



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

Mother's Day Flower Pot Craft- If you're looking for a gorgeous Mother's Day gift for kids to make this year, this Mother's Day flower pot craft can't be topped. This template makes the flower pot an easy kids craft to make, and mom or Grandma will adore the special message hidden inside the pot when she opens it up on her special day. [Click here](#) for instructions.

Disney's Family Singalong Volume II- The second hour-long nationwide Mother's Day special hosted by Ryan Seacrest will air on ABC this Sunday, May 10 at 7 p.m. EDT. [Click here](#) for the full line up!

L'il Maestros online music classes -Older kids who want to use their time at home to learn to play an instrument can take advantage of Ausounds L'il Maestros online music classes. The five week sessions are totally free, and teach guitar, piano, percussion, music theory, improvisation, and more. The classes also feature special appearances by famous musicians as well as industry experts. [Click here](#) to view the live virtual lessons air every weekday at 3 p.m. EST.

Online Learning for Adults

12 Virtual Mother's Day Ideas that will bring you closer together. Show Mom you care despite the miles and social distancing. [Click here](#) to get started, there's still time!

10 of the Best Poems about Mothers-Looking for a classic poem for Mother's Day? Look no further. Whilst sentimental rhymes and rather sappy doggerel fills many a Mothering Sunday greetings card, these ten poems represent some of the best statements about mothers and motherhood ever written.

CuriosityStream-Do you love documentaries? CuriosityStream is your online streaming resource for award-winning documentaries. This Mother's Day weekend sit back, relax and enjoy one of the shows below or choose from a variety of interests! If you haven't registered for your FREE subscription valid until the end of the month [click here](#)!

Jack Hanna's Wild Countdown - Season 2

Episode: A Mother's Love

All animals start small. The lucky ones have mothers to look out for them until they can take care of themselves. Some are sweet, some are strict, and a few are downright ferocious! Come along for a countdown adventure with the loving moms of the animal kingdom!

Ocean Mysteries - Season 4

Episode: Elephant Seals



Travel to the beautiful beaches of central California to connect with the massive elephant seals. Jeff witnesses one of the most epic animal migrations on earth, helps biologists perform critical examinations on elephant seal moms, and discovers ground-breaking new data on elephant seal biology.

Leaps in Evolution

Episode 2: Creation of Motherly Love

Human mothers raise fetuses inside their wombs and breast feed their babies for a long time after birth. What made humans evolve so that we raise our children so affectionately?

Scientists believe that our ancestors experienced unforeseen dramatic changes in DNA under threats of extinction.

Fitness

[Tennis at Home Tips](#)-Practice your grip control — and give your pet a workout, too — with this simple drill from tennis professional Matt Dektas, executive director of the Excellence Tennis Foundation in Cincinnati.

BodyFlow Workout- Are you looking for a workout to rejuvenate your body? Think about trying one of Les Mills BodyFlow workouts. [Click here](#) to start your day off right!

Cooking

[Banana Sushi Recipe](#)- Try this dessert platter for Mom or for that special someone!

5 Easy Ways to Cut 500 Calories From Your Daily Diet-If you're trying to lose weight, you've probably been told to "eat less," but it can be hard to know what exactly that looks like. To make it easier, [click here](#) for tips on how to cut 500 calories a day from your diet to help you reach weight-loss success.

Staying Healthy in Body and Mind

Managing Screen Time at Any Age-Screen time – one of the most difficult things to manage in a work-from-home, school-from-home environment. And while it's very important to manage the amount of screen exposure your children have, it's equally important that we limit screen time for ourselves – even when working from home. [Click here](#) to read more!

Casual Friendships, Coworkers, and Even Your Outer Circle Influence Your Health- Belonging to a group can help reduce stress, repair emotional damage, and promote meaning and purpose. [Click here](#) to read the full article.

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. Full details at the end of this document.



Lifestyle @ Home



*"Your thoughts, words and deeds are painting the world around you."
--Unknown*

Stay healthy and engaged!

-Your Team at FirstService Residential

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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.](#)





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.

