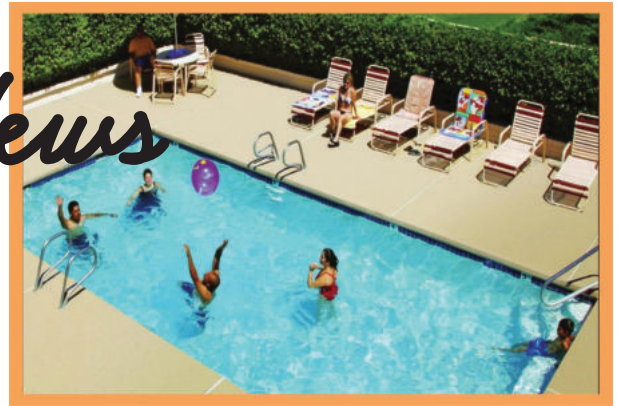




Community News Meadowbrook

AFFORDABLE RESORT LIVING FOR ACTIVE FAMILIES



August 2026

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	Brian Smith
Maintenance Tech	Trista Simplicio
Activity Director	Cyndi Garcia
Activity Director - Asst.	Joe Lyons
Cleaning	Joe Lyons
Office Admin	Brandi Nieto

IMPORTANT NUMBERS:

Meadowbrook Office	505-821-1717
Meadowbrook Fax	505-821-4972
Maintenance After-Hours Cell Phone ..	322-4592
Valley Protective Service	505-323-1072
Large Item & Missed Pick up	505-768-2000
PNM	505-246-5700
Animal Control	311
Albuquerque Police - nonemergency ..	242-2677
www.meadowbrooknm.com	

GAS METER READS

We will be reading the gas meters on **Thursday, August 20th**. 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:

Colleen, Caroline, Devin, Zari, Lisa, Gertrude, Mary, Rosa, Barbara, Matilda, Riley, Paula, Darian, Donovan, Gavin, Alex, Andrea, Anfernee, Lillianna, Isabel, Mary, Kathy, Anthony, Frederic, Kathryn, Amy, Alma, Bryson, Emmanuel, Stacy, Concepcion, Mary, Terrie, Jesus, Patrick, Liam, Rosa, Joshua, Raymundo III, Gloria, Margaret, Lanny, Ismael, Layla, Franklin, Alex, Favian, Knox, Manuel, Isaiah, Danny, Wilmer, Ismael, Camilla, Victoria, Naomi, Kane, Aaron, Jason, Amy, Milka, Nolan, Anita, Douglas, Joyce, Vicente, & Judy!!!!
Wishing you all a HAPPY BIRTHDAY!



Manager's Corner

If you are wanting to update your home exterior and home site, you will need to fill out an ARB request form for approval before starting a project. This includes: painting of the home exterior, adding a ramp or larger deck, adding an awning, installing a fence. All pets need to be approved prior to bringing the pet into the community. If you need a large item pick-up, you will need to call and schedule with the City for the pick-up and place the item at the curb a day before your appointment. Missed pick-ups – you will need to call the City to reschedule but place the item back in your yard, away from the curb. Window curtains & blinds are allowed only. If you have someone moving in, please fill out an application before you move them in for approval. You can pick up a copy of the community rules & regulations at the office. Thank you

MEADOWBROOK AUGUST HIGHLIGHTS

- 8/1 Bingo Night
- 8/6 Snow Cone Night
- 8/8 Ladies' Community Night
- 8/13 Nacho Night
- 8/15 Back to School Party
- 8/19 Birthday Night
- 8/22 Potluck Night
- 8/25 Popcorn Night
- 8/30 Noodle 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

- 8/4 Chocolate Chip Cookie
- 8/7 . Purple Heart Remembrance
- 8/11 Bingo
- 8/14 Dominoes
- 8/18 Chair Exercise
- 8/21 Crossword
- 8/25 Game
- 8/28 Coloring

THE NAIL LOUNGE NM



3 Ways to Celebrate Senior Citizens Day

Behind every community is a generation of trailblazers. This National Senior Citizens Day on Aug. 21, we honor the roughly 60 million older adults whose hard work and wisdom paved the way for us all. Here are some ideas to celebrate the day with people of all ages, both in person and virtually.

