



At Home

Making The Most of Living in a Cowboy
Properties Community
May 27, 2022

Get Out and About This Weekend

Check out these activities as you enjoy the unofficial start of summer.

[Run of Remembrance](#)

Robinson Park (100 E Main St.), American Fork
Monday, May 30
Participate in the 10K, 5K or mile run.
Registration closes at 7:30 AM or sign up online.

[Memorial Day Car Show and Tribute](#)

Veterans Memorial Park (1985 W 7800 S),
West Jordan
The car show with food trucks and music begins
at Noon and the Tribute is at 2 PM.

[Herriman Memorial Day Ceremony](#)

12465 Pioneer Street, Herriman
Enjoy breakfast at Main Street Park (5900 W
1300 S) before a ceremony to honor those lost
at 9 AM.

[International Market](#)

Utah State Fairpark (155 N 1000 W), SLC
Featuring ethnically-diverse foods, goods and
services by local and international artisans, and
globally represented entertainment. The first of
five markets throughout the summer.

Cowboy Pledge Update

Thanks to everyone who joined us at Mehraban
Wetlands Park recently for clean up! Keeping
our outdoor spaces in good shape is important to
us and we enjoy contributing to our community.

Beginning June 1 we will be hosting a shoe
drive for Big Brothers Big Sisters of Utah. Stop
by your leasing office for more information.

Memorial Day Workout

Honor those killed in action with the Murph
workout this Memorial Day. Named in honor
of late Navy SEAL Lt. Michael P. Murphy, the
workout consists of:

1 Mile Run
100 Pull Ups
200 Push Ups
300 Squats
1 Mile Run

... all while wearing a weighted vest. This is a
beast of a workout, but make it work for you
with some of these modifications instead.

- Don't use the weighted vest.
- Do a half Murph with half of the reps and a half
mile on each end.
- Break it up over a day, doing a half a mile, 25
pull ups, 50 push ups and 75 squats each four
times throughout the day.
- Instead of running, bookend the workout by
biking three miles, rowing a mile, walking a mile
(flat or on an incline), hiking a mile or doing a
mile on the elliptical.
- Don't have a pull-up bar? Use a towel wrapped
around a pole and pull yourself towards the
pole, or hang a [resistance band](#) over a door and
pull down on the band.
- Push ups can be done against a wall or on
your knees.
- [Deadlifts](#) or [good mornings](#) are good
substitutes for squats.

Paddle Board Giveaway

Congratulations to the winner of our paddle
board giveaway from Liberty Midtown! Continue
to read At Home for more giveaways.

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.](#) Visit
[COVIDtests.gov](#) to receive four free at-home
test kits. [The CDC recently recommended an
additional booster shot for certain individuals.](#)

[Click for a list of pharmacies offering free N95
masks.](#)

Assistance Resources

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

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

Housing Assistance

[rentrelief.utah.gov](#)

General Assistance (Utilities, Food, Housing)

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

Utah Department of Workforce Services Resources

[jobs.utah.gov/](#)

Food Resources, and Mobile Food Pantry Dates and Locations

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