



At Home

Making the Most of Living in a Cowboy
Properties Community
Oct. 25, 2024

Spooktacular Halloween Workout

Turn your workout into a fun Halloween challenge with this spooky circuit.

Warm-up (3 minutes):

Ghostly Arm Circles: 30 seconds forward, 30 seconds backward.

Zombie Walks: March in place with stiff arms and legs for 1 minute.

Frankenstein Kicks: Straight-leg kicks while reaching arms forward for 1 minute.

Circuit (Repeat 3 times, rest 30 seconds between exercises):

Witchy Squats (1 minute): Squat low like you're stirring a cauldron! Add a twist at the top to stir the brew.

Creepy Crawlers (1 minute): Start in plank, bring one knee to the elbow, alternating sides like a spooky spider.

Pumpkin Presses (1 minute): Grab a medicine ball or weights and do overhead presses. Squat as you press for extra burn.

Monster Lunges (1 minute): Lunge forward, keeping arms out like Frankenstein's monster.

Bat Burpees (1 minute): Jump like a bat escaping a haunted house! Perform a burpee but finish with a wide "batwing" stance by spreading your arms.

Cool Down (2 minutes):

Corpse Pose: Lie down, close your eyes, and relax and breathe for 1 minute.

Cat-Cow Stretch: Move between the two poses to release tension, 1 minute.

Wrap Yourself in Comfort

Turn your home into a sanctuary of warmth and relaxation as we enter the cool winter months.

[Eddie Bauer Portuguese Flannel Sheets](#)

These flannel sheets are made with ultra-soft, double-brushed cotton for comfy sleep.

[Big Blanket Co Original Stretch Blanket](#)

Four times bigger than throw blankets and nearly 50% larger than king-size blankets, their 10x10 foot blanket is perfect for the ultimate blanket fort.

[Bare Home Flannel Sheet Set](#)

These thick and fuzzy sheets are made from tightly woven, high quality flannel. You'll stay toasty warm this coming winter.

[Bedsure Soft Throw Blanket](#)

Designed with 1.5" shaggy plush on one side and ultra-soft Sherpa on the other, this double-sided blanket offers stylish comfort all year round.

[Your Moon Soft Pillows](#)

Showcasing a unique French bread-shaped design that's stylish and lightweight, these pillows are tailored to ensure maximum comfort for all sleeping positions.

[Lazy Ones Plush Socks](#)

Made with a soft fleece knit exterior and Sherpa fleece lining on the interior, these cozy socks are sure to give your feet all the happy feels.

Events of the Week

[Monster Block Party](#)

Oct. 26, 11 AM - 2 PM

Regional Athletic Complex (2280 N Rose Park Lane, SLC)

Free Halloween festival for goblins and ghouls of all ages, including a pumpkin drop and trunk or treat.

[Utah Firefighter Chili Cookoff](#)

Oct. 26, 11 AM - 3 PM

America First Field House (9256 South State St. Sandy)

Benefiting University of Utah health burn camp programs.

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/ 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/>