

# the Quad

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

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Dear valued tenants,

We're back with another issue of the Quad! We have loaded up Issue #4 with more articles, resources and other interesting shares to help infuse a bit of positivity into 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.

For more information about the 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>.

**From our hives to your home.** One of our urban beekeeping partners, Alvéole is also delivering a number of virtual workshops and a unique [Activity Bee Booklet](#) with a handful of educational activities for you (and the family) to try out.

**Stay active outside while physically distancing.** Mountain Equipment Co-op

interviewed Infectious Disease Specialist, Dr. George Farjou for tips and tricks for getting outside and staying active while keeping yourself (and others safe). [Read his suggestions here.](#)

**ArtistsCAN.** Canadian artists including Michael Bublé, Avril Lavigne and Justin Bieber all covered the late Bill Withers' Lean on Me from their homes in support of the Canadian Red Cross. Take a [listen here](#).

**Look no further for a stylish mask.** Vogue has released a list of [92 masks to shop now](#), including [a very chic set](#) by Canadian designer, Tanya Taylor. With every purchase, funds are donated to create masks for healthcare workers. Nearly 30,000 masks have been produced to date.

**This day in history.** On May 8, 1970 The Beatles, released their final original album *Let it Be* ([commemorate with a listen on Spotify](#)). On this same day in 2010, Betty White became the oldest Saturday Night Live host at 88 years old.

**Local public libraries are offering a host of free programming and resources.** The Toronto Public Library shares [38 ways to use the library from home](#), Bibliothèque nationale offers [un calendrier](#) of daily online activities, the Vancouver Public Library's event page [can be found here](#), the Calgary Public Library encourages us to [library from home](#) and the Halifax Public Libraries show us [what's on](#).

**Let's #GetReal about how we feel.** Closing off Canadian Mental Health Week, we wanted to draw attention to the CMHA's campaign this year and what we really mean when we say "I'm fine." Check out [CMHA's 2020 Toolkit and more](#), and remember; connecting with others doesn't just feel good - *it's good for our mental health*.

We wish everyone a safe and restful weekend, and a big Happy Mother's day to all the mothers reading this and working harder than ever right now!

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Help us shape future issues of the Quad. Send your questions, COVID style tips and other suggestions to [thequad@quadreal.com](mailto:thequad@quadreal.com)

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