

## LEASING

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**WELLNESS MONTH!** August is National Wellness Month and a perfect time to focus on self-care, managing stress, and promoting healthy routines. Research has shown self-care helps manage stress and promotes happiness both in the workplace and at home.

This month we'll have lots of opportunities for Lincoln Centre tenants to explore the 8 pillars of wellness! We hope you'll be inspired to give them a try and create wholesome habits in your lifestyle all month long and see how much better you feel!



## SOCIAL

### ICE CREAM SOCIAL

August 2 | 2:00pm – 3:00pm

#### Centre Kitchen

Research shows that people who have an active social life may live longer, enjoy better physical and mental health, and may even lower their risk of dementia. We think there's no better way to enjoy socializing than with ICE CREAM!

Stop by the Centre Kitchen for a FREE Ice Cream Sandwich, then join us for some socializing and fresh air in the Lincoln Centre Park!



## PHYSICAL

### SUNRISE YOGA in the PARK

August 18 | 6:30am – 7:30am

#### Lincoln Centre Park

Energize your body, mind, and spirit with this one hour yoga practice in the LC Park. Please bring a towel or yoga mat and water, if desired. All levels are welcome. Space is limited; [RSVP here](#).



## EMOTIONAL

### SOUND BATH MEDITATION

August 10

[Session 1: 11:45-12:15 RSVP here](#)

[Session 2: 12:30-1:00 RSVP here](#)

Meditation can give you a sense of calm, peace and balance that can benefit both your emotional wellness and your overall health. It can help carry you more calmly through your day and may help you manage symptoms of stress and anxiety better.

We invite you to join our FREE Sound Bath Meditation Workshop and enjoy a half hour of time to relax, reflect, and meditate at one of our 2 sessions. Space is limited; RSVP is required. \*\*Please bring a towel, blanket or yoga mat.\*\*

## FINANCIAL

Being "well" financially includes the total picture of your financial health, including how your financial situation affects your stress levels and overall mental and physical health.

Check out this [blog post](#) about 9 money management apps that help make financial planning easy!

## OCCUPATIONAL

### GROWN UP COLORING BREAK

August 26 | 10am-11am

Two/Three Lincoln Lobby

Studies have shown that [breaks at work](#) lead to higher productivity, higher job satisfaction, a more balanced emotional health, and a stronger desire to go above and beyond.

Join us for a FREE grown up coloring book break and enjoy a few minutes away from your desk as well as the [many benefits of adult coloring](#).

## SPIRITUAL

### BUILD YOUR OWN MEDITATION BOWL/TERRARIUM

August 24 | 12:30pm – 1:30pm

3LC Conference Center

The spiritual pillar is a deeply personal piece of overall wellness and for some may include meditation, prayer, or other activities that foster a connection to nature or a higher power.

Bring your lunch and join us for a FREE build-your-own meditation bowl/terrarium and enjoy a small reminder of nature at your desk or at home. Space is limited. [RSVP here](#).



## INTELLECTUAL

### LITTLE FREE LIBRARY

Located in the LC Park

[Intellectual wellness](#) is strengthened by continually engaging the mind. Doing so can help you build new skills and knowledge that inspires and challenges you, and helps you grow.

We're excited to introduce our LC Park Little Free Library coming this month! Take a book to learn something new then leave a book (or puzzles, card games, grown up coloring books, etc.) and share something new.

## ENVIRONMENTAL

### TERRACYCLE BOXES

Located near the mailboxes in One Lincoln and Two Lincoln

Environmental wellness is having good health by occupying pleasant, stimulating environments to support well-being. It promotes interaction with nature and creating an enjoyable personal environment (both in and out of your workspace).

We encourage you to use this month to clear your desk clutter and recycle your miscellaneous office supplies such as tape dispensers, desk organizers, document filers, binders, calendars, staplers, hole punchers, dividers, paper cutters, pens/pencils/markers, paper clips, binder clips, sticker and label sheet backing, and other items that can't be placed in our standard recycle bins. \*Please do not place batteries or electronics in the bin (ex: electronic staplers, label makers). Those can be recycled on October 20, 2021 at our electronics recycling event.

Check out [Terracycle.com](#) for additional recycling programs to implement in your office!



## MORE WELLNESS AT WORK

### LINCOLN CENTRE WALKING MAP

Skip the conference table and make your next meeting a walking meeting! Whether it's indoors or outdoors, we've got a path to make it easy to get those steps in while getting work done. Click the link to see our various indoor and outdoor routes: [Lincoln Centre Walking Map](#).

## EASY SELF-CARE AT WORK

Try these quick and easy ways to take care of yourself at work when job stress kicks in:

- 1) Drink water: keep a refillable water bottle at your desk and stay hydrated throughout the day to help prevent headaches, body aches, fatigue, and dizziness!
- 2) Take breaks: set your alarm as a reminder to get up and walk around every few hours to increase productivity and creativity.
- 3) Eat a healthy lunch: food is fuel; eat a lunch filled with color and flavor to keep you going
- 4) Read on your lunch break: reading helps your brain focus on something else and offers an escape from work stress
- 5) Go for a walk at lunch: if reading isn't your thing, consider putting on some walking shoes and getting in 10-15 minutes of steps! It's good for both body and mind.
- 6) Eat a healthy snack: boost your energy with a healthy snack and combat the afternoon slump



# POPULAR WELLNESS APPS TO CHECK OUT:



**CALM** is an award-winning mindfulness app featuring guided practices for meditation, sleep and stretching, immersive experiences such as nature scenes and sounds for enhanced relaxation and focus, and mood tracking.



