



# At Home

*Making the Most of Living in a Cowboy  
Properties Community  
June 2, 2023*

## **Donut Worry, Be Happy**

Donut be afraid to indulge once in a while, especially on National Donut Day (June 2). Check out these local shops to fulfill your cravings.

### [Fresh Donuts & Deli](#)

2699 S State St., South Salt Lake

This small shop has a 4.8 rating on Google and was recently named one of America's top 100 doughnut shops.

### [Banbury Cross](#)

Locations in Salt Lake City (705 S 700 E), Layton (2029 N Main St.) and Centerville (330 W Parrish Ln.)

Popular donuts include the apple fritter and maple bar but there are plenty of freshly-made donuts for any palette.

### [Chubby Baker](#)

317 E 900 S, Salt Lake City

Their filled donuts include the award-winning passionfruit cream cheese, ube and Ferrero Rocher. They also offer a variety of drinks and cakes.

### [Clarks Malasadas Food Truck](#)

Portuguese and Hawaiian donuts covered with cinnamon and sugar and stuffed with yummy fillings like guava, custard, coconut or dulce la leche.

### [Donut Boy](#)

2194 W 3500 S D#4 West Valley City

Their gourmet donuts include nutella oreo, white chocolate raspberry cheesecake, bacon maple bar and keylime pie.

## **Quick Apartment Friendly Workout**

Although we love running, hiking and biking this time of year, sometimes all you have time for is a quick workout in your home. Perform each of these 10 exercises for 30 seconds each, 2-3 sets through.

- Standing overhead shoulder press (Balance on one leg for a bigger challenge.)
- Butt kickers
- Plank row
- Mountain climbers
- Lateral lunges with dumbbells
- Squat jumps
- Pushups
- Pushup jacks
- Superman
- High knees

### [Bismarck Doughnuts](#)

560 E University Parkway, Orem

Flavors include cinnamon streusel and double chocolate and beignets made to order are also on the menu. Seasonal flavors change regularly.

### [Judy's Donuts & Coffee](#)

231 E. Main St., Midway

Handmade donuts include the raspberry dream donut and kid-friendly caterpillar stick as well as beignets.

### [Mountain Donuts](#)

3836 Washington Blvd., South Ogden

Choose a coating, toppings and a drizzle and get fresh hot donuts made your way.

## **Events of the Week**

### [Utah Pride](#)

June 1-4, 2023

Events include [Pride March and Rally](#) on Friday, June 2 at the State Capitol and [Pride Parade](#) on Sunday, June 4.

### [Holi Festival of Colors](#)

June 3, 11 AM - 5 PM

Krishna Temple (965 E 3370 S, SLC)

Interactive dance, live mantra bands, DJ's, yoga teachers, cuisine, and lotsa love.

## **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.

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

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

### **Power & Gas Assistance**

<https://www.utahca.org/heat/>

### **Utah Department of Workforce Services Resources**

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

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

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