Make a masterpiece. Visit a local art studio to take a painting class together. If in-person art isn't an option, set a time to watch a painting tutorial online together and make your masterpieces miles apart but close at heart.

Learn something new. Long-distance learners can attend a virtual webinar together and share ideas afterwards. For in-person bonding, find a public lecture to attend at a local library, university or museum.

Bring on the harmony. If you're celebrating in person, attend a concert. Long-distance loved ones can make their own concert by creating a collaborative playlist online and taking turns adding songs. Send messages with favorite lyrics or stories about each other's favorite tracks.

Journey With Joyspan

Aging expert Dr. Kerry Burnight coined the term "joyspan" in her book, "The Art and Science of Thriving in Life's Second Half," asserting that "In a world obsessed with living longer, joyspan is about living better." Kickstart your joyspan journey with just one hour a day, using Burnight's four joyspan pillars: curiosity, adaptability, generosity and connection.

Curiosity. Keep a running curiosity bucket list of topics you want to learn more about. Then, spend 20 minutes each day exploring an item from your list by reading up on it or watching a video online.

Adaptability. Spend 10 minutes each day trying to problem-solve a small annoyance. For example, an avid crocheter with arthritis might look into buying ergonomic hooks, rather than gritting through the pain or giving up the hobby altogether.

Generosity and connection. Give one of your most valuable resources: time. Spend 30 minutes chatting with a friend or loved one. Focus on their life, asking questions and noting events to follow up on later.





The Eyes Have It

Have the foresight to get your routine eye exam. Doctors recommend that adults 65 and older get annual eye exams because early detection of eye diseases can prevent up to 90% of vision loss, according to the American Academy of Ophthalmology.

You may be familiar with the Snellen eye chart to test visual acuity, which eye doctors have

been using since the late 19th century, when the chart with the big E was first designed by Dutch ophthalmologist Hermann Snellen.

Routine eye exams often include several additional tests: eye pressure checks to screen for glaucoma, retinal health exams to inspect the optic nerve and circulation, and refraction tests to evaluate the correct prescription for glasses or contacts.

Good eye care benefits the whole body. Having the right prescription can prevent fatigue, strain and headaches. Talk to your doctor about making sure you're taking the best possible care of your peepers.



At the local fair, Helen, Barbara, Maisie and Alice each won a prize for their homemade jams: first place, second place, third place and honorable mention. Using the clues below, can you determine who made each jam and what prize they won?

- Each friend made a different kind of jam: strawberry, blackberry, raspberry and apricot.
- The raspberry jam earned an honorable mention.
- Out of all the friends, Helen did not place first or last.

- Barbara did not make a red jam.
- Alice did not win first place, but she placed higher than the person who made the apricot jam.

(Answer: Barbara's blackberry jam won first place. Alice's strawberry jam won second place. Helen's apricot jam won third place. Maisie's raspberry jam earned an honorable mention.)



Focus on Photography

Celebrate World Photography Day on Aug. 19 with these snapshots of influential photographers.

Ansel Adams (1902-1984). In the early 20th century, a bright San Francisco boy with a crooked nose struggled in school. By the age of 14, the young Adams had traded the classroom for the wild nature of California, spending summers in Yosemite Valley. He became a Sierra Club member as a teen, where his passion for photography bloomed into an influential commercial and artistic career, eventually earning him the Presidential Medal of Freedom.

Gordon Parks (1912-2006). Born in Kansas during segregation, Parks was a young man when he recognized the power of a camera to effect change. Parks was a magazine photographer and captured acclaimed pictures of the civil rights movement and the lives of African Americans. Parks was also an author, filmmaker, composer and painter.

Mick Rock (1948-2021). "The man who shot the seventies" framed some of the most famous names in rock and roll—including David Bowie, Queen and Blondie—throughout several decades. Some of his works are in the National Portrait Gallery in London, and many more live on as iconic album art.

Successful Swim

In August of 1926, Gertrude Ederle became the first woman to swim the English Channel. The Olympic gold medalist completed the historic swim in 14 hours and 31 minutes, a record that stood until 1950.

Speaking of Sports

The first issue of Sports Illustrated hit the newsstands on Aug. 16, 1954. Milwaukee Braves' star Eddie Mathews and New York Giants catcher Wes Westrum made the cover.

