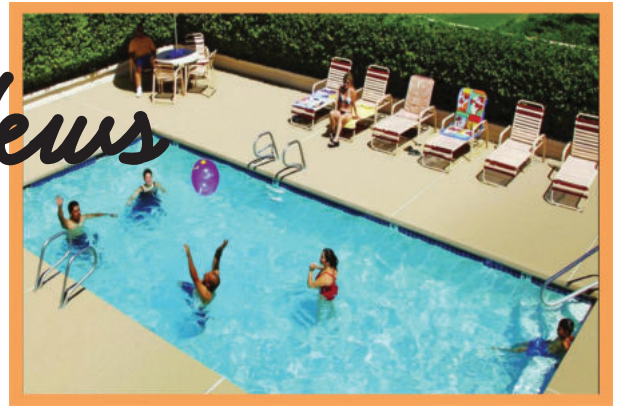




Community News Meadowbrook

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	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 **Tuesday, October 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!

October 2026

OCTOBER BIRTHDAY WISHES FOR:

Wilford, Reynalden, Crystal, Brandi, Freddy, Michelle, David, Jacob, Danielle, Johnnie, Michael, Alyssa, Santiago, Giselle, Lizde, Joan, Joseph, Amayia, Andrew, Whitney, Fatima, Cheyene, Angeline, Maya, Galilea, Livingstone, Elicia, Ethan, Sophia, Matthew, Giovami, Daniel, Sheila, Henrika, Linda, Skyla, Jade, Jared, Eva, Candance, Byron, Robert & Kenneth!
Wishing you all a HAPPY BIRTHDAY!

Smile!

Put on a happy face on World Smile Day, the first Friday in October. Research shows that the simple act of smiling can help strengthen the immune system and reduce blood pressure, pain and stress.



COMMUNITY HALLOWEEN PARTY

Halloween party will be held on
Saturday, October 31st at
3:00 pm at the Green Area.

If you would like to reserve a table for trick or treating, please let us know as soon as possible. Tables are limited or you're welcome to bring your own. Please watch for the children crossing the street and drive slow.

MEADOWBROOK OCTOBER HIGHLIGHTS

10/3	Bingo Night
10/10	Ladies' Community Night
10/11	Noodle Night
10/15	Frito Pie Night
10/17	Potluck Night
10/21	Birthday Night
10/24	Family Game Night
10/31	Halloween Party

Easy Organization: Plan Ahead

Start planning for the upcoming holiday season early. Begin by filling out a calendar for the weeks leading up to, during and after the holidays. Include everything that has already been scheduled, such as travel plans, guest arrival days, parties, and school and work functions. Add events and obligations as they come up, and you'll be able to tell at a glance who needs to be where and when.

THE NAIL LOUNGE NM



Tomorrow, Together

"Let us put our minds together and see what life we can make for our children."



100 Years of Winnie-the-Pooh

October marks the 100th birthday of the world's favorite honey-loving bear, Winnie-the-Pooh. In October 1926, English writer A.A. Milne published "Winnie-the-Pooh," charting the adventures of Christopher Robin, named after Milne's son, and his animals inspired by Christopher Robin's beloved toys.

The children's novel was an immediate success, selling 150,000 copies in less than two months. Today, first editions can be found for thousands of dollars, depending on condition.

Test your knowledge of this beloved silly old bear and his friends by matching the quote to the character.

- A) "Could be worse. Not sure how, but it could be."
- B) "What I like best is just doing nothing."
- C) "Sometimes the smallest things take up the most room in your heart."

Answers:

- A) Eeyore
- B) Christopher Robin
- C) Winnie-the-Pooh

Fired Up for Fire Pups

National Fire Pup Day on Oct. 1 celebrates the brave four-legged friends of firefighters. Take a look at the legacy of these brave canines.

In the centuries before automobiles dominated traffic, coach dogs — often tall, strong breeds — ran alongside horse-drawn carriages to ward off bandits and provide companionship. Horse-drawn fire engines often adopted dalmatians as their coach dogs for their stamina, calm, booming barks and highly visible spotted coats, leading to the strong association today between dalmatians and firefighting.

Dalmatians still serve as firehouse companions, but they're not the only pups in today's fire prevention and remediation business. Labrador retrievers are a preferred breed to train as accelerant detection canines (ADCs) to sniff out arson evidence. Studies have found that therapy dogs, which can be any breed as long as they are properly trained and certified, lift the spirits of burn survivors and raise morale among burn unit medical staff.





Health & Fitness

Building Better Balance

While it's impossible to eliminate the risk of falling, older adults can reduce the chance of falls by improving their strength and stability. Research shows that balance training programs reduced falls leading to serious injuries by 40%. The reduction in falls that led to broken bones was over 60%.

Exercises that promote balance can range from tai chi to simple movements that you can

practice at home. Here's one of the most basic: Stand up straight, with your feet together and arms to your sides. Slowly bend your right knee to lift your foot off the floor by a few inches and balance on your left leg. Hold this position for as long as you can, gradually working up to 30 seconds. Lower your foot to the starting position and do the same with the left leg. Try to focus straight ahead as you do the exercise, and maintain your posture. If you need to, hold on to the back of a chair or counter for support.

As with any form of exercise, talk to a health care provider before starting or adding it to your routine.

Brain-Building Neurobics

Want a new brain challenge? Put down the puzzle and pick up your toothbrush — with your non-dominant hand.

This simple switch-up is one of many brain exercises called "neurobics," a term coined by authors Dr. Lawrence C. Katz and Manning Rubin in their book "Keep Your Brain Alive." The writers urge folks to use neurobics (neuro-aerobics) to boost memory, improve cognitive function and even support mental health. By using your senses in new ways, neurobics help your brain stay flexible. This process of forming new neural connections, called neuroplasticity, allows

your brain to keep learning and changing as you age.

