

the PERIMETER press

January 2024

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HAPPY NEW YEAR



Trinity Partners' offices will be closed
January 1st for New Years and January
15th for Martin Luther King Jr. Day.

new tenant.

January 2024

Welcome to the Park!



kbhome.com

1800 Perimeter Park Dr.



monthly **SPECIALS**

Butterscoth Latte 
&
 Peanut Butter Mocha

*Bacon, Egg, & Cheese Sandwich; Egg & Cheese on NYC Bagel.
Serving hot soup for the season!*



the patio is open.

January 2024

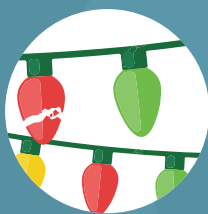
NOW *open*

Stop by the Park's newest amenity, The Patio, right outside The Perk Café at Perimeter Four (3025 Carrington Mill Blvd.) The Patio has multiple seating areas and wi-fi, making it the perfect spot for enjoying lunch or taking a meeting outside.



6 WAYS TO KEEP TRASH OUT OF THE LANDFILLS THIS HOLIDAY SEASON

According to Wake County, Americans throw away 25% more trash between Thanksgiving and New Year's Day. Only about 5% of the plastic we use gets recycled and about 300 pounds per person ends up in the ocean. With the holiday season comes a lot of waste, including discarded food at Thanksgiving or holiday parties and extra trash from package deliveries, boxes and wrapping paper. That's why government officials are sharing the following tips to help reduce waste.



Recycle broken string lights in the scrap metal recycling containers at one of Wake County's Convenience Centers.



Dispose of live Christmas trees at select Wake County parks and Convenience Centers starting Dec. 26, which can be used to produce mulch to be used at parks and trails.



Flatten cardboard shipping boxes and remove the tape from letters and packages so you can recycle the paper.



Recycle electronic toys, cell phones and computers at a multi-material facility or at [Best Buy](#), which accepts up to three household items per day for no charge.



Donate or recycle Christmas sweaters and other clothes in good condition that you no longer want.



Hosting a large party or event? [Wake County](#) loans free recycling, composting and trash bins to residents hosting events in Wake County.

BE A SANTA TO A SENIOR

HOME INSTEAD SENIOR CARE®



Thank you Perimeter Park for your generosity.

Our very own Paula Gatlin was Rudolph again this year. She volunteered for the day sorting, wrapping, and spreading lots of cheer delivering gifts to the residents with Mr. and Mrs. Claus.



A special shoutout to Carolina Senior Marketing, who raised over \$2,000 and took a shopping trip to grab the requested items for 18 seniors in need!

resolutions.

January 2024

IMPROVING YOUR CHANCES

The odds are stacked against resolution makers. Here are a few tips to make your resolution stick.



GET SPECIFIC

One of the biggest mistakes is setting goals which are too general. Be specific. Instead of getting healthy, decide to run twice a week or eat three vegetables a day.

WRITE IT DOWN

Put your goals on paper to make them tangible. Include the small, manageable steps you'll need to take in order to achieve your goal.

GET SUPPORT

Having a friend, group, partner, or professional to check in with each week to discuss progress or challenges will help you stay positive and focused.

GET A TIMETABLE

Set a time or date goal to accomplish your resolution by. Keep the timeframe realistic. You won't be able to lose 10 pounds in a week, and you'll be setting yourself up for failure if you try.

STAY FOCUSED

When you encounter a resolution roadblock, focus on the rewards that will come from keeping your resolution.

DON'T GIVE UP

Many people simply give up after the first resolution slip-up. The key to overcoming this problem is how you handle your reaction. Instead of giving up the diet after one slice of pizza, jump on the running machine for an extra 15 minutes.



One great way to keep yourself motivated while also keeping track of your goals is using a habit tracker. Marking off each time you meet a goal helps you visibly see the progress you're making, and can keep you on track! [Download this free printable habit tracker to get started.](#)



THE GREAT PERIMETER PARK GINGERBREAD HOUSE DECORATING CONTEST

WE HAVE A WINNER

TELEFLEX: CONTRACTS DEPARTMENT HOUSE #2

We had so many amazing, creative entries and the votes were close!
Thank you to all who participated. We look forward to continuing the tradition next year.



—bloom at Perimeter Park— january

EVENT SCHEDULE

**KICK OFF THOSE NEW
YEAR RESOLUTIONS!**

meet the fitness instructors at food truck tuesday

NEW
DATE

1/23

11:30am - 1:30pm
Central Campus Courtyard

Meet the Perimeter Park Yoga, Zumba, and HIIT group
fitness instructors.

Enter for a chance to win one of three great **raffle prizes** to
help you achieve your wellness goals.

Sample locally made **kombucha** and **pressed juices**, and
healthy snacks, provided.



looking ahead...

2/1 Heart walk



Wear RED for awareness + solidarity,
grab your coworkers and come
walk the Park trails. Stop by the
Trinity Partners tent on Paramount
Parkway at trail entrance to check
in as we cheer you on.

free group fitness

*Registration required. Sign-up links below.
Classes are suitable for all levels. Please bring your
own bottled water.*

FREE — 35 spaces available for each class.

