

321 NORTH CLARK



March 2022 MONTHLY NEWSLETTER

Complimentary Massages

Complimentary massages will continue to be offered each Wednesday from 11:00 a.m. – 3:00 p.m. throughout the month of March. Sessions take place in the fitness center studio.

Book now at web.lisaapp.com, select 'Book Service' and search LifeStart- 321NC. You will be required to make an account if you do not already have one. Due to limited capacity, sessions are limited to one per person for the month.

Act now, sessions fill up quickly!

CH/LL for International Women's Day

We invite you to join the CH/LL team as they host a virtual inclusive meditation session for International Women's Day, Tuesday, March 8th from 1:00 p.m. – 1:30 p.m. Take a moment to acknowledge and celebrate the inspiring women in your life!

Session Details

Click [here](#) to join the session

Password: HINES

Or join via phone at 312.626.6799

Meeting ID: 889 1083 6540

Passcode: 825863

In this Issue

- Celebrate 321 North Clark's 35th anniversary with our monthly give-a-ways!
- The first day of spring is coming soon! Daffodils will be distributed to 321 North Clark tenants to take home.
- Find the perfect spot to celebrate St. Patrick's Day in the city!
- Learn more about Deborah's Place, our March Charity spotlight.



Be a part of the movement to #BreakTheBias this International Women's Day by bringing awareness to the deliberate or unconscious bias that makes difficult for women to move ahead.

Show your support by wearing purple, posting on social media with the hashtag #BreakTheBias or consider shopping at [local](#) and [national](#) women-owned businesses. No amount of support is too small as we continue to accelerate gender parity.



First Day of Spring Celebration

Join building management on the morning of March 21st in celebration of the first day of spring! We will be handing out daffodils in both building lobbies beginning at 8:30 a.m.

Ever wondered how we determine the date of the first day of spring also known as the Vernal Equinox?

Vernal translates to 'new' and Equinox is derived from the Latin word for 'equal' and 'night', meaning that the hours of light and dark are now equal. Equinox also refers to the moment in time that the sun is positioned directly in line with the Earth's equator which occurs bi-annually.

While light does not always translate to warm, we have plenty to look forward to this month outdoors. Including parades, festivals and outdoor activities as we gear up for the summer season.

Start brainstorming your spring activities now by exploring [Enjoy Illinois' list of spring adventures!](#)



321 North Clark 35th Anniversary

To celebrate the building's 35th anniversary, Building Management will be conducting monthly give-aways. Winners will be randomly selected by who swiped their keycard at the building for that day. The March winners will be determined Wednesday, March 16th. This month the prizes will be St. Patrick's Day inspired!

Congratulations to our February winners Kelly, Steven, Amy, Maribel, Robert and Tom!



2022 St. Patrick's Day Parade and River Dyeing

Every year, the Chicago Journeymen Plumbers Local Union 130 dyes the Chicago River a vibrant green in celebration of St. Patrick's Day. Thousands of onlookers gather to watch this Chicago tradition and flood downtown to celebrate at the local restaurants and bars.

This year's parade will take place March 12th at 12:30 p.m. The parade route will start at the intersection of Columbus and Balbo Drives travelling north toward Monroe Street. If you want to enjoy the dancers and band full performance, plan to camp out near the main viewing stand in front of Buckingham Fountain.

The river dyeing traditionally kicks off promptly at 9:00 a.m. so it is worth starting off on the river walk and proceeding to the parade route afterwards.

Pizzeria Portofino will be opening early at 8am to offer an open bar, passed appetizers and pizza station. There will be [general admission tickets](#) and [VIP tables](#) available to watch the river dyeing live!

Many of the local restaurants and bars will feature special menus and performances. Explore Choose Chicago's list of specialty [St. Patrick's Day menu](#) offerings!



Charity Spotlight: Deborah's Place



For the past two years, homeless shelters across Chicagoland have been forced to limit the number of beds available to enforce social distancing and promote health amongst their occupants. This has led to more individuals sleeping on the streets in the cold. Of the total population of homeless, over 40% of those are women and 75% of those have children with them. View the full PIT report by the city [here](#).

Deborah's Place opens the doors of opportunity for homeless women in Chicago. They offer supportive housing and services to their population, believing that safe, clean and affordable housing is a right. To achieve this goal, they need support from the community to provide the space that will allow their charges to succeed.

How can you contribute? There are a few easy ways to give back: Donate essential hygiene items on their shopping list [here](#), purchase cleaning supplies for the facility [here](#), purchase food for the shelter [here](#), purchase misc. supplies [here](#) or make a monetary donation via their website [here](#).

Deborah's
Place

321 North Clark - Calendar of Events

March 8	Chill Virtual Meditation: International Women's Day
March 12	Chicago River Dyeing 2022
March 16	35 th Anniversary
March 17	St. Patrick's Day
March 21	First Day of Spring Celebration

Contact Us

[321 North Clark Website](#)

Hines

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