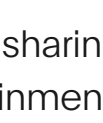


THE CARR *remote* EXPERIENCE BOSTON

Reinventing the
Workplace Experience

Issue No. XXIX



In this month's newsletter, we're sharing Valentine's Day themed recipes, wellness tips, and the best entertainment to look out for in 2021. Additionally, make sure to RSVP for this month's virtual event!



VIRTUAL EVENT

Mark your calendars for February's virtual event lineup. Space is limited, so make sure to RSVP today!

SPECIALTY COFFEE WORKSHOP WITH FOR FIVE COFFEE THURSDAY, FEBRUARY 25 @ 6PM

We are excited to partner with one of our very own retail customers, [For Five Coffee](#), this month! For Five Coffee's Dusan Sokica will lead this workshop and delve into the world of specialty coffee, explaining where it derived from, and the process of how it goes from a plant into your coffee cup.

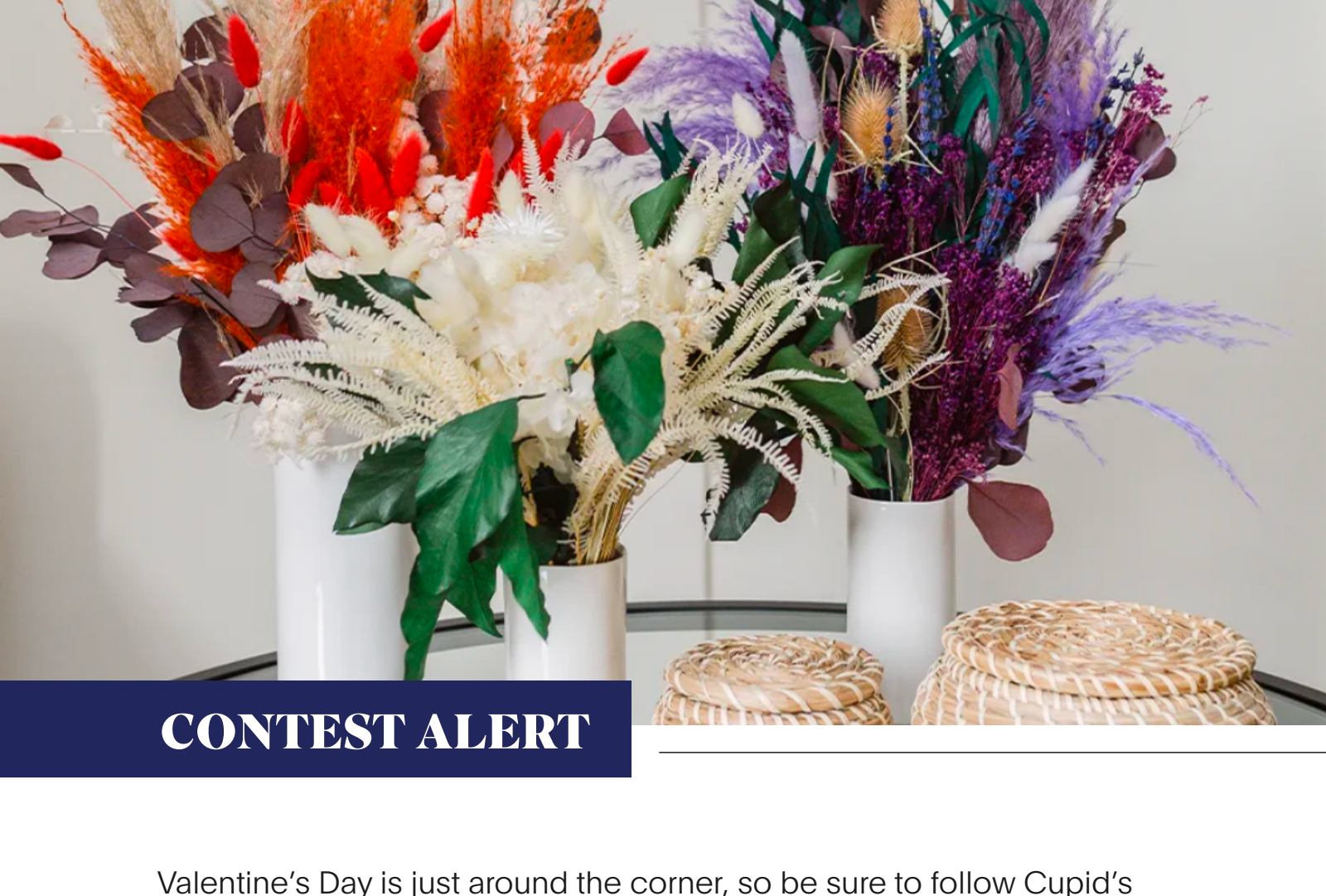
Each participating household will receive a kit with the following:

