



the PERIMETER press

December 2023

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HAPPY HOLIDAYS

THE PERK CAFÉ SPECIALS

BLOOD DRIVE

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WINTER BEE-HAVIORS

BLOOM

DID YOU KNOW?

FOOD TRUCKS

PERIMETER PERKS

HOW TO REACH US

'tis the season.

December 2023



Trinity Partners' offices will be closed
December 25–26th for Christmas and
January 1st for New Years.



monthly SPECIALS

 Peppermint Mocha 
&
Eggnog Latte 

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



 THE BLOOD CONNECTION.



IT'S
SWEET
to Save Lives

**DONORS
GET A HOLIDAY
SHIRT + \$50
IN REWARDS!**

Blood Drive

Perimeter Park/Trinity Partners

3800 Paramount Pkwy
Morrisville, NC 27560

12/12/2023 | 09:00 AM–02:00 PM

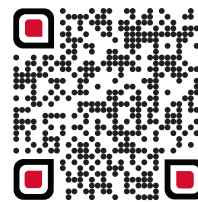
Sponsor Code 55PQ



Scan to make
an appointment!
(enter sponsor code)



Or click [here](#)



Mobiles Only. Incentive may vary. Rewards=TBC reward points redeemable for eGift cards in the TBC store.

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. Written parental consent required for 16 year olds in SC and GA, 16 AND 17 year olds in NC. Before you donate blood, make sure that you drink plenty of water and eat a healthy meal. TBC Donor ID Card (preferred) or photo ID required to donate. Rewards are non-transferable.

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thebloodconnection.org

DREAMING OF A GREEN CHRISTMAS (OR ANY HOLIDAY)



As we gather with loved ones, let's not only share the joy of the season but also inspiration for a greener and more sustainable future. An eco-friendly Holiday is not about giving up cherished traditions but about reimagining and reshaping them with sustainability in mind. By making mindful choices in our gift-giving, decorations, and celebrations, we can create a holiday season that aligns with our commitment to environmental stewardship. Here are some tips to consider when planning for the holidays.

DECORATIONS

Embrace minimalism, focus on a few well-chosen, meaningful decorations rather than an excess of items.

Invest in durable and reusable decorations that can be enjoyed for years.

Decorate with natural elements like pinecones, holly, and dried citrus fruits.

Transform old glass jars into candle holders or vases.

Switch to LED or solar lights for your holiday decorations to save energy.

Use a timer to control when your lights are on, reducing any unnecessary electricity consumption.

GIFTS

Avoid impulse purchases and shop with intention.

Set spending limits or opt for a Secret Santa exchange.

Find unique, handcrafted gifts at local holiday markets and support small businesses and artisans in your community.

Bake or cook homemade treats as gifts, reducing packaging waste.

Gift experiences like concert tickets, spa days, cooking classes or subscriptions.

Provide rechargeable batteries with gifts that require them.

GATHERINGS

Create digital invitations instead of sending paper ones. Also consider sending your annual holiday greeting cards digitally to share your year's highlights with loved ones.

Lower your thermostat, as the extra people and activity will naturally increase the indoor temperature.

Serve water and festive drinks from a glass pitcher or decorative drink dispenser instead of single-use bottles and cans.

Choose reusable plates, cups, and utensils instead of disposable ones.

Set up recycling stations to encourage proper waste disposal.



give back.

December 2023

BE A SANTA 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.

WITH DAYLIGHT SAVINGS ENDING, IT'S GETTING DARK SOONER.

Please use extra caution and pay close attention to your surroundings when leaving the office. Park closer to the building if you are planning on leaving after dark. If you need an afterhours escort between 4pm and 12am please call the roving security patrol, Sunstates Security at 919.349.3748 with at least 30 minutes notice that you'd like an escort. Provide your building address and which door you will be exiting. Always keep your vehicle locked, whether it is parked at home or you are out shopping, and especially if you are sitting in your vehicle for an extended period of time.

