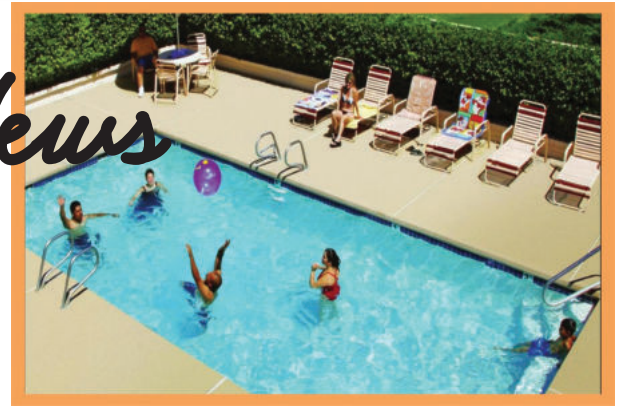




# Community News Meadowbrook

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 .....	Zack Sierra
Maintenance Tech .....	John Barnett
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 **Monday, December 2nd**. 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!

## December 2024

### DECEMBER BIRTHDAY WISHES FOR:

Michelle, Debbie, Abel, Verlinda, Kenneth, Abigail, Floyd, Audrey, Cornell, Zachery, Nicholas, Danielle, Kane, Maria, David, Margaret, Megan, Dominic, Rachelle, Daniel, Victoria, RayIV, Meraya, Faith, Emily, Desny, Lizeth, Tonya, Brad, Angelo, James, Sharral, Jas'lynn, Adam, Patricia, Deborah, Patrick, Sariah, Michelle, Corey, Charles, Nathaniel, Selena, Deanna, Analicia, Antoinette, Ariell, Desiray, Kenny, Leslie, Mariah, Alexander, James, Marcella, & Christine!!

Wishing you all a HAPPY BIRTHDAY!

### SAVE THE DATE!!

Community Christmas Dinner will be held on Sunday December 22nd at 5 pm at the clubhouse. If you plan on attending, please sign up no later than December 16th.

Our office, clubhouse and fitness center will be closed for the holidays and we will re-open on Thursday at 8 am.

Wishing you all a Merry Christmas & a Safe New Year!



## MEADOWBROOK DECEMBER HIGHLIGHTS

- 12/7 Bingo Night
- 12/12 Cake & Ice Cream Night
- 12/14 Community Ladies Night
- 12/15 Community Men's Night
- 12/18 Tamale Night
- 12/21 Potluck Night
- 12/22 Christmas Dinner
- 12/31 New Year's Party

### 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

- 12/3 ..... Making Ornaments
- 12/6 ..... Group Puzzle
- 12/10 ..... Cookie Exchange
- 12/13 ..... Crossword
- 12/17 ..... Chair Exercise
- 12/20 ..... Make Biscochitos
- 12/24 ..... Christmas Eve Party
- 12/27 ..... Chair Exercise
- 12/31 ..... New Year's Eve masks



Come out and join the *FUN!*



### Reap the Rewards of Classical Music

From Bach to Beethoven, Mozart to Mendelssohn, classical music is admired by many—and research shows that listening to this genre can result in a symphony of health benefits!

*Improves memory and focus.* An optimal soundtrack for studying and reading, classical music helps the brain absorb and retain new information.

*Reduces stress.* Listening to classical music lowers the body's levels of cortisol, the stress hormone, while also boosting dopamine, one of the brain's "feel-good" hormones.

*Lowers blood pressure.* Multiple studies show that classical music's calming properties significantly lower blood pressure and heart rate, decreasing the risk of heart attack, stroke and other conditions.

*Promotes healing.* Classical music helps ICU patients recover more quickly from trauma by stabilizing heart rate and breathing, as well as reducing instances of delirium. Rehab programs for stroke and brain injury patients incorporate classical music to improve cognitive functions.

### Foul-Weather Games

In snow, sleet, fog and rain ... dedicated athletes continue to play! Intense weather conditions can transform already exciting sports events into legendary moments. Maybe Mother Nature wanted to get in on the action in these high-stakes games:

Dec. 31, 1967: Known as the "Ice Bowl," this championship game between the Green Bay Packers and the Dallas Cowboys remains the coldest game in NFL history, at minus 15 degrees and a wind chill of minus 48 degrees. The Packers' home turf, Lambeau Field, froze solid when the heating system failed, and officials' whistles stuck to their lips.

Oct. 22, 1997: According to sportscaster Bob Costas, Game 4 of the 1997 World Series had "ideal conditions for baseball—if you happen to be a penguin." Snow flurries and a wind chill of 18 degrees inspired the nickname "Snow Globe Game."

