

[View this email in your browser](#)



Dear valued tenants,

Welcome to Issue #2! We are thrilled with the positive feedback so far and look forward to delivering more great content in the weeks ahead. See what this current issue has for you below. Didn't catch our last issue? You can [read it here](#).

#### **Jamieson Place Fitness Centre News**

Our fitness centre staff has put together some resources to stay connected with you through a series of live classes, an online fitness class database, and resources for health and wellness across Calgary. We are excited to introduce the following online tools that will help you stay active and keep you motivated while working out at home:

- **Live Zoom Classes.** The Fitness Centre staff will be hosting free daily live fitness classes on Zoom and all tenants can attend;
- **Move123 Fitness Classes.** These are a series of online workouts you can do at home - yoga, barre, full-body cardio and more – at your own pace and schedule.

For more information, classes, schedule and additional health and wellness tips and resources across Calgary, please visit the fitness page of our building website:

<https://jamiesonplace.com/index.php/amenities-services/fitness-centre>.

**Some Good News [watch].** John Krasinski - best known for his wisecracking, camera 'shrugging' character Jim Halpert from *The Office*, and more recently the star of Amazon's *Jack Ryan* - is hosting a (very) low budget news broadcast from his living room focused solely on good news stories from around the world, with regular celebrity video-guests. [Watch Episode #2 today](#) and don't forget the tissues.

**Learn from home.** Scholastic Canada is offering free subscriptions to their [digital platforms](#) until June 30, 2020 to help keep kids reading, thinking, and learning. And for adults, why not check out one of the [hundreds of free courses](#) being offered by universities worldwide, including some by McMaster University and University of Alberta.

**This day in history.** April 9th marks Vimy Ridge Day, commemorating the efforts and sacrifices of Canadian soldiers' during [the decisive victory at Vimy Ridge during WWI](#). Also on this day in 1932, the Toronto Maple Leafs swept the New York Rangers 3-0 to win the Stanley Cup (hard to believe, we know).

**Bedtime reading with a twist!** As part of the #SaveWithStories campaign, famous faces - including Canadian [Robert Herjavec](#) (*Dragon's Den*) - are uploading videos of themselves reading children's books. Take a break and pass the baton next time you have to tuck the little ones in.

**Virtually escape this long weekend, without leaving the couch.** Travel vicariously while self-isolating by checking out this list of [18 globe-trotting television series](#) (streaming on various platforms), or even this [24 Hours Around the World photo essay](#) featured in Air Canada's *enRoute* magazine.

**Bring the film festival home.** To accommodate imposed isolation practices, this year's Hot Docs series is being [streamed and broadcast by CBC starting April 16th](#).

---

Help us shape future issues of the Quad. Send your questions, celebrity-backed parenting aids, and other suggestions to [thequad@quadreal.com](mailto:thequad@quadreal.com)

Not already a subscriber? [Click here to receive future issues directly.](#)



*Copyright © 2020 QuadReal Property Group, All rights reserved.*

[www.quadreal.com](http://www.quadreal.com)

[Watch our story](#) | [Service 24/7](#)

You can [update your preferences](#) or [unsubscribe from this list](#).