



HOW TO USE THE CONCIERGE SERVICE

ORDER TICKETS MONDAY-FRIDAY

9:00 am - 5:00 pm

The delivery day for your building is every Friday by 12:00 pm; please pick up your tickets no later than 4:00 pm that same day.

All orders must be placed by 2:00 pm on Thursday, the day before, to make the Friday delivery.

Should you need tickets prior to your Friday delivery, please contact us for a location nearest you to pick up your order.

PLACE ORDERS:

texasconciergeconnection.com

CONCIERGE REQUESTS:

services@conciergeconnection.org

QUESTIONS:

214-935-9700, ext. 1

WE DO NOT ACCEPT PERSONAL CHECKS OR CASH.

We do accept ALL major credit cards, debit cards and company checks.

Candace Rozell, *President & CEO*
candace@conciergeconnection.org
(Please do not send concierge requests or ticket orders to this email. Use the "services" email above for a faster response.)

Concierge Connection

"Helping Professionals Get Back to Business"

Make a Note

The concierge desk will be closed on Monday, May 25 in observance of Memorial Day. Have a safe and happy holiday!

Mother's Day Online Auction & Celebration Benefiting Ally's Wish

May 4-10

Since in-person gatherings are prohibited at this time, the 6th Annual Boots & Blessings Gala benefiting Ally's Wish, which was originally scheduled for last month, was cancelled. This fundraiser has been re-imagined and will proceed, beginning with an online auction running May 4-10 at www.AllysWish.org. A variety of items will be available for auction, including apparel and accessories, jewelry, dining options to local restaurants, trips and more.

The auction will culminate with a live video program broadcasting on Mother's Day, Sunday, May 10 at 5pm on Facebook at www.Facebook.com/AllysWish14. This program will celebrate mothers and their importance in our lives. You will hear from former Dallas Cowboy Tony Casillas and his wife, Tamara, and learn about the mission of Ally's Wish.

Funds raised from this event will benefit Ally's Wish to fund last wishes of young mothers battling terminal illnesses so they may create lasting memories with their children and loved ones. For more information, visit www.AllysWish.org.

The FWSO Has Something New For You

While COVID-19 has temporarily altered the ways in which people gather to listen to great symphonic music, the FWSO is dedicated to connecting society through music, education and community by keeping the music playing regardless of local or global circumstances that might hinder people gathering to enjoy music together. The FWSO has created The Music Lab to keep the music playing by providing the community an opportunity to uniquely engage with musicians, staff and sponsors beyond the walls of Bass Hall. The four pillars – listen, learn, share and give – will house content the community can access to grow musically, discover archived, live or curated performances and generally connect with other music lovers. Grab a glass of wine and enjoy happy hour with FWSO's world-renowned Music Director, Miguel Harth-Bedoya. Every Monday at 5pm CST, Miguel will curate topical discussions on composers, favorite works, and the role a Music Director plays on the podium and beyond. For more information, visit www.fwsymphony.org.

Learn a Foreign Language

While you're isolating, if you plan to travel in the future you can work on learning another language. There are about a million ways to jump into the practice, and some of those are free. One fan favorite is Duolingo, a free app and website with more than 30 languages to study. Thanks to its game-like design, Duolingo feels as much like playing as it does like learning a language. You don't have to add the stress of becoming fluent... just sit for 5-20 minutes each day and have fun with it. Download the free app on your phone or log onto www.duolingo.com.



AT&TPAC @Home

Although nothing can replace the magic of being in a theater with an audience enjoying a live performance, hopefully, the new AT&TPAC @Home series can play some small part in keeping you connected to the art that so many of us find healing and exhilarating.

Follow their YouTube channel to enjoy behind-the-scenes looks at past performances, interviews with casts and crews, virtual tours of their venues, educational content, and more! For more information, visit www.attpac.org.

Stay Home and Stay Moving!

In strange times like these, it's important to remember to take care of ourselves. Sheltering in place does not have to mean sitting still! Here are some online workouts to help you stay healthy and blow off some steam.

• Yoga online

Yoga with Adriene has been offering free yoga classes on YouTube for years, and she has an extensive library of videos to sustain you mentally and physically. Visit yogawithadriene.com.

Local studios such as Inspire Yoga (inspireyoga.com) and Dallas Yoga Center (dallasyogacenter.com) are offering online classes for current and new members. Indigo Yoga of Fort Worth has converted its studio to live online classes using Zoom. Membership is \$99 per month, but the drop-in rate for online classes is \$10. The studio is offering free courses for medical professionals, teachers, first responders and government employees. Check them out at indigoyoga.net.

• Fitness for kids

Another yoga channel, Alo Yoga, is also offering free yoga classes on YouTube geared toward kids. The instructors are interactive and make yoga extra fun by incorporating animal inspired poses and sounds. Visit aloyoga.com/pages/alo-gives.

Some school districts are participating in an at-home PE program hosted by the Texas

Legends basketball team. The program features physical activities, health tips and mental health check-ins. Contact mfarmer@texlegends.com for more information.

