



# The Quad

a gathering place on  
**health**  
**positivity**  
**wellbeing**  
**community**

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# BETTER TOGETHER



Virtual programming exclusively curated for QuadReal tenants and residents

# Meet the Bees Virtual Event



Jamieson Place is pleased to welcome thousands of *new residents* after two beehives have been installed on the building rooftop on June 2. As part of implementing QuadReal's sustainable commitment, we have partnered with Alveole for this new initiative, and we are proud to take part in the great movement for more eco-conscious cities.

Please join us for a virtual event on **Thursday, June 10 at 12 p.m. (noon)** to learn more about the bees and their essential contributions to our ecosystem and food chain. Take a virtual peek inside a hive, experience a day in the life of a beekeeper and see what a typical beehive inspection looks like.

Please view [this invitation](#) to access the virtual event link and to find out more details.

## Fitness Centre June Online Resources



The Fitness Centre staff have put together various exercise programming options to keep you active at home! Please visit our building website

<https://www.jamiesonplace.com/building/amenities/fitness> to find out more about the current programs and resources offered by the Jamieson Place Fitness Centre.

Please contact the Jamieson Place Fitness Centre staff by email at [jpfitness@livnorth.com](mailto:jpfitness@livnorth.com) if you have any questions, are looking for workouts to complete at home, or for anything else they may be able to help you with!

## Retailers Updates

With the recently announced Tim Hortons six weeks closure for renovation, we would like to remind you of the other retailers in our buildings that are open and are happy to serve you.



Please access this link to view the list of open retailers and their business hours:

[https://crewcmsblob.blob.core.windows.net/crew/5fc42398f28c0a9a71aad06a/retailers\\_ip.pdf](https://crewcmsblob.blob.core.windows.net/crew/5fc42398f28c0a9a71aad06a/retailers_ip.pdf).

Thank you for your support.



### **Colouring & Conservation**

**June 8 ~ 3 p.m. ET / noon PT**

In celebration of World Oceans Day, join us for an exclusive podcast style workshop with WWF-Canada to learn about our coastal and marine environments. Participants will be invited to colour in original illustrations and ocean themed prize giveaways will be raffled.

[REGISTER HERE](#) or via [QuadReal+](#)



### **Blanketing the City**

**June 9 ~ 2 p.m. ET / 11 a.m. PT**

Join us for a conversation with acclaimed Musqueam weaver and artist [Debra Sparrow](#) in which she discusses the inspiration for her Blanketing the City series, her experiences creating public art as a Musqueam woman, and the symbolism behind the weaving designs.

[REGISTER HERE](#) or [via QuadReal+](#)



### **City Cycling**

**June 17 ~ noon ET + PT**

Welcome to Bike Month! Learn best practices and tips for safe and enjoyable urban cycling. The workshop will cover road rules, bike equipment, fit, and more!

[REGISTER for noon ET](#) with Cycle Toronto  
[REGISTER for noon PT](#) with HUB Cycling  
or [via QuadReal+](#)





## Learn 2 Run II

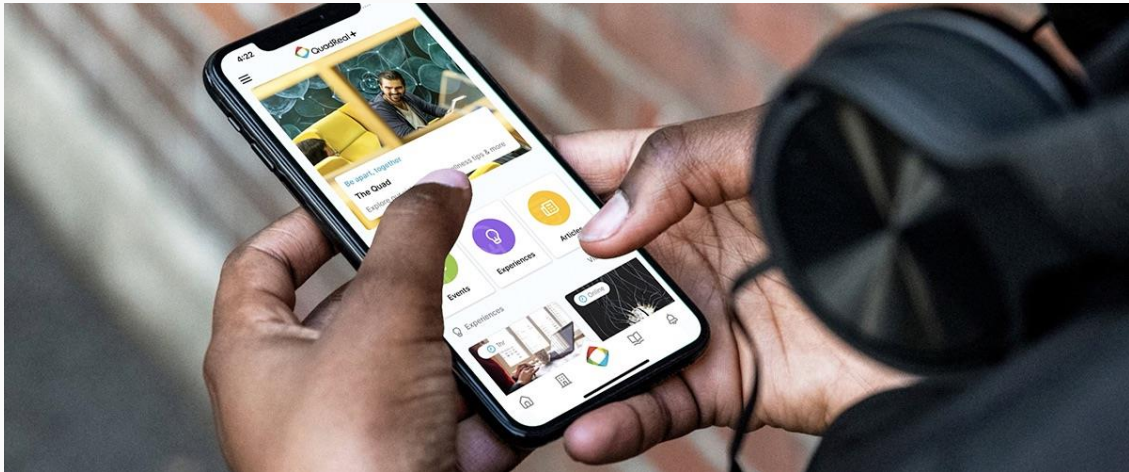
June 22 ~ noon ET + PT

Building on the foundational skills of Learn 2 Run I, this webinar will review how your core mobility and power, combined with advanced breathing techniques, can support a safe progression towards speed and distance goals.

