



Greetings Residents!

As you encounter challenges, please know we are here to help you be creative with programming. 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. Try these great ideas to stay healthy and engaged.

Keeping Kids Busy

Create Patriotic Chalk Art: Get all the kids involved to create a patriotic-themed mural, or even just write out a simple thank you to our veterans, using sidewalk chalk.

Patriotic Rock Art- An easy Memorial Day craft for kids to help celebrate the real reason for the holiday. [Click here](#) to get started!

Patriotic Wand Craft for Kids- If you are joining in a celebration at home this Memorial Day weekend these [patriotic wands](#) are great for the kids to get into the spirit!

Online Learning for Adults

Memorial Day Themed Content with One Day U- This Memorial Day weekend our partners at One Day University have you covered with lifelong learning. Check out these titles:

WWII: Surprising Stories You Never Learned in History Class

<https://www.onedayu.com/watch/?v=245638>

The American Revolution: Remarkable Stories You've Never Heard Before

<https://www.onedayu.com/watch/?v=34520>

America in WWI: What Really Happened and Why it Matters

<https://www.onedayu.com/watch/?v=293010>

Follow the steps below to access the complimentary library until the end of May:

Go to: <https://www.onedayu.com/first-service-residential/>

Click the SIGN UP NOW button and use the promo code: **FIRSTSERVICE2** at checkout and you'll pay \$0.

Fitness

World Meditation Day-10am today! This is a day to take a moment to pause from the relentless pressures caused by modern society and just be still. Try encouraging family, friends and colleagues to do the same. Our partners at Three Sages have provided you with a [5-minute meditation](#) to do this morning. The program's carefully curated wellness routines are designed to amplify both your health and happiness. You have access to the Three Sages App! Download onto your iOS device today with this free promotional code: **fsresidential**

Cooking

Layered Watermelon Cake with Coconut Cream Frosting-It's just as pretty as a normal cake made with flour but with better-for-you ingredients. A [watermelon cake](#) truly without guilt! **Berry Trifle Cake**-Whether you want a little slice of nostalgia, are in need of something quick to whip together for today, or want to add one more red, white and blue item to your menu, you'll love this dessert. Have a safe and fun holiday!

Red, White and Blue Berry Trifle Cake-Whether you want a little slice of nostalgia, or are in need of something quick to whip together for the holiday, or want to add one more red, white and blue item to your menu, you'll love [this dessert](#). Have a safe and fun holiday!

Do you need a few cooking tips for this weekend? Our partners at CuriosityStream have just what you need! Access the below listing and hundreds of more award-winning documentaries for FREE until the end of May. [Click here](#) to get brushed up on your skills before the holiday weekend!

Cooking the Perfect Burger

Meet Alex McCoy, an award-winning chef on a mission to perfect an American classic: the hamburger. He'll walk you through his tips and trips to craft the perfect burger, all in the comfort of your kitchen.

Cooking the Ultimate Steak

Steaks and potatoes - if there's a better combination out there, we've yet to taste it. Award-winning chef Alex McCoy tests a variety of methods to ensure that you cook the ultimate steak right from your home.

Staying Healthy in Body and Mind

Courage for Hero's: There are a few ways to get involved with Operation Gratitude this year; one is the #Courage4Heroes movement. This movement helps show America's Frontline Responders how grateful we are for their courage as they spend countless hours and days fighting COVID-19. Visit: <https://www.operationgratitude.com/>. Watch the tutorial and learn how to say "Thank you for your Courage" in American Sign Language and then record a video of yourself then share your video. You also might consider is virtually volunteering to support deployed troops, national guardsmen, first responders and emergency medical personnel on the frontlines of the pandemic.

Partnerships

LIFESTYLE PARTNERSHIP PROGRAMS: As was announced in our previous edition of Lifestyle @ Home, tap into all of the offerings from these valued vendors of FirstService Residential; One Day University, CuriosityStream, Les Mills On Demand Fitness, Kidvelope, Evergreen Wellness, Grow Young Fitness, Down Dog and Three Sages.



"A hero is someone who has given his or her life to something bigger than oneself".
Joseph Campbell

Stay healthy and engaged this Holiday Weekend!

-Your Team at FirstService Residential

All contents copyright © 2020 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.

Lifestyle @ Home



Greetings Residents,

The challenges we, as a nation, are facing with COVID-19 continue to influence our day to day activities. As you encounter these challenges FirstService Residential is here to help you stay healthy in both mind and body. Today, we are pleased to introduce eight companies that have partnered with FirstService Residential to provide complimentary engagement opportunities ranging from lifelong learning to on-demand fitness for our clients during this time.

