

the PERIMETER press

March 2024

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AROUND THE PARK

HAPPY EASTER

WALK MS

MARCH FOR BABIES

THE PERK CAFÉ SPECIALS

SUSTAINABILITY CORNER

BEE DOWNTOWN CORNER

BLOOM

DID YOU KNOW?

FOOD TRUCKS

PERIMETER PERKS

HOW TO REACH US

Welcome to the Park!



sobi.com

Perimeter Three
3015 Carrington Mill Blvd
Morrisville, NC 27560

Updated UPS & FedEx drop boxes in Perimeter Park:

- 507 Airport Blvd — FedEx & UPS
- 1600 Perimeter Park Dr — FedEx
- 3020 Carrington Mill Blvd — FedEx

For more information, visit links below.

[FedEx](#)

[UPS](#)

Easter 2024 is on
Sunday, March 31st



HAPPY EASTER



Trinity Partners' offices will be closed
March 29th in observance of Good Friday.



Walk MS: Raleigh 2024

A cure is on the line.

Walk MS unites the MS community in the largest gathering of its kind to raise funds and make a difference for everyone living with MS.

Join us on **Saturday, March 23, 2024** at **Perimeter Park** as the Triangle community walks towards a world free of MS!



Register or Volunteer for
our annual fundraising
event!

Questions? Contact lauren.ross@nmss.org



 **MARCH
FOR BABIES**
**A MOTHER OF
A MOVEMENT**



MARCH WITH US

Join us for a March for Babies experience in your area.

March for Babies: A Mother of a Movement™ calls on people across the country to unite and make a huge difference for the health of all families by walking, fundraising and spreading the mission of March of Dimes.

As a March for Babies community, we're better together. We're stronger together. We're louder together.

Sign up at marchforbabies.org/signup



Save The Date

March for Babies North Carolina

Saturday, 4/13 - Triangle
Perimeter Park, Morrisville

Saturday, 4/20 - Triad
Triad Park, Kernersville

Sunday, 4/21 - Charlotte
Symphony Park, Charlotte

Platinum Sponsors



National partner



© 2024 March of Dimes

café specials.

March 2024



monthly SPECIALS

Iced Vanilla Matcha Latte
with coconut milk

&

Iced Hazelnut Latte
with sweet cold foam & caramel drizzle

*Serving hot breakfast sandwiches, delicious pastries,
salad/wraps & hot soup!*





Spring arrives as a reminder of nature's miraculous ability to start anew. Barren tree branches sprout teeny buds and eager bulbs push forth their bright blossoms as a signal of hope and promise. Sprouting seeds, fresh spring flowers, and baskets of delightful baked goods, are all themes of spring traditions. But how did a season of celebrating the promise of new life become laden with plastic waste? Our annual celebration of renewal now results in a whole lot of non-biodegradable trash that is clogging our landfills. Below are some sustainable practices you can incorporate into your Easter celebrations and throughout the Spring season.

ALTERNATIVE BASKET TREATS

Instead of the usual trinkets, gift experiences, homemade treats, or gifts that promote sustainability, such as reusable water bottles, or organic skincare products. When purchasing Easter treats, opt for locally sourced and support local businesses. Another great idea is to create a themed basket around the recipients' individual interests. Inspire an artist with fresh, age-appropriate art supplies, crafts tools, washi tapes, and sketch books. Treat a baker with baking mitts, apron, utensils and rolling pin, colorful mixing bowls, cookie cutters, baking mixes and specialty ingredients like fancy sprinkles. Or, double-down on earth-friendliness and create a garden theme basket with garden gloves and tools, seed packets, bulbs, herb starts, baby succulents, plant markers, etc.



SPRING HOME RESET

Springtime is a perfect opportunity to clean and declutter your home. Recycle or upcycle whenever possible. Donate old clothes, tools, cookware, and furniture that you do not use or sell them on platforms like Facebook marketplace. While decluttering often involves removing products entirely from your home, you can sometimes recycle them within your own space and give them new purposes. Baskets and bowls you don't use anymore could transform into an organizational system to help keep track of your belongings. Once you have cleaned and decluttered your home, you can add Spring or Easter decorations. Get creative and make your own decorations using recycled materials or items found in nature, such as branches, flowers, and leaves. [Here are some fun tutorials](#) to create egg shell place settings, decorative mason jars, a spring shower umbrella wreath, yarn easter eggs, and more.



SPRING ACTIVITIES

Extend the fun of the egg hunt for the weeks leading up to Easter by turning it into an indoor game you can play together. To start, hide a one-of-a-kind, or 'golden egg', around the house in plain sight. When someone spots it, it's their job to re-hide it in a new location. Highlight the growth and new life associated with spring with an activity of making seed starts for the garden. [Here's a great tutorial](#) with several options using upcycled household items.



