

—November Happenings



We are excited to be offering chair massages and posture checks through Stiles Chiropractic. Join us in the **Tenant Lounge Huddle Rooms** on **Tuesday, November 3, from 10AM – 1PM** for your complimentary posture check and massage. Please secure your time slot using the QR code above.



Wonders of Beeswax: Candle Making Class

Wednesday, November 4th from 12:00PM – 1PM

Join us in the **Tenant Lounge** to make your very own hand-dipped beeswax candle! During this hands on experience, you will have the opportunity to learn the history of this centuries-old craft. Spots are limited and available on a first-come, first-serve basis.

A Slice of Thanks: Pie Giveaway

Tuesday, November 17th @ 11:30AM

Join us in the Lobby for a midday pick-me-up! Choose from a variety of delicious pie slices and enjoy a sweet treat. As we celebrate a month of gratitude, we want you to know how thankful we are for each of you!



Midday Mobility

Wednesday, November 18th @ 12:15pm

Join us in the **Fitness Center Yoga Studio** for a mid-day break to open up and loosen up to get through your day. Led by our fitness center manager, Angela, utilize this time to relax your mind and body. Scan the QR code to save your spot!

If you have questions regarding this month's events, please contact: cierra.miller@hines.com

Save the Date!



Après Ski Holiday Mixer



Tuesday, December 8
3:30PM – 5PM
West Lobby

Join us in the Lobby as we celebrate another year together! There is live music, passed Hors d'Oeuvres, a fondue station and seasonal Aspen Vodka beverages.

Feeling extra festive? Wear your best Après Ski outfit to really spread the cheer and a chance to win prizes! We can't wait to celebrate with you.

National Muscle Health Month



Build It, Fuel It, Protect It

November is Muscle Health Month. Take some time to appreciate everything your body can do! Stop by the fitness center to book a complimentary training session tailored to meeting your goals!

Season of Giving



Coat Drive

As the Chicago cold weather approaches, we are bringing back our Coat Drive in collaboration with the Salvation Army to help those in need. We are accepting coats of any size, gender, and color. Gently used coats are acceptable.

A bin will be located in the East Lobby, and all donations should be made before **Wednesday, November 25th**.



Virtual Food Drive

In partnership with BOMA & GCFD, we are striving to end hunger by connecting our neighbors with healthy food and advancing solutions that address the root causes of hunger in our community.



321 N Clark will be accepting virtual donations only this year. More information with dates, QR codes, and links will be provided soon.



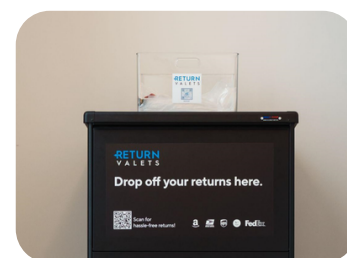
Gratitude Challenge

Happy Gratitude Month! We're excited to share that the Nuveen Gratitude Challenge is coming to 321 North Clark this year and we want YOU to be part of it.

Starting next week, you'll notice wooden tokens with uplifting messages and QR codes being passed around the building. Each token is your chance to spread gratitude and enter to win a \$2,000 grand prize!

Additional information coming soon!

Return Valet



Returning a package has never been easier! Simply scan the QR code, fill out your information, and drop the package into the box. Return Valets will do the rest. The return box can be found in the freight vestibule on the first floor. Pickups are on Monday, Wednesday & Friday Afternoons!



321 North Clark