

the PERIMETER press

June 2023

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AROUND THE PARK

SUSTAINABILITY CORNER

THE PERK CAFÉ SPECIALS

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BLOOM

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PERIMETER PERKS

HOW TO REACH US

Welcome to the Park!



garmanhomes.com

4000 Paramount Parkway
Morrisville, NC 27560

If your business is a for-profit business located in Morrisville that has:

- Been in business since 2019
- Current annual revenues of \$500,000 or less
- Experienced at least a 15% decline in annual revenues between 2019 & 2020

You may be eligible for a micro-grant through the Town of Morrisville.

[Click here to learn more.](#)

check out these new lunch spots in the marketplace!



BLR Bar & Curry
Indian Cuisine

[click for menu](#)



Koki (formerly Spanglish)
Creative Puerto Rican Kitchen

[click for menu](#)

SOME 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!



travel locally

Local adventures, like walking in unexplored corners of your neighborhood or visiting museums in your city, are the greenest forms of travel. If you want to venture just a little farther, consider driving a few hours to the beach or mountains. Even a small adventure can feel a world away.



open your window shades

Instead of electricity, use sunlight to perform afternoon tasks. This will lower your utility bills and help reduce carbon emissions. Research also suggests that natural light boosts Vitamin D, decreases seasonal depression, improves sleep, and improves health.



be conscious of your water usage

When is the last time you checked your water bill? On average, Americans use about 300 gallons of water per day. Of those 300 gallons, 44% is used in the bathroom to shower and flush the toilet. Try to take a shorter shower. Check for leaks in your home and fix them, no matter how small.



do your chores during off-peak hours

Whenever possible, Energy-hungry chores (like laundry or vacuuming) should be done during off-peak hours. This usually means at night instead of the middle of the day. This also reduces your energy bills and prevents your home from overheating. Your air conditioner doesn't have to work as hard, which lowers your carbon emissions. Also, use the heat to air dry clothing. Of course, it can get extremely hot during the summer and sometimes the air conditioner is necessary. By using a ceiling fan, however, you can possibly adjust the temperature of the AC, reducing energy costs and increasing energy efficiency. Fans require much less energy than the air conditioner.



eat at home

Eat some dinners at home, grill, and eat outside. Going out can contribute to food waste and vehicle emissions. Eating at home saves time and money, reduces waste, and can improve your health. Cooking at home allows you to control the quality of ingredients, reduce food waste, and choose where your ingredients are sourced. Choose local, whenever possible. While eating at home, be sure to use reusable plates, cups and silverware. If disposables are needed, use paper plates instead of Styrofoam. Also, consider reusing mason jars for food storage or as glassware. Eat more ice cream cones. Ice cream cones come with no packaging, which reduces the amount of waste when compared to a bowl or cup. This makes it the perfect sustainability treat for the summertime.

café specials.

