



At Home

Making the Most of Living in a Cowboy
Properties Community
Jan. 16, 2026

Random Acts of Kindness

In December we invited our residents to embrace the spirit of the Holiday season and share joy through random acts of kindness. We encourage you to be inspired by the following stories. Submissions may have been edited for length or clarity.

"I made flower arrangements for our apartment lobby. They brightened up the area and people seemed to like them. After several symmetrical arrangements I read a book on Ikebana (the Japanese art of flower arranging) and made this one." ~ Brian at Liberty Midtown



"In December, I attended a potluck hosted by my new yoga studio. I had only joined a week earlier, so I didn't know anyone and wasn't sure if I would connect with people. To my surprise, several of the teachers—and even the studio owner—went out of their way to talk with me. Their warmth and kindness made me feel truly welcomed and instantly part of the yoga community." ~ Irena at Bridgeside Landing

"I had the opportunity to help my niece Tallie clean and decorate her sister Tessa's room for her enjoy for Christmas break! Tessa just finished her first semester at BYU and taken her finals. Tessa loved coming home to her clean and festive room." ~ Megan at Liberty Center

"I put treats in the lobby anonymously for my fellow residents." ~ Julie at Liberty Midtown



"I just had a massive knee surgery and ordered groceries for pick up. I park my car in the resident parking garage and with my two crutches, I realize this one bag is waaaay too heavy. The bag starts slipping, and I am falling over in the middle of the parking garage. At this moment a car is coming up the garage, they see me battling to try and get this bag of groceries over my shoulder, and they immediately stop. He helped me into the building and all the way to my home. The most incredible act of kindness was from an angel named Jose. Most people would have blown by or just let me into the building but this man went the extra mile to help. Dealing with this major knee surgery has been a huge battle and that small act was the kindest thing anyone has done for me. Thank you Jose thank you!" ~ Preston at Liberty Blvd

Events of the Week

Pro Skijoring

Jan. 16-17

Wasatch Event Center (415 S Fld Rd, Heber City)
A horse and rider pull a skier through a course packed with gates, jumps, and rings.

Utah Chinese New Year Celebration

Jan. 17, 5 - 9 PM

Cottonwood High School (5715 S 1300 E, SLC)
A vibrant cultural showcase filled with music, song, dance, and martial arts.

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.

Salt Lake City Tenant Resource Center

Power & Gas Assistance

Utah Department of Workforce Services Resources

General Assistance (Utilities, Food, Housing)

[Utah Community Action](#) or call (801) 359-2444
211utah.org/ or call 211
<https://jobs.utah.gov/assistance/index.html>

Food Resources, and Mobile Food Pantry Dates and Locations

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