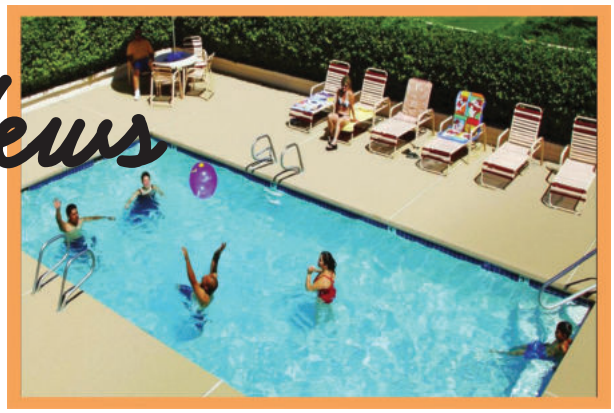
Community News Meadowbrook

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	Trista Simplicio
Maintenance Tech	
Activity Director	Cyndi Garcia
Activity Director - Asst.	Whitney White
Cleaning	Whitney White
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 **Friday, November 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!*

November 2026

NOVEMBER BIRTHDAY WISHES FOR:

Mario Jr., Michael, Maylelano, David, Aaliyah, Azeryah, Alias, Avianna, Lina, Murieea, Tiffany, Atreyu, Marissa, Ray Jr., Deborah, Breanna, Edwin, Lois, Jodie, Aubrey, Salvador, Jennifer, Haley, Serenity, Gabriella, Harold, Thomas, Victoria, Eugene, Jordan, Stella, Jatzmin, Sebastian, Tom, & Catherine!!
Wishing you all a HAPPY BIRTHDAY!



FRIENDSGIVING DINNER

Our Thanksgiving Friendsgiving dinner is scheduled Sunday, November 22nd at **1 pm**. Please make sure you sign up at the office by November 16th. Come out and enjoy dinner with FRIENDS.

Happy Thanksgiving, Everyone.

Thankfulness

"What if today, we were just grateful for everything?"
—Charlie Brown

MEADOWBROOK NOVEMBER HIGHLIGHTS

11/7 Bingo Night
11/8 Vendor Fair
11/12 Tamale Night
11/14 Ladies' Community Night
11/18 Birthday Night
11/21 Potluck Night
11/22 Friendsgiving Dinner
11/28 Family Game Night

MEADOWBROOK COFFEE

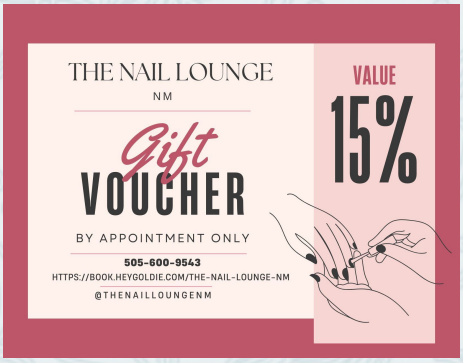
Join us Tuesday and Friday mornings, from 9:00 am-11:00 am, in the clubhouse for coffee!!

Thanksgiving Walk

Feeling stuffed after the feast is part of what Thanksgiving is all about! But before you settle on the couch to watch football or take a nap, go for a quick walk. Even a stroll as short as 15 minutes will regulate blood sugar levels and help you digest that heavy meal. And the healthy group activity provides more opportunities to bond—it could be your new holiday tradition!

Q. What do you call a turkey on the day after Thanksgiving?
A. Lucky.

THE NAIL LOUNGE NM





Life on the Road

Route 66 is celebrating its 100th birthday! From 1926 to the last half of the 20th century, "The Mother Road" was the favored way to traverse the western half of the United States.

The nation's first paved highway spanned 2,448 miles from Chicago, Ill., to Los Angeles, Calif. Towns and businesses along the highway grew and prospered with the boom of tourists. The Bobby Troup song "Route 66" advised folks to "Get your kicks on Route 66."

The Federal Aid Highway Act of 1956 prompted the construction and upgrade of roads across the country. By the 1970s, Route 66 was mostly replaced by five interstate highways, and it was fully decommissioned by 1985. Businesses along the highway closed as traffic dwindled.