June 2023



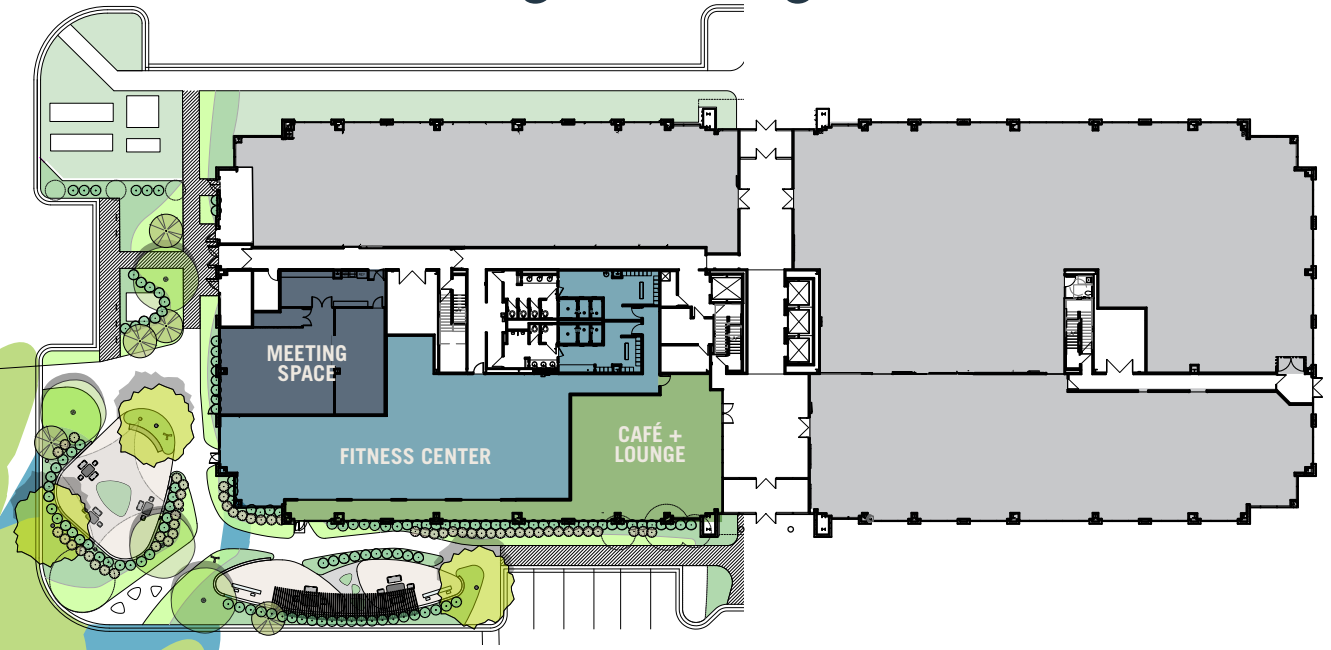
monthly **SPECIALS**

Passionfruit Lemonade 
&
Butter Pecan Iced Coffee

*now selling Larry's coffee products
in the café*



Construction has begun at Perimeter Four — 3025 Carrington Mill Blvd. *Outdoor lounge coming soon!*



flag disposal.

June 2023

FLAG RETIREMENT DROP OFF
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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
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bloom at Perimeter Park

june

EVENT SCHEDULE

summer kick off
party + food trucks

- 6/6** 11:30am-1:30pm
Central Campus Courtyard, 1009 Think Place
Join us for a day of fun to kick off the summer!
- Mobile Axe Throwing
 - T-shirt Tie-Dye Station (*while supplies last*)
 - Waves Shave Ice Truck (*FREE cone for first 25 tenants*)
 - Live Music + Yard Games
 - Food Trucks

perimeter chat
— navigon

- 6/22** 12-1pm
3025 Carrington Mill Blvd, The Park Café
BYOL or grab something at the café and enjoy your lunch hour in The Perk Lounge while Navigon Financial Group's Daniel Lee guides us through the fundamentals of retirement planning.
- Chat Topic: Path to Becoming Financially Secure:
Navigating the Fundamentals of Retirement Planning
- How Much Do I Need to Save, Which Accounts, and What Types of Investments
- FREE — unlimited space available.*

group fitness

- 6/7** **Zumba - Group Fitness**
5:15-6pm
3025 Carrington Mill Blvd, Suite 100
*FREE — 35 spaces available.
Suitable for all levels. Please bring your own
bottled water.*
Zumba Class Sign-up

- 6/14** **Wind Down Flow Yoga - Group Fitness**
5:15-6:15pm
3025 Carrington Mill Blvd, Suite 100
*FREE — 35 spaces available.
Suitable for all levels. Please bring your own
mat and bottled water.*
Yoga Class Sign-up

- 6/21** **Bodyweight HIIT - Group Fitness**
5:15pm-6:15pm
3025 Carrington Mill Blvd, Suite 100
*FREE — 35 spaces available.
Suitable for all levels. Please bring your own
mat and bottled water.*
HIIT Class Sign-up

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

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

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



FUN FACT

The Legend of Sleepy Hollow was the first piece of literature to mention donuts, describing them as "balls of sweetened dough, fried in hog's fat, and called doughnuts"



DAYS TO CELEBRATE & REMEMBER

- 6/2: National Donut Day 
 - 6/4: National Frozen Yogurt Day
 - 6/5: Hot Air Balloon Day 
 - 6/8: World Ocean Day
 - 6/14: Flag Day 
 - 6/16: Take a Road Trip Day
 - 6/17: World Juggler's Day
 - 6/18: Father's Day
 - 6/18: Go Fishing Day 
 - 6/19: Juneteenth
 - 6/21: Summer Solstice
 - 6/23: National Food Truck Day 
 - 6/29: Eid-ul-Adha
-
- Alzheimer's Awareness Month 
 - National Adopt a Cat Month
 - Pride Month 

View [this list](#) of Pride events happening in Raleigh in June.

Visit worldoceanday.org to learn more about World Ocean Day and see what you can do to take action in saving our oceans.

Does your dad like fishing? This year, Go Fishing Day falls on the same day as Father's Day. This would be a great way to celebrate together! Check out these [5 Good Fishing Spots in Raleigh](#).

JUNE 21

The first day of summer and the longest day of the year!



Track your favorite local food trucks, or discover a new food truck near you with Street Food Finder! [Click here](#).



TRIVIA

What three animals were the first passengers in a hot air balloon?

Look for the answer in next month's newsletter!

May's answer: January 1st is the birthday of all thoroughbred racehorses no matter what day they were actually born on.



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.

June 6

DIFFERENT LOCATION. TODAY ONLY.

1009 THINK PLACE



June 13



June 20



June 27



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

Meeting space

For additional information or a reservation form,
reach out to 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



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.

June 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

Accounting Assistant

Partner, Project Management

Senior Project Manager

Project Manager

Director, Operations

Operations Manager

The Perk Meeting Space

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 Hoyt

Mike Landreth

Joey Strickland

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