Jan. 1, 2011: It wasn't cold weather that caused the 2011 NHL Winter Classic to be delayed by seven hours, but thunderstorms paired with unseasonably warm temps in the 40s. These conditions meant the outdoor ice rink was at risk of flooding, and although the late start time prevented that from happening, players still encountered puddles caused by intermittent rain.



## History of the Halcyon Days

Ahh, the halcyon days. You've likely heard this phrase used as a reference to the past, particularly a time marked by peace and happiness. But the halcyon days also refer to a period in mid-December and has origins in Greek mythology.

The story begins with Alcyone and Ceyx, a mythological queen

and king in ancient Greece. After Ceyx was killed in a shipwreck, a distraught Alcyone threw herself into the sea. The gods, filled with compassion, transformed the couple into "halcyon birds," or kingfishers, so they could be together. Aeolus, Alcyone's father and king of the winds, calmed the weather for several days, allowing the birds to build nests and lay their eggs in peace.

The halcyon days came to be known as the two-week period surrounding the winter solstice, when the weather—at least in Greece!—tends to be calm and mild. However, the figurative meaning of halcyon days, marked by nostalgia for better times, is more widespread.

## 'Sing' In the New Year

Pull out your party hat and warm up your vocal cords—it's almost time to ring in the new year with some celebratory singing! Add these treasured favorites to your NYE playlist:

*"Let's Start the New Year Right."* Crooned by Bing Crosby in the 1942 classic film "Holiday Inn," this sweet jazzy tune promises high hopes in the year to come.

*"Bringing In a Brand New Year."* Pianist and blues singer Charles Brown penned this catchy bop, perfect for tapping your toes while you wait for midnight.

*"It's Just Another New Year's Eve."* Barry Manilow often

performed this 1977 ballad on "Dick Clark's New Year's Rockin' Eve" TV special, reminding audiences that the upcoming year is full of second chances.

*"Auld Lang Syne."* The ultimate New Year's Eve anthem, "Auld Lang Syne" is mostly attributed to a 1788 poem by Robert Burns and set to traditional Scottish music. With an emphasis on friendship and fond memories, singing the song in a circle is a wonderful way to cap off the night's festivities.



## Wit & Wisdom

"The more positivity, love and light you reflect, the more light is mirrored your way."

—Suzy Kassem

"Reflection is one of the most underused yet powerful tools for success."

—Richard Carlson

"The journey into self-love and self-acceptance must begin with self-examination ... until you take the journey of self-reflection, it is almost impossible to grow or learn in life."

—Iyanla Vanzant

"The moon is the reflection of your heart and moonlight is the twinkle of your love."

—Debasish Mridha

"Self-reflection is an important stage to diagnose, develop and strengthen your creativity."

—Pearl Zhu

"Art is not a reflection of reality, it is the reality of a reflection."

—Jean-Luc Godard

"Reflection is the lamp of the heart. If it departs, the heart will have no light."

—Abdallah ibn Alawi al-Haddad

"Let go of rejections and focus on self-reflection. For it is within that you will find the light you seek."

—Amy Leigh Mercree

## TRASH DAY

Don't forget to put your trash and recycle totes out on the curb on Monday night or early Tuesday morning. Lids must be closed! The city picks up the trash every Tuesday, beginning at 6:00 A.M. If you miss a pickup, you will have to contact the city or wait until the following week.

Remember to store your totes at your homesite, not on the curb. If you have a large item that needs to be picked up, please call 505-768-2000. If you have a damaged/broken trash or recycle tote, please call the office so we can have the City bring you another one.

## Memorable Melody: 'Peppermint Twist'

In 1962, Joey Dee and the Starlites put a new twist on a dance craze with their cool tune "Peppermint Twist." Inspired by the fad created by Chubby Checker's smash song "The Twist," Dee and record producer Henry Glover wrote their own lively version, and named it after the Peppermint Lounge, the New York City nightclub where the band performed. With an infectious rhythm and dance steps such as "round and round, up and down" in the lyrics, the song had fans following the Starlites' lead.

Merry Christmas  
Everyone!

