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HOW TO REACH US





in the know. November 2023





ixl.com

1600 Perimeter Park Drive





Trinity Partners' offices will be closed November 23–24th for Thanksgiving.



café specials. November 2023







French Vanilla Chai Latte



White Chocolate Pumpkin Pie Matcha



Bacon, Egg, & Cheese Sandwich; Egg & Cheese on NYC Bagel. Pumpkin, Apple Molasses, or Sweet Potato Breakfast Loaf. Now serving hot soup for the season!





sustainability corner. November 2023

TIPS FOR A GREEN, LOW-WASTE THANKSGIVING

Food waste in the U.S. is a serious problem that gets worse during the holidays. It's not surprising that household garbage, including food waste, increases by as much as 25% between Thanksgiving and New Year's. What is surprising is that in America, food is the largest category of waste in municipal landfills. In 2015, the USDA and the EPA announced an ambitious goal to cut domestic food waste in half by 2030. Here are some tips so you can help reach that goal.

COORDINATE TO AVOID DUPLICATE DISHES:

Keep tabs on what everyone's bringing so you can plan accordingly and avoid making too much food, or duplicating a guest's dish.

SHOP LOCAL:

The closer your food is grown, the lower the environmental impact of what you eat. Shop farmer's markets or order a box of produce from a local farm offering that service.

INVEST IN A GOOD ROASTING PAN:

Invest in a good-quality roasting pan instead of using a disposable one. You'll be able to use it time and time again.

LEAVE THE PROVEN DUDS OFF THE MENU:

If no one ever touches the jello-carrot salad besides Uncle Don, save yourself time and skip it, or make a much smaller dish of it. Similarly, if past years have found you up to your ears in leftover mashed potatoes, make a smaller batch this year.

TAKE STOCK OF WHAT YOU ALREADY HAVE:

Early November is a good time to clean out your cupboards and chances are, some of the ingredients on your list are hiding in the back.

SKIP PRODUCE BAGS:

Bring reusable bags to the grocery store or skip the bag altogether. And definitely avoid the pre-cut produce in single-use plastic packaging, which can't be recycled.

FIND RECIPES THAT WILL USE UP INGREDIENTS:

If one recipe calls for a half container of broth, find another recipe that will use the rest, even if you make it a few days later.

USE ALUMINUM FOIL:

Aluminum foil made from recycled aluminum is more eco-friendly than brand-new foil. However, all aluminum is 100% recyclable.





give back. November 2023

BEASANTA TO A SENIOR

HOME INSTEAD SENIOR CARE®

Santa to a Senior provides Christmas gifts to disadvantaged elderly and disabled people living in assisted living and nursing homes in our community.



Simply take a "bulb" from one of the trees located in the main lobbies of the buildings listed below. Bulbs include the name of a senior citizen and their gift request — most of the time these are basic necessities.

3800 Paramount Pkwy. (Lobby) 3005 Carrington Mill Blvd. (Lobby) 3025 Carrington Mill Blvd. (The Perk Café)

Trees will be up by November 10th.



Purchase the gift(s) and drop off UNWRAPPED to the Trinity Partners office located at 3020 Carrington Mill Blvd, Suite 425 — Monday-Thursday from 9am-4pm and Fridays 9am-12pm no later than Friday, December 8th.

Perimeter Park has been a big supporter of this program for many years and we look forward to a great response again this year.





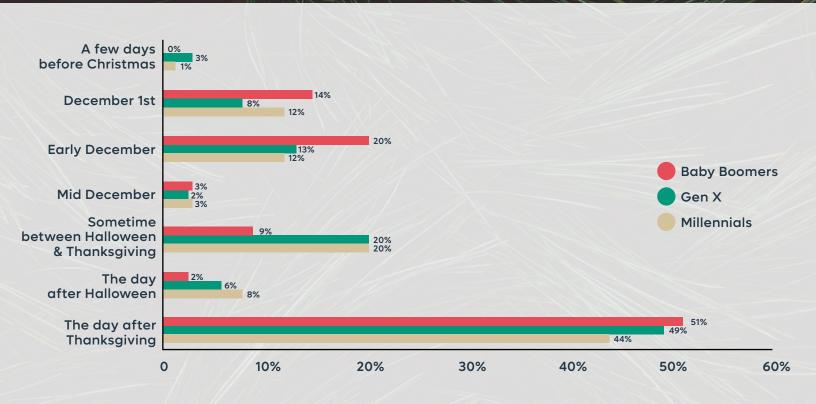
decorate. November 2023

if you're asking yourself:

Is it too early to start decorating for Christmas?

you're not the only one

Here is a chart of when different genrerations actually start decorating, according to a survey by Joybird.



short answer: decorate whenever you want!

Reminder: if you are decorating your office, lit candles and live garland or trees are not allowed.

Security Tip: Do not keep packages out in the open in your vehicle. Instead, place them in the trunk.



DID YOU KNOW?

a honeybee colony has to ingest 6-8 pounds of honey to produce 1 pound of wax

candle making station

drop in to learn about beeswax from our friends at Bee Downtown and roll your own candle to take home

FREE — unlimited space. All supplies provided.

