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# the Quad

A place to gather on the topics of health, wellbeing, and positivity

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Dear valued tenants,

Welcome to Issue #6 of The Quad! As we forge ahead into what is shaping up to be a new normal, we hope you enjoy these articles, resources and other shares.

We are pleased to inform you that the following retail tenants are now open for business:

**Tim Hortons** – located on the +15 level in 240Fourth building, Tim Horton's is now open Mon – Fri, from 8 am to 1 pm. Please visit them for your favorite coffee and beverages.

**Starbucks** – located on the + 15 level in Livingston Place (South Tower), Starbucks is now open Mon-Fri from 7 am to 12 pm/noon. Visit them for coffee, soft drinks, snacks and a selection of lunch and breakfast items.

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**Fitness Centre Classes.** The series of live classes provided by our fitness centre staff continues. Visit the fitness page of our building website, for more information and classes schedule <https://jamiesonplace.com/index.php/amenities-services/fitness-centre>.

**Watch, share, be part of #HearOurStory.** In celebration of Pride Month, Egale, Canada's leading organization for LGBTQ2SA people and issues has launched its #HearOurStory mini-doc series. [Watch these stories](#) that speak to people across the LGBTQ2SA community about issues that impact their lives.

**J.K. Rowling's The Ickabog.** Published for free [on this website](#), in installments, J.K. Rowling shares an entirely new story to capture the awe of children. The best part? There is an accompanying drawing competition and your artwork can be featured in the upcoming printed version of the book.

**...or for the Roald Dahl fans out there.** Acclaimed director and comedic actor Taika Waititi and some of his celebrity friends have recorded [readings of James and the Giant Peach on the Roald Dahl YouTube channel](#).

**This day in history.** On June 5th, 1989, the Skydome stadium (now the Rogers Centre) opened in Toronto with an inaugural Blue Jays game against the Milwaukee Brewers.

**Another learning platform.** Interested in sharpening your professional skills or mastering new ones? [LinkedIn Learning](#) offers a one-month free trial that provides access to a multitude of career-focused courses including Creativity Bootcamp, Learning Python and Strategic Thinking.

**Tips for positive engagement.** Wrapping up National AccessAbility Week, we wanted to share a quick video from TBS Canada with [tips on how to facilitate a respectful and inclusive workplace](#), even virtually.

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We'd love to hear from you! Send your questions and feedback – including what content you'd like to see in future issues – to [thequad@quadreal.com](mailto:thequad@quadreal.com).

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