknm.com">www.meadowbrooknm.com</a>	

### GAS METER READS

We will be reading the gas meters on **Friday, August 1st**. 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!

### AUGUST BIRTHDAY WISHES FOR:

Mary, Jaelynn, Cheyenne, Colleen, Caroline, Devin, Zari, Lisa, Gertrude, Mary, Rosa, Barbara, Matilda, Riley, Paula, Darian, Alyssa, Jose, Donovan, Gavin, Alex, Gene, Andrea, Anfernee, Lillianna, Isabel, Kathy, Anthony, Frederic, Kathryn, Cristian, Emmanuel, Alma, Zadoc, Bryson, Stacy, Concepcion, Terrie, Jesus, Rosa, Patrick, Joshua, Estrella, Avenie, Raymundo III, Gloria, Alma, Margaret, Lanny, Ismael, Layla, Franklin, Alex, Favian, Knox, Manuel, Isaiah, Danny, Wilmer, Ismael, Victoria, Roslida, Kane, Amanda, Aaron, Elijah, Jason, Amy, Milka, Pat, Anita, Douglas, Joyce, Vicente, & Judy!!!! Wishing you all a HAPPY BIRTHDAY!



School is back on this month! Please watch for the children at the bus area and drive the speed limit. Do not pass the school bus while the bus is stopped and especially when the lights are flashing. Let's make this a SAFE school year!

**Back-to-School Pool Party**

**August 9th at 4 pm**

**Food & drinks will be served.**

**Come out & enjoy.**



## MEADOWBROOK AUGUST HIGHLIGHTS

- 8/2 Bingo Night
- 8/9 Back-to-School Party
- 8/14 Taquito Night
- 8/16 Ladies' Community Night
- 8/20 Birthday Night
- 8/23 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

- 8/1 ..... Bingo
- 8/5 ..... See you at the pool BBQ
- 8/8 ..... Chair Exercise
- 8/12 ..... Cupcakes
- 8/15 ..... Games
- 8/19 ..... Crossword
- 8/22 ..... Make Cookies
- 8/26 ..... Mad Libs
- 8/29 ..... Cherry Turnovers

## THE NAIL LOUNGE NM



**PAMPER YOURSELF - YOU  
DESERVE IT!!**



### Picnic Power

Salt, pepper and sunlight—eating outside can boost your mood and even improve your brain structure. Whether you choose a picnic, a patio or a park bench, dining al fresco is a way to refresh both your body and mind.

Fresh air is a favorite prescription of caregivers and healthcare professionals alike, but it's also a secret ingredient to make any meal taste better. Being outdoors, especially in nature, can improve sinus health and, therefore, your sense of taste.

Feeling the sunlight on your skin and hearing birds sing is clinically linked to measurably decreased stress. The more relaxed you are while eating, the healthier you are likely to eat and the better you are able to digest your food.

Our picnic tips? Start simple. Have your coffee and breakfast outside watching the sun rise, share a snack with a friend in a park, or try a one-dish dinner on a patio. Checkered blankets and wicker baskets are not required for all the positivity a picnic can offer.

### Sisterly Bond

The first Sunday in August is National Sisters Day, a day to honor that special sibling relationship. Look back at these famous ladies with family ties.

*The Bronte sisters.* Charlotte, Emily and Anne shared a talent for writing. The authors have enchanted readers since Victorian times with their classic novels, including "Jane Eyre," "Wuthering Heights" and "Agnes Grey."

*The Andrews sisters.* Patty, Maxene and LaVerne were singing superstars of the jitterbugging 1940s. The trio is best known for boosting morale on the home front during World War II with iconic songs like "Boogie Woogie Bugle Boy."

*The Gabor sisters.* Hungarian-born Zsa Zsa, Eva and Magda were Hollywood glamour girls. The three shared the spotlight in the 1950s and '60s not only as TV and film actresses, but also as socialites.

*The Pointer sisters.* Daughters of a minister, Ruth, June and Anita began singing in their father's church. The group became a pop music sensation during the 1980s with hits such as "He's So Shy," "I'm So Excited" and "Automatic."





## Remember Me?

Conquering space in the 1960s was a remarkable triumph, and Neil Armstrong was the astronaut who led America's mission to the moon.

- Armstrong was born Aug. 5, 1930, in Wapakoneta, Ohio.
- By age 16, he had earned his pilot's license.
- Armstrong earned a U.S. Navy scholarship to study aeronautical engineering at Purdue University. After two years, he was called to duty in the Korean War, where he flew 78 combat missions.
- NASA chose him for its astronaut corps in 1962.

- In July 1969, he was named mission commander of Apollo 11 and was responsible for landing the Lunar Module Eagle safely on the moon's surface.
- More than 600 million people watched as Armstrong became the first man to walk on the moon.



## Sandy Scene

Make a colorful home for a low-maintenance houseplant with this fun craft.

### Materials:

- Old newspaper
- Sand, various colors (available at craft stores)
- Glass bowl, vase or jar
- Funnel
- Small succulent plant
- Decorative items (optional)

### Directions:

Cover your workspace with newspaper to catch any spills. Pour a layer of sand into the bottom of your container. Use a funnel if the container opening is small. Continue adding layers of sand in different colors, being careful not to mix the colors.

After about five layers (adjust according to your container height), carefully plant the succulent in the center of the container. Add another layer or two of sand to ensure the roots are covered.

Add figurines or shells to the terrarium, if desired. Lightly spritz the plant with a spray water bottle once every few weeks as needed.

