



At Home

*Making the Most of Living in a Cowboy
Properties Community
Jan. 9, 2026*

Cowboy Pledge Update

As we welcome the new year, the Cowboy Pledge team would like to extend our heartfelt thanks to each of you for your unwavering support of our mission. This month, we encourage you to explore local organizations where you can volunteer your time. Below are links to several groups in need of support.

[JustServe.org](#)

One-time and ongoing volunteer opportunities for a wide variety of causes.

[Ronald McDonald House Charities](#)

Opportunities include serving meals and various activities.

[People Helping People](#)

Looking for business professionals to coach and mentor clients.

[The Road Home](#)

Volunteers are needed seven days a week for breakfast, lunch and dinner meal service.

[Ruff Haven Crisis Sheltering](#)

Volunteers needed for dog walking, oversee the cat room, deliver pet food and more.

[Christian Center of Park City](#)

Volunteers are needed for the thrift store and food pantry.

[Adopt a Native Elder](#)

Support Elders living on the Navajo Reservation.

MLK Day of Service

Cowboy Partners is proud to support the University of Utah Bennion Center's MLK Day of Service.

The Bennion Center is partnering with over a dozen community partners to honor Reverend Dr. Martin Luther King Jr's commitment to community engagement and service. The event will be held at various locations and times on Saturday, January 17th.

Volunteering is open to all community members. [Click here to register](#). Everyone is welcome (any age restrictions are noted in each project description). Volunteer registration is open through January 15th.

The Bennion Center offers a variety of experiences for community engagement throughout the year. [Click here to visit their website to learn more](#).

\$250 Resident Referral!

As a resident of a Cowboy Properties community, if you refer an applicant to either your own or any Cowboy Properties community, you can receive a \$250 referral concession!

Cowboy Properties has 19 communities from Provo to Ogden to Park City, offering accommodations to fit variety of budgets and floor plans, including high-rise apartments and townhomes. [Click here for a full list of our communities](#).

To receive the referral, an applicant must put your name and community you live in on the application.

Events of the Week

[Collegiate Quad Gymnastics](#)

Jan. 10, 2 PM and 7 PM

Maverick Center (3200 S Decker Lake Dr, West Valley City)

Featuring top collegiate gymnastics squads Utah, UCLA, Oklahoma, LSU and more.

[Urban Flea Market](#)

Jan. 11, 10 AM - 4 PM

The Gateway (18 N Rio Grande, SLC)

Find vintage, antique and yard sale items.

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](#)