[REGISTER for noon ET](#)

[REGISTER for noon PT](#)

or [via QuadReal+](#)



## Introducing Event Registration via QuadReal+

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We are thrilled to introduce a simple, quick way to register for events, read articles from The Quad, and enjoy resources at your fingertips. We are also including extra resources such as monthly recipes and wellness tips exclusively available through QuadReal+.

To download the app to your phone or access the QuadReal+ website, visit: [quadrealplus.com](https://quadrealplus.com). View brief instructions for [office + industrial tenants](#) and [residents](#).



## Murals Celebrating Coast Salish Weaving

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QuadReal is excited to be the presenting sponsor of a public artwork that will spark a remarkable transformation of Cathedral Square Park in the centre of downtown Vancouver. Blanketing the City is a public art mural series and Reconciliation process designed by acclaimed xʷməθkʷəy̓əm (Musqueam) weaver and graphic designer [Debra Sparrow](#) in collaboration with [Vancouver Mural Festival](#).

Master weavers Chief Janice George, Sk̓wx̓wú7mesh (Squamish) and Angela George, Sel̓íl̓witulh (Tsleil-Waututh) were invited to collaborate on the design of six landmark murals that will blanket concrete pillars in the park and explore Indigenous visibility in public spaces. The designs are all translations of the traditional weaving patterns of the three Coast Salish Nations. Each weaver was assigned two pillars to blanket with their designs, while the tops of the pillars are circled with a bracelet pattern that links all the weavers' artwork. Read the full story [here](#).

Join us on June 9 for [a special online event with artist Debra Sparrow](#), in celebration of [National Indigenous History Month](#) and the Vancouver Mural Festival.



## Show your Pride!

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June is Pride Month: an opportunity to celebrate diversity by promoting the equality and visibility of the two-spirit, lesbian, gay, bisexual, transgender, and queer/questioning (2SLGBTQ+) community of people. Virtual celebrations will take place throughout the month. Visit [Pride Toronto](#) for a month-long *phygital* festival, celebrating 40 years with a [virtual calendar](#) of educational workshops, activities, wellness days, and much more. [Vancouver Pride](#) and [Pride Centre of Edmonton](#) are also featuring online events for all to join. With the cities of [Calgary](#) and [Montreal](#) officially celebrating in August, the fun continues throughout the summer.



## People & Planet: June's Environment Days

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Move over Earth Month (April) and make way for June, jam-packed with environmental action days. From [Clean Air Day](#) on June 2 to [World Environment Day](#) on June 5, the overall theme is to connect and help restore our ecosystems.

Not sure where to start? [Join us on June 8](#) for a podcast style webinar with WWF-Canada, in celebration of [World Oceans Day](#). Bonus: there will also be colouring, prizes and no homework!

# HAPPY *Fathers* DAY



## For Father's Day (dad joke included)

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Fun fact: Father's Day was first celebrated at the YMCA in Spokane, Washington on June 19, 1910. A lot has changed since then, but the tradition of doing something special with dad remains the same. This year, Father's Day takes place on June 20, and if you haven't already decided what to get dad, consider these [unique, Canadian-made gift ideas](#). For adventure seekers, [create an experience with dad](#).

We think the best gift of all is hearty laughter at a dad joke, or better yet, [consider adding one to the list](#). This one is on us: *Two guys walked into a bar. The third guy ducked.*



## Wellness Tip of the Month

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Summer is here and with it, fresh veggies and fruit. Summer meals can offer a fresh take on old favourites by adding seasonal greens, adding fruit to sides, and introducing colour by purchasing (or growing) [heirloom varieties](#). Looking for ideas? See three healthy and delicious [summer recipes](#) sure to impress. Enjoy!





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