

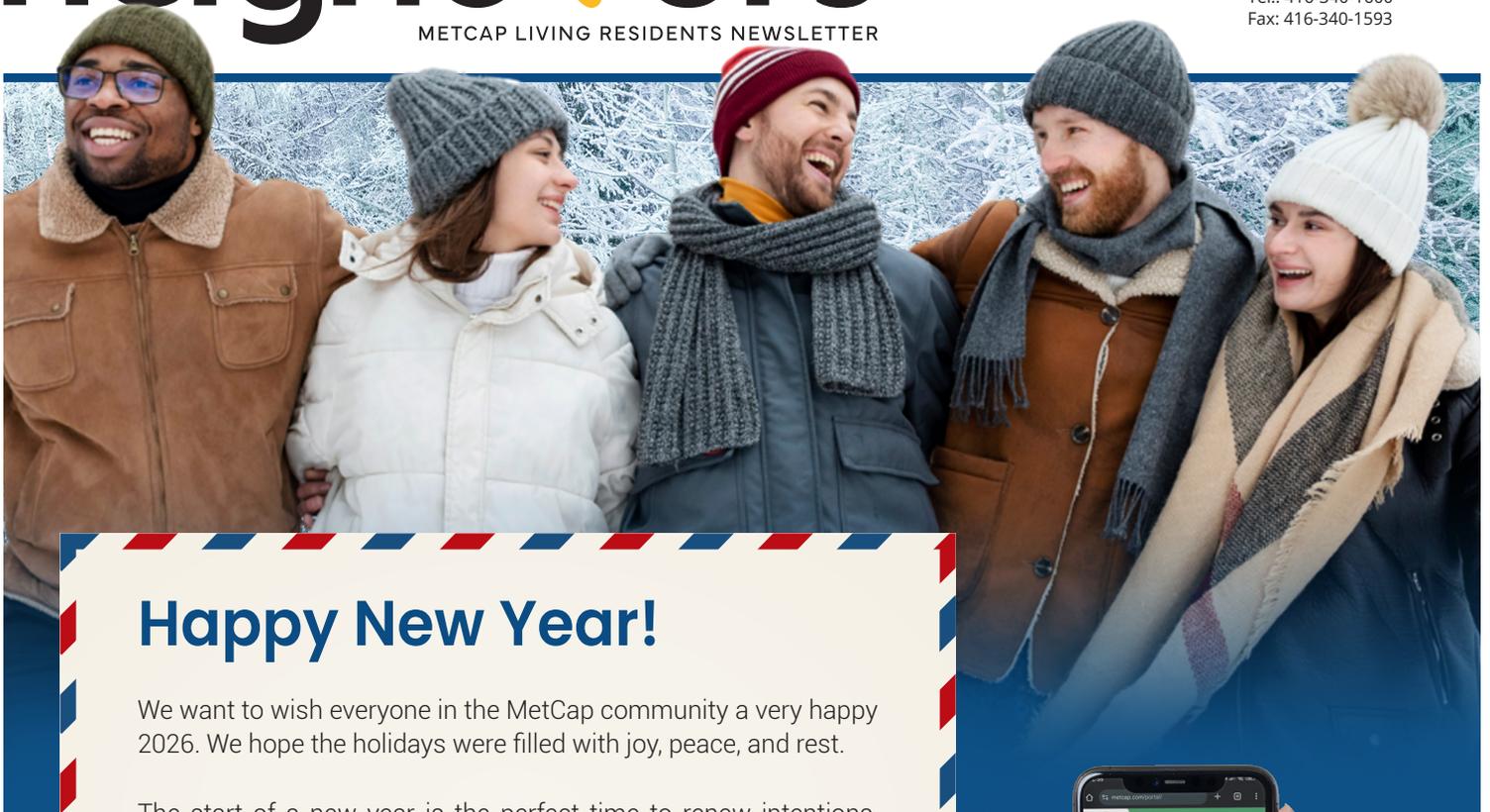
WINTER 2026 ❄️❄️

neighbours

METCAP LIVING RESIDENTS NEWSLETTER



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Happy New Year!

