



# the PERIMETER press

March 2023

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HOW TO REACH US

## CONVENIENT NEIGHBORS! JUST A WALK, BIKE RIDE, OR SHORT DRIVE FROM YOUR OFFICE.

7 dining options, Starbucks, Happy House Taproom, a specialty market, medical and dental offices, Hyatt House, and unique shops & services all within Perimeter Park.



## MARKETPLACE ROUND-UP



- ① **Dental Care of Morrisville**
- Top Polish Nails
- Yin Dee
- Teriyakin'
- MeowInn
- Yeet Street Discs
- Good Guy Vapes, Glass, CBD & Hookah
- It's a Wrap
- Spanglish
- Morrisville Dry Cleaners

- ② **Bombay Central**
- Hoppy House Taproom & Hangout
- ③ **G.58 Cuisine**
- ④ **Fount Coffee + Kitchen**
- USCIS Application Support Center
- ⑤ **Hyatt House**
- ⑥ **Duke Medical Plaza Morrisville**
- ⑦ **Starbucks**



## REDUCE

- Buy commonly used products in bulk to avoid excess packaging
- Thrift shop instead of buying new clothing
- Use reusable grocery bags
- Switch to reusable straws
- Use a reusable coffee mug instead of a disposable one/provide reusable mugs to employees
- Switch to compostable k cups or an environmentally-friendly office coffee service like Gourmet Grinders

## REUSE

Consider all the products you use every day and consider reusable alternatives whenever possible:

- Reusable water bottles (make great employee gifts)
- Also, provide filtered water to your employees
- Buildings can provide bottle filling stations (currently at 1500 and 1600 Perimeter)
- Reusable sandwich bags
- Reuse plates, and silverware cups

## RECYCLE

- Label trash "landfill" as a friendly reminder to recycle
- Include what is recyclable, how to process recyclables with images near recycling bins
- Purchase products made from recycled materials
- Reduce printing, paper usage
- Use rechargeable batteries
- Use refillable pencils, pens

### LINKS TO OTHER USEFUL RESOURCES

- [Scrap to sell in NC](#)
- [How to dispose of cooking oil, light bulbs, cleaning products, paint, batteries, glass, ink cartridges, and aerosol cans](#)
- [GLF accepted recyclables](#)
- [Wake County acceptable recyclables](#)
- [Composting at home](#)
- [A helpful poster to show employees what can and cannot be recycled](#)

the  
**3 R's**





*celebrating* ✨

INTERNATIONAL WOMEN'S DAY

&

ST. PATRICK'S DAY

*all month long*



lavender vanilla iced latte

&

cold brew with irish cream cold foam







## Triangle March for Babies

MARCH WITH US TO FIGHT FOR THE HEALTH  
OF ALL MOMS AND BABIES



**SATURDAY, APRIL 15TH**

REGISTRATION OPENS: 9:00AM

WALK BEGINS: 10:00AM

Perimeter Park, Morrisville, NC

REGISTER TODAY: [WWW.MARCHFORBABIES.ORG/EVENT/TRIANGLE](http://WWW.MARCHFORBABIES.ORG/EVENT/TRIANGLE)

**KIDDIE ACADEMY®**  
EDUCATIONAL CHILD CARE

INFANTS TODDLERS PRESCHOOL PRE-KINDERGARTEN



## Our welcome committee is rolling out the red carpet for Perimeter Park Employees!

Early childhood development is critical in preparing children for school. At Kiddie Academy®, we believe there is an opportunity to do more than educate right now, there is an opportunity to educate children for life. That's the philosophy behind *Life Essentials*® which gives your child a foundation for a happier, healthier and more well-rounded future.



CURRICULUM



TECHNOLOGY



HEALTH &  
FITNESS



CHARACTER

*Life Essentials* prepares your child for school and life by providing:

- An age-appropriate curriculum
- Family style dining
- Character development programs
- Outdoor play and fitness
- And so much more!

**Kiddie Academy of Morrisville**  
**2000 Carrington Mill Blvd.**  
**Morrisville, NC 27560**  
**919-234-6972**  
**[kiddieacademy.com/morrisville](http://kiddieacademy.com/morrisville)**

**Special offer exclusively for  
Perimeter Park Employees**  
**1 FREE Week!**

Valid employee identification must be shown at time of registration. Offer is not redeemable for cash. Valid for new families at Morrisville location only. Offer expires 3/31/23.



bloom at  
Perimeter Park

# march madness

2023

3/9

## Yoga Wind Down Flow

5-6pm 3025 Carrington Mill Blvd, 1st Floor

Directly across from the Perk Café. Bring a mat and water bottle.

*Suited for all levels.*

*35 spaces.*

*Complimentary to Trinity Partners tenants.*

[Click for Yoga Sign-up](#)

3/14

## Food Truck Tuesday Game Day

11:30am-1:30pm

Come for lunch and stay to play! Various outdoor games will be available. Shoot some hoops, challenge your co-workers to a game of corn hole, + more.

due by

3/16

## March Madness Snack Bracket

This bracket will have your mouth watering...