• Dance the stress away

The Sculpt Society – a dance-style cardio fitness method developed by Megan Roup – is a hit with celebrities and influencers across the country. Download the Sculpt Society app and get a free two-week trial! Visit thesculptsociety.com.

If you enjoy classical ballet and want to incorporate it into your exercise routine, try Kathryn Morgan's ballet classes on YouTube. Her videos include various levels of barre, center and strengthening exercises. She has pointe classes too! Visit youtube.com/user/Tutugirlkem.

Contemporary Ballet Dallas is also offering online adult dance classes through contemporaryballetdallas.com.

Dance instructor, Lola Jaramillo, is now offering dance lessons online for seniors! Vida Senior Center has been recording her exercise classes, most of which are taught in Spanish, since mid-March in an effort to keep older adults engaged and healthy with a touch of Latin flair. In addition to the exercise videos, they have also recorded their nutrition tips and relaxation classes as well as shared information about COVID-19 in Spanish. Visit

www.vidaseniorcenter.org/videos-online-classes.

• Try Pilates

Dallas' Session

Pilates is offering free mat workouts on its blog, with a new



one added each day. The videos are free, although the studio is accepting donations to help support the instructors. Visit sessionpilates.com/blog.

• Train for a 5K

Get some fresh air and fitness by downloading the **C25K 5K Trainer** app. The app provides daily workouts to help you build up your stamina slowly over time for running.

• Gym membership online perks

If you're a member of a gym or studio, check websites or your email to see which instructors and courses are offered online. Some gyms are offering special trial periods for nonmembers. The Gold's Gym app is free through the end of May with the code **FIT60**. First time users need to use the link goldsamp.com/promo. Access is included for members, and without the special link, nonmembers pay just \$10 per month. 24 Hour Fitness offers online workouts for members and nonmembers through the app 24GOapp. Visit 24hourfitness.com/membership/24go.

Family Friendly Educational TV

With schools closed and lots of parents working from home, chances are you're logging more screen time than usual, so why not make it count! There are plenty of shows available to stream that will keep you and the kids entertained while learning. Here are a few we suggest checking out:

Ask the Storybots: This animated show follows five colorful robots on a mission to investigate questions submitted by real kids that you've probably wondered about yourself: What happens when you flush the toilet? How do people catch a cold? Why can't I eat dessert all the time? The only danger of watching this show is the catchy songs that will surely get stuck in your head. (Netflix)

The Who Was? Show: If you need a laugh, this sketch comedy show brings to life people from the past such as Albert Einstein, Marie Antoinette, Julius Caesar and Bruce Lee, played by young actors in ridiculous costumes. Think of it as an extra-silly history lesson. (Netflix)

Molly of Denali: This animated series on PBS follows Molly, an adventurous 10-year old who lives in a remote Alaskan village with her parents, who run the local trading post. Molly of Denali is a great choice if you're interested in learning about wildlife, exploration and indigenous traditions. (Amazon Prime Video)

Odd Squad: Another great show from PBS, *Odd Squad* follows a group of kids-turned-secret agents who use math to investigate mysterious events in their small town. Blending suspense, action and comedy, *Odd Squad* is so entertaining you'll barely notice it's also educational. (Amazon Prime Video)

Pee-wee's Playhouse: In this colorful show from the 80's, Paul Reubens plays the childlike Pee-wee Herman. In each episode, Pee-wee visits a playhouse filled with unusual objects, including a talking chair and a floating genie head. Bonus: Parents will probably like watching this one with their kids. (Netflix)

Too Cute!: If you are a fan of adorable things, you will love this show. Each episode follows a group of newborn creatures - mostly kittens and puppies but also baby skunks and sloths - through the first weeks of life. You will learn about different animals and their young while squeee-ing over squirming puppies. It's a win-win. (Hulu)

KERA's At-Home Learning: In March, KERA debuted At-Home Learning on their website which includes entertaining and educational shows aligned with Texas Essential Knowledge and Skills (TEKS) standards that are airing on KERA-TV (Channel 13) and streaming online weekdays 6am-6pm. They have broken up the schedule by age group. From 6-8am, pre-K to third grade students can watch shows such as *Xavier Riddle and the Secret Museum* and *Wild Kratts*. Then, kids in grades 4-8 can learn about social studies, math, science and literature through *NOVA*, *History Detectives* and more. More shows for highschoolers follow at 1 or 2pm depending on the day. The KERA website also features additional resources such as videos about hand-washing and germ-fighting with Daniel Tiger, a weekly calendar of fun things to do at home, and lesson plans. Watch KERA at-Home Learning programming on KERA-TV (Channel 13) or at learn.kera.org, which also has resources for parents, caregivers and educators.



