



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	

KING WILLIAM MANOR

141 PINECREST LANE
AYLETT, VA 23009

(804)473-9033

www.MarkDanaVa.com



SEPTEMBER 2025 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Office Closed Labor Day	2 Rent Due	3	4 Dodson Pest Control 1st Floor/2nd Floor Apt. #202-207	5	6
7 Grandparents' Day	8	9 Community Meeting at 5:00 pm	10 Late Notices at 10:00 am	11 Patriot Day	12	13
14	15	16	17	18 Dodson Pest Control 2nd Floor Apt. #209-222/3rd Floor	19 Back to School/End of Summer Cookout	20
21	22 Quaterly Inspections Fall Begins	23	24	25 Apartment Inspections/ Filter Change - Whole Building	26	27
28	29	30				

COMMUNITY CORNER

- Happy Labor Day! The office will be closed on Monday, September 1st in observance of the holiday.
- **Inspection and filter changes will take place September 25th. Please follow your tenant maintenance sheet to prepare for the inspection.**
- A friendly reminder rent is due on the first of the month. Late fees will be applied to rent not paid in full by 10:00 am on the 10th of each month (if not otherwise stated). Also, please remember that 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.
- Residents, please note the extermination date for your building above. You will not get another notice. Maintenance or Management may assist Dodson in the apartments.

COMMUNITY CORNER CONTINUED

- Please remember to **remove all valuable items from your vehicles**, roll your windows up, and lock your doors! Please note this is private property, and we cannot be held responsible for any damages/thefts.
- Sidewalk chalk has been used on buildings, window screens, and columns and, therefore, is no longer allowed. Also, please do not draw with crayons in the breezeways or sidewalks.
- For everyone's safety, please remember there is a ball field/ballpark next door. Please be mindful of the many vehicles in the parking lot. Please do not kick/throw balls in the parking lot around the vehicles, against the buildings, sheds, and fence around the dumpster. Please remember you are responsible for your tenants/guest(s).
- Please keep a slow speed in the parking lot as young tenants are outside. We also ask that you not throw any objects in the parking lot.
- Our property is a non-smoking property.
- Our property is a DRUG-FREE PROPERTY. NO DRUGS ALLOWED!
- Please throw trash in the dumpsters, not on the ground. Please do not leave trash in the breezeways by your door, as it is not allowed. Do not place furniture in the dumpsters or leave any furniture outside the dumpsters, and **please break down all boxes before putting them in the dumpsters**. Doing so will help keep the dumpsters from filling up quickly.
- Reminder - There is only 1 pet allowed per apartment (25 lbs and under - Breed Restricted). Pets are not allowed in your apartment until the office has been notified first. All pet vaccinations must come from a vet. Visitors/guests are not allowed to bring pets, nor are you allowed to keep/maintain pets that are not yours.
- **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.**
- ***You can now pay your RENT Online***