Transform daily routines into neurobic exercises with these simple strategies, added in moderation so as not to cause mental fatigue. Try writing or eating with your non-dominant hand. Add unusual soundtracks to your regular tasks by listening to a podcast in another language or an unfamiliar music genre.



Wash Hands the Right Way

Want to reduce your risk of colds by up to 20% and stomach bugs by up to 40%? Wash your hands — the right way, since many people get handwashing wrong. In observance of Global Handwashing Day on Oct. 15 and the upcoming season of extra chill (and usually extra illness), consider this expert guidance on handwashing:

Whistle while you wash. The CDC recommends that each handwashing session should take about 20 seconds. These songs can help folks reach the 20-second mark: "Happy Birthday" (at least twice), Dolly Parton's "Jolene" or Prince's "Raspberry Beret."

Beyond the bathroom. Most folks are accustomed to washing hands after using the restroom, but experts urge people to wash hands after coughing or sneezing, touching animals and using public transportation or grocery carts. It's also important to wash hands both before and after eating and preparing food.

Don't forget to dry. Bacteria spread more easily on wet hands, so washing hands without drying them could leave people even more susceptible to illness-inducing germs. Health professionals say people should resist the urge to dry wet hands on clothing because touching clothing with its daily dose of bacteria recontaminates wet hands.

Fall's Favorite Festival

The original Oktoberfest in Munich from mid-September to early October inspires hundreds of American "Volksfests" — German for "people's festivals." In early fall, festival-goers near and far enjoy Bavarian food, drink and fun, raising a glass and a "cheers" (or "*prost*") to German heritage.

Karate Day

Karate Day on Oct. 25 commemorates the martial art and its guiding tenet, "shurei-no-kokoro," or "the spirit of courtesy." Here are the common karate belt colors: 1) white (beginner), 2) yellow, 3) orange, 4) green, 5) blue, 6) purple, 7) brown and 8) black (expert).

Did He, Or Not?

On Oct. 1, 1932, Babe Ruth reportedly "called his shot" during the third game of the Cubs vs. Yankees World Series. Stories vary regarding whether he really pointed to center field before hitting the home run.

Go, Johnny, Go, Go

A century ago this month, Chuck Berry was born in St. Louis on Oct. 18, 1926. "The Father of Rock and Roll" is famous for his stage presence and hits like "Johnny B. Goode."

Sunday	Monday	Tuesday
4 BILLIARDS NIGHT	5 CLUBHOUSE & OFFICE & FITNESS CENTER Open 8 AM to 5 PM Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6 Wii NIGHT
11 NOODLE NIGHT	Columbus Day 12 CLUBHOUSE & OFFICE & FITNESS CENTER Open 8 AM to 5 PM	13 POPCORN NIGHT
18 Wii NIGHT	19 CLUBHOUSE & OFFICE & FITNESS CENTER Open 8 AM to 5 PM	20 BOARD GAME NIGHT
25 BOARD GAME NIGHT	26 CLUBHOUSE & OFFICE & FITNESS CENTER Open 8 AM to 5 PM	27 PING PONG NIGHT

Calendar of Events

Wednesday	Thursday	Friday	Saturday
	Rent Is Due 1 PING PONG NIGHT	2 YOUTH CENTER NIGHT	3 BINGO NIGHT
7 AIR HOCKEY NIGHT	8 BOARD GAME NIGHT	9 YOUTH CENTER NIGHT	10 LADIES' COMMUNITY NIGHT
14 BILLIARDS NIGHT	15 FRITO PIE NIGHT AT 5:30	16 YOUTH CENTER NIGHT	17 EAT MEET & GREET POTLUCK NIGHT
21 CAKE & ICE CREAM NIGHT	22 AIR HOCKEY NIGHT	23 YOUTH CENTER NIGHT	24 FAMILY GAME NIGHT - TRIVIA NIGHT
28 KIDS CHOICE NIGHT	29 BILLIARDS NIGHT	30 YOUTH CENTER NIGHT	31 COMMUNITY HALLOWEEN PARTY @ 3 PM -GREEN AREA

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.

Think Pink

October is National Breast Cancer Awareness Month.

Cold and Flu Truth

"Feed a cold, starve a fever."

This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don't force yourself to eat if you aren't hungry. However, staying hydrated is important, so drink plenty of fluids.

Dancing Leaves

"Anyone who thinks fallen leaves are dead has never watched them dancing on a windy day."

—Shira Tamir

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.

Fall Classic Facts

From the first pitch to the last out, the World Series is the highlight of every MLB season. Look over this lineup of facts about the Fall Classic.

- At the first World Series, in 1903, the Boston Americans defeated the Pittsburgh Pirates five games to three.
- Awarded since 1967, the sterling silver Commissioner's Trophy is 24 inches tall and weighs 30 pounds. It features 30 metal flags representing every MLB team.

- Handing out rings to the winning team's players and coaches became an annual tradition for all teams in the 1930s.
- The New York Yankees have won the most World Series titles, 27 in all.
- In 1956, New York Yankee Don Larsen pitched the only perfect game in a World Series.



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:
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 - #111 1995 CLAYTON TEXAN

PURCHASE PRICE \$40,000
SIZE 16 X 76
TYPE OF HOME Singlewide
SQ. FEET 1216
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



Just Sold



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!



NATIONAL

Breast Cancer
Awareness Month

OCTOBER



HAPPY

Halloween

TREAT YOURSELF TO SOME HOLIDAY FUN!