Wednesday, Nov. 8
12:30pm - 1:30pm
at The Perk Café
3025 Carrington Mill Blvd, first floor





get creative with a FREE fall watercolor workshop

Let's celebrate Fall by painting loose florals and foliage with autumn-inspired colors.

Join watercolor artist Nicole Mountz as she guides us through mixing custom color palettes and creating a whimsical print using wet-on-wet techniques.

11/29

11:30am - 1:00pm

The Perk Meeting Space 3025 Carrington Mill Blvd

FREE—25 spaces available. Registration required. All supplies provided.

Click to Sign-up





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



back by popular demand

Complimentary Photo Sessions

@Perimeter Park on November 29 (just in time for those holiday cards!)

All you'll need to do is pick a time and show up with the smiles.











DATE:

November 29

TIME:

8AM - 4PM, pick your time slot here

LOCATION:

5200 W Paramount Parkway, Morrisville Lobby

Come solo, with the fam, your fur baby, or your coworker besties.

Enjoy a 10-minute session with Jennifer Robertson. Trust us, she'll make the process **fun**, and you look **fabulous**.

Please arrive 10 minutes before your scheduled time.

Note—we will another photo day in early December in case you can't make this one!





bloom. November 2023





bloom. November 2023



november

candle making station by Bee Downtown

11/8 12:30pm - 1:30pm

The Perk Café | 3025 Carrington Mill Blvd



Drop in to learn about beeswax from our friends at Bee Downtown and roll your own candle to take

FREE — Unlimited space. All supplies provided.

santa to a senior

11/10

12/8

Tree Locations:

- » The Perk Café | 3025 Carrington Mill Blvd
- » 3800 Paramount Parkway | Lobby
- » Perimeter 1 | 3005 Carrington Mill Blvd | Lobby



Take a "bulb" from one of the trees which include the name of a senior citizen and their gift request.

Bring unwrapped gifts to the Trinity Partners office: 3020 Carrington Mill Blvd, Suite 425 Monday - Thursday 9am - 4pm, Friday 9am - 12 pm

mini complimentary photo sessions

11/29

8:00am - 4:00pm by appointment Lobby of 5200 W Paramount Pkwy



BACK BY POPULAR DEMAND. Professional mini complimentary photo sessions with Jennifer Robertson. Come solo for headshots, with the fam, your fur baby, or your coworker besties. Trust us, she'll make the process fun, and you look fabulous.

FREE — Space is limited. Registration is required.

Click to select a time slot

fall watercolor workshop by SkillPop

11/29

11:30am - 1:00pm The Perk Meeting Space

3025 Carrington Mill Blvd



Let's celebrate Fall by painting loose florals and foliage with autumn-inspired colors. Join watercolor artist Nicole Mountz as she guides us through mixing custom color palettes and creating a whimsical print using wet-on-wet techniques.

FREE—25 spaces available. Registration required.

Click for SkillPop Sign-up

free group fitness

Registration required.

Classes are suitable for all levels. Please bring your own bottled water.

FREE — 35 spaces available for each class.

11/08

Yoga - Wind Down Flow*



5:15 - 6:15pm

3025 Carrington Mill Blvd, Suite 100

* Please bring a mat

Click for Yoga Sign-up

Zumba



5:15 - 6:00pm

5200 W Paramount, Suite 175

Click for Zumba Sign-up

Bodyweight HIIT*

5:15pm - 6:15pm 3025 Carrington Mill Blvd, Suite 100 * Please bring a mat

Click for HIIT Sign-up

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. November 2023



Only approximately 167 of the 300 indigenous languages are still spoken in the United States. The most common of these languages is Navajo, with nearly 180,000 speakers.







- · 11/6: Saxophone Day
- 11/11: Veteran's Day



- · 11/12: Hindu Diwali Day
- · 11/14: World Diabetes Day
- · 11/15: Clean your Fridge Day
- · 11/18: National Adoption Day
- 11/19: Play Monopoly Day



- 11/24: Black Friday
- · 11/25: Small Business Saturday
- 11/27: Cyber Monday



- · Diabetes Awareness Month
- · Native American Heritage Month
- · Adoption Awareness Month



Don't forget to set your clocks back (and get an extra hour of sleep)!

> The saxophone is the only woodwind instrument that was never made of wood.

Make room for all those delicious Thanksgiving leftovers!

Trinity Partners' offices will be closed.

Support local businesses in the Triangle this holiday season.



TRIVIA

CLOSED

What is the official name of the Monopoly mascot?

Look for the answer in next month's newsletter!

October's answer: Finland is the world's biggest consumer of coffee on a perperson basis with an average of 26 lbs per person per year.



good eats. November 2023



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!

Nov. 7







Nov. 14







Nov. 21

NO TRUCKS TODAY Nov. 28







Food truck schedule can be found on the digital lobby directories and at perimeterparkoffice.com/events





Perks. November 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



3025 Carrington Mill Blvd., first floor

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

3025 Carrington Mill Blvd





how to reach us. November 2023

Managing Partner, Office Leasing Director, Office Leasing Partner, Property Management Senior Property Manager Senior 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 Hout Mike Landreth Joey Strickland 919.415.4404 919.415.4400

or 877.349.5446

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