



THE UPLAND APARTMENTS  
1162 EAST 19TH STREET  
UPLAND, CA 91784

## THE UPLAND MAY 2026

### Community News

May has arrived, here at The Upland, bringing fresh opportunities to connect, recharge, and embrace everything you love about life in our community! We have some exciting updates: Installation of our new turf around the community is underway!

### May Resident Event

#### May 5 - Cinco De Mayo

Join us in the Clubhouse on **Tuesday, May 5th, from 5-7 PM** for a festive evening of free tacos and margaritas. It is the perfect chance to unplug from the workday and connect with your neighbors over great food. Don't forget to bring your sombrero and your festive spirit—we can't wait to celebrate with you!

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



### Thanks For Joining Last Month!

Casino Night

#### Casino Night at The Upland

Our Casino Night was the perfect mix of dapper fits, game-table laughs, and great prizes. A massive shoutout to our incredible team for the thought and effort they put into every detail—it truly made the night special!

[ROLL IT BACK!](#)



### What They're Saying

**BR.**

"Great property and awesome place to live. Located near to a bunch of good local spots. Importantly, and the reason we moved here is that the staff is awesome. Always friendly, helpful, and responsive. Shoutout to Ulysses & Donnie. The events and amenities outside the usual really make being here a cut above the rest."

[Share the Love!](#)

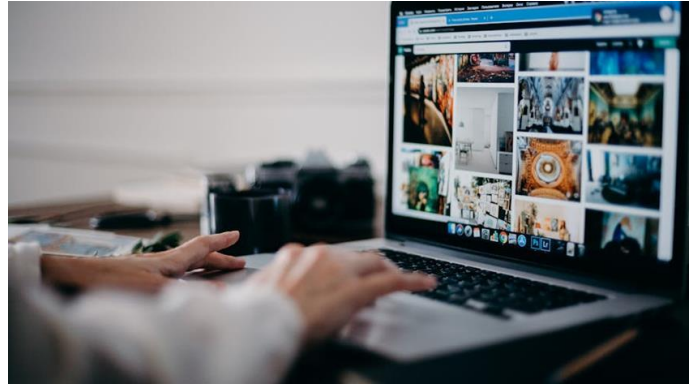
*\*This is just a sample of our reviews.*

## Resident Business Spotlight:

### Joe Michael & Redsence

One of the things that makes life at The Upland so special is the incredible talent within our own community. This month, we are thrilled to feature our neighbor, Joe Michael Allen, and his innovative website design and AI growth company, Redsence.

Joe Michael has spent the last seven years helping local business owners across Southern California and beyond elevate their digital presence. From building custom websites to setting up automated systems that help businesses capture leads and grow efficiently, Joe Michael is an expert at helping entrepreneurs thrive without extra staff.



#### **An Exclusive Opportunity for Our Neighbors**

To show his appreciation for our community, Joe Michael is offering something truly extraordinary. He is giving away two completely free, custom-built websites to local business owners at The Upland and the surrounding area.

There are no contracts and no payments—the only thing he asks for in return is an honest Google review once your site is live. Even if your business isn't selected for the top two spots, Joe Michael is committed to sending every applicant something useful to help their business grow at no cost.

#### **How to Apply:**

If you own a local business or know a neighbor who does, don't miss out on this chance to level up your online game. Click the link below!

**Deadline:** Applications close **Sunday, May 17th.**

We are so proud to have driven and generous professionals like Joe Michael calling The Upland home. Whether you're looking for a digital overhaul or just want to support a local neighbor, be sure to check out his work at [redsence.com](https://redsence.com).

[Apply Here!](#)

## Live Well

### Mental Health Awareness Month

## Live Well: The Art of Protecting Your Peace

May is Mental Health Awareness Month, a time to remember that our peace of mind is our most valuable asset. At The Upland, we believe that wellness isn't about adding more to your schedule—it's about protecting the space you already have. In a world that constantly demands our attention, the most powerful thing you can do is intentionally choose when to tune it all out.



### Simple Ways to Reset & Protect Your Peace:

**The "Airplane Mode" Observer:** Next time you're out for a walk, at lunch with loved ones, or enjoying our amenity spaces, try switching your phone to Airplane Mode. Use the time to simply be present. If you feel inspired, use your camera to capture the small details of the spring season—it's a beautiful way to ground yourself in the "now" without the interruption of a notification.

**Create a Morning Buffer:** Before the world asks anything of you, give those first few minutes to yourself. Whether it's a quiet cup of coffee on your balcony or a few deep breaths before checking your phone, protecting that initial window of time helps you move through your day with more intention.

**The Power of the Analog Hour:** Dedicate an hour each evening to something completely offline. Swap the scrolling for a physical book, a handwritten note, or a sunset stroll around the grounds. Letting the digital noise fade away allows your mind the space it needs to truly decompress.

Whatever your ritual looks like, remember that "protecting your peace" isn't a luxury—it's a necessity. This month, we invite you to find your own version of a reset and lean into the stillness.

[A Calm Place](#)

## Pet Of The Month

### Molly & Gus

#### Pets of the Month: Meet Molly & Gus!

This May, we couldn't pick just one, so we're celebrating a dynamic duo! Meet Molly and Gus, the pair of pups making every day at The Upland a little brighter.

**Molly** is our resident social butterfly. When she isn't "running fast" around the community, she's busy saying hello to every person she meets. She's a big fan of plush toys, cuddling, and—surprisingly—snacking on ice cubes! Just a heads up to her furry friends: she prefers to keep her toy collection all to herself.



**Gus** is all about the "slow life" and maximum comfort. This handsome guy is an ESA who takes his relaxation seriously. His favorite hobbies include catching up on sleep and going for car rides. While he loves treats and getting all the pets, he's not a fan of long walks or having his paws touched. He's definitely the "chill" to Molly's "thrill!"

We love seeing this pair around the neighborhood. If you see Molly and Gus out and about (probably on a short, leisurely stroll), be sure to give them a wave!

## Good Friends Make Great Neighbors

Do you know someone looking for a new home? **Forward this newsletter and tell them about The Upland!** Refer your friends and family to get \$200 rent credit for each person who moves in!

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