Texas Wineries Go Virtual

In an effort to keep their customers engaged, many wineries are taking wine tastings, happy hours, and classes online! Live wine events will be available to any and all wine lovers stuck indoors through several platforms such as Facebook Live, Instagram Live, IGTV, Zoom and Twitter. Participants will be able to interact and connect with the wine community during these sessions, with questions and comments highly encouraged. Kuhlman Cellars, a winery in Stonewall, says that they are "putting the social in social distancing" with their virtual tastings. Here are just a few online winery options:

- BRENNAN VINEYARDS hosts virtual happy hours on Fridays at 4pm through Facebook Live. Visit their events page at facebook.com/brennanvineyards.
- KUHLMAN CELLARS offers themed virtual tasting webinars on every Friday-Sunday via Zoom. Visit facebook.com/kuhlmancellars for more event info.
- PEDERNALES CELLARS has Facebook Live virtual tastings which they announce online at facebook.com/PedernalesCellars.
- SLATE MILL WINE COLLECTIVE will feature an "Ask Our Experts" Facebook Live series Fridays from 2-3pm. See facebook.com/slatemillwine for details.
- TEXAS HILL COUNTRY WINERIES hosts "Hill Country Happy Hour" every Thursday at 6pm on Facebook Live.



SUPPORT SMG DURING COVID-19 AND GET 2 FREE MOVIE TICKETS

Until their screens are back on, Studio Movie Grill (SMG) asks audiences to please consider ordering your SMG favorites for curbside takeout or Grub Hub™ delivery at select locations. With your order, 10% of proceeds support SMG team members at locations nationwide. Plus, get two free movie tickets!

ORDER TAKEOUT FROM THE SMG APP

Another way to enjoy SMG's Takeout and Delivery Menu is ordering online through their mobile app. They're launching this feature now, and once their screens are back on, they'll offer the convenience of mobile ordering before the show and other in-theater dining features during the show.

For additional information, visit studiomoviegrill.com.



Explore the Outdoors from Home!

A number of zoos, aquariums, and other family-friendly attractions across DFW have created virtual visits so you can still safely enjoy them. Here are just a few:

Dallas Arboretum

If missing the Dallas Blooms in person has you feeling down, don't despair! As part of Digital Dallas Blooms, the Arboretum Facebook page will feature at-home gardening tips, garden updates and tours, virtual labs from the Rory Meyers Children's Adventure Garden scientists and more. On the Arboretum's website, you will also find virtual tours and videos. Visit facebook.com/dallasarboretum and dallasarboretum.org.

Dallas Park and Recreation

The department has started a new Rec@Home program promoting family-friendly leisure activities including making healthy snacks, arts and crafts and at-home fitness. Videos showing these activities and more are available on the Dallas Park and Recreation YouTube channel and other social media. Additionally, the department has shared a nature scavenger hunt that can be done from your backyard! Search DallasParkRec on social media or visit dallasparcs.org.

Dallas World Aquarium

Check in on the manatees and sharks via the aquarium's live cameras at dwazoo.com/animal-cams.

Dallas Zoo

The zoo has started a new campaign to #BringTheZooToYou. The zoo's social media channels are filled with videos showing virtual visits, chats with staff and animal updates, as well as activity ideas from zoo education and conservation teams. Visit facebook.com/DallasZoo, twitter.com/dallaszoo or instagram.com/dallaszoo.

Fort Worth Zoo

Virtual visitors are invited to stay connected with the animals and staff by following them on social media. The zoo has also put out a call for children to send a video message with their animal questions, and staff will work to get them answered in videos on the FW Zoo's Facebook page. Visit facebook.com/FortWorthZoo, twitter.com/fortworthzoo or instagram.com/fortworthzoo.

Texas Discovery Gardens

The garden at Fair Park is starting a new weekly video series on its YouTube channel and other social media. The "Digital Garden" series will highlight horticulture, entomology, and daily happenings around the gardens. Visit facebook.com/TexasDiscoveryGardens, twitter.com/texasdiscoverygardens or instagram.com/texasdiscoverygardens.

Trinity Forest Adventure Park

Trinity Forest Adventure Park has shared on Facebook its "Home-Ventures Project," a resource that includes "adventure-minded" books and TV, activities and more. Completing some of the activities can also reward kids with half off a T-shirt once the park is open again! Visit facebook.com/TrinityForestAdventurePark.

How to Protect Yourself & Others against Coronavirus

Know How it Spreads

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. The virus is thought to spread mainly from person-to-person, between people who are in close contact with one another (within about 6 feet), through respiratory droplets produced when an infected person coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone should:

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact.

Avoid close contact with people who are sick. Stay home as much as possible. Put distance between yourself and other people. Remember that some people without symptoms may be able to spread virus. Keeping distance from others is especially important for people who are at higher risk of getting very sick. Cover your mouth and nose with a cloth face cover when around others. You could spread COVID-19 to others even if you do not feel sick. Everyone should wear a cloth face cover when they have to go out in public; for example, to the grocery store or to pick up other necessities. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face cover is meant to protect other people in case you are infected. Do NOT use a facemask meant for a healthcare worker. Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes.

If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Throw used tissues in the trash.

Immediately wash your hands with soap and water for at least 20 seconds after using a tissue. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol cleaning a counter

Clean and disinfect.

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection. Then, use a household disinfectant. Most common EPA-registered household will work.

Visit www.cdc.gov and www.coronavirus.gov for the most updated information.

