



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

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BROOK VILLAS

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SEPTEMBER 2025 CALENDAR

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 Pest Control Bldg. 3 (7812)	11 Patriot Day	12	13
14	15	16	17 Pest Control Bldg. 1 (7808)	18	19	20
21	22 Quartely Inspections First Floor Bldg. 1, 2, 3 Fall Begins	23 Quartely Inspections Second Floor Bldg. 1, 2, 3	24 Pest Control Bldg. 2 (7816) Quarterly Inspections Third Floor Bldg. 1, 2, 3	25	26	27
28	29	30				

COMMUNITY CORNER

- Happy Labor Day! The office will be closed September 1st in observance of the holiday.
- A friendly reminder: rent is due on the first of the month. A late fee will be applied to rent not paid in full by 10:00 am on September 10th. The only forms of payment we accept are checks, money orders, or credit/debit cards (with a \$5 fee). Please do not drop cash or change in the drop box for payments. **Please remember to add the \$5 fee to your online payment. This has been a problem and could be why some tenants still have a balance after paying rent.**
- Residents, please note the extermination date for your building. Pest control will be done on Wednesday.
- If you have a maintenance emergency after hours or when the office is closed, please call 1-800-224-4787. Do not call the office phone after hours or on the weekends.

COMMUNITY CORNER CONTINUED

- Guest/Visitors must have a guest/visitor pass if staying overnight. They MUST park in the visitor area.
- All tenants must have a Brook Villas parking pass placed on the windshield. If you are a tenant and do not have one, please bring your current registration to the Property Manager, and one will be assigned.
- Please, no pets are allowed!
- Please pick up your trash. We want to keep the property looking nice. Anyone found leaving trash in the breezeways will be fined.
- If the dumpsters are full, please do not leave trash outside the dumpsters or outside of your door.
- Please do not drag trash bags through the breezeways. It leaves the area looking unpleasant.
- **When putting trash in the dumpster, please be sure bags are securely tied closed!**
- Please do not put flushable wipes down the toilet or grease down the drains. Both will damage pipes and cause a lot of issues. Tenants will be charged a \$100.00 fee to their rent for any damages resulting from ignoring these requests.