

# Happy New Year!

## At Home

News and Tips for Residents of Cowboy  
Properties Communities  
Dec. 31, 2021

### Best of 2021

Looking for a new book, song or TV show? Check out some of these Best of 2021 lists.

#### [Barnes and Noble Best Books of 2021](#)

Paul McCartney's *The Lyrics: 1956 to the Present* was named the Book of the Year and explore their top 10 books of 2021.

#### [Rolling Stone 50 Best Albums of 2021](#)

Named Olivia Rodrigo's *Sour* the best album of the year. Did you know that parts of it was recorded in Salt Lake City?

#### [USA Today Best TV Shows of 2021](#)

For All Mankind on Apple TV+ is one of the hits of the year.

#### [Deseret News Top Utah Photos of 2021](#)

A look back at some of the top stories of the year as well as the stunning imagery of our state.

#### [Best Podcasts of 2021](#)

This 50-podcast selection from The Atlantic has something for everyone.

#### [USA Today Best Movies of 2021](#)

Laugh, cry and immerse yourself in these richly-told stories.

### January Cure

Feel like your home could use a refresh? Check out [Apartment Therapy's January Cure](#), which gives you 20 weekday assignments that will help you clean, declutter and start fresh in the new year.

### Free Workouts

Feel like making a change in your movement this year? Check out these places to get free workouts.

#### [MadFit](#)

Short workouts that are easy to follow and have a lot of variety. The videos on her Youtube channel are free but pair with the paid app for training programs and recipes.

#### [POPSUGAR Fitness](#)

If you're looking to try a new type of workout, chances are you can try it on the POPSUGAR channel before committing to a full program. Lots of workouts in a variety of lengths.

#### [Orangetheory At-Home Workouts](#)

You've probably heard of the popular fitness studio, but give their free at-home workouts a try. We like that their series includes active recovery videos if you need a light day.

#### [Muscle and Strength](#)

Have access to a gym but need some direction? Muscle and Strength has dozens of free workout plans tailored to your goals.

#### [Senior Fitness With Meredith](#)

Keeping active as we age is the focus of this workout channel. In addition to free workout videos, check out her podcast as well.

#### [Fit On App](#)

Unlimited free workouts you can do anywhere featuring celebrity trainers.

### Covid-19 Update

[Click for the latest resources on vaccine eligibility and distribution.](#) Everyone ages 5 and up is eligible for the vaccine in Utah. Need a rapid test? [Here is a list of locations.](#)

[Click for a list of mobile testing locations.](#)

### 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](http://rentrelief.utah.gov)

### General Assistance (Utilities, Food, Housing)

[utahca.org/housing/](http://utahca.org/housing/) or call (801) 359-2444  
[211utah.org/](http://211utah.org/) or call 211

### Utah Department of Workforce Services Resources

[jobs.utah.gov/](http://jobs.utah.gov/)

### Food Resources, and Mobile Food Pantry Dates and Locations

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