



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	

EXMORE VILLAGE

12374 Rue Court
Exmore, Virginia 23350
(757)442-9471
www.MarkDanaVa.com



SEPTEMBER 2025 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Office Closed Labor Day	2 Rent Due	3	4	5	6 "Tell Me Lies" Cape Charles
7 Grandparents' Day	8	9 Pest Control - Exmore II	10 Late Notices at 10:00 am	11 Patriot Day	12	13 Annual Crabby Blues Festival - Cape Charles
14	15	16 Pest Control - Exmore Village	17 Exmore Village Inspections - Apts. 1-18	18 Exmore Village Inspections - Apts. 19-36	19	20
21 Peace Day	22 Autumn Begins	23 Exmore II Inspections - Apts. 1-22	24 Exmore II Inspections Apts. 23-44	25 Exmore II Inspections Apts. 45-64	26	27 Exmore Fall Festival
28	29	30				

COMMUNITY CORNER

- ▶ Happy Labor Day! The office will be closed on September 1st for the holiday.
- ▶ A friendly reminder, rent and water bills are due on the 1st of the month. A late fee of \$15.00 will be applied to rent not paid by 10:00 am on the 10th of the month.
- ▶ Apartment Inspections are scheduled for the following dates:
 - September 17th - Exmore Village (Apts. 1 -18)
 - September 18th - Exmore Village (Apts. 19 - 36)
 - September 23rd - Exmore II (Apts. 1 - 22)
 - September 24th - Exmore II (Apts. 23 - 44)
 - September 25th - Exmore II (Apts. 45 - 64)
- ▶ The 4th Annual Exmore Fall Festival is September 27th. There will be live music, food trucks, and vendors.
- ▶ All maintenance issues and property concerns must be reported to the office by calling (757)442-9471.
- ▶ All boxes must be flattened before being placed in the dumpster.
- ▶ All household trash must be in a tied plastic bag and disposed of in the dumpster.
- ▶ For all after-hours maintenance emergencies, please call (800)224-4787.
- ▶ **Reminder: If you pay rent with a card, a \$5.00 convenience fee applies.**