Plus: no sports knowledge necessary.

Submit your final results by March 16.

[Click to complete bracket](#)

[Click to submit your winner](#)

3/22

## Bodyweight HIIT Class

12-12:45pm 3025 Carrington Mill Blvd, 1st Floor

Directly across from the Perk Café. Bring a mat and water bottle.

*Suited for all levels.*

*35 spaces.*

*Complimentary to Trinity Partners tenants.*

[Click for HIIT Sign-up](#)

3/23

## East Regional Game Tournament Watch Party

12-5pm Perk Café, 3025 Carrington Mill Blvd

Join us to watch the first of the Sweet 16 games.

Winning snacks of the March Madness Snack Bracket will be served.

*While supplies last.*

## Food Truck Tuesday

Every Tuesday, 11:30am-1:30pm Lot between 3005 & 3015 Carrington Mill Blvd

## Spiffy Car Wash & Detailing

Every Tuesday & Wednesday, by appointment visit [www.getspiffy.com/perimeter-park](http://www.getspiffy.com/perimeter-park)



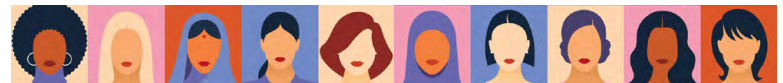
## FUN FACT

The Ides of March, a March 15 holiday, is the first day of the Roman New Year. It also marks the first day of spring in the Roman calendar. And, it marks the assassination of Roman Emperor Julius Caesar. On this day in history, Julius Caesar was warned by soothsayers to "beware of the Ides of March". It was a warning that his enemies in the Roman Senate were planning against him. Apparently, he did not heed the warning strongly enough. He did not add additional security guards to protect him and it proved to be a fatal mistake. He was stabbed and killed by Marcus Brutus on the Ides of March in 44 BC.



## DAYS TO CELEBRATE & REMEMBER

- 3/1: World Compliment Day
- 3/5: Namesake Day
- 3/6: National Oreo Cookie Day 
- 3/8: International Women's Day
- 3/12: Daylight Savings Begins
- 3/12: 95th Annual Academy Awards 
- 3/14: Pi Day
- 3/15: Ides of March
- 3/17: Saint Patrick's Day 
- 3/20: First Day of Spring
- 3/21: World Poetry Day
- 3/22: National Puppy Day
- 3/23: Ramadan 
- National Women's History Month
- Irish American Heritage Month 
- National Craft Month



## WOMEN'S HISTORY MONTH

Do you know why your parents chose your name? Today would be a great day to find out, and to do some research on the origins and meanings of your name.



Don't forget to set your clocks forward!

Michelle Yoeh made history this year as the first Asian woman to be nominated for an Oscar in the best actress category for her role in "Everything Everywhere All at Once." Check out the movie on Showtime!

The longest poem in the world is 'Mahabharata.' This ancient Indian classic poem has 1.8 million words and over 100,000 lines!



## TRIVIA

Along with the classic chocolate, what flavor of Oreo was debuted in 1912?

*Look for the answer in next month's newsletter!*

*February's answer: The Kansas City Chiefs and the Green Bay Packers played in the first ever Superbowl in 1967*





## GET SOME GRUB

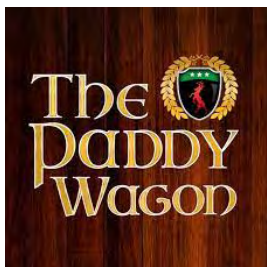
Located in the lot between 3005 and 3015 Carrington Mill Blvd.

11:30 am—1:30 pm

Head on over for some good eats!

*Click on the logos for menu options and pricing.*

Mar. 7



Mar. 14

### + Bloom Game Day

Come for lunch and stay to play! Various outdoor games will be available.



Mar. 21



Mar. 28



Food truck schedule can be found on the digital lobby directories under Calendar of Events, and at [perimeterparkoffice.com](http://perimeterparkoffice.com)

# Meeting space

For additional information or a reservation form, reach out to [perimetercc@trinity-partners.com](mailto:perimetercc@trinity-partners.com)



3800 Paramount Pkwy

## Fitness Centers

3025 Carrington Mill Blvd., first floor  
+ 3800 Paramount Pkwy., first floor

There are two fitness center locations in Perimeter Park that qualifying employees of tenants can join for a small fee.

Hours: 5am to 11pm  
7 days a week  
closed major holidays

For questions, reach out to [customerservice@trinity-partners.com](mailto:customerservice@trinity-partners.com)



3025 Carrington Mill Blvd

## The Perk café + lounge

3025 Carrington Mill Blvd., first floor

The Perk café featuring Larry's Coffee & lounge is open for tenant use with WiFi available.





# how to reach us.

March 2023

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