There have been efforts, however, to preserve historic sites along the route, and travelers can still get their nostalgic "kicks" navigating about 85% of the original Route 66. Cities along the famous route are celebrating the centennial with parades, festivals and, of course, car shows.

Call It a Comeback

From vinyl records to vintage arcades, young consumers are turning to the past for their pastimes. These pre-digital, mid-century activities are making a comeback as younger generations today seek slower, multisensory experiences in a world filled with screens.

Vinyl experienced a golden age during the 1950s to 1970s before losing ground to emerging technologies such as cassette tapes, CDs and eventually music streaming services. Today's consumers, however, are much more likely to put a record on for a slower, more mindful experience. During the past decade, vinyl sales have increased by more than 500%.

In the 1970s and 1980s, arcades were a refuge for teens and young adults to compete and to simply hang out, but many closed in the late 20th century with the rise of home-based video games. Today's arcade revival is about gathering as much as gaming.

As younger generations trade instant algorithms for intentional experiences, they remind us that the most vivid moments happen offline.





Brain Bender: Words of a Feather

Use your ol' noodle to solve these Thanksgiving-themed analogies!

Example: Thanksgiving is to November as Valentine's Day is to: February.

1. Turkey is to bird as cranberry is to _____.

2. Corn is to field as pumpkin is to _____.

3. Mash is to potatoes as _____ is to turkey.

4. Thanksgiving is to Thursday as Mother's Day is to _____.

5. Drumstick is to turkey leg as spud is to _____.

6. Stuffing is to side dish as pumpkin pie is to _____.

7. Turkey is to platter as _____ is to boat.

8. Green bean is to casserole as _____ is to sauce.

9. Massasoit is to Wampanoag as William Bradford is to _____.

10. Black is to Friday as _____ is to Monday.

(Answers: 1. fruit; 2. patch; 3. carve; 4. Sunday; 5. potato; 6. dessert; 7. gravy; 8. cranberry; 9. Pilgrims; 10. Cyber)

Pompom Power

For these dancers, the only numbers that matter are the beats in a bar, not the years on a birth certificate. Around the country, 55+ dance and cheer squads are taking the stage in stadiums, parades and more. Here are a couple of the popular performance groups:

Pacemakers. Susan Avery loved performing with the dance team for a minor league baseball team, but she quit after just a year because of online insults about her age from an unaffiliated fan page. After her daughter suggested Avery start her own dance team, she founded the Pacemakers, based in New York City. They first performed for the same minor league baseball team fans, where they received a standing ovation.

Sun City Poms. The Sun City Poms are all residents of Sun City, Ariz., who are 55 and older. The cheerleaders are famous for their acrobatics and lively routines.

Other cheer and dance squads are popping up around the country, inspiring neighboring chapters, intergenerational connections and proof that what's fun and fabulous doesn't have an age limit.



A Thanksgiving Tradition

The Macy's Thanksgiving Day Parade in New York City has been a holiday tradition since 1924. Line up for some facts about the annual spectacle:

- Along with floats, brass bands and entertainers, the early parades included animals from the Central Park Zoo.
- Giant balloons replaced the live animals in 1927. Felix the Cat, a dinosaur and a dog were among the first characters.
- The parade was halted for three years during World War II, and Macy's donated 650 pounds of balloon rubber to the war effort.
- Between 2,000 and 3,000 balloon handlers volunteer for the parade each year, and they have the option to attend training to learn the ropes, whistles and hand signals needed to safely guide the massive balloons.
- Directing each balloon's handlers is a "pilot," who must walk backward during the entire 2.5-mile route.
- There are more than 8,000 parade participants, including Macy's employees, marching bands, celebrity singers, Broadway performers and the Radio City Rockettes.
- Around 3.5 million people line the city streets to watch the parade, and more than 30 million watch on TV.

November 2026

Stop Spam Texts in Their Tracks

Americans receive billions of spam texts a year. If you receive an unsolicited text urging you to click on a link, reveal personal information to avoid a penalty, or claim a major prize or monetary gift you haven't pursued, there's a good chance it's a spam text. If you receive a suspicious message, don't reply or click on any links. Instead, forward the message to 7726 (SPAM), which refers the text to the proper authorities to investigate.

