

EMBARCADERO CENTER

Summer 2019

Center News



TOTAL WELLNESS

mind • body • spirit



JOIN US

Thursday, June 13th
11:00am - 1:30pm

for the 16th annual Total Wellness event in Two and Three Embarcadero Center! Total Wellness will consist of 60+ health and wellness vendors, one stage with fitness demonstrations like Zumba and boxing, a basketball shootout, and a live DJ!

You can expect to see Total Wellness revamped as this year the event will be consolidated into Two and Three Embarcadero Center only. Total Wellness will also only have one stage this year in Two Embarcadero Center with live performances from FITNESS SF, The Bar Method Downtown SF, and Wheel House all taking the stage in

rotating shifts from 11:00am - 1:30pm. We are also very excited to announce that we will have a live DJ and two basketball shootout games in Three Embarcadero Center on Sacramento Street. Bring a friend and enjoy the music or engage in a friendly competition to see who can make the most shots!

Don't forget to stop by one of the two information booths to pick up your 2019 Passport to Good Health raffle card for your chance to win one of 20+ prizes.

Total Wellness is 100% free and open to the public. Embarcadero Center aims to provide its tenants and neighbors with great events that bring the community together while also impacting the public in a positive way. We are proud to be hosting the 16th annual Total Wellness event that provides insight on health, wellness, and fitness.

TOTAL WELLNESS STAGE SCHEDULE:

(Two Embarcadero Center Only)

11:00am - 11:20am
FITNESS SF

11:30am - 12:00pm
The Bar Method Downtown SF

12:05pm - 12:25pm
FITNESS SF

12:35pm - 1:30pm
Wheel House



We are excited to announce that we will once again host **Summer Sounds** in Three Embarcadero Center!

Enjoy live music **every Wednesday** from **12:00pm - 2:00pm** all summer long! Please see the following schedule:

July 10, 2019 - LaTiDo Quartet

July 17, 2019 - Cedricke Dennis Quartet

July 24, 2019 - Lavay Smith Bluestet

July 31, 2019 - Patrick Maier Band

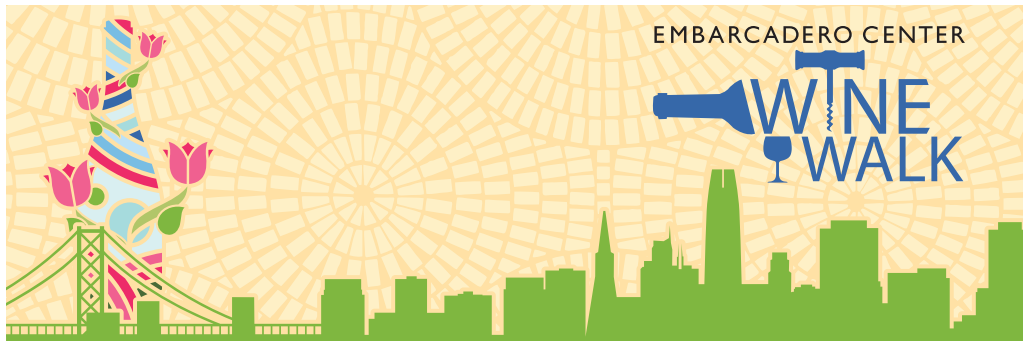
August 7, 2019 - The Harmonics

August 14, 2019 - Alcatraz Islanders

August 21, 2019 - Steel Jam Quartet

August 28, 2019 - Stomp Jones

Be sure to tag us in your photos and videos by using **#ECSummer**.



On **Thursday, March 28, 2019** Boston Properties partnered with San Francisco Magazine to host the 2nd annual **Embarcadero Center Wine Walk** that had over 25 Embarcadero Center retailers and 10 local wineries participate! During this event, Embarcadero Center retailers offered wine samples in their space so Wine Walk attendees could shop, dine, and sip wine. Not only did our Wine Walk attendees get to try an assortment of fine wines, they also enjoyed special promotions and won raffle prizes! This year's Wine Walk raised close to \$5,000 and all proceeds were donated to the Sonoma County Fire Relief to help those who were affected by the wildfires.

See you at the 3rd annual Embarcadero Center Wine Walk in March 2020!



Summer Blood Drive

Donate blood for your chance
to win tickets to a
San Francisco Giants Game!