Health and Wellness

Grow Young Fitness

No matter your age or fitness level, we have the perfect program for you! Here is a summary of the services available until June 30, 2020 we are providing through Grow Young Fitness:

Yoga with Neyu

- Recommended Ages: 25-55
- Yoga/Dance/Toning/Weight Loss
- Over 200 Workouts

Bloom Young

- Recommended Ages: 40-65
- Weight Loss/Toning/Strength
- Over 200 Workouts

Grow Young Fitness

- Recommended Ages: 60+
- Therapy/Chair Workouts/Balance/Weight Loss
- Over 250 Workouts



Within each program, everyone who signs up will have access to:

- A virtual personal trainer (24/7)
- VIP support (7 days a week)
- Access to a dedicated Facebook group (Great for Socializing and Motivation)
- An individual profile that tracks your personal progress
- Comment sections to interact with and ask questions inside the program
- 10% discount at the supplement shop | Promo Code: FSResidential

*This discount will be effective immediately for everyone who signs up for the trial.

[Click here to access the program at www.growyoungfitness.com/fsresidential.](http://www.growyoungfitness.com/fsresidential)

Lifestyle @ Home



Three Sages

We are bringing you premier access to the Three Sages app until May 31, 2020. Their new mobile app offering is a mix of low impact exercises, guided meditation and yoga, as well as nutritionist-approved recipes.

The program's carefully curated wellness routines are designed to amplify both your health and happiness. Described as "sips of wellness," the programming includes short, targeted and easily accessible content to get you moving and feeling restored.

Download the Three Sages App on your iOS device today with this free promotional code: **fsresidential**



Down Dog

We are pleased to extend free yoga and meditation to our valued FirstService Residential clients via our partners from Down Dog until May 31, 2020. Choose your favorite yoga practice, and Down Dog will create a unique and personalized experience every time.

To start your workout, download any of the Down Dog apps (Yoga, HIIT, Barre or 7 Minute Workout) by going to www.downdogapp.com. Once you log in, swipe all the way to the right to get to the menu screen. Scroll down until you see Enter Code. Enter **firstservice** and you will immediately see your membership update to end on May 31, 2020.

Les Mills

Les Mills On Demand Fitness is giving our residents FREE access to on-demand fitness classes! This includes 100+ training videos that you can do in your own home. Challenge yourself to a variety of workouts, powered by science, and proven to get results. Classes include strength, cardio, HIIT, dance, flexibility and more.

[Click here](#) to set up your on-demand fitness schedule!



Lifestyle @ Home



Evergreen Wellness

Evergreen Wellness is a comprehensive resource that empowers people 45+ to enjoy a happier, healthier lifestyle. Available FREE for our residents, Evergreen Wellness is offering the online streaming version of its 28-Day Size Down Challenge™ – an at-home workout program designed for those looking for a gentle way to get into fitness and drop one size in 28 days. Workouts are just 8 minutes a day (excluding weekly rest days). The program also comes with optional meal plans and grocery shopping lists that give participants their best chance of achieving the 28-Day Challenge.

With or without the meal plan, the 28-Day Challenge offers a great way to get fit without ever leaving the house. [Click here](#) to enjoy your FREE subscription until May 31, 2020.



Kids and Adults Staying Connected

Kidvelope

Kidvelope is an engaging and creative mission adventure game played offline and online that brings kids and their faraway family members together. Kids start with an activity kit that is loaded with goodies – then team up with faraway grandparents, parents, others to solve mission challenges through hands-on creative activities, online interactions, back and forth mail and phone conversations. Kidvelope offers kids and the grown-ups who love them a whole new way to laugh, share and play... no matter where they live!

Special Offer Ending May 31, 2020: Kidvelope Mission Adventure – including the full activity kit and all online activities – FREE to the first 3,000 residents. Residents who sign up will only need to pay the \$5.99 shipping charge. [Click here to sign up.](#)



Lifestyle @ Home



Lifelong Learning

One Day University

Although gathering together for continuing education and other classes has temporarily halted, learning doesn't have to! We have partnered with One Day University to offer our residents FREE access to their amazing video library of previously filmed live events for viewing at any time. In addition, One Day University is now streaming live presentations from the world's top schools and professors who provide special versions of their best lectures five days a week!



One Day University is designed for people who think every day is a great day to learn something new. You'll explore new ideas, discover new passions and have a great time doing it.

Follow the steps below to access the complimentary library until the end of May:

- Go to: www.onedayu.com/first-service-residential
- Click the SIGN UP NOW button and use the promo code FIRSTSERVICE2 at checkout and you'll pay \$0.
- Once you're signed up, you can view the live streams every weekday here: www.onedayu.com/live-stream-event-schedule
- Access hundreds of videos in the video library here: www.onedayu.com/video-library

Curiosity Stream

Love documentaries? CuriosityStream is your online streaming resource for award-winning documentaries. Whether you access by mobile phone, tablet, laptop or 4K TV, you'll be able to view over 3,000 titles. Titles include just about every interest – whether its ancient history, the latest in science and technology or you're just wondering why dogs are so darn cute. There's something for everyone!



To register for this FREE subscription valid until May 31, 2020, [click here](#) to sign up.