## Wit & Wisdom

"Let us dare to dream and shoot for the moon. Even if we don't fetch the moon, a million stars may fill us with wonder."

—Erik Pevernagie

"Once you can accept the universe as matter expanding into nothing that is something, wearing stripes with plaid comes easy."

—Albert Einstein

"Remember to look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist.

Be curious."

—Stephen Hawking

"I would rather be a superb meteor, every atom of me in magnificent glow, than a sleepy and permanent planet."

—Jack London

"Dwell on the beauty of life. Watch the stars, and see yourself running with them."

—Marcus Aurelius

"Those are the same stars, and that is the same moon, that look down upon your brothers and sisters, and which they see as they look up to them, though they are ever so far away from us, and each other."

—Sojourner Truth

## Shine a Light

National Lighthouse Day, Aug. 7, shines the spotlight on the more than 700 beacons on America's shorelines.

## Remember When: Statement Swim Caps

Swim caps today are generally relegated to Olympic pools, but the hair-protecting caps used to be a must-have accessory in the first half of the 20th century. During the Roaring Twenties, flappers protected their fragile, hard-earned waves with brightly patterned toppers. The trend evolved throughout the following decades, peaking in popularity in the 1950s with bright floral additions.

## 'Shores' Is One

How many words can you spell from "sisterhood"?

## Lots S'more

They say that bigger is better, and many would argue that you can't get enough of a s'more, the campfire treat made with a roasted marshmallow and a square of chocolate sandwiched between graham crackers. Folks at Winter S'morestice, an annual event in Vermont, created the world's largest s'more in 2019, according to Guinness World Records. The colossal confection weighed 342 pounds.

Sunday	Monday	Tuesday
		☀️ AUGUST ☀️
3 BOARD GAME NIGHT	4 CLUBHOUSE & OFFICE & FITNESS CENTER & POOLS Open 8 AM to 5 PM	5 COFFEE KLATCH @ 9 AM - Clubhouse PING PONG NIGHT
10 KARAOKE NIGHT	11 CLUBHOUSE & OFFICE & FITNESS CENTER & POOLS Open 8 AM to 5 PM	12 COFFEE KLATCH @ 9 AM - Clubhouse AIR HOCKEY NIGHT
17 SWIM NIGHT	18 CLUBHOUSE & OFFICE & FITNESS CENTER & POOLS Open 8 AM to 5 PM	19 COFFEE KLATCH @ 9 AM - Clubhouse Wii NIGHT
24/31 AIR HOCKEY NIGHT KIDS CHOICE NIGHT	25 CLUBHOUSE & OFFICE & FITNESS CENTER & POOLS Open 8 AM to 5 PM	26 COFFEE KLATCH @ 9 AM - Clubhouse BILLIARDS NIGHT

Wednesday	Thursday	Friday	Saturday
		1  COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	2  BINGO NIGHT
6  Wii NIGHT	7  SWIM NIGHT	8  COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	9  BACK-TO-SCHOOL POOL PARTY
13  BILLIARDS NIGHT	14  TAQUITO NIGHT @ 5:30 PM	15  COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	16  LADIES' COMMUNITY NIGHT
20  CAKE & ICE CREAM NIGHT	21  BOARD GAME NIGHT	22  COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	23  MEET GREET & EAT POTLUCK
27  SWIM NIGHT	28  PING PONG NIGHT	29  COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	30  SWIM 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.

## Keep Us Up-to-Date

Summer is winding down and change is in the air. With that in mind, this is a good time to update your information in the office. If your work number, cell phone number, e-mail address or emergency contact has changed, please let us know. Our entire staff would like to thank everyone who continues to call our community home; we couldn't ask for better residents!

## Sweet Tea Twist

Summer's warm temperatures may have you reaching for a refreshing glass of iced tea. If you like sweetened tea, swap out sugar for slices of fresh fruit or a splash of fruit juice for a healthier drink.

## 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.



## Brain Bender: Class Clown

Buttons, Giggles and Scooter are three clowns who star in the Crazy Daisy Circus. Each clown performs a solo act in one of three rings that are lined up in a row inside the big top.

Using the clues provided, can you figure out each clown's talent, and in which ring their act takes place?

- The clown who makes balloon animals is in the center ring.
- The juggling clown performs in a ring next to Scooter.

- Giggles is not the unicycle rider. Her ring is somewhere to the right of Buttons' ring.

*(Answer: Buttons rides a unicycle in the left ring, Scooter makes balloon animals in the center ring, and Giggles juggles in the right ring.)*



## 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: #169 Lanny  
February: #237 Byron  
March: #73 Danielle  
April: #20 Mario  
May: #167 Alex  
June: #187 Kathy  
July: #169 Lanny  
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!

"A day without sunshine is like, you know, night."

## HOME FOR SALE - #89 1996 OAKCREEK

PURCHASE PRICE ..... \$89,900  
SIZE ..... 18 X 76  
TYPE OF HOME ..... Singlewide  
SQ. FEET ..... 1368  
MONTHLY COMM. FEE .... \$606



COMING IN AUGUST - GREAT LOCATION - NEW APPLIANCES

## Welcome New Residents

Henry Shirley II  
Miranda Lee & Miles King

### Slow Down

The longer days, the warmth of the weather and the fun of summer bring everyone outdoors. We like seeing many of our residents outside enjoying themselves. Please remember to follow the speed limit when driving through our community. Thank you for helping to ensure the safety of pedestrians and playing children.



### 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!





**DO YOU HEAR PARENTS CHEERING?**



That's right, school is starting again. Keep an eye out for small folks making their way through our community.