



3260 Barrington St,
Suite 105, Halifax NS, B3K 0B5
Tel: 902-454-5050

FALL
2026

neighbours

METCAP LIVING RESIDENTS NEWSLETTER



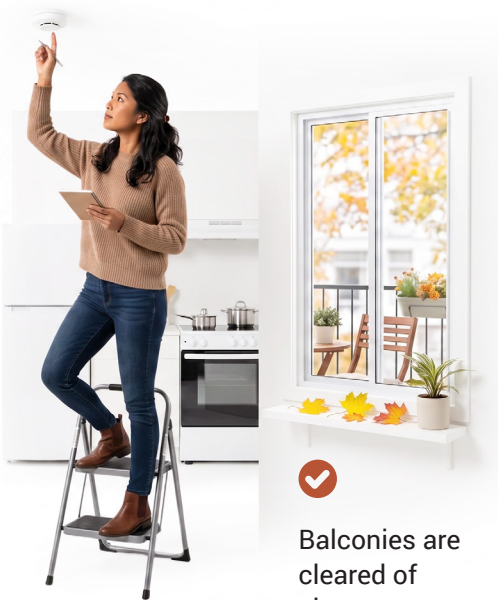
Colours, Colours & More Colours!

Fall is nature's work of art. Reds, oranges and yellows as far as the eye can see. The air is filled with nervous excitement as kids head back to school. The temperature is crisp with whispers of cozy moments ahead.

In this issue we will share helpful reminders about preparing ahead, temperatures in our buildings and unit safety.

Prepare Today For A Safer Tomorrow

Seasonal transitions are the perfect time to take stock of your unit to make sure everything is in working order. Take some time this Fall to check key areas of your unit. Here's a helpful checklist you can follow:

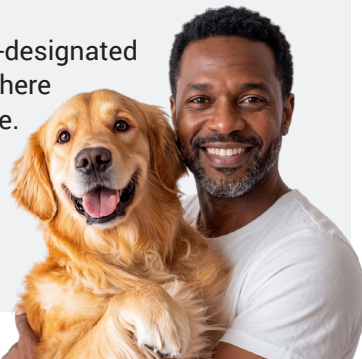


- ✓ Window screens and locks are in working order.
- ✓ Smoke detectors have new batteries.
- ✓ Fridges and stoves are damage-free.
- ✓ Summer items are cleaned and stored.

Responsible Pet Ownership

Pets are a huge part of the MetCap family. It's important we all do our part so that residents—pets and humans—live together comfortably. A key element of that is cleaning up after your pet.

- ✓ Carry small garbage bags with you to scoop up poop.
- ✓ Wipe your pets' paws when coming indoors.
- ✓ Use pet-designated areas where available.



Neighbours Fall Contest

We want to see your art skills! Share a picture of your favourite Fall landscape for a chance to win a prize worth \$250 applied to your account. Send us your entries along with your name, address and phone number via email before November 30 , 2026 to contest@metcap.com.

Prepping For Winter



Fall is a good time to prepare ahead for the colder months. Grab your favourite pumpkin spice drink and start tackling that to-do list!

- ✓ Clean and store anything you won't use in the cooler months, such as swim clothes, water toys, bikes and camping gear.
- ✓ Throw away broken items and donate items that you no longer need but that can be re-used.
- ✓ Clear your balcony of things that can't stay out in winter.
- ✓ Remove window AC units and store them appropriately.

Reducing Humidity Indoors

Did you know that cooler temperatures indoors can lead to humid conditions indoors? A lot of residents may not want to open windows and balcony doors when it is cold outside. This is understandable; however, it also means we need to take steps to reduce humidity indoors.

Too much humidity can lead to maintenance issues such as mold and peeling paint. Here are things you can do to reduce humidity and prevent related issues:

- ✓ Find a time of day where you can comfortably crack open windows. This also has the added benefit of circulating fresh air throughout your unit.
- ✓ Cover pots while boiling liquids and run exhaust fans where available.
- ✓ Run an extra spin cycle on clothes you're drying indoors
- ✓ This will remove extra moisture.
- ✓ Water indoor plants less often.
- ✓ Use a dehumidifier.



Building Heating

Heating is turned on in our buildings as per individual municipality requirements. Please report any heating concerns to your Resident Manager.

Parking Spaces & Storage

We want to remind all residents that storing items such as tires, strollers, wagons and bikes is not allowed. Excess items in parking spots can lead to safety and access issues.



We're Closed

THANKSGIVING DAY
October 12, 2026 (BC, NS, ON, QC)

CHRISTMAS DAY
December 25, 2026 (BC, NS, ON, QC)

BOXING DAY
December 26, 2026 (BC, NS, ON, QC)

NEW YEAR'S DAY
January 1, 2027 (BC, NS, ON, QC)

Tenant Insurance

Tenant insurance is legally required in most municipalities when renting a property. It could help cover your personal property against common risks such as theft, fire, flood and loss. We request that residents provide a copy of their tenant insurance agreements to their Resident Managers or email resident.insurance@metcap.com for their records.

