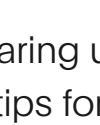


# THE CARR *remote* EXPERIENCE

Issue No. XXIV



In the month's newsletter, we're sharing unique, time saving recipes for every day of the month, back-to-school tips for the kids, and a September-themed trivia contest. Additionally, we're pleased to introduce Carr Properties' first virtual events calendar!



## VIRTUAL EVENTS

Mark your calendars! We've partnered with [Neighborhood Restaurant Group](#) to bring you two interactive, virtual events this month. Space is limited so make sure to RSVP today!

### MIXOLOGY CLASS | THURSDAY, SEPT. 24 @ 7PM

Join us for a Zoom mixology class where Nick Farrell, Beverage Director at Neighborhood Restaurant Group, will show you how to make restaurant-quality cocktails at home.

Each participant will receive a cocktail kit prior to the event, which will include enough spirits, mixers, and garnishes for two complete cocktails, as well as a recipe and instruction card. Space is limited to 25 people, so please RSVP by Friday, September 18.

[RSVP](#)

### CUPCAKE DECORATING CLASS | WEDNESDAY, SEPT. 23 @ 6PM

Both kids and adults are welcome to join this Zoom cupcake decorating class, led by [Buzz Bakeshop's](#) head baker, Alexandra Cheppa. In this deliciously creative class, Chef Cheppa will lead guests through their own cupcake decorating, with tips and tricks.

Each participant will receive an ingredient kit with four cupcakes (two chocolate and two vanilla), two piping bags of icing, and four different kinds of sprinkles. We ask that all children are accompanied by an adult for this class. Space is limited to 30 people, so please RSVP by Tuesday, September 15.

[RSVP](#)



## FOOD FOR THOUGHT

September brings a change in season and schedules (hello back to school!), so we wanted to share [easy, 30-minute or less recipes](#) you can incorporate into your jammed-packed days!

If you have time to spare, and want to get creative with your child's school lunch, check out the [Lunchbox Dad's](#) super cool and creative lunch ideas. The [mini cucumber sea turtle lunch](#) is almost too cute to eat!



## CONTEST ALERT

Introducing our new monthly trivia contest! Test your knowledge on all things September. The first three customers to answer all of the questions correctly, will win a prize.

[START NOW](#)

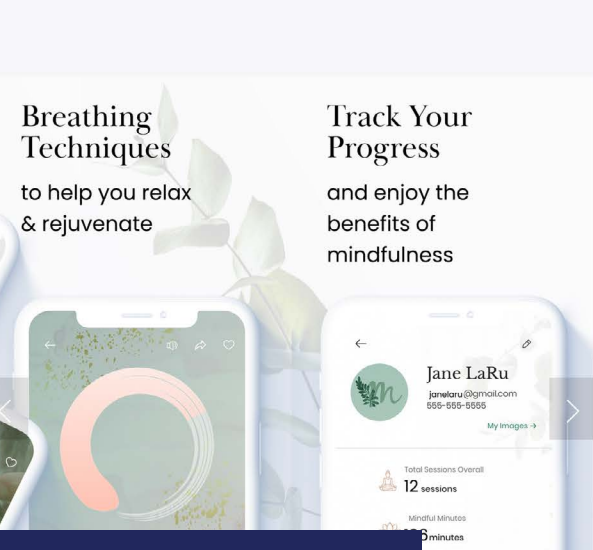


## KID'S CORNER

Kids may not be heading back to school in the traditional sense this fall, but nonetheless, school will be in session. As many parents take on the role of teacher's assistant this fall, we're here to help arm you with fresh and engaging activities for kids of all ages.

- Banish first-day jitters for both parents and kids with [these tips](#) for virtual learning.
- For "art class," we are loving [these rock crafts](#) from Martha Stewart, made to inspire creativity.
- Take a hike with the kids, or a stroll through your neighborhood for "gym class" and place the rock creations out and about for others to discover. Finding one of these gems in nature is sure to brighten someone's day.

## The Mindful Mamas App



FINALLY! A SELF-CARE AND MINDFULNESS APP DESIGNED ESPECIALLY FOR YOU.

**"I was crying in the first 10 minutes"**  
The guided meditation I was listening to seemed as though it was made just for me, in that very moment that I was experiencing with my toddler. I honestly couldn't believe it... I am truly thankful for this app, and there is no doubt in my mind that it will now be my go-to resource.  
★★★★★ - Kaci B.

## SELF-CARE

With new schedules, comes new routines. Make sure to carve out some time for yourself this fall, with a few of these self-care tips.

- For all of the moms out there, try downloading the [Mindful Mamas](#) app to help ease anxiety, release stress, improve sleep, and enrich your relationships.
- To help cope with those back-to-school nerves, we recommend saying [these affirmations](#) each day.
- Interested in journaling? To help kick-start the process and create your own "journal of joy," check out these [10 writing prompts for happiness!](#) After several months of journaling, take a look back and relish in your accomplishments and progress.



**BY ALL THESE LOVELY TOKENS, SEPTEMBER DAYS ARE HERE. WITH SUMMER'S BEST OF WEATHER AND AUTUMN'S BEST OF CHEER.** —Unknown



For more information or to submit content ideas, please reach out to Trisha Joyce at [tjoyce@carrprop.com](mailto:tjoyce@carrprop.com).

Additionally, for real-time announcements and updates surrounding the operations and management of your building, [click here](#).