Ninth Planet No More

For around 75 years, Pluto was considered the ninth planet in our solar system. It was demoted to the status of "dwarf planet" on Aug. 24, 2006.

Farmers' Market Month

August is Farmers' Market Month. Celebrate crops produced throughout the U.S. with a look at these two important farming regions:

Breadbasket. The Great Plains is famous for its prolific grain and corn crops.

Salad Bowl. In the West, regions including Yuma, Ariz., and the Salinas Valley of California grow most of the country's lettuce and leafy greens all year.

Sunday	Monday	Tuesday
	<i>August</i>	
2 BILLIARDS NIGHT	3 CLUBHOUSE & OFFICE & FITNESS CENTER & POOLS Open 8 AM to 5 PM	4 COFFEE KLATCH @ 9 AM - Clubhouse Wii NIGHT
9 PING PONG NIGHT	10 CLUBHOUSE & OFFICE & FITNESS CENTER & POOLS Open 8 AM to 5 PM	11 COFFEE KLATCH @ 9 AM - Clubhouse BOARD GAME NIGHT
16 SWIM NIGHT	17 CLUBHOUSE & OFFICE & FITNESS CENTER & POOLS Open 8 AM to 5 PM	18 COFFEE KLATCH @ 9 AM - Clubhouse BILLIARDS NIGHT
23/30 BOARD GAME NIGHT NOODLE NIGHT	24/31 CLUBHOUSE & OFFICE & FITNESS CENTER Open 8 AM to 5 PM	25 COFFEE KLATCH @ 9 AM - Clubhouse POPCORN NIGHT

Wednesday	Thursday	Friday	Saturday
			Rent Is Due 1
			BINGO NIGHT
5	6	7	8
AIR HOCKEY NIGHT Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	SNOW CONE NIGHT	COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	LADIES' COMMUNITY NIGHT
12	13	14	15
KID'S CHOICE NIGHT	NACHO NIGHT @ 5:30 PM	COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	BACK TO SCHOOL PARTY @ 5 PM
19	20	21	22
CAKE & ICE CREAM NIGHT	BOARD GAME NIGHT	COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	EAT, MEET & GREET POTLUCK NIGHT
26	27	28	29
PING PONG NIGHT	Wii NIGHT	COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	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.

Give Back at Back-to-School Time

When you're shopping school supply sales this month, consider picking up a few extra items to donate. Many community businesses and organizations host back-to-school drives, which provide backpacks full of supplies to children in need. You can also contact schools in your area and ask if you can drop off some extra pencils, crayons, glue and other goodies. School nurses will often keep toiletries and snacks on hand, so keep these items in mind if you're looking for other ways to give back.

A Dose of Vitamin Sea

"The waves of the sea help me get back to me." —Jill Davis

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.

Breaking the Bank

Ever wonder why piggy banks came to be shaped like swine?

Historically, pigs were valuable resources to rural families desperate for the meat or money from the pig's sale. The German expression "schwein gabt" translates literally to "got pig," denoting that someone got a lucky break during hard times.

Around the turn of the 20th century, novelty pig-shaped banks hit the market, featuring a stopper-less design. The only way to access the coins inside was to smash the bank, which kept the coins safe for true need.

Today, piggy banks have removable stoppers to make

accessing the stashed cash easier than ever. To move away from a "breaking the bank" habit, financial experts recommend putting savings in accounts that are more difficult to empty: using high-yield savings accounts, a savings account at a separate bank from checking accounts, and restricted retirement accounts like 401(k) plans.



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: #35 Michelle
March: #237 Byron
April: #135 Deborah
May: #187 Kathy
June: #169 Lanny
July: #250 Judy
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 little bit of summer is what the whole year's all about." — John Mayer

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.



Patrick Chavez & Monica Miranda

Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.

Featured Recipe



One-Pot Wonders

When planning meals, search for recipes that use only one pan or skillet. They're perfect for warm-weather days since you'll only need to turn on one burner, preventing your kitchen from getting too hot.



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!

Back to School

For everyone's safety,
please be mindful of
kids making their
way through our
community.



{AUGUST} HAPPINESS HAPPENS MONTH

Make it happen!