

Villa Dorada Newsletter

A Monthly Newsletter for the Residents of the Villa Dorada Condominium.

Volume 14 Issue 6 October 2026

IMPORTANT NUMBERS

Managed By.....
Campbell Property Management
Management..... 305-935-1454
All Ways Towing.....954-496-6810
Aventura-Code Compliance.....
305-466-8941
Aventura Police-Non-Emergency .
305-466-8989
Comcast / Xfinity.....800-934-6489
FP&L (Power Outage) .. 800-468-8243
FP&L Service.....305-442-8770
Aventura Express Bus.. 305-932-1287
Emergency After Hours .954-427-8770
For Plumbing, Elevator & Water Intrusion
Security Execupro... 786-660-5771
Security Main Dispatch..305-225-0095

IMPORTANT EMAILS

Parking Boss (Guest Parking Pass)....
Villadorada.parkingattendant.com
Service Requests (Work Orders) ..
Villadoradaadmin@campbellproperty.com

OFFICE HOURS

Monday - Friday ..8:30AM - 5:30pm
Office closed for lunch 12-1pm daily



Published monthly at no cost for Villa Dorada Condominium by Coastal Group Publications. Contact CGP at 305-981-3503 or www.cgpnewsletters.com to advertise in one of our newsletters or to get a free newsletter for your property.

VDCA SAFETY REMINDERS

Please be reminded that **Villa Dorada is an open community**, and packages left unattended outside units, in common areas, or at building entrances may be vulnerable to theft.

Unfortunately, there have been recent incidents in which packages were taken from the property. While we understand the frustration these incidents cause, residents should be aware that unattended deliveries are left at risk.

To help protect your deliveries, we encourage residents to:

- Track package deliveries and retrieve them promptly upon arrival.
- Utilize delivery instructions when available.
- Consider having valuable items delivered to a secure location, workplace, or package locker.
- Coordinate with neighbors, family members, or friends when expecting deliveries and unable to be home.



If you discover that a package has been stolen, please **report the incident immediately to the Aventura Police Department. Emergency: 911 Non-Emergency: 305-466-8989.** Prompt reporting assists law enforcement in identifying patterns, investigating incidents, and enhancing community safety.

We appreciate everyone's cooperation and vigilance in helping keep our community safe.

Please remember: Do not confront any person suspected of taking a package. If you observe suspicious activity, contact the Aventura Police Department immediately and provide as much information as possible regarding the individual, vehicle, location, and time of the incident.

SLOW DOWN!

Please be mindful of your speed while driving through the Community. We have many children and elderly residents walking throughout, and it's essential to ensure everyone's safety. Let's work together to keep our community safe and prevent any accidents. Thank you for your cooperation and attention to this important matter.

PET OWNERS
Please Be Courteous
Help Keep Our Buildings Clean

Residents have reported pet accidents occurring in the elevator and other common areas.

Please remember:

- Pets must be walked off Association property to relieve themselves.
- Pet owners are responsible for immediately cleaning up after their pets, including any accidents in the building or common areas.
- If your pet has an accident in the elevator or hallway, please clean and sanitize the area immediately or notify Management if assistance is needed.

Keeping our community clean and sanitary requires everyone's cooperation.

If you witness a pet owner failing to clean up after their pet, please report the incident to the Management Office at 305-935-1454.

Thank you for your cooperation in helping keep Villa Dorada clean and enjoyable for all residents.





PEST CONTROL REMINDER

Monthly pest control takes place on the first Thursday of each month.

