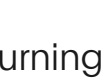


THE CARR *remote* EXPERIENCE

Issue No. VII



From mouth-watering recipes, to burning calories, to battling boredom, we've got a long list of ways to stay healthy and entertained. Plus, be sure to check out our latest Instagram contest, for a chance to win an Uber Eats gift cards!

Bucatini Alla Gricia with Fava Beans



FOOD FOR THOUGHT

Is your produce on its last leg? Visit [Fridge to Table](#) to create a recipe based on the food available in your fridge.

Looking for easy-to-make meals this week? Check out the below list of recipes consisting of only 8 ingredients or less. Or if you're tired of cooking, order dinner in from one of our local retailers.



THERE IS NO sincerer love THAN THE LOVE OF food

—George Bernard Shaw

SATURDAY - RECIPE

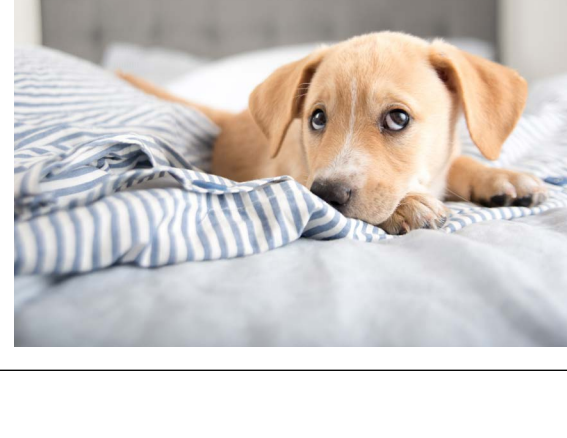


- **Monday:** [BLT Sushi](#) by Delish
- **Tuesday:** [Bucatini Alla Gricia with Fava Beans](#) by Bon Appétit
- **Wednesday:** [Waffle Iron Turkey Melt Panini](#) by MyRecipes
- **Thursday:** [Broccoli Chicken Casserole](#) by Taste of Home
- **Friday:** Support our retailers by ordering contactless delivery or curbside pick-up.
 - [Officina](#) @ The Hub
 - [Grazie Grazie](#) @ Midtown Center
 - [For Five Coffee](#) @ King I & 2311 Wilson
 - [Casa Tequila Bar & Grill](#) @ 1701 Duke Street
- **Saturday:** [French Bread Pesto Chicken Pizza](#) by Kitchn
- **Sunday:** Order delivery from [Hungry@Home](#) for amazing family-style meals, prepared by local chefs.



A winner NEVER stops TRYING.

—Tom Landry



CONTEST ALERT

Have you officially reached the point where you are more excited about taking walks than your dog?! Click [here](#) to see how some fur babies are showing their humans who's boss while working from home.

For a chance to win an **Uber Eats gift card**, share a photo with us of your pet living their best WFH life.

How to Participate:

1. Follow [@carrproperties](#) and [@waveoffices](#) on Instagram
2. Share a photo of your pet(s) living their best WFH lives on Instagram
3. Make sure to use [#CarrRemoteExperience](#) in your caption.
4. Post your photo **by 3PM on Friday, April 17**.
5. A member of our team will reach out directly to **three (3) winners by 5PM on Monday, April 20**.



GET MOVIN' AT HOME

Allieve stress and stay on track with your fitness goals, by joining one of Synergy's free weekly [virtual classes](#). Whether you have an abundance of equipment at home or none at all, there is a class for you!

Synergy also offers free 20-minute "Kids' Recess" at 2:30 PM every Monday at the link above.



AVOID CABIN FEVER

Need a break from all of that Netflix binging? We've got you covered. Bust your boredom with one of the below activities.

A Trip Down Memory Lane

We all have thousands of photos on our phones, and now is the time to create everlasting memories with them. Sites like [Snapfish](#) and [Shutterfly](#) are offering great deals on photo books and prints. Browsing your albums and finding long-forgotten photos will turn any quarantine frown upside down!

Get Jiggy with It

According to Statista, the U.S. puzzle market, dominated by [Ravensburger](#) and [Springbok](#), was valued at \$631 million in 2019. That's a whole lot of puzzle making! As you look for new and creative ways to stay entertained, check out the below brands changing the traditional jigsaw puzzle experience.

- [Piecework](#)
- [Jiggy](#)
- [Areaware](#)

Become a Picasso

Learn how to paint by tuning into Bob Ross's official YouTube channel, [The Joy of Painting](#), or follow [this step-by-step tutorial](#) on how to "grow" watercolor flowers on paper.



For more information or to submit content ideas, please reach out to Trisha Joyce at tjoyce@carrprop.com.

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