



# Ardence & Bloom

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## Community News

We've got some fun stuff lined up this month—including a taco truck for Cinco de Mayo—so keep an eye out. Let's have a great month!

## May Resident Event



### May 5 - Cinco De Mayo

#### Taco 'Bout a Party!

Celebrate Cinco de Mayo and Taco Tuesday all in one! Join us in the 3rd Floor BBQ Lounge on **May 5th** for fresh tacos straight from the truck.

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

## Thanks For Joining Last Month!

**Paint, Plant & Sip**



Our Plant & Sip night at Ardence & Bloom was one for the books—paint brushes flowing, drinks in hand, and so many laughs shared. From tiny masterpieces to big smiles, this is what community is all about.

Thank you to everyone who showed up and made the night so special—this place is better because of you

[Watch All The Action!](#)

## What They're Saying

**"Megan was the best! She was patient and very friendly to me. Made the whole process way more fun and relaxing.**

The place is so fancy and clean! Round-the-clock security, really great amenities. The apartments are very cool too!" - km

[Share the Love!](#)

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

## Local Feature

### Panera Bread To-Go!



### **New Neighbor Alert: Panera Bread To-Go!**

Looking for a quick coffee fix or a fresh lunch without the trek? Panera Bread To-Go is officially open right across

the street! Located conveniently just below Target at Sunset and Western, it's the perfect pit stop for your morning bagel, a mid-day Green Goddess salad, or a warm bowl of soup to take back home. Since this is a "To-Go" focused location, you can easily order ahead on the app and grab your meal in seconds, making it ideal for those busy WFH lunch breaks or a quick pick-me-up on your way back to the community. Stop by 5520 W Sunset Blvd and give our new neighbors a warm welcome!

[Salad Stuffers, WHAT?](#)

## Live Well

### Mental Health Awareness Month



#### Live Well: Protecting Your Peace

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

Taking care of yourself doesn't always need to be a big production. Most of the time, it's just those quiet, intentional moments where you choose to reclaim your own energy. This May, we're finding peace in the simple stuff, like a long lunch with a friend where you both commit to Airplane Mode, a slow morning hike with your dog, or a real phone date where you actually clear the schedule to just listen and talk. We're even leaning into the power of a full-day social media break to just be present amid everything else.

If you want to dive deeper into the local wellness scene, check out these neighborhood spots:

**Mid-Day Reset:** Free 30-minute meditation at The Hammer Museum (Thursdays at 12:30 PM).

**The Tour de Pier (May 17):** A beachside cycling event in Manhattan Beach focused on movement and community.

**Take Action LA (May 16):** A local mental wellness event featuring sound baths and workshops.

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](#)

## Pet Of The Month

**Agnes**



### **A&B May Pet Of The Month: Meet Agnes!**

We are so excited to introduce our May Pet of the Month at Ardence & Bloom, the wonderful Agnes! While she is a 2-year-old St. Bernard who might look a bit intimidating at first glance, she is truly just a gentle giant who has no idea how big she actually is. Agnes is as sweet as can be and makes it her mission to say hello to every person and animal she meets.

Her favorite things about life at A&B include making new friends at the dog park and snacking on the tiny milk bones from the grooming spa. If you see this friendly giant around the community, be sure to stop and say hi—she’s always looking for a new best friend!

## **Good Friends Make Great Neighbors**

Do you know someone looking for a new home? Forward this newsletter and tell them about Ardence & Bloom! ***Refer friends and family to get up to \$500 off next month's rent.***

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