**INSIGHT TIMER** offers the largest free library of guided meditations and yoga. The app also offers daily insights, playlists, courses, sleep programs, and live events.



**MOODA** Track your moods to understand yourself better. This simple app allows you to select the right mood for your day, write in the journal, upload a photo, and share if you'd like.



**THE PATTERN** The Pattern is the most accurate and in-depth personality app, helping you to better understand yourself and others, enabling connections to be made on a much deeper level. The Pattern was created to be a trusted resource for navigating life; offering insights around challenging times, and helping to identify opportunities that might otherwise be missed.



**MY POSSIBLE SELF** brings together content from world-leading mental health experts designed to help you learn how to improve your thoughts, feelings and behavior. Use the app's learning modules to prevent day-to-day problems from holding you back, manage fear and improve your happiness and wellbeing. Track how you feel every day with the free 'Mood Tracker'. Highlight activities, people and places that influence your mood, so you can focus on the things that make you feel great, and do less of the things that don't.



**SMOKE FREE** gives you expert advice to help you quit smoking and stop for good. Quit smoking using 40+ proven stop smoking techniques and the most reliable quitting methods science has to offer including one on one coaching, tracking logs, achievement badges and more.



**ALL TRAILS** is your guide to the outdoors! Discover the best hiking, running, and biking trails around the world. Explore 200,000+ hand-curated trail maps plus reviews and photos crowdsourced from millions of hikers, mountain bikers and trail runners.



**HABIT MINDER** Change your habits, change your life! HabitMinder will help you form healthy habits and keep you accountable with useful tools like mini apps and sessions screens. For example, HabitMinder will remind you to do breathing exercises or a quick meditation session. It can also track your hydration, encourage you to exercise or go to the gym, and much more.



**CLUE** is an easy-to-use solution that helps you make sense of your periods, fertility, pregnancy, and menstrual health. It's a scientific and fluff-free way to learn about your body and discover unique patterns in your menstrual cycle.



**LIFESUM** is a health app designed to help users keep track of their dietary and fitness habits. Plus, it allows users to integrate healthy practices. The app offers resources for both eating and exercising, and it also offers free and premium plans. It is one of many apps providing food diary technology, community integration, recipes, and diet plans.

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## Be a Weekend (Self Care) Warrior!

Self-care allows us to replenish our mind, body, and soul when we need it most. Self-care increases productivity, improves long-term health, enhances self-esteem, encourages self-awareness, and improves social interactions.

Check out [this extensive list of ways to practice caring for yourself!](#)



# WHAT'S APP-ENING IN THE LINCOLN CENTRE APP IN AUGUST?

## AUGUST GIVEAWAY - \$250 WEEKLY VISA GIFT CARD

### FITNESS & WELLNESS RECURRING WEEKLY CLASSES INCLUDING:

Functional Movement – Mondays  
Power Flow Yoga – Tuesdays and Saturdays  
Emotional Well Being – Wednesdays  
Dance Cardio - Thursdays

### PROFESSIONAL & PERSONAL DEVELOPMENT:

Tuesday, August 10th – Behavior Change: Unplug Yourself  
Tuesday, August 24th – Summer Safety

### EXCLUSIVE DEALS & PERKS INCLUDING:

Clothing & Accessories – Target, Groupon, Glasses USA, and more!  
Electronics – Apple Music, Dell, HP, and more!  
Pet Care – Rover, Chewy, Nationwide, and more!  
Child Care – CreativeKids, Pathways, Xplor, and more!

### LEARNING THURSDAYS:

August 5th – Screenwriting Part One  
August 12th – Screenwriting Part Two  
August 19th – Improv 101  
August 26th – iMovie Basics

### FAMILY FUN ACTIVITIES EVERY SATURDAY!

### TRIVIA WITH AMAZON GIFT CARD PRIZES EVERY THURSDAY!

CLICK [HERE](#) TO DOWNLOAD THE HQO LINCOLN CENTRE APP

**THANK YOU TO EVERYONE WHO DONATED  
ITEMS FOR OURSCHOOL SUPPLY DRIVE!  
WE APPRECIATE YOUR GENEROSITY!**

## STAY CONNECTED



facebook.com/lincolncentredallas or @lincolncentredallas



instagram.com/lincolncentredallas or @lincolncentredallas



twitter.com/lincoln\_centre or @Lincoln\_Centre



youtube.com search: Lincoln Centre Dallas

Lincoln Centre is now on LinkedIn!  
Connect with us here: [Lincoln Centre LinkedIn](#)



## CUSHMAN & WAKEFIELD MANAGEMENT & LEASING OFFICE

Three Lincoln Centre, Suite 100  
972.980.9700

*Centre Stage is a monthly publication  
for the tenants of Lincoln Centre.  
Lincoln Centre is an investment of Nuveen.*

## LINCOLN CENTRE SERVICES DIRECTORY

Bibbentuckers.....214.478.6525  
C.A.R.S. Auto Service.....972.701.0227  
Grand Shoe Care.....972.770.2419  
Hilton Hotel.....972.934.8400  
Washington Federal.....214.526.5843

## RESTAURANTS

Centre Kitchen.....972/770-2340

Current Hours of Operation:

Monday - Friday

Breakfast 7:30 - 9:30am

Lunch: 11:00 - 2:00pm

L'Express.....972.934.8400

The H Bar.....972.701.5285

### Need Catering?

Our Centre Kitchen offers onsite  
catering: [Centre Kitchen Catering](#)

*Notary Services are available to  
Lincoln Centre Tenants at no cost.  
Please contact the Lincoln Centre  
Concierge at 972.770.2171 for  
information.*



LINCOLN CENTRE