



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

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## Livingston Place Updates

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### **Fitness Centre COVID-19 Vaccination Passport**

In accordance with the City of Calgary Vaccine Passport Bylaw 65M2021, starting September 23, the Livingston Place Fitness Centre requires either proof of vaccination, recent negative Covid-19 test result or a valid medical exemption letter to access the facility.

For more information about the program and other Fitness Centre updates, please visit our website Fitness Centre page: [livingstonplace.com/fitness](https://livingstonplace.com/fitness).



### **Owen's Landing Reopened**

We are pleased to inform you that Owens Landing restaurant located on the main floor in Jamieson Place has now reopened.

Their business hours are Monday to Friday from 11 a.m. to 8 p.m. and happy hour is Monday to Friday from 3 p.m. to 6 p.m.

For more information, to reserve a table or view their menu, please visit [thelandinggroup.ca](http://thelandinggroup.ca).



### Livingston Place beehives

Back in June, we informed you that Livingston Place welcomed thousands of new residents after two beehives were installed on the building rooftop.

We are happy to inform you that the bees had a great busy summer and have already been prepared for the winter to enjoy some quiet months of well-deserved relaxation.

Please visit this website page dedicated to our beehives to see some photos and find out more about the work completed to keep the bees safe and happy: [myhive/livingstonplace](http://myhive/livingstonplace).



## Waste Reduction Week

Celebrating 20 years, [Waste Reduction Week in Canada](#) will take place **October 18–21** virtually and through local events.



In support of the Waste Reduction Week, we are running a winter clothing drive, from **Monday, October 18 to Friday, October 29**. Please donate your winter jackets, ski pants, hats, and mittens in good clean condition in the donation bin by the Security Desk on the main floor in the South Tower.

Your donation will be distributed throughout the school system and Calgary shelters.

More details on how QuadReal drives sustainability to follow.

# BETTER TOGETHER



Virtual programming exclusively curated for QuadReal tenants and residents



## Navigating the Return to Work

**October 7 noon ET / October 13 noon PT**

Join us for an in-depth conversation on how to cope with the stress that can arise as we return to our work settings. Learn techniques to recognize and work through anxiety and feel prepared for the new normal ahead.

[Register for Noon ET](#)

[Register for Noon PT](#)



## Seasonal & Local

**October 21 noon ET + noon PT**

Join us for a live cooking class with healthy and delicious recipes using ingredients that are plentiful during the fall season. The session will also include tips to reduce food waste, as part of Waste Reduction Week.

[Register for Noon ET](#)

[Register for Noon PT](#)



## Finding Gratitude This Thanksgiving

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On Monday, October 11 many of us will gather with families and friends, physically or virtually, for Thanksgiving. While the global pandemic has many of us tired, feeling anxious or even deflated, this is a perfect time to pause, reflect, and share our gratitude. Practicing gratitude has been linked to an increase in positive emotions and an overall sense of wellbeing.

As a way to practice gratitude, we thank and give our appreciation to healthcare workers across the country. Their tireless work and dedication to remain steadfast in their commitment to delivering care, is truly inspirational.

Whichever way you choose to celebrate, we hope it is joyful and relaxing. Happy Thanksgiving from QuadReal.



## Podcasts for the Curious Mind

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For the podcast fans out there and those who have yet to dabble, there is a wide range of fun content that could very well make one say, “Well, that’s interesting!” Curious? Here is a recommended list of podcasts, including our very own *In Real Time*.

Follow these three steps to make your podcast experience all the better:

- **Step 1:** Discover a podcast.
- **Step 2:** Listen while walking outdoors taking in the beauty of fall. Pumpkin spiced latte, optional.
- **Step 3:** Repeat.

**In Real Time, presented by QuadReal:** An educational and entertaining show featuring the imaginative people who help shape cities around the world.

**How to Citizen with Baratunde Thurston:** A podcast that reimagines “citizen” as a verb and helps reclaim our collective power.

**Ologies by Alie Ward:** Take away a pocket full of science knowledge and charming, bizarre stories about what fuels professional -ologists' obsessions.



## Barbie Inspiration

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For many of us, childhood included playtime with Barbie, who was anything from a rock star to veterinarian and typically dressed in a brightly coloured outfit, featuring a big smile. Importantly, for many children dolls remain a way of exploring the idea of adulthood and imagining what they want to be when they grow up.

What better way to inspire than with a [Dr. Chika Stacy Oriuwa Barbie](#)? In celebration of Dr. Oriuwa's advocacy work against systemic racism in healthcare, a Barbie doll has been made in her image. Sporting a white coat and medical accessories, this Barbie can help inspire children to think about being a physician as a future profession. Rock star may remain a back up option.

*(photo captured from the CBC video)*



## Artworx TO @ Collision Gallery

Celebrating Toronto's creative community, [ArtworxTO](#) is a year-long initiative that helps create opportunities for the public to engage with art.

Located at Commerce Court, [Collision Gallery](#) is hosting an ArtworxTO Pop-Up Hub. Featuring [Locating Self-Care in Urban Centres](#), artists Laura Grier and Susan Blight explore the themes of resistance and sovereignty by Black and Indigenous writers and curators, as it relates to the act of self-care through defiance. Enjoy a [virtual tour](#) or visit in-person.



## Tackling Climate Change One Brush at a Time

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It may be a surprise to learn that the newest green technology to help reduce global greenhouse gases comes in the form of paint. The **whitest paint** to be exact, developed at Purdue University and recently entered into the Guinness Book of World Records.

The paint's superpower is its ability to reflect sunlight, specifically 98.1% of solar radiation, while also emitting infrared heat. Put simply, the paint absorbs less heat than the sun emits. The result is a painted surface that can be cooled without power consumption.

For now, roof paint enthusiasts will need to wait for the product to be commercially available. When it does, we predict it will be the 'coolest' home product on the shelf.



## Happy Halloween

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From everyone at The Quad and the entire QuadReal team, we wish you a safe and a spooktacular Halloween.



## Wellness Tip of the Month

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Taking time for self-care may seem like an unnecessary luxury, however, it is central to our mental health and overall wellness. Self-care can be found in as little as 20 minutes a day and there are a variety of tips and tricks to help anyone achieve dedicated 'me time':

- Read a book
- Have a meal with friends
- Practice mindfulness
- Go for a walk
- Get enough sleep

For more tips click [HERE](#). Watch a recording of *How to Support Mental Health with Self-Care* with Holistic Nutritionist and Meditation Teacher Heather Lillico on [QuadRealPlus.com](https://www.quadrealplus.com)

