

THE CARR *remote* EXPERIENCE BOSTON

Issue No. XI



Today's newsletter is packed with a ton of food for thought, workouts utilizing home objects, and how you can bring spring blooms into your home.



FOOD FOR THOUGHT

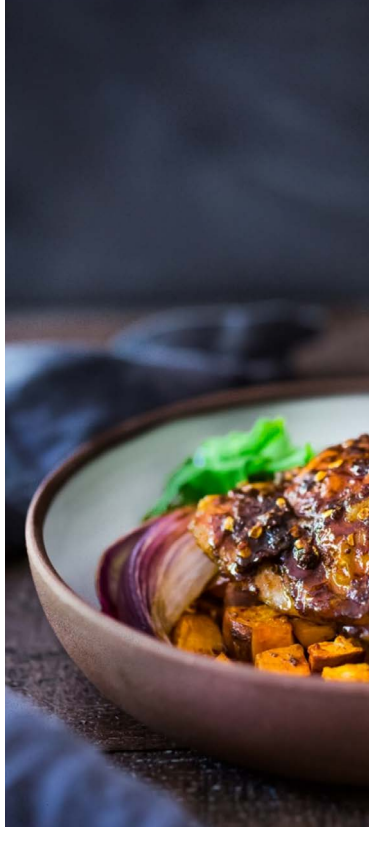
Hate doing the dishes, but craving a home-cooked meal? Check out these one-pot, one-pan dinner recipes! Or, opt to order takeout and support your local community.



**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 your local favorites by ordering contactless delivery from one of [Boston's best takeout and delivery](#) options, open during this time.
- **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

Need to stock your pantry? Check out [Boston Public Market](#), which is offering same-day delivery. Also, you can satisfy your sweet tooth with curbside pickup and delivery from [these Boston-area bakeries](#).

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.



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](#).

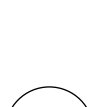
In addition, you can join Lovejoy Wharf-based [Row House](#) for one of their free, daily, equipment-free workout sessions on [Facebook Live](#).



GREEN THUMB

Are you twiddling your green thumbs, looking for something to do? According to Hanover-based boutique, [PLANTSANDPONYTAILS](#), "Adding plants to your space will give you a better life." Be sure to check out their [collection of plants](#) that can be delivered right to your door!

Want to learn the art of design in your own home? Check out Marshfield-based [Beach Plum Floral Design](#), who recently launched a home delivery service for bouquet kits!



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](#).