

## Community News

welcome to this month's newsletter! It's the month of gratitude, and we are grateful for you being part of our vibrant community! Here are the latest updates: The gym is running smoothly, bringing joy to residents with its fresh equipment, and residents can savor the aroma of freshly brewed coffee and enjoy refills from Lev's Kombucha machines.

## November Happenings

### November - Stay Tuned

A Season for Gratitude- Stay Tuned For November Resident Event Announcements.

[Event Details](#)

## Thanks for Joining our Past Events!

### Karaoke Costume Dance Party

We had a fun night of costumes, dancing, and karaoke, as well as yummy food and cocktails. A huge thanks to Ruby, who captured many awesome and hilarious photos and videos of the event! Check out more of the action on our IG page, and don't forget to follow your favorite community!

[Looking Back At The Action!](#)

## What Residents are Saying

### RW.

"Got recommended here by a friend. Solid place. Convenient facilities/utilities. Decent location, about 20 min walk to UC campus with multiple bus stations all around. The building is nicely managed with supportive staff. Decently-managed mailing system and amazon lockers. A nice roof top area and entertainment facilities on the first floor.



Their policy is international student-friendly if this is your first time in the U.S. and don't yet have a credit record or bank account."

[Share The Good Vibes!](#)

## Local Feature

### Gratitude Flow: Thanksgiving Day Yoga Workshop

**"At times, our own light goes out and is rekindled by a spark from another person."**

Join us for a special 2-hour Thanksgiving morning yoga workshop by Pete Guinosso Yoga. Experience heartwarming and rejuvenating yoga to feel grateful, centered, and ready to celebrate with an open heart.

Expect a grounding meditation, mindful movement, heart-opening poses, self-reflection, setting intentions for the day ahead, expressing gratitude, and journaling exercise. All levels are welcome; having done 5+ vinyasa classes is helpful. Perfect whether spending the day with loved ones or seeking a peaceful start to your Thanksgiving.

[Grounding & Gratitude](#)

*Contact the office to be featured in a future newsletter*

## Live Well

### Berkeley Half Marathon

Prepare yourself for an exciting journey through the heart of Berkeley! Discover the hidden treasures of our city as you run along iconic Telegraph Avenue, pass through Cal's historic Sather Gate, explore the lively atmosphere of Shattuck Avenue, wander through peaceful North Berkeley, admire the waterfront's beauty, and much more on this thrilling loop course that will ignite your inner runner spirit! Mark your calendars for November 16th and 17th to join this event. Explore other race options, including a 5k, 10k, kids', and family races!

[Make it a Great Day](#)



## Good Friends Make Great Neighbors

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

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