



a gathering place on
health
positivity
wellbeing
community

BETTER
TOGETHER



Virtual programming exclusively curated for QuadReal Tenants

The cans and bottles recycling program. All pop cans, bottles and milk cartons from our buildings are donated to Make-A-Wish Foundation of Canada, a national non-profit organization dedicated to fulfilling a favorite wish for children diagnosed with life threatening illnesses. At the end of the third quarter, a total amount of \$7,727.10 was raised in support of the Make-A-Wish Foundation. We are hopeful that through your bottles and cans donations in our building, we can help them raise \$10,000, the amount needed to grant an extraordinary young man's wish, Paul. You can read Paul's story [here](#). For more information about Make-A-Wish programs and wish stories, please access their website <https://makeawish.ca/>.

Livingston Club Fitness Centre Staff Update. As we wish Teresa well on her new life journey becoming a mother, we welcome Bridget as the new staff member at the Livingston Club Fitness Centre.

Bridget graduated from the University of Saskatchewan in 2013 with a bachelor's degree in Kinesiology with a minor in Business. She is a CSEP certified personal trainer with 8.5 years of personal training experience. Please visit the Fitness Centre website page to find out more about Bridget <https://livingstonplace.com/index.php/fitness2>.

Lest We Forget

This Remembrance Day, QuadReal is proud to support our Canadian veterans, active duty service members and military families. QuadReal has made a corporate donation to the Joe Sweeney Fund, a program with the Royal Canadian Legion, Ontario Command, and to the Royal Canadian Legion, BC/Yukon Command's Veterans Transition Program. Both help ensure Veterans have suitable housing and available mental health support.

To support the Royal Canadian Legion or to dedicate a digital Poppy in memory of a veteran, visit mypoppy.ca.

Mustache Pride

Lamb chops are in! The facial hair kind, that is, for Movember. Each November, men rejoice as they can once again grow and tend to a mustache of any kind without facing a fashion backlash from family and friends. Better yet, celebrate the mustache by helping fundraise for men's mental and physical health. Learn more by visiting ca.movember.com.





Practicing Mindfulness

NOVEMBER 10 ~ 1:00 PM EST.

Join us for an interactive Mindfulness workshop and learn how to manage stress and anxiety.

[REGISTER NOW](#)



Let's Talk Wildlife

NOVEMBER 18 ~ 12:30 PM EST.

Join QuadReal and host WWF-Canada for an exclusive conversation with species conservation experts.

[REGISTER NOW](#)



Seasonal & Local

NOVEMBER 26 ~ 1:00 PM EST.

Join chef & nutritionist Katie Compton Chemij for a live cooking class.

[REGISTER NOW](#)



Meditation Break

NOVEMBER 27 ~ 1:00 PM EST.

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

[REGISTER NOW](#)



Designing Buildings with Nature in Mind

What's trending in building design? Biophilia, of course. Taking inspiration from nature and incorporating it into building design, can look like science fiction, but without the blue Avatar characters.

Curious? [Watch this short video](#) about Singapore, where biophilic design is practiced in a large scale, turning the urban environment to a place where human wellbeing is in sync with that of nature.



Art, Now Online.

The Collision Gallery at Commerce Court has a microsite. Have a look at images from the latest shows and virtual programming from the Akin Residency artists.

[VISIT THE MICROSITE](#)

From everyone at The **Quad**
we hope you enjoyed this issue.



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