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book nook. July 2023

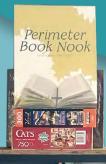
looking to dive into summer reading?

Summer is supposed to be a time of relaxation and fun, but with all the vacation planning and changes in routine, it can end up being busy and tiring. Reading can be a great way to decompress and take a break from all the stress.

A bingo reading challenge is a perfect way to set a summer reading goal. There are so many prompts to choose from, which can make picking a book less daunting, and you only have to read 5 books (or 4 if you use the free space) to get bingo!

Click here to download a PDF of a Summer Reading Bingo sheet.









PLUS check out the book nook in The Perk Café! Leave a book, take a book.

This is an easy, sustainable, and affordable way to find new books to read *and* dispose of books you no longer need!

sustainability corner. July 2023

MORE SUMMER SUSTAINABILITY TIPS

Enjoy an eco-friendly summer and take advantage of some of these sustainability tips. Summer is a time for no school, lots of cool treats, and plenty of time outdoors. Whether you plan on taking a vacation or spending it at home, these summer sustainability tips will help!



compost

This summer, try composting. Although you should always reduce and reuse before composting your food scraps, composting is another great idea to limit waste. Once your compost has successfully decomposed, you will be left with rich soil to keep your plants happy and the garden thriving.



grow a vegetable garden

Growing a vegetable garden allows you to produce food free of chemicals, additives, and miles of travel. Instead of farm to table, yard to the table. You can grow vegetables and fruits outdoors in the ground or in pots if you don't have yard space.



visit the farmer's market

Trips to the farmers' market allow a chance to meet local farmers, grab fresh produce, support our local community, and let the kids run around. You often hear the phrase "buy local." Buying local food supports the farmers in your area and reduces the number of miles your food travels. Often our food, especially our fruits, and vegetables, travels hundreds of miles to get to the grocery store. To make sure these fruits and vegetables last, preservatives are added to help keep the items fresh. When your food doesn't have to travel as far, chemicals don't have to be added for preservation. In addition, visiting the farmer's market gives you the opportunity to buy what is in season. There is a difference in quality when you purchase food in season versus not. If it's not in season, learn how to do without it. Many farmer's markets also have free activities for kids. This is a perfect way to get them outside and enjoy nature. It's a perfect opportunity to get fresh, sustainable foods while enjoying the summer weather and get out some energy. As temperatures rise, it is easy to opt to stay at home or choose only indoor activities, but by spending time in nature, you develop a love for the planet and a desire to protect it!



shop sustainably for summer clothes

Fast fashion is a trending industry but it's important to consider who is making your clothing, where it's coming from, the type of material it is made from, and how the workers making the clothes are treated. The reason some companies are able to sell clothing for so little is because of the poor quality that is produced with toxic chemicals, and the excess waste that is often not properly disposed of. Shop companies whose clothing is made from organic, sustainable materials, are created in the United States, whose workers are treated fairly and paid a fair wage. Thrifting and donating clothes you no longer need is another way to reduce waste by giving used clothes a new home and preventing them from ending up in a landfill.



blood drive. July 2023

BLOODRIVE



Your Community Blood Center

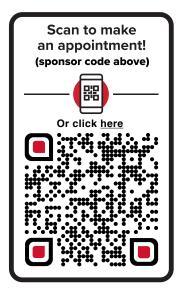
Perimeter Park/Trinity Partners

3800 Paramount Pkwy Morrisville, NC 27560

07/18/2023 | 09:00 AM-02:00 PM

All donors will receive \$60 in rewards!
*Rewards =TBC reward points awarded in donor portal.
Redeem for eGift card(s).

55PQ





The Blood Connection is a non-profit organization. Blood can be donated every 56 days. Donors must be 16 years or older and over 110 lbs. to donate. Sixteen year olds are required to have written consent to donate blood. Before your donate blood, make sure that you drink plenty of water and eat a healthy meal. TBC Donor ID Card (preferred) of photo ID required to donate. Gift cards and other incentives are non-transferable.





café specials. July 2023









Dulce de Leche Frappuccino

Serving breakfast and lunch items and Larry's gourmet coffee and specialty drinks Monday - Friday







flag disposal.

July 2023

FLAG RETIREMENT DROP OFF
FLAG RETIREMENT DROP OFF
FLAG RETIREMENT DROP OFF
FLAG RETIREMENT DROP OFF

FLAG RETIREMENT DROP OFF

Have a worn out American flag that needs to be properly disposed of?

There will be a collection box in/ 5200 West Paramount Parkway the week of July 10-14th.

Special thanks to the Veterans Affinity group at Alliance Health for overseeing the flag disposal.



FLAG RETIREMENT DROP OFF

FLAG RETIREMENT DROP OFF









begin gathering donations now & stay tuned for more details and drop off locations/dates



supplies:

(a full list of accepted items will be provided at a later date)

- · Index Cards
- Backpacks
- Glue sticks
- Pocket folders
- Spiral notebooks
- 3-ring binders
- Blue or black ballpoint pens
- Washable markers
- Highlighters
- Crayons
- #2 Pencils
- · Colored Pencils
- Box of tissues
- Hand sanitizer
- Clorox Wipes



bloom at Perimeter Park

food truck tuesday

at Central Campus Courtyard — 1009 Think Place, Morrisville \





The Rooted Bus

Locally sourced summer bouquets

Live Music

Yard Games

Food Trucks

visit our event calendar at perimeterparkoffice.com/events for info on upcoming events



bloom. July 2023

bloom at Perimeter Park



extra special food truck tuesday

7/18

11:30am-1:30pm

Central Campus Courtyard, 1009 Think Place



Join us for a day of fun in the Courtyard!



