

## Community News

January is here, bringing fresh energy and a sense of possibility. A new year means new moments to enjoy, familiar faces to reconnect with, and plenty of reasons to appreciate the place we call home. UPDATES! The carpet in the 1st- and 2nd-floor hallways is to be completed in December. The 5th-floor hallway carpet is to be installed at the beginning of 2026. We're excited to step into 2026 together and look forward to another year of connection, comfort, and community.

## Resident Events

January - Breakfast On The Go!

Let's start the year and our morning off right! We will be hosting another **Breakfast on the Go** event this month. Stay tuned for details!

[Stay in the Loop w/ Our Events!](#)

## Pet of The Month

January's Fur Angel: **Bonnie Smith**

Meet adorable Bonnie Smith, a spirited 3-year-old Jack Russell Terrier mix with a heart as big as her personality! Bonnie is a true bundle of energy who could play fetch until her dad's arm falls off, and she's always the first one ready for a trip to the park to race around with her furry neighbors. While she might be a little shy when meeting new faces, don't let that fool you—once she warms up, she's a world-class cuddler who loves to sneak in a surprise kiss when you least expect it.

If you see Bonnie and her family exploring the grounds at Vilara, be sure to give her a friendly wave or a "hello." We are so lucky to have this sweet, energetic girl in our community!

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## What They're Saying

### LG.

"Just wanted to give a shout-out to the Vilara Staff for a fun-filled evening at "Paint & Sip! I've been a resident at Vilara for 4 yrs. and always look forward to the resident events. They give me a chance to meet my neighbors and people I wouldn't normally have the chance to meet. This event was so well planned and orchestrated! Thank you for the fun evening with GREAT food and company"

[Share the Love!](#)

*\*This is just a sample of our reviews.*

## Local Feature

### The Great Gray Migration

January is "Prime Time" for one of nature's most spectacular shows. Thousands of Gray Whales are currently making their annual 10,000-mile journey south, and Laguna Niguel sits right in the front row. For a high-end experience, book a Luxury Whale Watching Catamaran out of Dana Point, or keep it local and low-key with a morning at Salt Creek Beach. Grab a coffee and head to the bluffs; with the clear January skies, you can often spot the majestic spouts and breaches right from the shore. It's a breathtaking reminder of why we love the OC coast.



**When: Throughout January Where: Dana Point Harbor (5 minutes from Vilara!)**

## Live Well

### Coastal Bio-Hacking

**The Vibe: High-Tech Healing Focus:  
Restorative Energy & Light**

This January, we're looking past the standard gym routine and focusing on cellular health. Located just a short drive away, The Light Therapy Lounge is hosting a special wellness event on January 6th, focusing on small changes that yield big results—like better sleep and increased energy through red light therapy and recovery tech.



## Your Wellness Mission:

**Vitamin D & Sea:** Take advantage of the winter sun with a hike at Badlands Park. The sweeping ocean views are the ultimate "mental health walk" to start your 2026.

**Sunday Ritual:** Visit the Laguna Niguel Farmers Market (Sundays, 8 AM-12 PM at Plaza de la Paz). Focus on "seasonal eating" by picking up winter citrus and root vegetables to fuel your body with local nutrients.

**Intention Setting:** Looking for a deep reset? Check out a Breathwork & Meditation session in nearby Laguna Beach to clear the holiday mental clutter and set a focused tone for the year.

## North Coast News

### Annual North Coast Holiday Food Drive

#### THANK YOU

A huge thank you to everyone who contributed to our community food drive! Your incredible generosity will make a meaningful difference for local families in need this season. We are so proud to be part of such a caring and supportive community!



### Good Friends Make Great Neighbors

Do you know someone looking for a new home? Please forward this newsletter and tell them about Vilara Apartments! **Refer friends and family and get \$350 off next month's rent.**

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