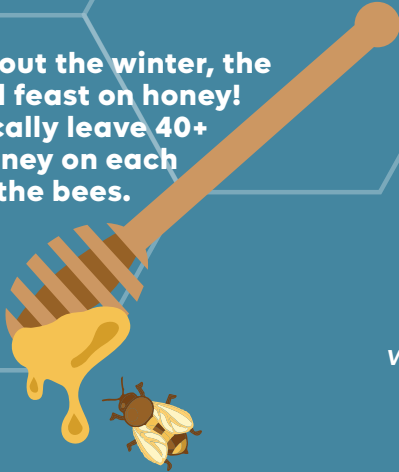
Check out these other helpful holiday tips:

<h1>12 DAYS OF</h1>		<p>keep trees away from fireplaces, radiators, candles, or other heat sources</p> <p>1</p>	<p>use a proper ladder or stool when putting up high decorations</p> <p>2</p>
<p>turn off lights and other decorations when sleeping or out of the house</p> <p>3</p>	<p>keep real trees watered to avoid fire hazards</p> <p>4</p>	<p>check holiday lights for fraying, bare spots, gaps, or kinking to avoid electrocution</p> <p>5</p>	<p>keep gifts or valuable items out of sight in your vehicle when you are out</p> <p>6</p>
<p>keep any poisonous plants, wires, and batteries out of reach of children and pets</p> <p>7</p>	<p>always designate a sober driver or get an uber for festivities where there will be alcohol</p> <p>8</p>	<p>wash hands and utensils that have come into contact with raw meat</p> <p>9</p>	<p>take proper precautions in food storage and prep to avoid food poisoning</p> <p>10</p>
<p>when traveling, set up random timers for lights in several rooms so your house doesn't look empty</p> <p>11</p>	<p>check the weather forecast before driving anywhere</p> <p>12</p>	<h1>HOLIDAY SAFETY</h1>	

bee-haviors.

December 2023

Throughout the winter, the bees will feast on honey! We typically leave 40+ lbs of honey on each hive for the bees.



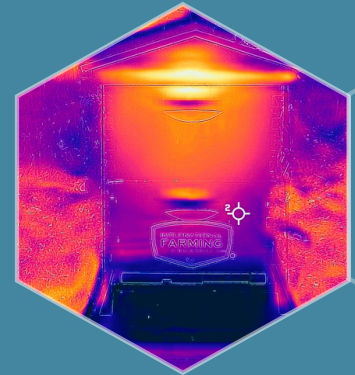
normal winter bee-haviors

As the temperature drops, beehive activity stops!

With winter nearing, you might start to worry your bees are disappearing! Not to worry; the lack of activity you see at the front of the hives is normal & to "bee" expected. During the winter months, the populations of the colonies decrease in size. The bees are now rationing their resources & looking to feed fewer mouths. Continue reading bee-low to see what goes on inside your hives November through early February!

You Will See Our Beekeepers (& the bees) Far Less.

Our regular hive maintenance checks will resume in late February! Now that it is consistently colder, your bees are working hard to produce heat to maintain an internal hive temperature of 96 degrees Fahrenheit. If we were to open the hives on a 55-degree or lower day, the warmth would be released & could cause detriment to the health of the colony. During the winter, the bees "cluster". This is a process where the bees form into a ball as a colony, shivering their bodies to produce heat. They will not fly unless there is an unusually warm day, therefore, little activity will be visible. In the southern part of the U.S., the bees are comfortable without any supplemental insulation by their keepers. In the north, you will observe beekeepers wrap their hives with a layer of insulation. However, this is unnecessary in NC, GA, VA, & FL.



Notice the large ball inside of the hive? This infrared photo shows the "cluster" of bees in the winter!



Mating Ceases During the Winter. The Drones Must Leave!

If your hives live on a parking deck, rooftop, or a concrete area, you may notice expired bees at the entrances or on the ground. This is most likely male bees perishing after a cold night & is nothing to worry about. The queen bee will lay more drones in the spring! Since the males neither feed themselves, nor work in the hives, the worker bees see them as a resource depletion. You'll also notice a stick or piece of wood at the entrances of your hives. This is to "reduce" their entrance in size. By doing this, the bees have less space to "defend", which in turn means they'll be more successful when fending off any type of predator!



