



## Greetings Residents!

At FirstService Residential, our mission statement is clear: Deliver exceptional service and solutions that enhance the value of every property and the lifestyle of every resident in the communities we manage. We are here to help you be creative with your programming from home. Try these great ideas to stay healthy and engaged!

### *Keeping Kids Busy:*

**Pasta Skeleton Tutorial**-The idea of making a pasta skeleton has been around for a while, and it's easy to see why. The uncooked pasta does have the look and color of bones, so it makes for a fun and inexpensive craft project. On top of that, there's a chance to learn a bit about the skeletal system with this fun pasta craft project. Craft sticks, pasta and glue are the base supplies needed, [click here](#) for the tutorial.

**DIY: Halloween Themed Ring Toss**-Have fun with your family, and neighbors or add a bit of challenge for those trick-or-treaters to get their candy with this [DIY project](#)! We love this idea because it's really easy and inexpensive to make, plus the kids seem to like it and it's a great game for any age!

**STEM Halloween Slime Activity**- Learn about chemistry with these [Halloween slime recipes](#). This collection has everything you need for making the BEST Halloween slime, including fluffy slime, erupting potions slime, pumpkin guts slime, and even taste-safe or borax-free slime. The possibilities are endless once we show you how to master slime-making!

### *Online Learning for Adults:*

**Mini Pumpkin Base for Your Fall Decor**-Are you looking for an easy floral decor project that gets your home fall-ready in a jiffy? You can make a pretty pumpkin vase with this quick tutorial. No skills are required, even if you've never crafted before, you're going to easily be able to do this project. The most important skill is knowing how to carve a pumpkin and remove the insides. Get started [here](#).

**The Valley of the Kings — Exploring Ancient Egypt's Golden Age**-The Valley of the Kings was the burial ground for Egyptian Pharaohs, including that of the Pharaoh Tutankhamun – “King Tut”. Join Ancient Civilization Expert and National Geographic Photographer Kenneth Garrett, as he takes you through this significant area to learn about King Tut, Queen Hatshepsut and Ramses II. This free lecture coincides with the NYC and L.A. openings of the National Geographic exhibit called “Beyond King Tut.” Join Road Scholar on Monday, October 31 at 1:00 p.m. EDT for a free one-hour lecture and Q&A to learn about the Valley of the Kings and ancient Egypt. [Click here](#) for more information and to register.

**8 House Hacks That Every Homeowner Should Know How To Do**-Although the very big jobs are better left for the professionals, there are many jobs that you can handle yourself and save yourself some money. Here are [8 house hacks and repairs](#) that every homeowner should know how to do.



### ***Fitness:***

**A 20-Minute Seated Core Workout for Older Adults-** A strong core is crucial as you age. It's what allows you to stay independent and carry out daily tasks that involve carrying, bending, rotating and standing up. And training your core can start at any point. While standing core exercises are ideal for building core strength, seated exercises are an excellent alternative for older adults to train their core if they have mobility or balance issues, injuries or other health issues that may be keeping them off their feet. Whether you have a health condition that makes it difficult to move standing or you're easing back into a regular workout routine, consider this [20-minute seated core workout](#).

**Why are Men Missing Out?** According to the 2021 Global Fitness Report, live classes are the single most popular gym type activity. Yet in most regions, men are seriously underrepresented on the studio floor. An independent researcher recently got a team of U.K.-based blokes to step into the studio to find out what they're missing out on. [Here's what happened...](#)

### ***Cooking:***

**Easy Chicken and Protein Waffles-**An easy [chicken and protein waffles recipe](#) that takes 20 minutes from start to finish and packs 36 grams of protein into each serving. This is a highly customizable recipe and this blog will walk you through all the potential substitutions and ingredient notes. You'll also find a printable recipe card at the bottom of the post.

**Roasted Butternut Squash Soup-**What dish is the most indicative of leaves falling and the chilly autumn breeze? Some might say it's pumpkin pie, others might say warm apple cider, but to us, nothing fits better with October sweater weather than a delicious bowl of [butternut squash soup](#). Try this fall favorite from Delish.

**Healthy Pumpkin Cheesecakes-** Healthy [Pumpkin Cheesecakes](#) are the perfect gluten-free, low-fat cheesecake treat! Made with Greek yogurt, low in sugar and so delicious! Celebrate National pumpkin cheesecake day on Friday, October 21, with this healthy alternative.

### ***Staying Healthy in Body and Mind:***

**October is National Breast Cancer Awareness Month-** The National Breast Cancer Foundation (NBCF) is dedicated to delivering comprehensive, educational information on breast health and healthy living. From understanding the importance of early detection to knowing how to prepare for a mammogram, [NBCF's online resources and guides](#) aim to empower women and men with useful information.



*Lifestyle @ Home*



***Partnerships:***

**LIFESTYLE PARTNERSHIP PROGRAMS:** Visit our [Lifestyle @ Home landing page](#) to learn more about the programs and discounts FirstService Residential has to offer!

***“Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.” -Mary Anne Radmacher***

***Stay healthy and engaged!***

***-Your Team at FirstService Residential***

*All contents copyright © 2022 by FirstService Residential Management. All rights reserved. No part of this document or the related files may be reproduced or transmitted in any form, by any means (electronic, photocopying, recording, or otherwise) without the prior written permission of the publisher.*