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the Quad

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

Dear valued tenants,

Issue #5 on Week 10 of the quarantine - fans of multiplication factors, rejoice! We look forward to hearing feedback on this week's content.

Spark Science from home! Explore the world of science through Telus Spark's online collection of science experiments and activities for the family. You can also tune into live science shows weekly that include magic shows, demonstrations, tutorials and more. Learn more on [Telus Spark](#) website.

Time to put in the garden with Calgary Horticultural Society. Spring is here so while spending more time at home, take this opportunity to plant a garden. Find an online community of garden enthusiasts with the [Calgary Horticultural Society](#). Find out what's happening in the gardening world, connect with news, events, gardening classes, resources and more.

Fitness Centre 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 and schedule please visit the fitness page of our building website: <https://jamiesonplace.com/index.php/amenities-services/fitness-centre>.

Escape from quarantine... kind of. Gather your family and friends online to test your problem solving skills on this timely [virtual escape room, *Escape From Quarantine*](#). The organizers are offering this at no charge, but donations are welcome. Too on-the-nose? Why not [try escaping from Hogwarts](#) instead.

Supporting local businesses near you. A new online initiative, [Breaking Bread](#), is connecting would-be customers with independent restaurants, wineries, breweries, and more across the country that otherwise would not have the capacity to market themselves. Check out the small businesses that are participating in Vancouver, Calgary, Edmonton, Toronto, Ottawa, and Montreal, and perhaps discover a new local favourite!

Special thanks to Natasha Garcia on QuadReal's Vancouver team for sharing this great initiative for us!

Wild Kids, Meet *Wild Classroom*. Running light on teaching resources for your increasingly-energetic young ones at home? The World Wildlife Fund is producing a daily educational activity series, *Wild Classroom*. [Week 8 of their programming is live!](#) Bring the great outdoors inside.

The best of spring. Curious what spring looks like in different corners of the world? Thousands of amateur and professional photographers from around the globe participated in a #Spring2020 photo contest organized by Agora, a photography app. Be prepared to be blown away by [these submissions](#).

This day in history. On May 22, 1980, the iconic video game Pacman was released. While some fortunate few may commemorate by enjoying this arcade classic at home, others may simply wish to join us this Friday eating cherries for bonus points and avoiding

colour-changing ghosts. 🧛👻

And lastly, we couldn't resist... Doubling down on a previously shared internet gem, we're linking another dose of John Krasinki's *Some Good News* broadcast, this time featuring [a virtual reunion of *The Office* cast](#) for an epic socially-distanced surprise wedding.

Help us shape future issues of the Quad. Send your questions, local spring shots and other suggestions to thequad@quadreal.com



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