



September 2025

SEPTEMBER RESET: MIND, BODY & HOME

September often feels like a natural reset point. Summer's energy winds down, school routines pick back up, and cooler days encourage us to slow down and refocus. Whether you're raising a young family, living with roommates, or enjoying your golden years, September is the perfect time to set fresh intentions, adopt a healthy habit, and refresh your living space in simple, renter-friendly ways.

RESET YOUR MIND

Take a moment to think about what you want this season to look like. Maybe it's setting aside 10 minutes a day for reading, practicing gratitude, or simply unplugging from screens before bed. A small mental shift can have a big impact on reducing stress and improving your overall well-being. Try writing down three goals for the fall—personal, professional, or health-related—and post them somewhere visible as a daily reminder.

RESET YOUR BODY

As the weather cools, it's easier to get moving outdoors without the

heat of summer. A short evening walk around the community, a few stretches each morning, or even joining a local fitness class can make a difference. Consider adding seasonal fruits and vegetables—like apples, squash, and leafy greens—into your meals for both variety and nutrition. Staying hydrated and getting enough rest will also help keep your energy levels steady as the days get shorter.

RESET YOUR HOME

Refreshing your apartment doesn't require paint, remodeling, or anything permanent. Instead, think about simple changes that make your home feel cozy and organized:

Declutter one space—a closet, junk drawer, or shelf—and enjoy the sense of calm that comes from tidiness.

Switch up décor with seasonal colors. A fall-themed throw pillow, blanket, or doormat can bring warmth without breaking rules or budgets.

Enjoy safe scents like plug-in warmers, reed diffusers, or

essential oil sprays instead of candles.

Cook indoors with seasonal recipes. Since grills aren't allowed on decks, consider a slow cooker or indoor grill pan to enjoy fall favorites.

A FRESH START

The beauty of a September reset is that it doesn't have to be overwhelming. Choose one small intention—mind, body, or home—and focus on it this month. Progress builds over time, and even the smallest changes can bring renewed energy and a sense of accomplishment.

This September, take advantage of the natural rhythm of the season. With a few mindful steps, you can create a calmer mind, a healthier body, and a refreshed home—all while keeping your apartment safe, welcoming, and cozy.

BLACK BEAN CHILI

INGREDIENTS:

- 2 boneless, skinless chicken breasts (or thighs)
- 2 (15 oz) cans black beans, rinsed and drained
- 1 (15 oz) can corn, drained
- 1 (15 oz) can diced tomatoes (with juice)
- 1 packet chili seasoning mix (or 2 Tbsp homemade blend)
- 2 cups chicken broth



DIRECTIONS:

1. In a large pot or slow cooker, combine black beans, corn, tomatoes, seasoning, and broth.
2. Add raw chicken breasts directly into the mixture.
3. Cook on low for 6–7 hours (slow cooker) or simmer on the stovetop for 45 minutes, until chicken is cooked through.
4. Remove chicken, shred with a fork, and return it to the pot. Stir well and let cook for 5 more minutes.
5. Serve hot with optional toppings: shredded cheese, sour cream, avocado, or green onions.

SUDOKU CORNER

	1	7				3	5	
2			1		9			8
5				7				2
	7			4			8	
		5	6		8	4		
	4			9			1	
7				6				4
1			4		7			6
	6	3				8	7	

	2	8	3				6	
3							2	9
	1				2			3
		3		1				8
			5		9			
5				3		9		
2			1				9	
9		1						6
	4				5	3	7	

ASHLAKE TRAILS

7300 Ashlake Pkwy
Chesterfield, VA 23832
(540)298-8349
www.MarkDanaVa.com



SEPTEMBER CALENDAR 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Office Closed Labor Day	2 Rent Due	3	4	5	6
7 Grandparents' Day	8	9	10 Late Notices at 10:00 am	11 Patriot Day	12	13
14	15	16	17	18	19	20
21	22 Fall Begins	23	24	25	26 Pest Control	27
28	29	30 Quaterly Inspections/ Filter Changes				

COMMUNITY CORNER

- ▶ Happy Labor Day! The office will be closed Monday, September 1st in observance of the holiday.
- ▶ **Inspection and filter changes will take place September 30th. Please follow your tenant maintenance sheet to prepare for the inspection.**
- ▶ A friendly reminder that rent is due on the 1st of the month. Please be sure you pay on time to avoid additional fees. Late fees for rent will be applied to rent not paid by 10:00 am on the 11th this month, as the 10th falls on the weekend. ** If you pay your rent and water with your credit or debit card, remember to include the \$5 fee.
- ▶ The exterminator comes on the 4th Friday of each month.
- ▶ **Office Hours Update:**
We are happy to serve you at both of our communities!
Ashlake Trails: 8:00 AM - 12:00 PM
Ashlake Commons: 1:00 PM - 4:00 PM
- ▶ **Maintenance Requests:** All maintenance requests must be submitted using a **Work Order Form** and placed in the **Rent Drop Box**. This ensures we handle your needs as quickly and efficiently as possible.
- ▶ The after-hours maintenance emergency number is (800)224-4787. This number is for use in maintenance emergencies only.