



# NBC TOWER

455 North Cityfront Plaza Drive

## Quarterly Update

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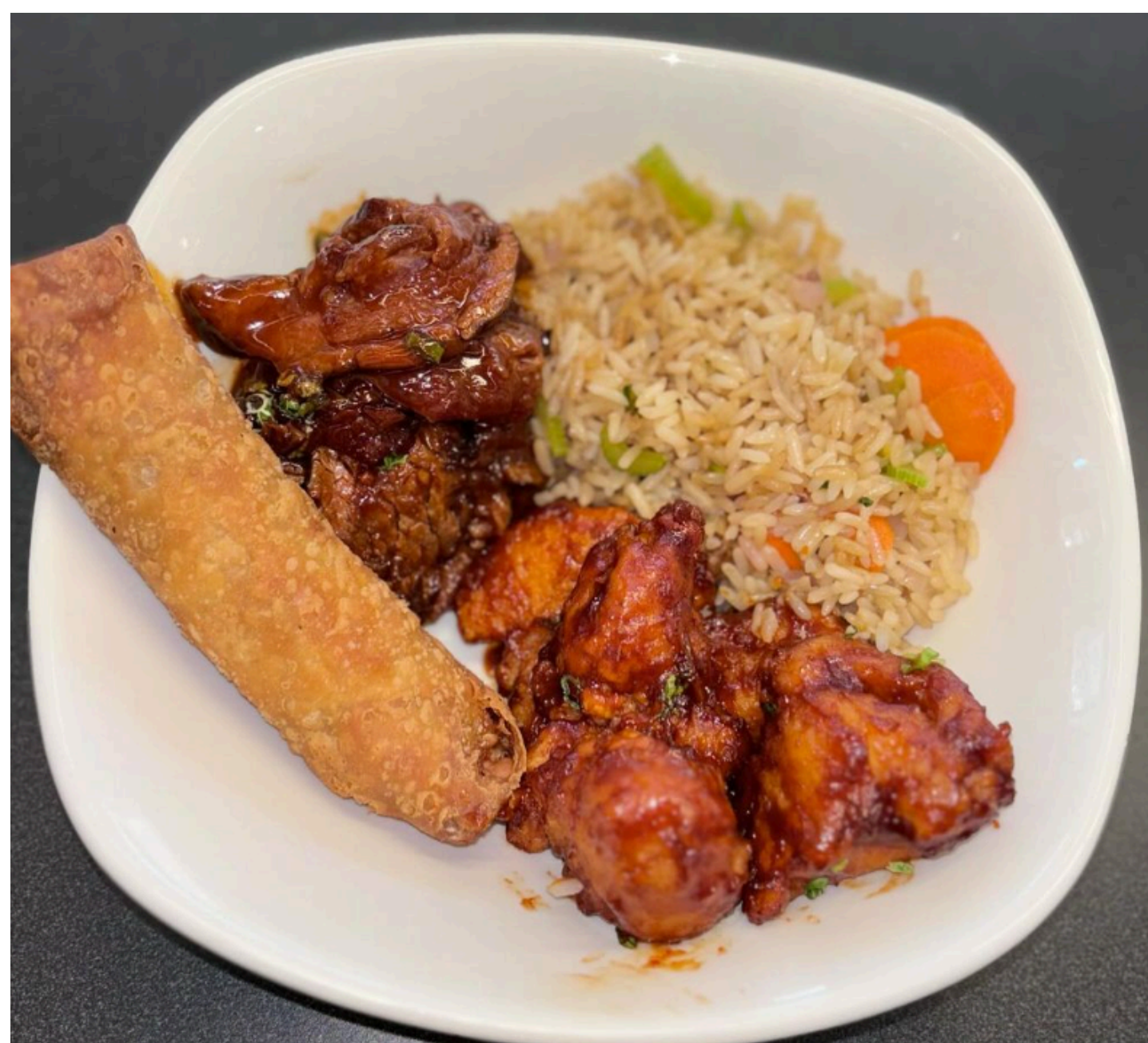
## Updates at NBC Tower

Cityfront Cafe has a new closing time of 2:00PM every day they're open for service.