Inside service is available for $5.00. (cash or check only payable at the time of service)

If any resident would like inside service, please contact the management office at villadoradaadmin@campbellproperty.com



VILLA DORADA CONDOMINIUM
Most Recent Closings

Building + Apt#	Type	Bed	Bath	Sold Price
20350 W Country Club Dr Unit#120-4	Townhouse	3	2	$270,000.00
20350 W Country Club Dr Unit#123	Townhouse	3	2	$312,500.00
20291 NE 30th Ave Unit#112	Townhouse	3	2	$265,000.00
20381 NE 30th Ave Unit#410-7	Condo	3	2	$220,000.00
20381 NE 30th Ave Unit#220	Condo	3	2	$260,000.00



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AVOID PARKING VIOLATIONS

To ensure compliance with the Association's Parking Rules and Regulations, all residents are reminded of the following:

PARKING DECALS

- All vehicles parked on Villa Dorada property must display a valid Villa Dorada parking decal, register with **https://my.parkingattendant.com** or Scan at posts throughout the property.
- Damaged, faded, peeling, or illegible parking decals must be replaced immediately.
- If your decal is damaged or difficult to read, please visit the Management Office to obtain a replacement and avoid potential violations.

PARKING RULES

- Commercial and cargo vehicles are not permitted on the property after 6:00 PM.
- Only head-in parking is permitted. Vehicles may not be backed into parking spaces.
- No vehicle may remain parked in the same guest parking space for more than seven (7) consecutive days without prior authorization from the Management Office.
- Vehicles must be parked within the painted lines and pulled forward to the parking bumper.
- Unregistered, unauthorized, or improperly parked vehicles may be subject to violation notices or towing at the owner's expense.

PLEASE VISIT THE MANAGEMENT OFFICE

If you need to replace a parking decal, update vehicle information, or have questions regarding parking regulations, please stop by the Management Office for assistance.

Thank you for your cooperation in helping maintain an orderly and safe parking environment for all residents.

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The beer belly is not really about the beer



Blame the beer if you like, but the research does not. Studies find that beer raises overall body weight without steering fat toward the abdomen. The weight would have landed in the same place regardless of what was in the glass.

Alcohol does play a part, just not the one the nickname suggests. According to Mayo Clinic endocrinologist Michael Jensen, the liver burns alcohol first and sets fat aside while it works. A 2026 imaging study in the International Journal of Obesity found heavy drinkers carried more deep abdominal fat than their total body fat would predict.

The larger reason is male aging. Testosterone starts declining in the mid-30s, muscle mass follows, and men store fat viscerally -- inside the abdominal cavity, around the organs -- while women store more of theirs under the skin until menopause. That is why a beer belly often feels firm rather than soft. Visceral fat sits behind the abdominal wall and pushes it outward. Fat you can pinch is subcutaneous and comparatively harmless. The deep kind is metabolically active, and is associated with heart disease and type 2 diabetes.

An enormous industry sells answers, and most do not work. Researchers at the University of Sydney reviewed more than 120 placebo-controlled trials of herbal and dietary supplements and found none producing a meaningful reduction in weight. Crunches fail too. A meta-analysis of more than 1,000 participants found no evidence that working one area removes fat from it.

What did work, in a Duke University trial published in the Journal of Applied Physiology, was ordinary movement. Sedentary participants who did nothing gained 8.6 percent more visceral fat in six months. Walking 11 miles a week, roughly half an hour most days, stopped the gain. A greater amount reversed it, with no change in diet at all

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Why Bunco Works When Other Games Don't

Ask anyone who runs activities at a senior community why Bunco keeps filling the room, and the answer is usually the same. Nobody has to be good at it. Bunco has no strategy at all. Players roll three dice and try to match the number of the round -- ones in round one, twos in round two, and so on through six. Each matching die is worth a point. Three of the round number is a Bunco, worth 21 points and a shout. Three of any other number is a mini Bunco, worth five. There is no rerolling, no bidding, and nothing to memorize. While bridge and euchre reward players who study the game, Bunco rewards people who show up. That puts a first-timer and a 20-year veteran on identical footing. The standard setup is 12 players at three tables of four, with winners rotating up between rounds. Most groups collect a few dollars per player and pay all of it back out as prizes the same night. The rest is dice, a bell, and conversation loud enough to drown out both.



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