

THE CARR *remote* EXPERIENCE

Issue No. XI



Today's newsletter is packed with a ton of food for thought, workouts utilizing home objects, and DIY beauty kits available for delivery from some of D.C.'s most popular salons.



FOOD FOR THOUGHT

Hate doing the dishes, but craving a home-cooked meal? Check out these one-pot, one-pan dinner recipes! Or, opt to order takeout and support your local community.



THERE IS NO sincerer love THAN THE LOVE OF food

—George Bernard Shaw

SUNDAY - RECIPE



- **Monday:** [One-Pan Pasta](#) by Martha Stewart
- **Tuesday:** [Middle Eastern-Ish One-Sheet Chicken Dinner](#) by Weelicious
- **Wednesday:** [Cheeseburger Tater Tot Casserole](#) by The Girl on Bloor
- **Thursday:** [Foil-Packet Shrimp & Sausage Jambalaya](#) by Taste of Home
- **Friday:** Support our retailers by ordering contactless delivery or curbside pick-up.
 - [Officina](#) @ The Hub (Coming Soon!)
 - [Grazie Grazie](#) @ Midtown Center (Coming Soon!)
 - [Sweet Leaf](#) @ Columbia Center
 - [For Five Coffee](#) @ King I & 2311 Wilson
 - [Casa Tequila Bar & Grill](#) @ 1701 Duke Street
- **Saturday:** Order delivery from [Hungry@Home](#) for amazing, family-style meals, prepared by local chefs.
- **Sunday:** [Sheet Pan Harissa Chicken \(or Tofu\) with Roasted Sweet Potatoes](#) by Feasting at Home

Looking to expand your cooking skills during quarantine? Join [Masterclass](#) and learn from the world's best instructors! For a limited time, you can purchase two annual all-access passes for \$180.

You can also take an [interactive online bartending and mixology class](#) for a chance to learn from one of the best bartenders in Washington, D.C.



GET MOVIN' AT HOME

No gym? No problem! Nike Master Trainer, Ashley Wilking, shares a [40 minute soup can workout](#), as well as a [homemade ladder workout](#), made with painter's tape, on her Instagram account! Plus, check out these [6 leg moves you can do sitting at your kitchen table](#).



SELF-CARE

Has your manicure seen better days? Try this [comprehensive guide to giving yourself an at-home manicure](#). Don't have the tools you need? You can get an at-home mani kit from [Varnish Lane](#), a local non-toxic and waterless salon. Reach out to hello@varnishlane.com for further details.

Find yourself wearing a hat more often these days? Georgetown-based [Salon Leau](#) is delivering DIY professional color kits to help combat growing roots and grays. Email salonleau@gmail.com for more details.

Protective facemasks are hard to come by nowadays, but click [here](#) to find out where you can buy them from local D.C. restaurants.



BUILDING & WORKPLACE SAFETY

Due to the COVID-19 pandemic, we have been diligently working to enhance our cleaning and operating protocols in our buildings to ensure your safety, including:

- Increased Cleaning & Sanitization
- Designated Paths of Travel to Ensure Social Distancing
- Increased Fresh Air Intake & Enhanced Filtration
- Availability of Personal Protective Equipment

Stay tuned for more detailed information on these protocols in the near future. Additionally, for real-time announcements and updates surrounding the operations and management of your building, please visit carrprop.com/covid19.