This is what our hives in New York at Microsoft look like with their wraps on during the winter! The bees are all cozy!



THE GREAT PERIMETER PARK GINGERBREAD HOUSE DECORATING CONTEST

DEC. 12TH | 11:00AM - 4:00PM
THE PERK CAFÉ (3025 CARRINGTON MILL BLVD)

**DOES YOUR COMPANY HAVE WHAT IT TAKES TO BE CROWNED
PERIMETER PARK'S FIRST MASTER GINGERBREAD HOUSE CHAMPS?**

INTERESTED? HERE'S HOW IT WORKS!

Your company will have one hour to decorate your gingerbread house.
We'll provide the house, icing, and traditional decorations.

See link below to sign up and select your time. Team size is up to you.

Must register by Thursday, December 7th.

The houses will be on display and open for voting by ballot
in The Perk Café through Friday, December 15th.

After voting, the house is yours.

*Pro Tip: Bring your own supplies/decorations to make
your creation one-of-a-kind.*



CLICK FOR TEAM REGISTRATION

Please note: one team per company.

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

elevate your presents

creative gift wrapping workshop

Ready to take your presents to the next level this holiday season?

Master tying different styles of bows, learn creative wrapping techniques and conquer ways to wrap those hard-to-package items with instructor Libby Azzarello.

Be sure to bring a gift of your own and leave with a perfectly wrapped package!

12/6

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 December 5
(just in time for those holiday cards!)

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



DATE:
December 5

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 have another photo day in early December in case you can't make this one!



free group fitness

12/6 Zumba

5:15-6:00pm | 5200 W Paramount, Suite 175

*Suitable for all levels. Please bring your own bottled water.
FREE — 35 spaces available. [Click to register](#)*

12/13 Yoga - Wind Down Flow

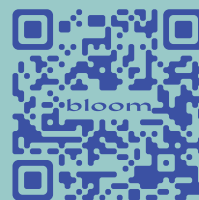
5:15-6:15pm | 3025 Carrington Mill Blvd, Suite 100

*Suitable for all levels. Please bring a mat and bottled water.
FREE — 35 spaces available. [Click to register](#)*

12/20 Bodyweight HIIT

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 to register](#)*



SCAN TO SIGN UP FOR
FITNESS CLASSES



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

december

bloom at Perimeter Park

EVENT SCHEDULE

mini complimentary photo sessions

12/5

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.

Use the QR code below to select a time.

FREE — Space is limited. Registration is required.

[Click to select a time slot](#)

gingerbread house decorating contest

12/12

11:00am - 3:00pm

The Perk Café | 3025 Carrington Mill Blvd



Your team will have one hour to construct your gingerbread house. We'll provide the house, icing, and traditional decorations, but feel free to bring your own supplies/decorations to make your creation one-of-a-kind. The houses will be on display and open for voting by Perimeter Park tenants through Friday, December 15th.

FREE — All supplies provided. Prize for winner.

[Click to register your company](#)

creative gift wrapping workshop by SkillPop

12/6

11:30am - 1:00pm

The Perk Meeting Space
3025 Carrington Mill Blvd



Ready to take your presents to the next level this holiday season? Master tying different styles of bows, learn creative wrapping techniques, and conquer ways to wrap those hard-to-package items. Be sure to bring a gift of your own and leave with a perfectly wrapped package!

FREE—25 spaces available. Registration required.

[Click for SkillPop Sign-up](#)

free group fitness

Registration required. Scan QR code below.

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

FREE — 35 spaces available for each class.

12/6

Zumba

5:15 - 6:00pm

5200 W Paramount, Suite 175



[Click for Zumba Sign-up](#)

12/13

Yoga - Wind Down Flow*

5:15 - 6:15pm

3025 Carrington Mill Blvd, Suite 100

** Please bring a mat*



[Click for Yoga Sign-up](#)

12/20

Bodyweight HIIT*

5:15pm - 6:15pm

3025 Carrington Mill Blvd, Suite 100

** Please bring a mat*



[Click for HIIT Sign-up](#)

santa to a senior

11/10
thru
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

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.