Getting Creative for Brain Health

New research suggests picking up a creative hobby may slow brain aging. According to a study in Nature Communications, the strongest brain boost was found in tango dancers, estimating that their "brain ages" were about seven years younger than their actual ages. While researchers found that the more skilled a participant was in their respective creative field, the younger their brain appeared, the study also indicated even short-term creative activity benefited brain health.

'Home' Is One

How many words can you come up with using the letters in "mashed potatoes"?

Sunday	Monday	Tuesday
Rent Is Due 1 BILLIARDS NIGHT	2 **CLUBHOUSE & OFFICE & FITNESS CENTER** Open 8 AM to 5 PM	3 COFFEE KLATCH @ 9 AM - Clubhouse Wii NIGHT
8 VENDOR FAIR 3 - 6 PM KIDS CHOICE NIGHT	9 **CLUBHOUSE & OFFICE & FITNESS CENTER** Open 8 AM to 5 PM	10 COFFEE KLATCH @ 9 AM -Clubhouse AIR HOCKEY NIGHT
15 BOARD GAME NIGHT	16 **CLUBHOUSE & OFFICE & FITNESS CENTER** Open 8 AM to 5 PM Last Day to Sign Up for Friendsgiving Dinner	17 COFFEE KLATCH @ 9 AM - Clubhouse BILLIARDS NIGHT
22 COMMUNITY FRIENDSGIVING DINNER @ 1 pM	23 **CLUBHOUSE & OFFICE & FITNESS CENTER** Open 8 AM to 5 PM	24 COFFEE KLATCH @ 9 AM - Clubhouse KIDS CHOICE
29 KIDS CHOICE NIGHT	30 **CLUBHOUSE & OFFICE & FITNESS CENTER** Open 8 AM to 5 PM	

Wednesday	Thursday	Friday	Saturday
4 PING PONG NIGHT	5 POPCORN NIGHT Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6 COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	7 BINGO NIGHT
Veterans Day 11 Wii NIGHT	12 TAMALE NIGHT @ 5:30 PM	13 COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	14 LADIES' COMMUNITY NIGHT
18 CAKE & ICE CREAM NIGHT	19 KIDS CHOICE NIGHT	20 COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	21 EAT MEET & GREET POTLUCK
25 BOARD GAME NIGHT	26 Meadowbrook Clubhouse & Fitness Are Closed for the Holiday. Happy Thanksgiving Everyone!	27 COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	28 FAMILY GAME 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: Pump Up Your Mood

Squash a sour attitude by snacking on some pumpkin seeds. Their high levels of iron, tryptophan and tyrosine all contribute to the production of serotonin and dopamine, the feel-good brain chemicals that help balance mood.



Francis Jr. & Lindsay Broussard
Angel Wilt
Chris & D'Marcus Varela
Alicia Sanchez
Denise Chavez

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.

Weathering the Weight of the Holidays

The change of seasons often brings a confusing mix of emotions. You might feel the warmth of nostalgia one moment and the heavy pull of loss the next. For many older adults, the "holiday blues" aren't just a phrase — they are a lived experience.

Here's how you can navigate the season with resilience and grace.

Stay connected from afar. If it's not possible for everyone to spend time with each other in person, plan regular phone or video calls, especially during or around special traditions like shared meals.

Proactive planning. Many older adults experience increasing physical limitations, so make sure to communicate and support requests for extra assistance.

Listen to your heart. It's important to note that signs of depression, which differs from the temporary "holiday blues," should be taken seriously and referred to a medical professional.



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: #51 John
September: #187 Kathy
October: #237 Byron
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!

HOME FOR SALE - #119
2027 Karsten

PURCHASE PRICE $109,900
SIZE ..... 16 X 72
TYPE OF HOME ..... Singlewide
SQ. FEET 1152
MONTHLY COMM. FEE $649

HOME FOR SALE - #64
2022 CLAYTON SCHULT

PURCHASE PRICE $115,000
SIZE ..... 16 X 76
TYPE OF HOME ..... Singlewide
SQ. FEET 1216
MONTHLY COMM. FEE $649



HOME FOR SALE - #9
2024 CLAYTON SCHULT

PURCHASE PRICE $120,000
SIZE ..... 16 X 76
TYPE OF HOME ..... Singlewide
SQ. FEET 1216
MONTHLY COMM. FEE $649





SOLD (505) 821-1717

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!





Illustratus
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