

the **Q**uad

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

Dear valued tenants,

Issue #10 is here and so is the end of summer. Soon, we will welcome the season of long scarves, cozy knits and pumpkin spice in hot beverages. To get you ready for fall, we present online seminars on cooking healthy, native fall gardening, a live music event...and more. Check out our new Collision Gallery feature for virtual works from Akin Collective.



Better together. As more of our tenants return to their workplace, we look forward to inviting you back to a safe space that protects your well-being. Please read [here](#) what you can expect when returning to a QuadReal property and what we're doing to help keep you safe.

Fitness Centre New Hours of Operations. In order to accommodate higher attendance numbers in the early afternoon, as the early morning time slots have had minimal attendance numbers, the Fitness Centre Hours of Operation have been changed. Please visit the [Fitness Centre page](#) on our building website to find out more details about new hours of operations, important procedural changes, fitness centre members resources, etc.

Our Retail Tenants are integral to our Building Communities. Most of our buildings' retailers have now re-opened and are ready to welcome you back. Please read more details [here](#).

Your continued support is greatly appreciated!

Join us for September webinars + a special live broadcast event:

Cook, Work, Play, Repeat! with chef and nutritionist Katie Compton Chemij. Join QuadReal for an interactive food-forward session on September 17 at noon ET. Read more and register [HERE](#).

Native Gardening: How your outdoor space can protect wildlife. Join QuadReal along with host World Wildlife Fund (WWF)-Canada for an exclusive webinar on September 24 at 12:30 p.m. ET. Read more and register [HERE](#).

The Missing Pages: Celebrate the end of summer with a QuadReal exclusive broadcast. A Stratford Summer Music Festival virtual event with CBC's Tom Allen. [Read about the event](#) and join us on September 22 at 4 p.m. ET [HERE](#) (the link will be live on September 22 at 4 p.m.).

Missed an event? Watch the recordings of our August webinars:

- **Working Effectively While Working from Home:** [Watch](#) the recording (password: Workingwell0819).
- **Discover the World of Bees:** [Watch](#) the recording (password: Bees0820).
- Post event Q&A: [Download](#) additional Q&A from both events.

Back to school for mind control. Ever wondered how to stop those pesky negative thoughts in your head? Take a psychology class with University of Toronto professor Steve Joordens. It's a free, online course called [Mind Control: Managing Your Mental Healthy During COVID-19](#), offering techniques for managing anxiety. While there will be no appearance by Professor Charles Xavier, by the end of course, you may still feel like a superhero.



COLLISION / **GALLERY**

Not your typical art studio...

It is not all suits and spreadsheets at Commerce Court, an iconic office tower complex in

the heart of Toronto's Financial District. The artists have moved in and we are thrilled! Bringing a unique creative voice to the Collision Gallery is [Akin Collective](#), a Toronto-based arts organization that provides creative studio space as well as arts-based programming.

Ready to immerse yourself in contemporary art?

- **Collision Artist Spotlight Series:** Step into a working art studio from the comfort of your home. [Watch the latest videos](#) via Facebook and stay tuned for additional tours throughout September.
- **On-Site Collision Group Exhibition:** View works by Maren Boedeker, Lindsay Chambers, Kai Hart, Antonio Pendones, Janne Reuss, Joanna Strong, Rakefet Arieli, Nik Torres Designs, Kim Maria and more! See gallery hours. The Group Exhibition takes place **September 21-25, 2020**. Click [HERE](#) for details.

This day in history. On September 10, 2008 the [Large Hadron Collider \(LHC\)](#), the world's most powerful particle accelerator, conducted its first test operation. Inside the 27-kilometre accelerator, there are two high-energy particle beams that travel at close to the speed of light before they are made to collide. Testing the *Big Bang Theory* is a [massive scientific project](#) worth celebrating... even without Sheldon Cooper and the gang.

Help us shape future issues of the Quad. Send your questions, mind-control tricks, and other suggestions to thequad@quadreal.com

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