Register now for Embarcadero Center's summer **Blood Drive** during Total Wellness on Thursday, June 13, 2019 from 8:00am to 4:00pm. Not only will blood donors contribute to saving lives, they will also be entered into the raffle to win two tickets to a San Francisco Giants game! The bloodmobile will be located in Two Embarcadero Center on Front street (in front of Peet's Coffee).

Schedule an appointment online at www.bloodheroes.com and be sure to enter sponsor code "**Embarcadero**" OR contact Laura Kerl at LKERL@bostonproperties.com.

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NOW ENROLLING 200 HOUR YOGA TEACHER TRAINING

200hr FOCUSED AREAS OF TRAINING

- Anatomy, biomechanics of the body, alignment and asana breakdowns
- Yoga philosophy, history, and Sanskrit
- Daily asana practice, meditation, and pranayama
- Hands-on adjustments and assists
- Class sequencing
- Modifications and utilizing props
- Business of yoga and marketing yourself as a teacher

This 6-Week program begins August 21st with a schedule designed to fit a busy life.

Classes will be Wednesday and Friday evenings and during the day on Saturdays and Sundays.

Price for the training is \$2,999
with payment plans available.

EARLY BIRD PRICING!
Enroll by June 12th and receive a
\$500 Discount!

WHEELHOUSE

ONE EMBARCADERO CENTER, LOBBY LEVEL, SAN FRANCISCO, CA 94111, Ph/Fax (415) 666-2288 Ext. 0
For information or booking contact : Admissions@WheelHouse-SF.com WHEELHOUSE-SF.COM

The 2020 PGA Championship Experience

The 2020 PGA Championship Experience, located in Four Embarcadero Center on Lobby

Level will officially open to the public the week of June 3rd. This immersive space presents not only a glimpse into next year's PGA Championship at Harding Park, May 11-17, 2020 – but will also feature The Wanamaker Trophy, presented each year to the PGA Champion, as well as memorabilia boxes showcasing artifacts from ten past PGA Champions: Tiger Woods, Jason Day, Ben Hogan, Dave Stockton,



Paul Runyan, Sam Snead, Lanny Wadkins, Gene Sarazen, Walter Hagen, and Jack Nicklaus. The 2020 PGA Championship Experience will be open Monday - Friday, 9:00am - 5:00pm, and will be available for private bookings for official corporate and/or partners of the 2020 PGA Championship. To learn more about the 2020 PGA Championship, visit <https://attend.thepga.com/2020/>.



E-WASTE Recycling Dates



Drop off your electronics and used batteries on the dates below between **10:00am - 2:00pm:**

June 20th - 4EC Loading Dock

July 18th - 2EC Loading Dock

August 15th - 4EC Loading Dock

September 19th - 2EC Loading Dock

October 17th - 4EC Loading Dock

For more information, please pick-up a flyer in your Lobby or email LKERL@bostonproperties.com.

THE FREAK

Boar's Head Pastrami Brisket, Bacon, Habanero Jack Cheese, Honey Mustard and Sriracha Mayo - \$11.99

*A toasted sandwich with unforgettable flavors!
Get your FREAK on...*

Four Embarcadero Center, Lobby Level
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Himalayan Pink Salt



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Made with
STRAUS
FAMILY CREAMERY
ORGANIC

Four Embarcadero Center
SnowflakeTreats.com



ferrybocce.com



Come and play with the Ferry Bocce League on the twin courts in front of the historic San Francisco Ferry Building. More than 90 teams, made up predominantly of Financial District companies, will play bocce together during four 7-week seasons this year.

Teams are now forming for the **midsummer** season starting **July 22nd** and **fall** season beginning **September 9th**. Private parties and team building events are also available year-round, for a two-and-a-half-hour private event. All participants receive complimentary beer, wine and non-alcoholic drinks, as well as helpful coaching tips from our world-class Bocce Pro who officiates the games.

To sign-up please visit us at www.ferrybocce.com.

See you at the bocce courts!