ECO-FRIENDLY BASKETS

Consider baskets made from natural or recycled materials or, invest in a quality reusable basket. You can also make your DIY basket from a [paper grocery bag](#) or your favorite patterned paper. If you're extra crafty, you may want to try an [upcycled fabric rope easter basket](#). Use recycled paper as filler and when done, simply toss in the recycling or compost bin.



ECO-FRIENDLY EGGS

Here's an idea, turn egg decorating into a keepsake craft. Choose an option like paper or wood that can be packed up and saved. As your collection builds over the years, the eggs serve as a springtime snapshot of your children's developing artistic style. Be sure to label each egg with the decorator's name and the year before you pack them away.



Bee Downtown's Impact in the US in 2023



10,116,000+

collective acres positively
impacted by Bee Downtown
bees!

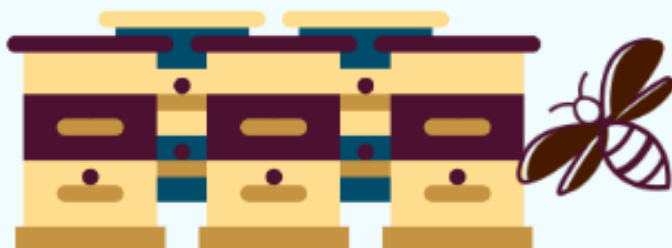
18,000+

pollinator friendly plants
added to the community!



Average honey bee loss
rate in the United States: **48%**

Average honey bee loss
rate by Bee Downtown: **14%**





MEET YOUR
BEEKEEPER

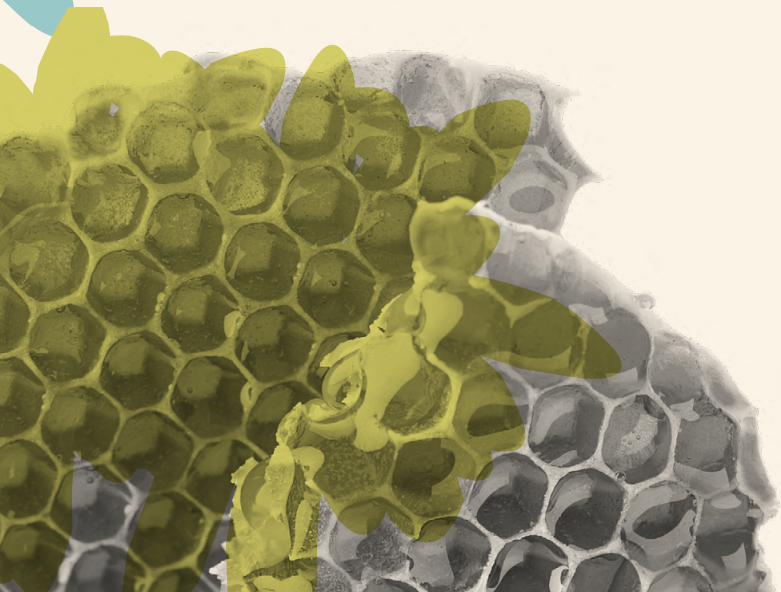
MARCH 14 | 12:00-1:00PM

1600 PERIMETER PARK DRIVE
(back left corner of the parking lot)



Buzz over to the campus apiary to **meet our Bee Downtown beekeeper**. Bee-come acquainted with our campus hives, learn about the functions of a colony, see the stages of wax rendering, and more!

Free Locopops while supplies last.





LUNCHTIME TRIVIA

Round-up your coworkers or fly solo to join us for **lunchtime trivia** hosted by TP Trivia Masters. Bring your lunch or grab something from the Café and come to play.

First round will **start at 12:10pm**. Prizes for the highest scores. Check events calendar and future e-blasts for trivia round themes.

THURSDAY, MARCH 21
12:00 - 1:00 PM

THE PERK CAFE
3025 CARRINGTON MILL BLVD.



free group fitness

3/6 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](#)*

3/13 Yoga - Wind Down Flow

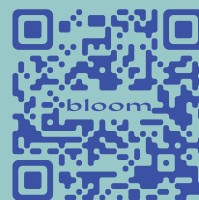
5:15-6:15pm | 3025 Carrington Mill Blvd, Suite 100

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

3/20 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.

march

EVENT SCHEDULE

meet your beekeeper

3/14 12:00 - 1:00pm



Hives at 1600 Perimeter Park Drive
Located in the back left corner of the parking lot

Buzz over to the campus apiary to meet our Bee Downtown beekeeper. Bee-come acquainted with our campus hives, learn about the functions of a colony, see the stages of wax rendering, and more!

