



We've made it to the end of another unusual work week— you've earned some fun, so here are some things to bring you joy as you stay #SafeAtHome this weekend (with special gratitude to those who will be working over the next 2 days):

If you've been missing some of your favorite treats, you'll be glad to know that many companies have released their **famous recipes for you to make at home!** This article includes a pretty diverse list, including Walt Disney World's Dole Whip, Doubletree Suites' chocolate chip cookies, and even McDonald's Sausage McMuffin:

<https://www.usatoday.com/story/life/food-dining/2020/04/15/coronavirus-mcdonalds-disney-parks-doubletree-cheesecake-factory-share-secret-recipes/2993756001/>

Each week, Brian Jose--Director of UF Performing Arts--hand-picks a performance for your viewing enjoyment. This week he shared a **fun clip of comedian Demetri Martin** performing on "The Late Late Show," which you can watch by clicking the video below (or at this link: <https://www.youtube.com/watch?v=B6Y7KQXHh58>).

You can also sign up to receive Brian's weekly picks at: <https://lp.constantcontactpages.com/su/CX900UI/BrianPicks>

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Brian's Performance Picks
While we all practice social distancing, UFPA will be sending noteworthy, short videos straight to your inbox each week, all of them hand-picked by UFPA Director Brian Jose. Enjoy!



Those who find comfort in “happy little trees” will be delighted to know that **every episode of Bob Ross’s “Joy of Painting”** is now available for free online streaming (!!!). You can watch all 31 seasons here:

<https://www.youtube.com/user/BobRossInc/>

If you’re ready for some exercise, you can sign up to race against Leonard the Bear (the Charmin toilet paper mascot) by participating in a virtual **5K/10K/COVID-19K race to raise money to support local Gainesville restaurants**. Learn more about this unique do-it-yourself race and sign up here: <https://mailchi.mp/9be4791b0136/help-our-local-restaurants-4022293?e=c37a4596de>



If you’re getting tired of the same “scenery,” you may feel inspired to do a little redecorating of your home after watching a delightful TED Talk on **“Where Joy Hides and How to Find It”** here:

https://www.ted.com/talks/ingrid_fetell_lee_where_joy_hides_and_how_to_find_it

For those looking for something new to watch, **HBO is now offering free streaming services:**

<https://play.hbogo.com/page/urn:hbo:page:home>

You can click here to watch the **third episode of Some Good News**:

<https://www.bing.com/videos/search?q=some+good+news&&view=detail&mid=901300BE5B02BF2E0C18901300BE5B02BF2E0C18&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dsome%2Bgood%2Bnews%26FORM%3DHDRSC3>

And finally, here's some more **free stuff and discounts** for healthcare workers, first responders, and others:

- **Krispy Kreme**: Any doctor, nurse or healthcare staff member with an employee ID can pick up dozens of glazed doughnuts for free from any Krispy Kreme drive-thru every Monday until May 12th.
- **Starbucks**: Any customer who identifies as a healthcare worker will receive a tall brewed coffee — hot or iced — at no charge.
- **Circle K**: Health care professionals can receive a free coffee or Polar Pop. A valid ID is needed to redeem the free beverage at any time of day or night.
- **Subway**: Get a free Footlong when you order two Footlongs for takeout. Use code SUBWAYNOW for free Uber Eats, DoorDash, Postmates, Grubhub, and Seamless delivery.
- **Steak 'N Shake**: 20% off any Steakburger and/or order of Fries for all first responders -- show your ID.
- **BP Gas Station**: BP is providing 50 cents off a gallon for the people fighting coronavirus (COVID-19) on the frontlines. To receive a discount, visit bp.com/localheroes. You will be prompted to verify you are a first responder using ID.me. Once you do so, you will get a code via text or email that you can use the next time you get gas.
- **Medelita**: Medical workers can receive a 30% discount on Medelita scrubs by using code FRONTLINES at checkout. <https://www.medelita.com/>
- **Big Lots**: Retail company Big Lots is offering a 15% discount off everything for medical professionals, first responders, and active military/veterans. Just show your badge or work/military ID or use code BIGHEROES online. Offer good through April 30. <https://www.biglots.com/>
- **Crocs**: Crocs is giving away a free pair of their Classic Clogs to those on the frontline. Stock is limited (sign up daily at 12pm). <https://www.crocs.com/COVID19-REQUEST.html>
- **Figs Scrubs**: Figs is offering up to 25% off select styles <https://www.wearfigs.com/>
- **Cannuka Skin Care**: 50% off discounts, plus a free product for health care workers, first responders, teachers, troops, and more. <https://cannuka.com/pages/exclusive-discounts>
- **LoveSac Furniture**: Now through May, get 40% off. <https://www.lovesac.com/heroes>
- **Health Nut Shop**: Offering 20% off to all Frontline Workers. Health Nut Shop sells everything wellness including skin care, kitchen supplies, clothing, etc. <https://healthnutshop.com/>
- **BeeKeeper Naturals**: 50% off discount on all of their products to anyone on the frontline. These essential workers can email customercare@beekeepersnaturals.com to receive the discount code before making a purchase on the wellness brand's site. <https://beekeepersnaturals.com/>

Have a wonderful weekend and stay well!

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