



Jamieson Place Updates



Fitness Centre Reopening. We are happy to announce the reopening of the Jamieson Fitness Centre for pre-scheduled workouts on Monday, March 8, at 7 a.m. Registration for Monday gym times will begin Friday, March 5, at 8 a.m.

Please access our website [Fitness Centre page](#) for full details and to review the new guidelines and policies that have been put in place in accordance with the Alberta Government restrictions.

If you have any questions or concerns, please contact the Fitness Centre staff via email at jpfitness@livnorth.com.

Retailers update. We would like to remind you that our retailers from Jamieson Place, Livingston Place and 240FOURTH are starting to reopen and are ready to welcome you back. Please find more information [here](#).

International Day of Happiness Photography Contest



March 20 is International Day of Happiness! We invite you to celebrate it together by entering our photography contest.

Send us a photo of what makes you smile or happy every day; nothing fancy – a shot from your phone is just fine. Feel free to add a caption too!

Please email your photos to Simona Berneanu at simona.berneanu@quadreal.com by March 19, and you can enter to win 1 (one) x \$100.00 Amazon eGift Card.

Tenant Profile: Kids & Company Child Care, Livingston Place



We would like to remind all our Tenants that Kids & Company are a high-quality childcare and early learning program provider located on the main floor in Livingston Place, West Tower.

The location includes 5 bright classrooms and an outdoor play space, and they are using an emergent curriculum approach for children 0 to 6 years, with focus on early literacy, artistry, movement, STEM, music, yoga, sign language and more. Meals are planned by a nutritionist and prepared fresh daily by the Kidco Kitchen.

For more information, please visit their website [Livingston Child Care | Kids & Company Canada \(kidsandcompany.com\)](https://www.kidsandcompany.com/Livingston-Child-Care) or contact their Director, Mimi Blanchard at 403.264.6003 or by email at calgarylivingston@kidsandcompany.com.

BETTER TOGETHER



Virtual programming exclusively curated for QuadReal tenants and residents

Upcoming Events

March is Nutrition Month. Learn about the connection between food and mood; as well as how to make easy and nutritious lunch meals.



Nutrition to Manage Stress

MARCH 5 NOON EASTERN + PACIFIC

Join Holistic Nutritionist and Meditation Teacher Heather Lillico to learn about foods that increase anxiety and how to replace those with nutrients to help you feel calm.

[REGISTER FOR NOON ET](#)

[REGISTER FOR NOON PT / 1PM MT](#)



Midday Meals Cooking Class

MARCH 18 NOON EASTERN + PACIFIC

Join us for a live cooking class to learn minimal to no-cook meals for fueling a productive afternoon. Available recipes include gluten-free, vegan and paleo options.

[REGISTER FOR NOON ET](#)

[REGISTER FOR NOON PT / 1PM MT](#)



On March 8 #ChooseToChallenge

Raise your hand if you ever experienced, observed or can name a specific example of gender bias. Now raise your hand and take a photo to show your commitment to choose to challenge and call out inequality, as part of [International Women's Day \(IWD\)](#) on March 8.

There are many ways to be part of the day. Join [virtual events](#) with women business leaders from Forbes, IBM, Google and more. Looking for a good book to read? Check out [First of their kind: Truly pioneering women](#), or be inspired by viewing women-focused [TED talks](#).



Pie for Pi Day

Looking for an excuse to bake? This month forgo the breadmaking (sourdough is so 2020) and [bake a pie](#) on March 14 for [Pi Day](#) - a celebration of the mathematical constant π , or 3.14 as it's known by the first three digits. Pi is the distance around the edge of a circle that is a little more than three times the distance across. Associating math with baked goods just might get school kids number crunching in no time!



Welcome Spring and Happy Nowruz

Welcome warmer temperatures, budding trees, and a gleeful skip in your step. The spring equinox on March 20 marks [Nowruz](#), a new year celebration observed by more than 300 million people around the world. Part of an ancient tradition, Nowruz has been celebrated for over 3,000 years in the Balkans, the Black Sea Basin, the Caucasus, Central Asia, the Middle East and other regions.

Wishing all who celebrate a happy and healthy Nowruz.



Earth and Water

Celebrate World Water Day on March 22 and [share what water means to you](#) through social media. You can also [join a seven-day global virtual run](#) around the world to achieve a combined 40,075 KM goal, equal to the circumference of the Earth.

At 8:30 p.m. on Saturday, March 27, turn off your lights for one hour and unite with millions around the globe in a call to show commitment to the planet. Join the movement at [Earth Hour](#).



Learn how to breathe mindfully and practice it throughout the day. Consider incorporating conscious breathing during your exercise routine, such as yoga. End your day and get ready for bed with some [calming breathing exercises](#).

Daylight Savings Time Begins



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