1/17

Zumba



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

[Click for Zumba Sign-up](#)

1/24

Yoga - Wind Down Flow*



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

** Please bring a mat*

[Click for Yoga Sign-up](#)

1/31

Bodyweight HIIT*



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

** Please bring a mat*

[Click for HIIT Sign-up](#)

NEW YEAR
NEW YOU
NEW YEAR
NEW YOU

KICK OFF THOSE NEW YEAR'S RESOLUTIONS

& meet our group
fitness instructors

at Food Truck Tuesday



1/23

11:30 am - 1:30 pm

Central Campus Courtyard
1009 Think Place

12:00 - 1:00 pm

Meet the Instructors

*Meet the Perimeter Park Yoga, Zumba,
and HIIT group fitness instructors.*

Sample locally made kombucha, pressed juices, and
assorted healthy snacks at the Bloom tent.

Fitness instructors on-site from 12:00 - 1:00 pm doing
mini class demos and available to chat to answer any
questions you might have.

raffle

Enter for a chance to win one of three great raffle prizes
to help you achieve your personal wellness goals.

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





free group fitness

1/17 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](#)*

1/24 Yoga - Wind Down Flow

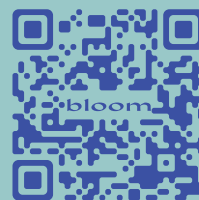
5:15-6:15pm | 3025 Carrington Mill Blvd, Suite 100

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

1/31 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.



FUN FACT

Roman King Numa Pompilius was the initial person to make January 1st the first day of the year, but it didn't start to catch on until the expansion of the Roman Empire in 46 B.C. after Julius Caesar created the Julian Calendar. Following the fall of Rome in the 5th century, many Christian countries altered the calendar so that it was more reflective of their religion. These calendars differed, but in 1582, Pope Gregory XIII introduced a revised calendar, the Gregorian calendar, which reintroduced January 1st as the start of the New Year. Protestant and Orthodox nations were slow to adopt it, and England and its American colonies wouldn't do the same until 1752. Over time it also spread to non-Christian countries.



DAYS TO CELEBRATE & REMEMBER

- 1/1: New Year's Day 
- 1/2: World Introvert Day
- 1/4: Trivia Day
- 1/5: National Bird Day
- 1/8: Bubble Bath Day 
- 1/10: National Take the Stairs Day
- 1/13: Friday the 13th 
- 1/15: Martin Luther King Jr. Day
- 1/18: Winnie the Pooh Day
- 1/19: National Popcorn Day
- 1/20: Penguin Awareness Day 
- 1/24: Compliment Day
- 1/29: National Puzzle Day
- National Blood Donor Month
- National Hobby Month
- National Soup Month 

CLOSED

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

TRIVIA ON THURSDAY, JAN. 4

Lunchtime Trivia @ Moore Square, 12:15–12:45pm

Hammered Trivia @ Hoppy House, 7pm

Science Trivia Night @ The Daily Planet in the NC Museum of Natural Sciences, 6:30–8:30pm

Fullsteam Trivia @ Fullsteam Brewery, 8–10pm

TPTrivia @ Bull City Ciderworks (both the Durham and Cary locations), 7–9pm

View full list of weekly trivia events [HERE](#).



CLOSED

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

While most birds have hollow bones, penguins have evolved to have solid bones, which helps them swim by reducing buoyancy.

Check out this NC-made gourmet popcorn place, [Carolina Popcorn Shoppe](#). You'll find countless, unique flavors like Jalapeno Cheddar, Everything Bagel, and Birthday Cake.

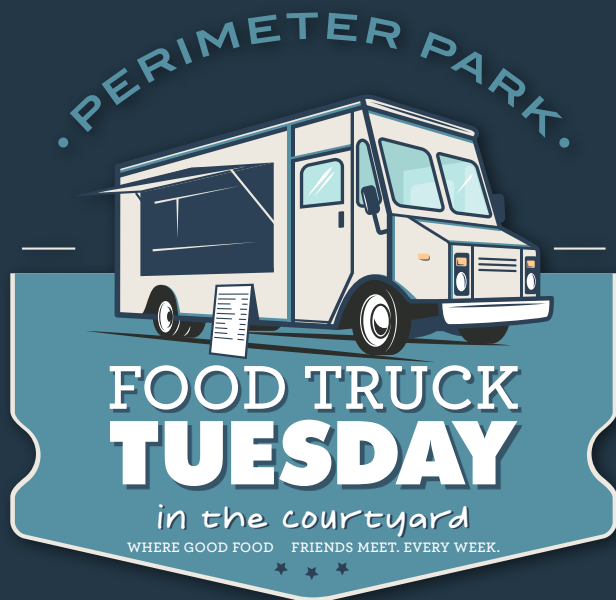


TRIVIA

When did China begin to use the Gregorian calendar?

Look for the answer in next month's newsletter!

December's answer: Bingo is thought to have had its roots in 16th century Italy.



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!

Jan. 2

**NO
TRUCKS
TODAY**

Jan. 9



Jan. 16



Jan. 23



Jan. 30



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.

January 2024

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

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aminick@trinity-partners.com

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