

Community News

May is here, bringing fresh opportunities to connect and recharge at Blake at Berkeley! We have some new residents and an awesome resident event coming soon, with an opportunity to get to know your neighbors better!

May Happenings

May 27 - Bingo & Pizza Night

Get ready for a winning combination at Blake & Berkeley! Join us on **Wednesday, May 27th, from 5:00 PM to 6:30 PM** for our Pizza & Property Bingo Night. It's not your typical Bingo Night. Instead of numbers, you'll meet your neighbors and match real-life experiences to fill your card. It's a fun, interactive way to connect- plus pizza and prizes.

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



Thanks for Joining Last Month!

Build-Your-Own-Pasta Bar

Shared Plates, Shared Moments

Over three nights and across our communities, something truly special came to life. From build-your-own pasta bars to conversations filled with laughter, these gatherings were about more than just food—they were a reflection of the care, intention, and connection that make these spaces feel like home.

[TOSS BACK THE FUN!](#)



What They're Saying

"Recently moved into the building. The onboarding was very smooth. Everything is very clean. I will say that the building manager Leonila "Nila" is very communicative and professional! She made the orientation process so smooth! Thanks so much Nila!." - KY

[Share The Good Vibes!](#)

Local Feature

The Cheese Board Collective

Local Spotlight: The Cheese Board Collective

If you are looking for a true neighborhood staple, look no further than The Cheese Board Collective. This worker-owned co-op has been a community fixture since 1971, serving up some of the best artisanal cheeses, fresh-baked breads, and unique pizzas in the area. Whether you are stopping by the bakery for a morning pastry or checking their daily schedule for their signature "pizza of the day," it is the kind of place that makes the neighborhood feel like home. Keep an eye on their calendar for live music dates to enjoy some local tunes while you grab a slice!

[Watch Yeshi Go!](#)

Contact the office to be featured in a future newsletter



Live Well

Mental Health Awareness Month

Live Well: Protecting Your Peace

May is Mental Health Awareness Month, and let's be real—life in Berkeley can feel like a non-stop cycle of deadlines and constant noise. This month is a gentle reminder to hit pause and check in with yourself before checking your notifications.

Prioritizing your well-being doesn't have to be a grand gesture; it's found in the small, intentional ways we reclaim our energy. We're leaning into the simple things this May, like a coffee date at The Hidden Cafe, where you both commit to Airplane Mode, a quiet morning walk through the Rose Garden, or a real phone date where you actually clear the schedule to just listen. We're even leaning into the power of a full-day social media break to just be present amid everything else.

If you're looking for local ways to dive a bit deeper into your well-being this month, here are a few impactful community events:

Mental Health Awareness Day (May 7): UC Berkeley is hosting a dedicated day of workshops and in-person grounding sessions in the Staff Community Garden designed to help you anchor the mind and body.



Mindfulness Meditation Series: The Berkeley Finnish Hall is offering a sequential five-week program on Monday evenings. It's a great way to move past the basics and build a real, lasting practice.

Collective Medicine Circle (May 7): This community gathering focuses on mindfulness and shared connection to help you de-stress and feel more supported.

Healing Touch Individual Sessions (May 26): For a more intimate experience, the Women's Cancer Resource Center on Ellsworth Street offers restorative sessions focused on balance and relaxation.

Whatever your version of self-care looks like, make it a priority. Let's protect our peace and be kind to ourselves this month.

[Return To Self](#)

Blake News

UC Berkeley Housing Fair

What a turnout! Looking back at the Blake at Berkeley x UC Berkeley Housing Fair, we couldn't have asked for a better day.

The energy was incredible, the DJ kept the vibes high, and the best part of all? Welcoming a whole group of brand-new residents to the Blake family!

A huge thank you to everyone who stopped by for the swag and the conversation. To our new neighbors who signed at the fair: we can't wait to see you around the building soon!

[Watch The Fun Highlights here!](#)



Did You Know?

Garbage Disposal Care Tips

Did You Know? Your Disposal Isn't a Daredevil

We love a kitchen explorer, but let's be real—your garbage disposal is a bit of a picky eater. While it sounds like it can handle anything, it isn't actually a "Hunger Games" style arena for your leftovers.

To keep your sink from staging a protest, please avoid feeding it the "Fab Four" of plumbing nightmares: **pasta and rice** (they expand!), **coffee grounds, grease, and those fibrous veggie scraps like celery**. Instead, keep the cold water running while it works and toss in a few ice cubes or citrus peels every now and then to give the blades a "spa day" and keep things smelling fresh.

Thanks for helping us keep the pipes happy and the drains clear!



Learn More About Our [Community Amenities](#)

Good Friends Make Great Neighbors

Do you know someone looking for a new home? Forward this newsletter and tell them about Blake at Berkeley!

FOLLOW BLAKE AT BERKELEY ON:

