



BETTER
TOGETHER



Virtual programming exclusively curated for QuadReal tenants and residents

JAMIESON PLACE FITNESS CENTRE UPDATES

Fitness Centre Survey. We need your input! Please take a moment to complete the following two-minute Fitness Centre Survey

<https://forms.gle/ddTWk7wfrnekCDnD9>. This survey will provide valuable input from our members as we plan to bring back group exercise classes this fall.



Fitness Centre Online Resources. The Fitness Centre staff have put together various exercise programming options to keep you active! 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.

CELEBRATING SUMMER: LIVE MUSIC EVERY FRIDAY

QuadReal is proud to be a returning sponsor of the [Stratford Summer Music Festival](#). In collaboration with the [Commerce Court](#) property team, we are pleased to bring you four performances each Friday in August, live from Revival House in Stratford, Ontario.

The access code to watch the weekly concerts via live stream will be posted on the [QuadReal Plus app](#). Read a brief instructions page on how to access the app for [tenants](#) and [residents](#).



Thompson Egbo-Egbo

August 6

9 p.m. ET / 6 p.m. PT

[CONCERT DETAILS](#)



Heather Bambrick

August 13

9 p.m. ET / 6 p.m. PT

[CONCERT DETAILS](#)



Hilario Duran Trio

August 20

9 p.m. ET / 6 p.m. PT

[CONCERT DETAILS](#)



Laila Biali

August 27

9 p.m. ET / 6 p.m. PT

[CONCERT DETAILS](#)



Getting Back Into the Groove

Daydreaming about getting coffee from a barista and chatting with colleagues at the office? Missing working out at the gym and grabbing a drink after work? We are happy to welcome QuadReal tenants and employees back to our buildings across the country this summer and fall. We've created an [an online resource section](#) with videos, links and

more, to support your return to the office.

For those of us feeling anxious about the first day back to the office, we recommend reading a list of suggested techniques for managing stress from psychologist Susan Albers [HERE](#).



Summer Reading List

August is a great month to disconnect from social media, an overload of email, and any 'digital distraction' to make way for some quiet time. May we suggest picking up a book to help ease yourself into a slower pace? We recommend CBC's [list of 35 Canadian books](#) as a go to resource this summer.



TED Talks – Just for Fun

The best part of watching a TED Talk is learning something new for pure enjoyment: A person's interesting life journey, how astronauts eat in space, and anything else that piques our interest. For August, we thought it would be fun to share [a list of the funniest TED Talks](#) about a variety of topics.

Enjoy a funny story that might end up as an interesting anecdote over dinner.



Water Conservation: We Care Too!

With the summer heat and wildfires burning throughout Canada and the U.S., water conservation and appreciation is a timely topic. Have a look at our We Care Too animation and [visit our website](#) to learn about how our buildings are doing their part.



Wellness Tip of the Month

Feeling weighed down by a harmful habit or a damaging distraction? Try letting go of habits or behaviors that are not beneficial to your health, such as setting limits on your screen time (many social media apps have this feature). Try to avoid screens before bed and instead, wind down with a cozy routine like a bath and a book. For more digital detox tips, [click here](#).



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