



Liberty Point (Draper)

At Home

*News and Tips for Residents of Cowboy
Properties Communities
April 2, 2021*

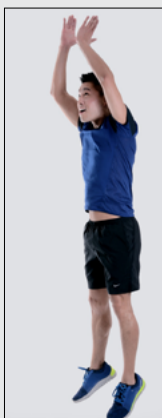
Aquarium Giveaway!

We love the [Loveland Living Planet Aquarium](#), (located in Draper) and are giving away a \$100 aquarium gift card! Use the gift card towards a membership, animal encounter or party, to purchase day tickets, or at the gift shop and Reef Cafe. Have you had a chance to check out the plaza area that they opened last summer? [Click here to enter!](#)

7 Minute Workout

We know how many of you are pressed for time and apartment space. The 7-minute workout, originally published in the American College of Sport Medicine's Health and Fitness Journal, maximizes the most of the time you can spend working out and doesn't take much space. Do each exercise below for 30 seconds, followed by 10 seconds of rest. All you need is a chair.

Jumping Jacks
Wall Sit
Push-ups
Crunches
Step-Ups (onto chair)
Squats
Tricep Dips (using chair)
Plank
High-Knees/Running in Place
Lunges
Push-up and Side-Rotation
Side Plank



Your Favorite Places

We recently asked you to share your favorite local businesses and will be publishing your thoughts over the next several weeks. Supporting local businesses is important to us, especially during these times. [Please fill out this short form](#) to tell us about what businesses you would recommend to your fellow residents, which we will highlight in an upcoming newsletter.

[Bumblebees KBBQ](#)

Korean American Fusion
Locations in West Valley City (2685 S High Commons Way), Midvale (7962 S State Street) and Provo (1254 N State Street).



Bumblebees KBBQ takes traditional American cuisine and adds a healthy dose of Korean flavor to it. Melissa at Liberty Commons says that "this is a local Utah restaurant, and the food is so good! I love that they offer both American and Korean items, so there's something for everyone. They have really good spicy Korean flavors, but they also have chicken tenders and burgers. The owner is also super friendly and puts a lot of love into his food." The K-Pop Fries come highly recommended, which are covered with Korean BBQ, spicy mayo, Siracha and green onion. Kimchi is a topping option for your burger, and they also offer rice and noodle bowls in both meat and vegetarian options as well as Korean tacos.

Covid-19 Update

The latest [resources on vaccine eligibility and distribution](#). Everyone ages 16 and up is eligible for the vaccine in Utah.

As part of the most recent relief bill, [you may be eligible to have your COBRA premiums covered by the government](#) if you've lost your job in the past 18 months.

Assistance Resources

Please let us know if you are having difficulties keeping up with your rent.

We've partnered with [Flex](#) to give you flexibility in how you pay your rent.

[Housing Assistance](#) [rentrelief.utah.gov](#)

[General Assistance \(Utilities, Food, Housing\)](#)

[utahca.org/housing-case-management/](#) or call (801) 359-2444
[211utah.org/](#) or call 211

[Utah Department of Workforce Services](#) [Resources](#)

[jobs.utah.gov/covid19/](#)
[jobs.utah.gov/docs/hotjobs.html](#)

[Food Resources, and Mobile Food Pantry](#) [Dates and Locations](#)

[slc.gov/sustainability/food-covid/](#)
[utahfoodbank.org/programs/mobile-pantry/](#)