Sunday	Monday	Tuesday
<b>Rent Is Due</b> 1  KARAOKE NIGHT	2  <b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER</b> Open 8 AM To 5 PM	3  COFFEE KLATCH @ 9 AM - Clubhouse PING PONG NIGHT
8  AIR HOCKEY NIGHT	9  <b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER</b> Open 8 AM To 5 PM	10  COFFEE KLATCH @ 9 AM - Clubhouse Wii NIGHT
15  MEN'S COMMUNITY NIGHT	16  Last Day to Sign Up for Christmas Dinner  <b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER</b> Open 8 AM To 5 PM	17  COFFEE KLATCH @ 9 AM - Clubhouse BILLIARDS NIGHT
22  CHRISTMAS DINNER @ 5 PM	23  <b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER</b> Open 8 AM To 5 PM	24  COFFEE KLATCH @ 9 AM - Clubhouse HOT CHOCOLATE NIGHT
29  BOARD GAME NIGHT	30  <b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER</b> Open 8 AM To 5 PM	31  COFFEE KLATCH @ 9 AM - Clubhouse NEW YEAR'S EVE PARTY @ 5 PM

Wednesday	Thursday	Friday	Saturday
<p>4</p> <p>Wii NIGHT</p>	<p>5</p> <p>Don't Miss It! Last Day to Pay Rent Before Late Fees Begin! BILLIARDS NIGHT</p>	<p>6</p> <p>COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT</p>	<p>7</p> <p>BINGO NIGHT</p>
<p>11</p> <p>BOARD GAME NIGHT</p>	<p>12</p> <p>CAKE &amp; ICE CREAM NIGHT</p>	<p>13</p> <p>COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT</p>	<p>14</p> <p>LADIES COMMUNITY NIGHT</p>
<p>18</p> <p>TAMALE NIGHT @ 5:30 PM</p>	<p>19</p> <p>Wii NIGHT</p>	<p>20</p> <p>COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT</p>	<p>21</p> <p>MEET GREET &amp; EAT POTLUCK NIGHT</p>
<p>25</p> <p>Clubhouse, Office &amp; Fitness Center Closed for the Holiday. MERRY CHRISTMAS</p>	<p>26</p> <p>BOARD GAME NIGHT</p>	<p>27</p> <p>COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT</p>	<p>28</p> <p>FAMILY GAME NIGHT</p>
<p>DECEMBER</p>			

## 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.

## Stay Active in Busy Times

It's easy to push your workout routine to the side during the holidays, but making sure you stay active will help curb holiday stress—and also allow you to eat without guilt at any buffets and parties you might attend! If time is the issue, try a short but intense workout or walk around while waiting in airports or cooking at the stove. Make a game out of floor exercises, such as sit-ups or push-ups, and compete with your loved ones during commercials of a holiday TV special or movie. Or get a jump rope: It's portable and a great cardio workout that can be done practically anywhere. No matter what you do, keep exercise on the holiday calendar and move your body whenever possible.

## 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.

## Fun and Festive Fashions

Festive designs with clashing colors and lots of embellishments—that's the idea behind the ugly holiday sweater tradition.

Holiday-patterned knitted pullovers first became popular after World War II. Called jingle bell sweaters, they featured winter scenes such as snowflakes and reindeer. In the 1980s, several TV and movie characters sported updated styles of the nostalgic sweaters as well as new ones with bold, colorful patterns, which were fashionable at the time.

A new tongue-in-cheek trend was sparked in 2001, when two friends in Canada threw a party

and asked their guests to wear ugly holiday sweaters. The gathering grew into an annual event, and others joined in the festive practice. People began scouring thrift stores for vintage sweaters while brand-new ugly sweaters showed up in department stores and on fashion runways. Getting decked out in the novelty garments has become a jolly way to celebrate the season.



### 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:

- December: #237 Byron
- January: #160 Frank & Donna
- February: #187 Kathy
- March: #231 Susanne
- April: #94 Janet
- May: #169 Lanny
- June: #167 Alex
- July: #88 Desny
- August: #40 Danielle
- September: #35 Michelle
- October: #245 Ann
- November: #167 Alex
- 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!

### COMING SOON #141 2025 CLAYTON

PURCHASE PRICE..... \$99,900  
 SIZE ..... 16 X 72  
 TYPE OF HOME..... Singlewide  
 SQ. FEET ..... 1152  
 MONTHLY COMM. FEE .... \$606



## Welcome New Residents

Ethan Alter

### Take 10

When work, family and holiday tasks pile up, be sure you make time for self-care. No matter how busy you are, take at least 10 minutes for yourself each day doing something you enjoy or simply relaxing. Fitness center is open seven days a week.

## Maintenance Corner

### Winterize Your Home!!

Make sure you winterize your home before the cold weather arrives. Heat tape on your outside pipes, leave your faucet dripping to avoid the pipes from freezing up and NEVER turn off your heater.



### 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!



Winter  
is here!



A VERY MERRY  
Christmas  
HAPPY NEW YEAR