



# the PERIMETER press

August 2023

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in the know.

August 2023

# Welcome to the Park!



CAROLINA

SENIOR MARKETING

AN INTEGRITY II COMPANY

[carolinaseniormarketing.com](http://carolinaseniormarketing.com)

Perimeter Two  
3020 Carrington Mill Blvd.

## buzz worthy facts about bees

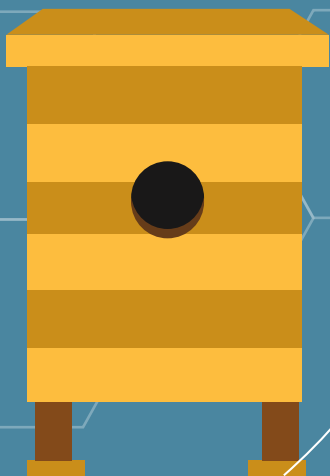
### Perimeter Park has joined Bee Downtown's 'Bee Team'

Here are some stats about bees, why they are an essential part of the ecosystem, and how Bee Downtown can make a difference!

During peak spring season, there are approximately 50,000 to 60,000 bees in each hive on your campus. During the fall and winter, the numbers drop to around 20,000 to 30,000 bees in each hive.



Honeybees pollinate a 3-mile radius from their hives. That means your company's hives positively impact 18,000 acres of surrounding land in your local community!



Honeybees pollinate 70 of the top 100 food crops in the United States. This includes broccoli, apples, almonds, pumpkins, and cranberries, just to name a few.



Outside of food crops, they pollinate many of the trees and flowers that beautify our communities, like crepe myrtles, goldenrod, sage, aster, and clover.



Studies show that honeybees thrive in urban areas more than rural areas, due to stable living conditions, diverse food sources, and less pesticide interaction



One honeybee can have over 1,200 pollination events in one day





## *monthly* SPECIALS



Vanilla Cupcake Ice Latte

&

Blueberry Lemonade 

*Serving Hot Breakfast Sandwiches. Cold sandwiches. Salads.  
Freshly baked Pastries. Snacks. Cold Beverages. & More.*

*Plus, now selling Larry's Coffee Products!*



## back to school supply drive AUGUST 1 - 24

Tools4Schools

Join us in supporting this free classroom supply store for Wake County students and teachers.



### most needed items

- Index Cards
- Elmer's School Glue
- Pocket folders
- Sharpie markers
- Highlighters
- Crayola Crayons
- Colored Pencils
- Construction Paper
- Child safety scissors
- Boxes of tissues
- Clorox Wipes
- and more!

[Click for full supply wishlist](#)

### dropoff locations

- The Perk Café — 3025 Carrington Mill Blvd
- 3020 Carrington Mill Blvd Lobby
- 3800 Paramount Pkwy Lobby

Learn more about  
Tools4Schools



*In celebration of joining the Bee Downtown 'Bee Team',  
let's welcome our new fuzzy friends to Perimeter Park.*

# MEET THE BEES

## HIVE GRAND OPENING

**AUGUST 23 | 11:30AM-1PM**

**3800 PARAMOUNT PARKWAY, BACK LOT**

**Meet the bees** and their keepers, check out the **BEE-autiful new hives**, **taste honey**, name the Queens, get Instagrammable pics in beekeeping suits and **bee costumes**, enter raffles for sweet **bee swag**, enjoy exclusive beekeeping experiences, and **so much more**.

The first 100 tenants will receive a **free jar of honey!**  
Light refreshments and snacks will be provided.  
Food truck(s) on site.

*It's going to BEE awesome!*



**BEE**  
DOWNTOWN

Click to see Bee Downtown's  
impact in 2022!



bloom at Perimeter Park

# august

## EVENT SCHEDULE

### meet the bees — hive grand opening

**8/23** 11:30am-1:00pm  
3800 Paramount Parkway, lot in the back



In celebration of joining the Bee Downtown 'Bee Team', let's welcome our new fuzzy friends at Perimeter Park's Beehive Grand Opening with a celebration!

- Honey tasting, name the Queens, music, raffles & more
- First 100 tenants will receive a FREE jar of honey
- Food Truck(s) on site

*Light refreshments and snacks will be provided.*

### Tools4Schools supply drive

**8/1**  
thru  
**8/24** Donation drop off locations:  
· 3025 Carrington Mill Blvd | The Perk Café  
· 3020 Carrington Mill Blvd | Lobby  
· 3800 Paramount Pkwy | Lobby



Join us in supporting students and teachers of Wake County.

