



A place to gather on the topics of health, wellbeing and positivity

Dear valued tenants,

Issue #3 has landed! As we continue to practice physical distancing, we hope these articles and resources offer a welcome reprieve and bring a bit of positivity to your day.

Jamieson Place Fitness Centre Live Classes

Our fitness centre staff continues providing the series of live classes which will help you stay active and keep you motivated while working out at home. We are excited to introduce the **15 Day Flexibility Challenge**, a new Fitness Centre initiative. This is a fun challenge open to anyone looking to improve their flexibility for better posture, reduce lower back pain, or better squats. Allocate 5 minutes of your day for 15 days to complete the 4 exercises to improve the flexibility goal of your choice.

For more information about this challenge, live 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>.

Bottles and cans pick-up drive in support of Children's Wish / Make A Wish

Foundation. Children's Wish / Make A Wish Foundation, a charity organization we support through the can and bottle recycling program in our buildings, has partnered with Skip the Depot to do a bottles and cans pick-up drive. Skip the Depot will pick up curbside when

you are ready; all proceeds to benefit Children's Wish / Make A Wish Foundation. More details about how to sign up for a bottles pick-up can be found here:

<https://app.skipthedepot.com/childrenswish>

The Quarantine Cookbook. This unique 'open source' cookbook is [free to access](#) and includes contributions from chefs at some of Canada's top restaurants. Cloud-based software being put to tasty use. [Check in regularly](#) for new recipes.

Work from home tips, from the experts. There is a lot of information swirling around the inter-webs these days on the best work from home practices. Why not see what the academics have to say by checking out these [Top 5 Tips from the University of Toronto](#).

A one-man fundraising machine. Captain Tom Moore set out to raise £1000 for NHS Charities Together by completing 100 laps of his garden before his 100th birthday.. Let's just say [he well surpassed his fundraising goal](#).

Take your kids to Earth School! The UN Environment Programme and TED-Ed have developed a unique 30-day children's environmental education platform that includes a collection of daily environmentally themed 'quests'. [The first two quests are available online](#) (we enjoyed the piece on 'Should We Eat Bugs').

Keen for more virtual museum and art tours? Look no further! [Explore over 48,000 objects](#) online via the Museum of Anthropology at the University of British Columbia, [enjoy a free described audio tour](#) via the Royal Ontario Museum, or check out the Art Gallery of Ontario's [online collection](#) of nearly 95,000 works.

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