



At Home

Making the Most of Living in a Cowboy
Properties Community
Sept. 13, 2024

In Friendship, We Find Home

September is National Friendship Month, but let's be real—making friends as an adult isn't the playground breeze it used to be. If your social life needs a serious glow-up, take a peek at these tips below!

Volunteering

Whether you're rallying for political change, rescuing fur babies, or whatever cause lights you up, at least you know you're all on the same page.

Specific Interest Groups

Community theater, open mic night, craft guild, dance class, book club - figure out what you're interested in and look for a group that caters to that interest.

Have Dinner With Strangers

[Timeleft](#) sends you out to dinner with four people you don't know, matched by a personality algorithm.

Sports and Athletic Leagues

Nothing like a little sports competition to bring everyone together. Many local rec centers have adult sports leagues and programs. [Beehive Sport & Social Club](#) offers team sports from flag football to dodgeball.

Take A Class

All of the local colleges and universities offer classes for subjects ranging from professional development to recreation to hobby and craft courses.

Reconnect with Old Friends

We've all let friendships lapse because life got in the way, message that person you haven't seen in awhile and make a point to get together.

Getting Ready for Winter

Get ahead of the game and prep for those chilly months with this to-do list.

Time to swap out those sundresses for sweaters! Pull out your jackets and winter wardrobe. Declutter as you go, throwing out or donating items that no longer fit or are no longer in fashion.

Clean and store any swim or outdoor toys, patio furniture, and gardening tools. Pull out your winter toys - have your children outgrown their sled and do your skis need tuning?

Wash your blankets and heavier bedding to freshen them up before you add them to your bed.

Check your pantry and refrigerator, toss any expired food and make a list of what items you might need to refresh your supplies for your fall or holiday baking.

Put your ice scraper back in your car if you've removed it. Add a winter safety kit to your car that may include a blanket, salt or sand, a first aid kit, tow strap and snacks. Check your tire condition and tire pressure. [Discount Tire](#) will do a complimentary air pressure check.

Check your bathroom cabinet for expired medications and products.

Give your home a good cleaning, including the things you may not clean regularly like baseboards or ceiling fans. [Check out this fall cleaning checklist.](#)

Events of the Week

[Art At The Park](#)

Sept. 13-14

This is the Place Heritage Park (2601 E Sunnyside Avenue, SLC) With 80 working studios, experience works of art as they are being created and be among the first to see and acquire their recent creations.

[Mexico Independence Day Celebration and Concert](#)

Sept. 14

Gallivan Center (239 S Main St., SLC) Traditional music and dances.

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/ or call (801) 359-2444
211utah.org/ or call 211
<https://jobs.utah.gov/assistance/index.html>

[Power & Gas Assistance](#)

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

[Utah Department of Workforce Services Resources](#)

jobs.utah.gov/

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

<https://www.utahfoodbank.org/programs/mobile-pantry/>
<https://www.utahca.org/nutrition/>