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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,

We proudly present to you... Issue #8! This week our issue is devoted to the power of nature. We pulled some fun stories and resources to help us all live happier, healthier lives... outdoors!

We are pleased to remind you that the following facilities are now open:

**Livingston Place Fitness Centre.** Please access our building website to find out more information regarding the new protocols in place in the Fitness Centre:

<https://livingstonplace.com/index.php/fitness2>

Should you have any questions regarding the Fitness Centre reopening, please contact Teresa Cheung at LIV North at [lpfitness@livnorth.com](mailto:lpfitness@livnorth.com)

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**P1 Changerooms and Showers.** A capacity limit of 4 has been set to ensure proper physical distancing in the facility. Complimentary towel service is available. Common use items such as hair tools, steamers, and coat hangers will remain out of service at this time. Lockers will also remain out of service. Changeroom information and use guidelines can be found here: <https://livingstonplace.com/index.php/bicycle-parking>

**We would like to remind you that the following retail tenants are now open for business:**

**Starbucks** located on the + 15 level in Livingston Place (South Tower) 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.

**TLC Auto Detail** located on the P3 level of Livingston Place is open for business Mon-Fri from 8 am to 4:30 pm. Please call 403 262-1522 or email [tlcautodetail@shaw.ca](mailto:tlcautodetail@shaw.ca) for an appointment. For a full list of vehicle services please visit their website at [www.tlcautodetail.ca](http://www.tlcautodetail.ca)

**Owen's Landing** located on the main floor of the Jamieson Place is open Mon-Fri from 11 am to 9 pm. For more information, visit their website: <http://www.owenslanding.ca/>

**Thai Express** located on the +15 level of 240FOURTH building has now reopened and their hours of operation are Mon-Fri from 10 am to 2 pm. For more information, please visit their website at <https://thaiexpress.ca/>

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

**Studio 400** located on the main floor in 240FOURTH building is now open by appointment only; please call 403-703-6256 for more information or to book an appointment.

**Better Together with QuadReal.** We're excited to launch a suite of online programs, exclusive to the QuadReal community. From exploring the natural world to learning about urban farming and how to keep healthy, artists, instructors and other experts will be invited to share their passions, helping bring joy to your day. Stay tuned for more details in our next issue

**The Road to Well-Being Can Be Found in Nature.** Spending just two hours outdoors a week can help introduce calm into our lives and improve overall health, according to a recently published study. While the research notes some flexibility, having a minimum of 120 minutes in an urban park with large trees, a ravine, or hiking trail, is key to promote greater physical and mental health. Read the [study highlights](#) or [listen to the podcast](#) and make time for nature!

**It's #Wild Out There.** We can thank the white-throated sparrow for a different kind of twitter trending event. A new bird song "[went viral](#)" among sparrows making its way throughout Canada and the United States. Across the pond, rhinos just want to have fun! Rolling in a mud bath to be specific. The critically endangered Javan rhinoceros was [captured on camera](#) doing just that in Banten, Indonesia.

**Keeping Kids Engaged with the Outdoors.** Look for [Nature Activities](#), part of Evergreen's Learning at Home program for the whole family. From Window Nature Bingo to The Silly Storyteller, there are numerous educational resources to help the family explore at home and around the neighbourhood.

**Nature... virtually.** We know that getting out to the wild is not always possible. So after a long stroll or bike ride we suggest relaxing with a virtual tour of the world's most

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magnificent natural and cultural locations. Choose from [17 national parks](#) from around the globe or a UNESCO [World Heritage site](#). Popcorn recommended.

**This day in history.** On July 10, 1949 the first practical rectangular television was presented in Ohio. The picture tube measured 12 x 16 inches and sold for \$12. No HD features or 50 channels just yet, and streaming was going to be a few years still...

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Help us shape future issues of the Quad. Send your questions, trending bird tunes and other suggestions to [thequad@quadreal.com](mailto:thequad@quadreal.com)

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