We want to wish everyone in the MetCap community a very happy 2026. We hope the holidays were filled with joy, peace, and rest.

The start of a new year is the perfect time to renew intentions, set goals and refresh. This is also a wonderful opportunity to try something new, start a hobby or tackle the task you've been putting off.

We're kicking off the first newsletter of 2026 with helpful tips for the winter months.



Resident Portal

MetCap's Resident Portal is your one-stop shop for all things related to your unit including paying rent, submitting maintenance requests and communicating with Resident Managers. Registering is easy and only takes a few minutes. Sign up today! www.metcap.com/portal

Garbage Chute Etiquette

This is a friendly reminder to all residents that garbage must be thrown down the chutes located in garbage rooms. Please do not leave your garbage on the floors under the chutes. Dispose of large items or recycling in designated areas around your building.



A Good Neighbour is a Priceless Treasure

Did you know tenants who refer potential residents may be eligible for an incentive? You can potentially live near a friend and get a token of our appreciation. Talk about a win-win! See your Resident Manager for more information.



What's your first winter memory? Share your thoughts for your chance to win a prize worth \$250.

Send us your entries along with your name, address and phone number via email before March 2, 2026 to contest@metcap.com.





Keep The Heat Flowing

We want to share a few reminders to help you stay cozy during these colder months. Here are a few things you can do to keep indoor temperatures comfortable:

- 1 Open curtain and blinds during the warmer parts of the day and close them as it gets colder outside.
- 2 Make sure radiators and vents are clear. Shift furniture and objects so that they are not getting in the way of air flow.
- 3 Report any issues with windows and doors, such as holes in screens or condensation, to your Resident Manager as quickly as possible.
- 4 Break out the comfy robes and fuzzy socks to keep the cozy vibes going.



HERE WE GROW AGAIN

We'd like to welcome the following buildings to the MetCap family:

- 70, 71 and 75 Thorncliffe Park Drive (Toronto, ON)
- 138 6th Street (North Vancouver, BC)
- 1175 Haro Street (Vancouver, BC)
- 75 and 95 Charolais Boulevard (Brampton, Ontario)
- 85 Charolais Blvd., Brampton, ON
- 430 and 440 McMurphy Ave South (Brampton, Ontario)



OFFICE CLOSURES

- February 16, Monday Family Day
- April 3, Friday Good Friday



CONTEST WINNERS

Congratulations to the winners of our Summer contest!

Cooper M. Montreal, QC

One of my must-have tools at home is the tape measure because I'm always using it to measure things like where I want to hang new photos on the wall, or how much space will a table I'm thinking of buying take up, etc. Additionally, one of my must-have gadgets is my Google Home Mini as I get it to play white noise at night to help me sleep. A restful sleep is necessary to keep myself running smoothly!

Deena E. Toronto, ON

My must-have tools or gadgets to keep things running smoothly in my home, are diy cleaners that are all natural and enhance the life of wood and tile surfaces. The other is the reasonably priced tool kit from IKEA which is useful for jobs like keeping furniture maintained, crafts etc. Lastly a kitchen blender to make healthy almond milk fruit & greens smoothies and of course avocado chocolate mousse.

Susan B. Orillia, ON

One of my must haves is glow sticks! If the power goes out I can put them in hallways and around rooms to give off light and guide me thru darkness.

Scott D. Vancouver, BC

My stainless steel four-sided cheese grater; if I can't have freshly grated cheese, things tend to go a little sideways. Or I tend to go a little sideways, either way I really love cheese. My enamel Dutch oven; so many meals, easy clean up and storage for other utensils. My cordless vacuum; quick and easy clean up. A pro-tip, add a drill battery to your vacuum and quadruple it's battery life.



Tenant Insurance

Tenant insurance is a very critical component of renting a property. It could help cover your personal property against common risks such as theft, fire, flood and loss. We request that tenants provide a copy of their tenant insurance agreements to their Resident Managers for their records at resident. insurance@metcap.com.

