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The Jamieson Place Fitness Centre has some exciting new updates to share with all members! From removing the workout reservations, to launching a new platform for their digital classes and programs and offering you some exciting challenges this month, the Fitness Centre continues to support all members and keep them active and engaged!

For details, please visit our building website [Fitness Centre page](#).



Community Engagement at Jamieson Place

While we were unable to host our regular building charitable events this year, we planned several initiatives meant to provide support and relief to our communities.

We asked you, our Tenants, to contribute to the wellbeing of our communities by participating to these initiatives aimed to help, raise awareness, and bring communities together.

Read more [here](#) about the impact that these initiatives had on our community.

BETTER TOGETHER



Virtual programming exclusively curated for QuadReal tenants and residents



30-Minute Mindfulness Break

December 7 • noon ET + PT

Join Meditation Teacher Heather Lillico for a live meditation experience to help you manage stress and bring a bit more Zen into your life.

[Register for Noon ET](#)

[Register for Noon PT](#)



Holiday Sips, Snacks & Sweets

December 9 • noon ET

Fun food (and drink!) for the holiday season, including four recipes that create a menu for a cozy night in or an impromptu cocktail party; something to sip on, snack on, and satisfy that sweet tooth.

View menu and register [HERE](#)



Always Room for Chocolate

December 9 • 3 p.m. ET | noon PT

Up your sweet treat game with these simple, easy-to-prepare desserts featuring both the decadence and health properties of chocolate!

View menu and register [HERE](#)



Feel Good Stories from 2021

It has been quite a challenging year for many individuals and communities across the country. In these extraordinary times, Canadians have not only demonstrated resilience during times of emergency, but also generosity and care toward one another.

This issue includes a handful of positive stories from the year, along with wellness tips and our warmest wishes for the holidays. Enjoy the last issue of 2021.

Comments and suggestions are welcome. Email us at thequad@quadreal.com.



Good People to the Rescue!

The recent extreme flooding and mudslide events experienced in B.C.'s Fraser Valley have wreaked devastation including loss of life. In the midst of this tragedy individuals and groups reached out to help those in need. Here are two inspiring stories:

- Surrey's Sikh community mobilized a large-scale operation of hot food preparation, donation of goods, and even organized chartered helicopters to deliver meals to many of those stranded. Volunteers prepare 3,000 meals a day and continue to collect donations from the community, including funds for air, and

later, ground transportation to ensure those in need have a hot meal, clothing, and other necessities. [Read the full story.](#)

- Termed the “boat cowboy,” Henry Chillihtizia helped herd 29 horses through cold, fast-moving floodwaters, saving the animals from hypothermia and possible death. Using a motorboat, Chillihtizia, along with others lending a hand, saddled some of the horses to coax the others to follow to higher ground. All the horses are safe, including cows that were also herded to safety. [Read the full story](#) and [watch a short video.](#)

(photos: Left: photo captured from Surrey Now-Leader. Right: Photo captured from The Globe and Mail)



Taking a Break on Us

Ready for another heartwarming story? At [Cloverdale Mall](#) in Toronto, the team created a five-day appreciation event for frontline and healthcare workers running the on-site immunization clinic. One of Toronto's nine major vaccination centres, the clinic was welcoming about 3,000 people daily during the summer.

Take A Break On Us was an opportunity for the site team to thank healthcare workers on behalf of the community. The outdoor area was set up with a tent, picnic tables, chairs and benches alongside a different food truck each day to create a place to enjoy the event safely. Read the full story and see photos from the event as part of our last [We Care Too spotlight series.](#)



Giving with Glitz

Willowbrook Shopping Centre in Langley made giving a stylish affair with its sixth annual charity shopping night, Puttin' on the Glitz featuring 1920s themed décor, live jazz, and party favours. The event was a success raising \$25,000 for Big Brothers Big Sisters of Langley (or a lot of "clams" in 1920s slang).

Big Brothers and Big Sisters of Langley delivers mentoring programs that support over 400 children and youth who are facing adversity, by providing them with another caring and trusting adult in their lives. A fun event for a good cause is simply put: the bee's knees, hotsy-totsy and the cat's pajamas!



Feel Good Stories from Nature

No need for a double take. Despite “weather bomb” events, frustrating COP 26 climate talks, and other worrisome trends, there have been positive environmental stories. Here are two that demonstrate how a little care can help nature bounce back:

- Orcas are back! Killer Whales have been spotted in Vancouver’s Harbour area, an encouraging sight for marine scientists. Ending the fisheries-protection practice of killing seals and sea lions has brought the Orcas back, and a return to a more balanced ecosystem. [Read full story.](#)
- Over the past 20 years, a forest area the size of France has regrown around the world thanks to conservation efforts and more sustainable industry practices. With the potential to capture 5.9 gigatonnes of carbon dioxide, it is critical we halt current deforestation and help restore more land. [Read full story.](#)



Mind the Surface

As our access to information and news stories increased over the years, first through television, then the internet, our “surface area of concern” has grown, exposing many of us to negative thought and potentially added stress. Minding how we consume information is important to protect our mental health. Read the full (short) article [here](#).



Happy Hanukkah

The Jewish festival of light celebrated from the evening of November 28 to December 6 brings families together to light the Channukiah (a nine-candle menorah) and eat fried – yes, fried! – foods such as Latkes and [Sufganiyot](#). Curious? Here is a list of [healthy latke recipes](#) that are sure to bring cheer any day of the year! Chag Sameach from QuadReal.



Happy Holidays and a Merry Christmas

To all who celebrate our warmest wishes for a very Merry Christmas to you and your loved ones. Bring on the eggnog, gingerbread cookies and board games, cozy time is almost here. Happy Holidays from the Quad team and all of us at QuadReal.

Together we are stronger. Thank you for sharing our commitment to better communities. Wishing you health and happiness this holiday season and in the year ahead.



QuadReal





Wellness Tip of the Month

For many of us, the busy month of December can be stressful. Here are three tips to tackle holiday pressures:

- **Tip 1:** If holiday obligations are stressful, communicate your feelings and ask for time to yourself. You are more likely to enjoy holiday baking or wrapping presents when you're relaxed.
- **Tip 2:** Consider a budget for holiday gifting. For example, rather than giving individual gifts to friends, enjoy an experience such as a shared meal.
- **Tip 3:** Try drawing, collaging, or other forms of art. The beauty of art is that no experience is necessary. We can all create. Watch an instructional webinar on [Drawing from Nature](#) with artist Erin Candela.

When all else fails, take it outside: bundle up and go for a walk while listening to music or a podcast. You got this!



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