



At Home

Making the Most of Living in a Cowboy
Properties Community
May 22, 2026

Remember and Honor

Check out these activities as we honor those who have paid the ultimate sacrifice for our country this weekend.

[Freedom 250 Mobile Museum](#)

May 25-27

Andy Ballard Equestrian Park (1600 Highland Dr., Draper)

Featuring exhibits that tell the story of how the 13 colonies declared independence.

[West Jordan Memorial Day Car Show & Tribute](#)

May 25

Veterans Memorial Park (1985 W 7800 S, West Jordan)

Music, raffles, food trucks, awards and a special Memorial Day program.

[History of Camp Floyd Day](#)

May 25, 10 AM - 4 PM

Camp Floyd State Park (69 W Main St., Fairfield)
Experience camp life through exhibits and demonstrations.

[Run of Remembrance](#)

May 25

Robinson Park (100 E Main St., American Fork)
A race to honor those who gave everything and the families who carry their legacy. 10k, 5k, Memorial Mile or Kids K distance options.

[Freedom Festival Memorial Day Service](#)

May 25, 10 AM

Provo City Cemetery (610 S State St., Provo)
Remembering and honoring those lost while serving our nation.

Memorial Day Workout

Honor those killed in action with the Murph workout this Memorial Day. Named in honor of late Navy SEAL Lt. Michael P. Murphy, the workout consists of:

- 1 Mile Run
- 100 Pull Ups
- 200 Push Ups
- 300 Squats
- 1 Mile Run

... all while wearing a weighted vest. This is a beast of a workout, but make it work for you with some of these modifications instead.

- Don't use the weighted vest.
- Do a half Murph with half of the reps and a half mile on each end.
- Break it up over a day, doing a half a mile, 25 pull ups, 50 push ups and 75 squats each four times throughout the day.
- Instead of running, bookend the workout by biking three miles, rowing a mile, walking a mile (flat or on an incline), hiking a mile or doing a mile on the elliptical.
- Don't have a pull-up bar? Use a towel wrapped around a pole and pull yourself towards the pole, or hang a [resistance band](#) over a door and pull down on the band.
- Push ups can be done against a wall or on your knees.
- [Deadlifts](#) or [good mornings](#) are good substitutes for squats.

Events of the Week

[World Oddities Expo](#)

May 23-24

Mountain America Expo Center (9575 State St., Sandy)

Featuring artists, performers, speakers and more to create a macabre and magical experience.

[Soldier Hollow Classic Sheepdog Championship](#)

May 22-25

Soldier Hollow Nordic Center (2002 Olympic Dr., Midway)

Watch the dogs work the sheep and check out the demonstrations.

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](#)