FUN FACT

The term "monkey" is sometimes used as a catch-all for every animal in the primate family, but the truth is that monkeys live on completely different branches of the evolutionary tree from both apes (i.e., chimpanzees, gorillas, and humans) and prosimians (i.e., lemurs, tarsiers, and lorises). One big difference between monkeys and other primates is in the tail: Most monkeys have tails, while apes and other primates do not. Apes also tend to be larger than monkeys and, thanks to their larger brains, more intelligent.



DAYS TO CELEBRATE & REMEMBER

- 12/7: Hanukkah begins 
- 12/8: National Brownie Day
- 12/9: Christmas Card Day
- 12/12: Poinsettia Day 
- 12/14: International Monkey Day
- 12/18: Bake Cookies Day
- 12/21: Crossword Puzzle Day 
- 12/21: Winter Solstice
- 12/24: Christmas Eve
- 12/25: Christmas Day 
- 12/26: Boxing Day
- 12/26: Kwanzaa
- 12/31: New Year's Eve 
- Bingo Month
- HIV/AIDS Awareness Month 
- Human Rights Month

WHITE CHOCOLATE PEPPERMINT COOKIES RECIPE

INGREDIENTS

- | | |
|--|-------------------------|
| 1 1/4 cup AP Flour | 1/4 tsp baking soda |
| 1 pinch of salt | 1/2 tsp vanilla extract |
| 1/2 cup sugar | 1/4 tsp peppermint oil |
| 1 pinch of baking powder | 1 egg |
| 1/2 cup unsalted butter (room temperature) | |
| 3/4 cup white chocolate chips | |
| 1/2 cup crushed candy canes | |

View full recipe + instructions [here](#).



Winter Solstice occurs when either of Earth's poles reaches its maximum tilt away from the Sun and is the shortest day of the year.

CLOSED

Trinity Partners' offices will be **closed**.

Support [local businesses in the Triangle](#) this holiday season.

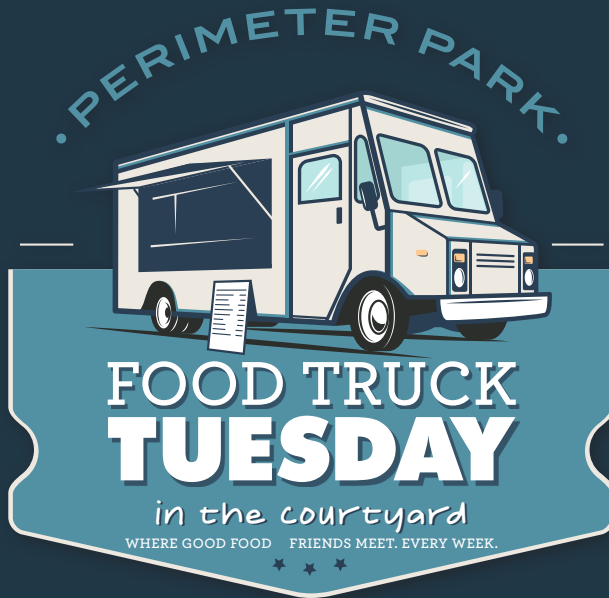


TRIVIA

What country was bingo invented in?

Look for the answer in next month's newsletter!

November's answer: Although often referred to as Mr. Monopoly or Monopoly Man, the official name of Monopoly's mascot is Milburn "Uncle Rich" Pennybags.



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.

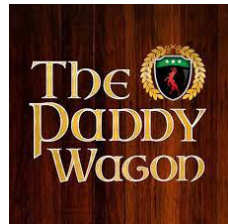
CENTRAL CAMPUS COURTYARD
1009 THINK PLACE

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

Dec. 5



Dec. 12



Dec. 19

Dec. 26

NO TRUCKS
FOR THE
REST OF
THE MONTH.
WE WILL SEE
YOU AGAIN
IN 2024!



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

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.

December 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

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

Rob Hoyt

Mike Landreth

Joey Strickland

919.415.4404

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