Back-to-School Drive

Through its Back-to-School Drive, Family Giving Tree gives backpacks filled with grade-appropriate school supplies to K-12 students from low-income families living in 11 Bay Area counties. As California's largest backpack distribution program, they help just over 11% of 350,000+ qualifying children in need. As a community, you can help Family Giving Tree do more to place critical learning tools and school supplies into the hands of students who can't afford them:

- Pick up a backpack tag at any one of the Embarcadero Center lobbies, fill a backpack with school supplies, and return the backpack with the tag attached to the street level drop-off location across from The Organic Coup and next to Harborview Restaurant & Bar at Four Embarcadero Center, Street Level the week of **July 29th**.
- Make a donation online at <https://vtree.fgt.org/bxp>
- Sign-up to lead your community, company, or other group in a backpack drive at fgt.org/drive

Questions? Email: info@fgt.org or visit fgt.org/back-to-school



Family Giving Tree™

A PRICE FOR EVERY BUDGET

BRONZE \$99 / MONTH
8 PASSES / MONTH

SILVER \$125 / MONTH
12 PASSES / MONTH

GOLD \$145 / MONTH
16 PASSES / MONTH

PLATINUM \$179 / MONTH
UNLIMITED PASSES / MONTH

3 Month minimum contract

Passes load at the beginning of the 30 day period. Unused passes do not roll over and expire when the new passes are loaded onto your account. Please note: Walk-in offer, not available on our website. Express classes require one pass each, all other classes require two passes.

TAP IT . STRETCH IT . FLEX IT
INDOOR CYCLING . YOGA . TRX . CORE STRENGTH

ONE EMBARCADERO CENTER, LOBBY LEVEL, SAN FRANCISCO, CA 94111, Ph/Fax (415) 666-2288 Ext. 0
Email : Info@WheelHouse-SF.com WHEELHOUSE-SF.COM



A TASTE OF ITALY

@ EMBARCADERO CENTER

Boston Properties has teamed up with Pop Up Gelato to provide complimentary gelato to the tenants of Embarcadero Center in the lobbies of each building from **1:00pm - 3:00pm** on the following dates:

Tuesday, June 18, 2019
One Embarcadero Center

Wednesday, June 19, 2019
Two Embarcadero Center

Tuesday, June 18, 2019
Three Embarcadero Center

Wednesday, June 19, 2019
Four Embarcadero Center

Get excited for both traditional and vegan flavored gelatos and sorbets like Salted Caramel, Oreos & Cream, Espresso, Pistachio, Strawberry Sorbet, and Lemon Sorbet.



RECEIVE A COMPLIMENTARY DRINK WHEN YOU JOIN ILLY REWARDS

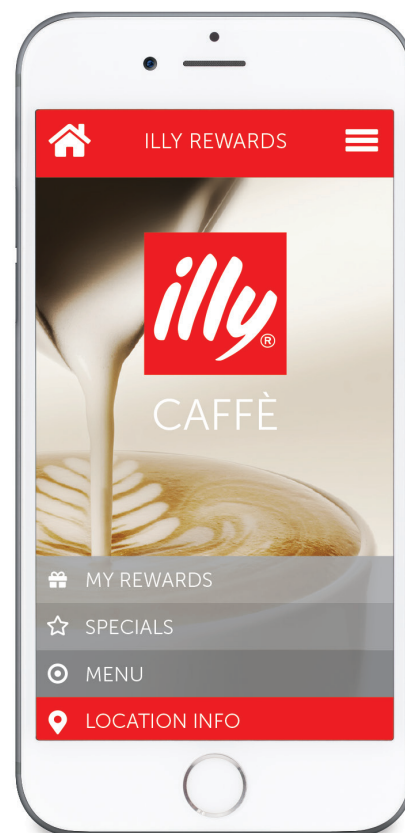
Enjoy the benefits of membership:

- Complimentary drink when you sign up
- One point for every \$1 spent
- \$5.00 reward for every 50 points earned
- A special birthday reward
- Exclusive offers

Download the **illy Reward US** app and start earning points today.