*Last day to drop off supplies is August 24.*

### Food Truck Tuesday

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](http://www.getspiffy.com/perimeter-park)

visit our event calendar at [perimeterparkoffice.com/events](http://perimeterparkoffice.com/events) for info on upcoming events

### free group fitness

*Registration required.*

**8/9 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.*

[Click for HIIT Sign-up](#)

**8/16 Zumba**  
5:15-6:00pm  
3025 Carrington Mill Blvd, Suite 100



*Suitable for all levels. Please bring your own bottled water.  
FREE — 35 spaces available.*

[Click for Zumba Sign-up](#)

**8/23 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.*

[Click for Yoga Sign-up](#)

RAFFLE  
RAFFLE  
RAFFLE

RAFFLE WINNER FOR  
JULY'S FITNESS RAFFLE:  
**GABRIELA STERNWALD**  
CONGRATULATIONS!

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






## FUN FACT

An orange tabby cat called Stubbs (named for his lack of a tail) was the mayor of Talkeetna, a small town in Alaska, for 20 years (1997–2017)! He had several uncontested elections, and although he didn't hold any legislative power, he was loved by locals and tourists alike.



## DAYS TO CELEBRATE & REMEMBER

- 8/2: National Coloring Book Day
- 8/4: International Beer Day 
- 8/5: National Clown Day
- 8/6: Sisters Day
- 8/7: National Lighthouse Day 
- 8/8: International Cat Day
- 8/12: National Vinyl Record Day
- 8/18: Bad Poetry Day
- 8/19: Honeybee Awareness Day
- 8/24: National Waffle Day 
- 8/26: National Dog Day
- 8/29: International Bat Night
- 8/30: Frankenstein Day



- Golf Month
- Picnic Month
- International Pirate Month

## coul·ro·pho·bi·a

/ˌkʊl rəˈfoʊ bi ə/ noun

an extreme fear of clowns



Interested in starting a vinyl record collection? Check out [this list](#) of 7 record stores in Raleigh to get your hands on some vinyl—both old and new!



Over 15 million bats live in Texas's Bracken Cave, making it the largest known bat colony (and largest concentration of mammals) on Earth.



Book a luxury picnic with [Southern Picnics](#). They will provide everything you need for an enjoyable experience in the fresh air. Plus, check out their curated list of the [Best Picnic Spots in Raleigh](#).

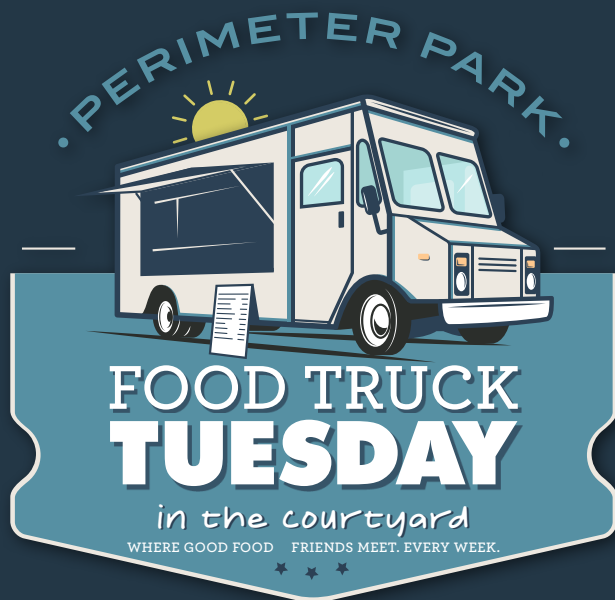


## TRIVIA

Through what parts of their bodies do dogs sweat?

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

*July's answer: A cow typically eats around 40–50 pounds of food a day.*



## GET SOME GRUB

11:30 am—1:30 pm

Head on over for some good eats!

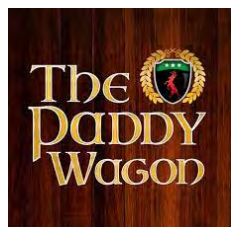
Click on the logos for menu options and pricing.



**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!

Aug. 1



Aug. 8



Aug. 15



Aug. 22



Aug. 29



Food truck schedule can be found on the digital lobby directories and at [perimeterparkoffice.com/events](http://perimeterparkoffice.com/events)

# 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.

August 2023

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