- Shop Rooted Plant Supply Bus & locally sourced summer bouquets



- Live Music with Cody Daniels & Co.



- Yard Games



- Multiple Food Trucks

blood drive

7/18

9am-2pm

3800 Paramount Parkway, parking lot



Donate blood and receive \$60 rewards to redeem in e-gift cards.

Blood Drive Sign-up

free group fitness

month and be entered for a chance to win a **shopping spree** at Dick's Sporting Goods.



Zumba 5:15-6pm



3025 Carrington Mill Blvd, Suite 100

Suitable for all levels. Please bring your own bottled water.

FREE — 35 spaces available.

Zumba Sign-up

7/19

Wind Down Flow Yoga



5:15-6:15pm 3025 Carrington Mill Blvd, Suite 100

Suitable for all levels. Please bring a mat and bottled water. FREE — 35 spaces available.

Yoga Sign-up

Bodyweight HIIT



5:15pm-6:15pm 3025 Carrington Mill Blvd, Suite 100

Suitable for all levels. Please bring a mat and bottled water. FREE — 35 spaces available.

HIIT Sign-up

Food Truck Tuesday Note: no food trucks on Tuesday July 4

Every Tuesday, 11:30am-1:30pm Summer Location: The Courtyard, 1009 Think Place

Spiffy Car Wash & Detailing

Every Tuesday & Wednesday, by appointment visit www.getspiffy.com/perimeter-park

visit our event calendar at perimeterparkoffice.com/events for info on upcoming events

Please note: Bloom events are only for tenants in buildings managed by Trinity Partners.



for fun. July 2023



Call of Duty is one of the top selling and highest grossing video game franchises in the world, with over 425 million lifetime unit sales and a revenue of over \$30 billion.



- · 7/1: Creative Ice Cream Flavors Day
- 7/4: Independence Day



· 7/8: Video Game Day



- 7/14: Shark Awareness Day
- · 7/15: Cow Appreciation Day
- · 7/16: National Ice Cream Day
- 7/19: National Hot Dog Day



• 7/20: Moon Day



- · 7/24: Amelia Earhart Day
- · 7/28: National Waterpark Day
- · 7/29: National Lasagna Day
- · 7/30: Father-in-Law Day
- 7/31: National Watermelon Day



- · National Ice Cream Month
- · National Watermelon Month
- · Unlucky Month for Weddings

If Brambleberry Crisp and Goat Cheese with Red Cherries sound like flavors of ice cream you would be interested in, check out <u>Jeni's Splendid Ice Cream</u>. There are two locations in the Triangle, and they also ship pints! (Don't worry, if these flavors do not appeal to you, they have normal ones too).



CLOSED Trinity Partners' offices will be closed.

Like human fingerprints, whale sharks have a unique pattern of spots which allow individual sharks to be identified.



The first person walked on the moon July 20, 1969.

DreamWorks Water Park in New Jersey holds the 3rd tallest water slide in the world! Located within the American Dream shopping mall, Thrillagascar & Jungle Jammer plunges you down 142 feet!



TRIVIA

How many pounds of food does a cow tupically eat in a day?

Look for the answer in next month's newsletter!

June's answer: A sheep, a rooster, and a duck were the first passengers in a hot air balloon — and yes they came out of it unharmed!





July 2023 good eats.



GET SOME GRUB

11:30 am—1:30 pm

Head on over for some good eats!

Click on the logos for menu options and pricing.

ummer ocation CENTRAL CAMPUS COURTYARD 1009 THINK PLACE

Bring a blanket or folding chair and enjoy your lunch taking in the fresh air and sun on the lawn!

July 4

NO **TRUCKS** TODAY



July 11





July 18

new

EXTRA SPECIAL FOOD TRUCK TUESDAY LIVE MUSIC, YARD GAMES, & SHOP AT THE ROOTED BUS





July 25







Food truck schedule can be found on the digital lobby directories under Calendar of Events, and at perimeterparkoffice.com



perks. July 2023

Meeting space «

For additional information or a reservation form, reach out to <u>perimetercc@trinity-partners.com</u>



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

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.

July 2023

Managing Partner, Office Leasing
Brokerage, Office Leasing
Partner, Property Management
Senior Property Manager
Property Manager
Property Manager
Assistant Property Manager
Senior Tenant Services Coordinator
Property Management Assistant
Property Management Assistant

Senior Project Manager

Project Manager

Director, Operations

Partner, Project Management

The Perk Meeting Space

Operations Manager

Accounting Assistant

24-Hour Customer Service

William Allen Alex Dunn Amy Mayer Jason Riegle Melissa Irgens Vanessa Matto Candice Place Nancy O'Melia Aimee Scott Denise Leubecker Ashley Minick Ryan Peterman Anna Woody Rob Hout Mike Landreth Joey Strickland

919.415.4404

919.415.4400

or 877.349.5446

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