

Community News

May has arrived, bringing fresh opportunities to connect, recharge, and embrace community life here at Vilara in Laguna Niguel. We are excited to announce that turf replacement for the pool and outdoor gym area is scheduled for this month, with more specific details to follow soon. Additionally, please be aware that unit-by-unit inspections are also on the calendar for May. We appreciate your cooperation as we work to keep our community and your homes in top shape.

Resident Events

May 8- DIY Flower Bouquet

Celebrate Mother's Day with us at our DIY Flower Bouquet event on **Friday, May 8th, from 5:30 PM to 7:00 PM** in the Vilara Clubroom. We will provide everything you need to create a beautiful, custom arrangement to keep or give away. Space is limited for this creative session, so please **RSVP by May 6th** to secure your spot.

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



Thanks For Joining Last Month

Treats & Tails

Tails were wagging, and treats were flowing
Our Tails & Treats day at Vilara was the kind of morning that just makes you smile... pups making new friends, enjoying their own little pup cups, and heading home with goodies in tow.

It's the little moments like this that make this community feel like home

[Wag This Way!](#)



What They're Saying

RL.

"I cannot recommend this apartment complex enough! From the moment I first reached out, the experience has been seamless and stress-free. The community itself is well-maintained and beautiful, but it's the management

that truly sets this place apart.

In particular, I want to give a huge shout-out to the leasing manager, Chris. He is the epitome of professionalism. Moving can often be a chaotic process, but Chris made everything incredibly easy. He is exceptionally organized and always on time with every appointment, email, and piece of paperwork. You never have to wonder where things stand because he is so proactive and responsive.

It is rare to find someone who balances efficiency with such a friendly, helpful attitude. If you're looking for a new home where you'll actually be taken care of, definitely come here and ask for Chris!"

[Share the Love!](#)

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

Local Feature

Thursday Night Run Club

A free, weekly movement club is coming to Laguna Niguel.

We are excited to share a special invite from our neighbors at [@ModernFitnessOC](#). Starting this Thursday, join the kickoff of the Laguna Niguel Thursday Night Movement Club!

This isn't a high-pressure race; it's a free community event designed to get us moving and connecting. All paces are welcome—choose your own adventure!

The Deets for **this Thursday (and every Thursday after!)**:

When: This Thursday! Arrival & Warm-up at 6:00 PM. Start at 6:15 PM. **Meeting Spot:** Modern Fitness OC, STE 22 (27601 Forbes Rd). **The Route:** We'll be heading out onto Oso Creek Trail and Forbes, down toward the train station. **The Pace:** Your choice! 2-4 miles, self-paced. Walkers, joggers, and runners are all welcome.

[Ready, Set, GO!](#)



Live Well

Mental Health Awareness Month

Simple Ways to Unplug & Protect Your Peace

May is Mental Health Awareness Month, and while "wellness" can often feel like another task on your to-do list, we want to focus on the power of keeping it straightforward. True mental clarity often comes from what we choose to remove rather than what we add. This month, we invite you to protect your peace by intentionally creating space between yourself and the digital world.



Practical Ways to Unplug This Month:

The Morning Buffer: Try keeping your phone on "Do Not Disturb" for the first 30 minutes after you wake up. Use that time to breathe, stretch, or enjoy a coffee on your balcony before the world's notifications rush in.

Low-Tech Movement: When you join the Thursday Night Movement Club or head out to the Oso Creek Trail, try leaving your headphones behind. Use the time to ground yourself in your surroundings and focus on your physical rhythm rather than a podcast or playlist.

The "Airplane Mode" Observer: If you aren't ready to leave your phone at home, try a mindful compromise. Switch to Airplane Mode to disable notifications, but use your camera to focus on the trail's details. Taking photos of local blooms or the play of light on the water forces you to look closer and appreciate the present moment without the distraction of a ping.

Analog Evenings: Designate one night a week as an "analog night." Swap the screen for a physical book, a handwritten journal, or a meal with a neighbor. Removing the blue light can significantly improve your sleep quality and mental reset.

Nature as a Reset: Take advantage of our proximity to the local trails. A quick walk—even just 15 minutes—is often the fastest way to lower cortisol levels and gain a fresh perspective on a stressful day.

Wellness doesn't have to be complicated. Sometimes, the most productive thing you can do for your mental health is to simply go offline and be present.

[A Calm Place](#)

Pet Of The Month

Onyx

Pet of the Month: Meet Onyx!

Say hello to Onyx, a 5-year-old Shepherd with a personality as big as his heart and a serious zest for adventure! Originally an Idaho boy, Onyx has fully embraced the coastal lifestyle, spending his days splashing in the waves, rolling in the sand, and exploring the great outdoors. This adventurous guy is always down for a long car ride—with the windows down and ears flapping, of course—as he hunts for new spots to discover with his favorite humans.

When it's time for a break, Onyx knows exactly how to treat himself: a signature Starbucks pup cup! As a proud Leo born in August, he truly lives up to his sign—confident, playful, and naturally the center of attention wherever he goes. If you see this star around the community, be sure to give him a friendly wave!



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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