The Cafe has also been updating their Instagram to provide pictures of their daily specials and menu updates.

Follow their instagram at the following link

[Cityfront Cafe Instagram](#)





## **Recent Events at NBC Tower**

### **Golf Instructor Event**

PGA Instructor, Marcus Yado, came to the Golf Club to lead 20-minute sessions on swing technique and skill. We love having Marcus Yado come and share his wisdom, thank you to those who RSVP'd!



### **Masters Watch Party**

We opened the Golf Club up to all tenants to use and enjoy during the week of The Masters. We had the signature sandwich, Pimento Cheese, unlimited simulated golf and of course The Masters on the TV. What a fun way to get to know other tenants and enjoy our amenity spaces!

### **Earth Week**

Earth Week was full of engaging and fun activities that spread the awareness about recycling, using non-toxic chemicals in candles and other products, and the importance of honey bees.

Nick with The Green Suite, Grace with Alveole and Cutting Edge Document Destruction all deserve a round of applause for the work they do to help save our planet! Check out pictures from the events on the next page.





## Pictures from DIY Candle Making Class and The Magic of Beeswax Seminar



During our DIY Candle Making class, everyone that attended created and took home their own soy wax candle. They chose their own scents and decorated the outside.

Thanks to our beekeeper Grace, we learned about the magic of beeswax and the important of keeping honeybees around. Tenants created two beeswax candle sticks they were able to take home. Being aware of products we consume on a regular basis is an important step in being eco-conscious.





## Updates on the Honeybees

Even though we may not be able to visit our bees, they are constantly working hard day-in and day-out to create honey, beeswax and many kinds of other products.



Currently, the bees are expanding their colony and working to bring in summer honey from linden trees and white clover in our area. We are scheduled to do a Hive to Honeyjar Workshop in September where we will see the process of extracting the honey from the honeycomb and into jars.

To stay in-the-know about our honey bees, you can see updates on our MyHive page. Simply copy this link into your web browser <https://myhive.alveole.buzz/nbc-tower>





## **Upcoming Events - Mark Your Calendars!**



### **Sunrise Yoga & Indoor Yoga**

#### **Wednesday, July 10th**

If you've been wanting to try the yoga classes we provide, but they don't match your schedule, this is the class for you.

On Wednesday, July 10th we are having NBC Tower's first Sunrise Yoga Class on The Plaza. This class will be from 7AM-8AM outside of the building on the grass.

And for the non-early risers, we will have a lunchtime yoga class with Barfeet Power Yoga from 12PM-1PM in the Yoga Studio on the 20th floor. All are welcome to our Yoga Events, you do not have to be a Fitness Center Member. RSVP on the NBC Tower App to reserve your spot.

### **Music on the Plaza - July 17th & August 21st**

We will have two more installments of our annual Music on the Plaza series. July will be featuring Chicago's #1 Party Band called The Feelgood Band. And August we will welcome Dynamix - a coverband playing all the pop classics.



Ice cream from Capannari's, yard games, such as bags and giant jenga, and more will be available so you won't want to miss it!

Thank you to those who came out and listened to our first Music on the Plaza event on June 19th!

## **Back to School Supply Drive - July 1st - 31st**

The whole month of July, there will be donation bins in the lobby for those who wish to give back to the students of Chicagoland.

Donation qualifications can be found on the NBC Tower App. Most needed items are:

- Crayons
- Glue Sticks
- Pencils
- Sweaters
- Notebooks
- Folders
- Backpacks
- Shoes
- Erasers
- Scissors
- Rulers
- Pencil Sharpeners

## **Puppies on the Plaza - September**

You read that right...in September, we will be welcoming some adorable dogs from One Tail at a Time to come and hangout with us for a few hours.

Members of the adoption and rescue will be here to discuss ways you can be involved within the organization. Whether that is a volunteer, a foster, adopting an animal and more!

We will also be running a supply drive for the dogs, cats and other animals open for adoption during the month of September.