- 3 (2.5 oz) bags of For Five Coffee, including light, medium, and dark roast options.
- 3 For Five Coffee cups, lids, and sleeves.
- Small bag of For Five Coffee's infamous Nutella bites.
- 15% discount code off your next online order.

Space is limited to 25 people, so please RSVP by February 10.

RSVP

**Please note, these virtual events are for Carr Properties' customers only. If you have any questions, please reach out to Trisha Joyce.*



CONTEST ALERT

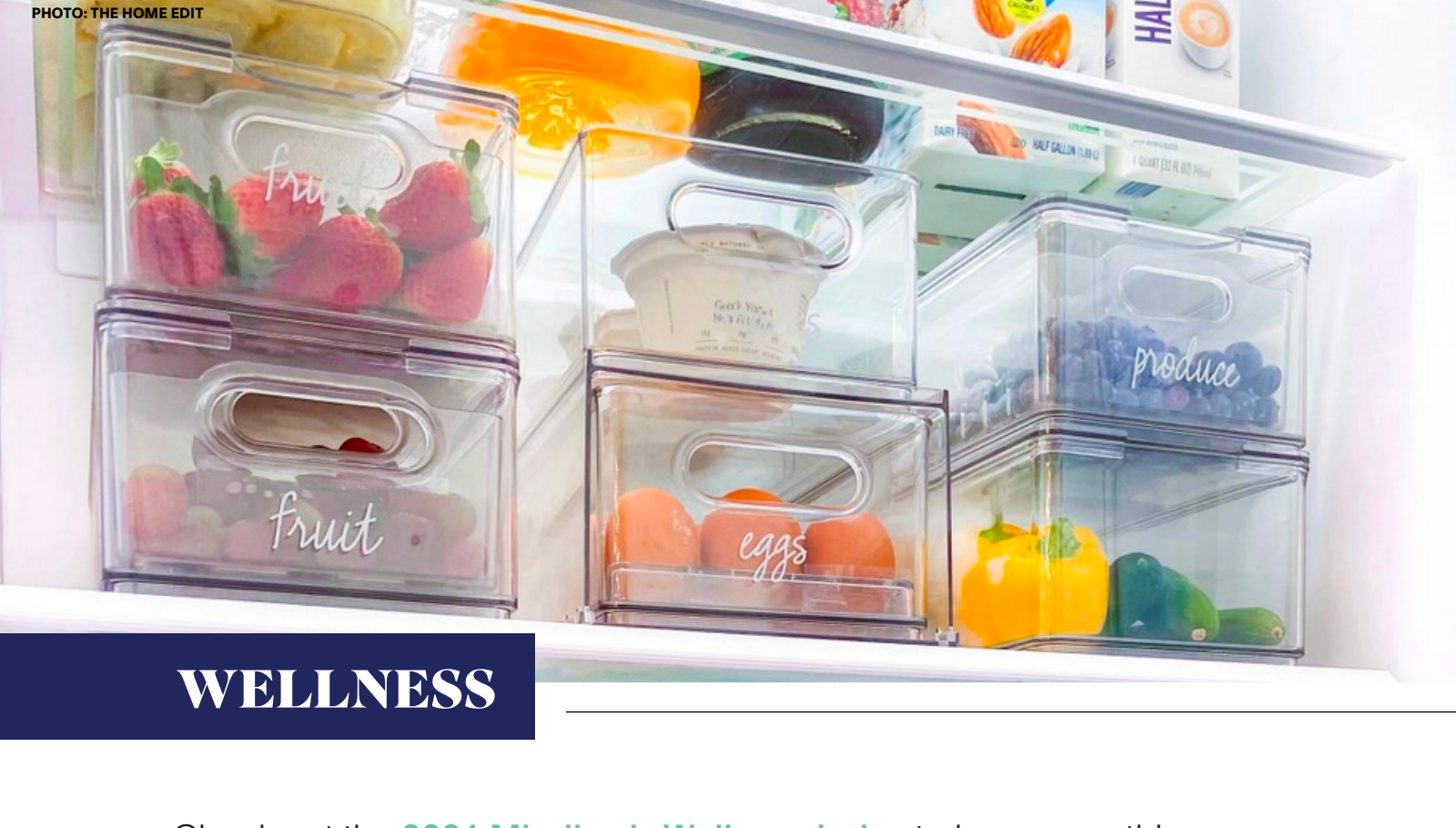
Valentine's Day is just around the corner, so be sure to follow Cupid's arrow to the link below to take this month's love song themed trivia contest. Bonus points if you can finish without singing the tunes in your head! The first three people to answer all of the questions correctly will win \$100 credit to [UrbanStems](#).