REWARDS



illy Caffè, One Embarcadero Center, Street Level

CUESA Summer Bash

June 9/2019 6-9pm Ferry Building


The Freshest
Party of
the Season

45 Top
Restaurants/
20 Bars & Wineries

Tickets ↓
cuesa.org

#cuesasummer

CUESA
CULTIVATING A HEALTHY
FOOD SYSTEM



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Eye Carumba
Optometry***

**TRUNK
SHOW**

***FRIDAY
JUNE 28
10AM to 4PM***

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Four Embarcadero Center 415.772.8282 eyecarumba.com

CPR/AED Training Certification Programs

FACT: More than 475,000 Americans die from cardiac arrest.
FACT: Cardiac arrest claims more lives than colorectal cancer, breast cancer, prostate cancer, influenza, pneumonia, auto accidents, HIV, firearms, and house fires combined!
(Source: American Heart Association)



Knowing this and wanting to be prepared, Boston Properties will offer two back-to-back adult CPR/AED training classes, hosted by 1st Five Minutes, on two different dates to the tenants of Embarcadero Center for a fee of approximately \$45.00/person:

Tuesday, August 6, 2019

- 9:00am - 11:00am
- 11:30am - 1:30pm

Wednesday, October 16, 2019

- 9:00am - 11:00am
- 11:30am - 1:30pm

Each class can hold up to 20 people, so as space is limited, it's suggested to reserve your spot ASAP! Flyers will be placed in each lobby of Embarcadero Center and notification reminders will be sent out in advance; however, for additional questions, please contact LKERL@bostonproperties.com.

**Exact pricing will be listed on lobby flyers and payment is due prior to class attendance. Location TBD at Embarcadero Center.*

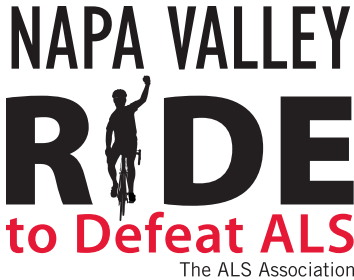
SAVE THE DATE

Boston Properties' annual **Basketball Shootout** is on **Friday, October 4, 2019** in Embarcadero Plaza. A point system will be used from various court locations resulting in a winner for each bracket. Winners from both the elite and novice brackets will receive gift certificates to various retail restaurants and/or stores at Embarcadero Center. Informational flyers on where to sign-up will be available in August 2019 although additional questions can be directed to LKERL@bostonproperties.com.



Join the 15th Annual **Napa Valley Ride to Defeat ALS and Walk** on **Saturday, September 21, 2019!** There is a 100-mile route, TWO 62-mile routes – one “lite” route and one “challenge” route – 48-mile route, a 28-mile route, and a 9-mile route as part of a fun and meaningful ride in support of The ALS Association, to create a world without ALS. Register today using code **brakeALS** for a 20% discount!

www.NapaValleyRide.org



Pull up your calendar NOW and mark **August 24th** as BUSY. The epic food, wine, and spirits event is back. You'll be rubbing elbows with some of the most celebrated Chefs, Mixologists and Vintners in the Bay Area. Celebrating our 11th year (wow!), we are switching things up with a power-packed day of indulgence at The Midway. There will be afternoon and evening tastings featuring the best of SF all under one roof! Follow us on Instagram ([@eatdrinksf](https://www.instagram.com/eatdrinksf)) to stay tuned for more details and how to snag your tickets.

SAVE THE DATE: Flu Shot

Flu shots are available from **11am - 4pm** and will be hosted in each building Lobby.

October 1st - 4EC	October 17th - 4EC
October 3rd - 1EC	October 22nd - 2EC
October 8th - 3EC	October 24th - 3EC
October 10th - 2EC	October 29th - 4EC
October 15th - 1EC	October 31st - 1EC



For more information, visit www.yourflunurse.com or contact Laura Kerl at LKERL@bostonproperties.com.



SALLUMEH Boutique

Direct Importers of Italian Handbags & Briefcases, Exotic Skin Handbags/Wallets, Cashmere Shawls/Capes, Silk Scarves, Furs, Jewelry & More!

**Must use code "7777," cannot be combined with any other promo.*

Two Embarcadero Center, Street Level | 415-273-7777 | Hours: M-F 10-6, SAT 10-5, SUN 12-4





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We provide complete hair and grooming services for men in a relaxed, upscale environment focused on the unique needs of men. Our stylists are skilled professionals, experts in the art of men's grooming services. We are also experts in hair retention and restoration. When you look and feel your best, you perform your best in every aspect of life.

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Four Embarcadero Center • San Francisco
Main Entrance - Street Level • Bar & Patio - Lobby Level
Wheelchair Access on Lobby Level

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