FREE Locopops while supplies last.

lunchtime trivia

3/21 12:00 - 1:00pm



The Perk Café | 3025 Carrington Mill Blvd.

Round-up your coworkers or fly solo to join us at The Perk Café for lunchtime trivia hosted by TP Trivia Masters. Bring your lunch or grab something from the Café and come to play.

First round will start at 12:10 pm. Prizes for the highest scores. Check events calendar and future e-blasts for details and trivia round themes.

Walk MS

3/23 8:00am



3005 Carrington Mill Blvd

Walk MS unites the MS community in the largest gathering of its kind to raise funds and make a difference for everyone living with MS. Join us as the Triangle community walks towards a world free of MS!

[Click to register or volunteer](#)

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.

3/6 Zumba



5:15 - 6:00pm
5200 W Paramount, Suite 175
[Click for Zumba Sign-up](#)

3/13 Yoga - Wind Down Flow*

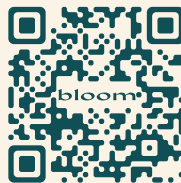


5:15 - 6:15pm
3025 Carrington Mill Blvd, Suite 100
** Please bring a mat*
[Click for Yoga Sign-up](#)

3/20 Bodyweight HIIT*



5:15pm - 6:15pm
3025 Carrington Mill Blvd, Suite 100
** Please bring a mat*
[Click for HIIT Sign-up](#)



SCAN TO VIEW THE
PERIMETER PARK
EVENT CALENDAR

HERE YOU'LL FIND
INFO AND LINKS
FOR REGISTRATION

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

Pandas do not have opposable thumbs. They have an extended wrist bone that they use like a thumb to help them grip food.



DAYS TO CELEBRATE & REMEMBER

- 3/1: Employee Appreciation Day
 - 3/3: Namesake Day
 - 3/6: National Oreo Cookie Day 
 - 3/9: National Barbie Day
 - 3/10: Daylight Savings Begins 
 - 3/10: 96th Annual Academy Awards
 - 3/11: Ramadan
 - 3/12: Girl Scouts Day 
 - 3/14: Pi Day
 - 3/16: Giant Panda Bear Day
 - 3/17: Saint Patrick's Day 
 - 3/19: First Day of Spring
 - 3/25: Pecan Day
 - 3/29: Good Friday
 - 3/31: Easter Sunday 
-
- Irish American Heritage Month
 - Women's History Month

Fittingly, the live-action Barbie movie is nominated for 8 Oscars, including Best Motion Picture of the Year. Celebrate National Barbie Day by watching the movie on HBO Max, then tune in to the Academy Awards on ABC to cheer it on!



Don't forget to set your clocks forward!



Ramadan is based on the lunar calendar and begins with hilal, which is the Arabic word for crescent or "new moon".



The first St. Patrick's Day parade didn't take place in Ireland, but in Boston, Massachusetts in 1737.

CLOSED

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

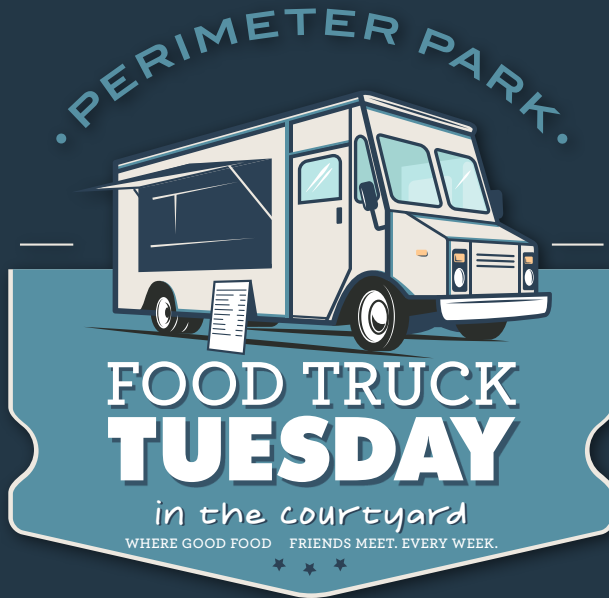


TRIVIA

What is the highest-selling flavor of Girl Scout cookies?

Look for the answer in next month's newsletter!

February's answer: Iran is the biggest producer of pistachios, followed by the US and then Turkey.



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!

Mar. 5



Mar. 12



Mar. 19



Mar. 26



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

Meeting space

For use by qualifying companies in Perimeter Park, online reservations must be made and confirmed by Trinity Partners. Book here.
For a additional information, reach out to customerservice@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.



The Patio

new

3025 Carrington Mill Blvd, outside

Expansive outdoor lounge with WiFi and outlets available.



how to reach us.

March 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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