



a gathering place on
health
positivity
wellbeing
community

Jamieson Place Updates

Fitness Centre Online Resources. While the Fitness Centre remains closed, the Fitness Centre staff are still available for your support and exercise needs. Please visit the Fitness Centre [page](#) on our building website to find out more about the exercise options the staff have put together to keep you active at home!

Work Permit and Bicycle Parking Agreement. We would like to remind you that all existing Work Permits and Bicycle Parking Agreements will expire December 31, 2020. Please ensure you complete and submit new forms for 2021. More details are available [here](#).

Donation to support our communities. At a time when our communities need it most, QuadReal has donated to Calgary Food Bank this year in lieu of holiday gifts or events for our Tenant Community at Jamieson Place.

May your holidays and new year be filled with peace, love, health, hope and happiness.

Owens Landing, located on the main floor in Jamieson Place is open **Monday to Friday**, from **11 a.m. to 6 p.m.**, with Happy Hour promotion available from 3 p.m. to 6 p.m.

Owens Landing offers take out and delivery to the main floor of Jamieson Place. Cocktail kits and a selection of alcoholic beverages are also available to take home.

For more information, please visit their website thelandinggroup.ca or contact them at 587-747-7772 to place an order.

BETTER TOGETHER



Virtual programming exclusively curated for QuadReal tenants



Making Room for Chocolate

DECEMBER 10 ~ 1:00 PM EST.

Join us for a live cooking class focused on chocolate! Perfect for the holidays... or any day.

[REGISTER NOW](#)



Conservation Goes Hi-Tech

DECEMBER 16 ~ 12:30 PM EST.

Whale songs and snow leopard photo shoots! WWF-Canada joins us once again to chat technology and conservation.

[REGISTER NOW](#)



Mindfulness Break

DECEMBER 18 ~ 1:00 PM EST.

Join meditation teacher Heather Lillico for a live, 30-minute mindfulness meditation experience.

[REGISTER NOW](#)



Your Insights in 5 Minutes

Help shape our 2021 program by responding to our short survey and for a chance to win 1 of 3 gift baskets.

[TAKE THE SURVEY](#)

The Holidays, Done Sustainably

The holidays can be an overload of great food, family gatherings (virtually, this year) and... trash. Canadians throw out more than **540,000 tonnes** of wrapping paper and gift bags each year! If you choose to gift wrap this year, prioritize recyclable alternatives like craft paper, or pages from magazines. Better yet, seek out reusable alternatives!

Looking for additional holiday tips? The David Suzuki Foundation has put together a helpful guide to help 'green' your holidays, [CLICK HERE](#)

Advertising Kindness

British company John Lewis & Partners has helped kick start the holiday season with Give A Little Love advert. The feel-good video creatively uses different forms of art, such as Claymation and illustrated animation to deliver a message of kindness to one another. Tissues please! [WATCH THE VIDEO](#)



At the Top of the Global ESG List

As proud 'sustainability geeks' we are gushing over our recent top achievement in the Environmental, Social and Governance ranking by GRESB for our office, industrial, retail and residential buildings. QuadReal ranks 1st in Canada and North America, and 2nd globally – an achievement we share with you, our tenants. This top rank reflects

your dedication to wellness and sustainability as individuals and organizations, so thank you from all of us. To learn more, [CLICK HERE](#)



Beauty in Grey

Finding the Grey from Lindsay Chambers, the new virtual exhibition at the Collision Gallery at Commerce Court, is now available to view until December 5. *Finding the Grey* is an ongoing study of paintings which explore the blending point of opposing forces.

[VIEW THE SHOW](#)



Seasons Greetings

From all of us at QuadReal we wish you and your loved ones a very joyful holiday season. Be safe and show kindness to others and yourself. We look forward to connecting in 2021!



Copyright © 2020 QuadReal Property Group, All rights reserved.

www.quadreal.com

[Watch our story](#) | [Service 24/7](#)

Forward this issue. | [Unsubscribe meirav.even-har@quadreal.com](mailto:meirav.even-har@quadreal.com).