START NOW



FOOD FOR THOUGHT

One table that doesn't require a reservation is your own, and whether you are single or taken, [these Valentine's Day inspired recipes](#) will have you celebrating love all month long. We have you covered with dinner, dessert, and of course, cocktails!

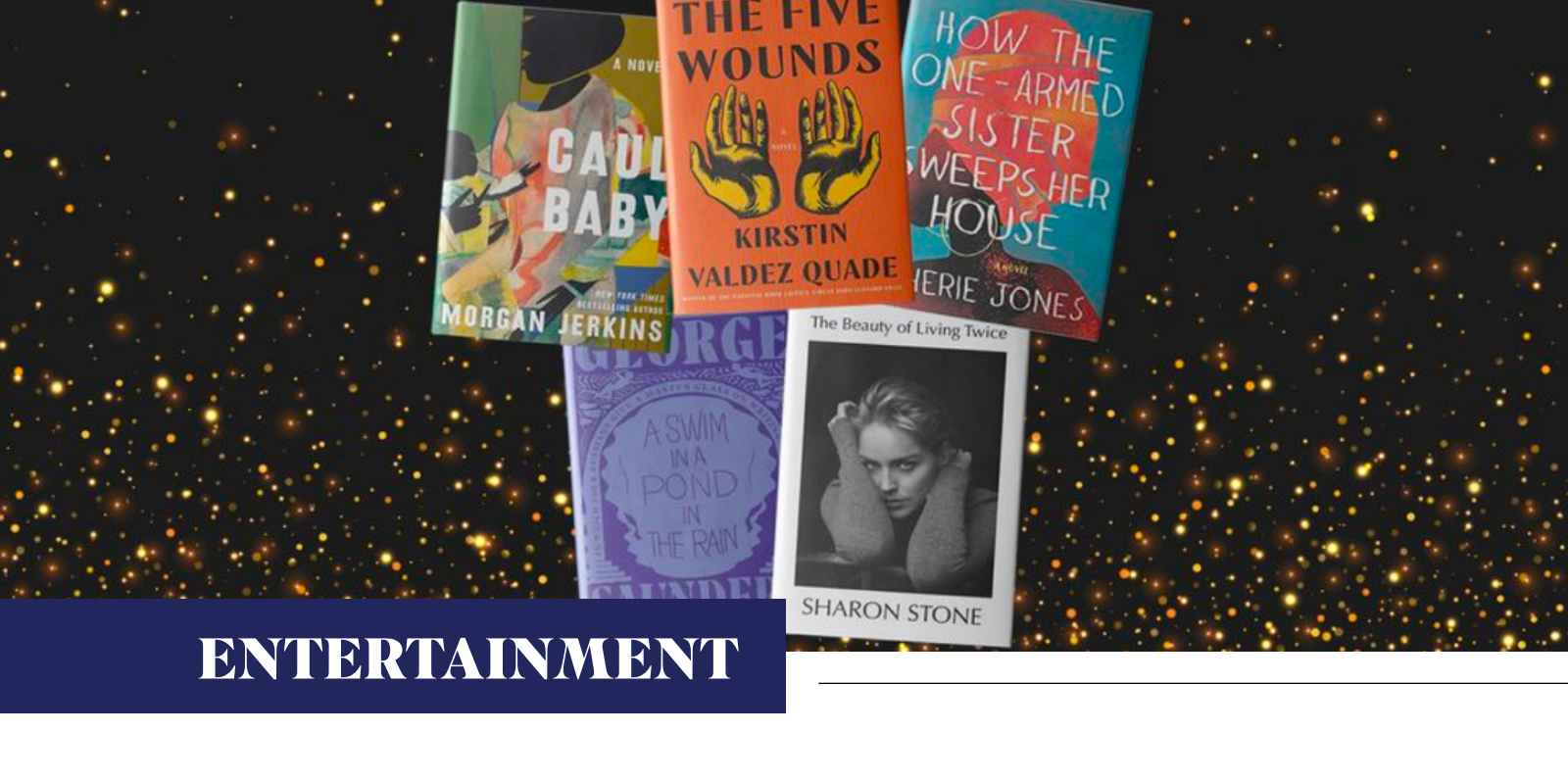


WELLNESS

Check out the [2021 Mindbody Wellness Index](#) to learn everything you need to know about what wellness means and looks like across the US. The index looks at American wellness across all seven dimensions: physical, emotional, intellectual, spiritual, environmental, social, and occupational.

We also love these [five wellness trends](#) to watch out for in 2021 from Mind Body. Who knew there were so many touchless spa services to help us relax and recover? All of which are great alternatives to a traditional massage.

Lastly, as we continue to maintain our New Year's resolutions, we agree with The Home Edit's approach – if making healthier choices is on your list of resolutions, just remember that starting small is the key to long-term success. This month, start small and check out these [fridge organization tips](#) from The Home Edit for a healthy reset!



ENTERTAINMENT

The winter months may have us spending more time indoors, but there is plenty of at-home entertainment to keep us busy. Check out the most anticipated new releases in 2021:

- [Books](#)
- [TV](#)
- [Podcasts](#)

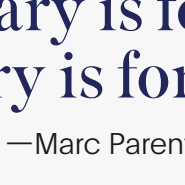
CARR PROPERTIES NEWS

Oliver Carr Speaks to The Washington Post about The Elm's Groundbreaking Design

Carr Properties' Chief Executive Officer, Oliver Carr, recently spoke with Michele Lerner of The Washington Post about **The Elm's** highly anticipated transit opportunities, first-class amenities, and adapted health standards that make this 456-unit high-rise a groundbreaking design for the metropolitan area.

With the first residents expected to move in next month, The Elm embraces downtown Bethesda's convivial community, while also inviting it inside with its community-oriented offerings. The 28th-floor Skybridge is a "lounge in the sky," housing a bar, catering kitchen, and private dining area, while the 17th-floor terrace is outfitted with grilling stations, a library, and dog park – all with views of the Capitol building, Washington Monument, and National Cathedral.

LEARN MORE



January is the month of change;
February is the month of lasting change. January is for dreamers...
February is for doers."

—Marc Parent