



# the PERIMETER press

December 2024

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# Welcome to the Park!

## TOWNEPLACE SUITES<sup>®</sup> BY MARRIOTT

📍 1021 Carrington Mill Blvd., Morrisville

TownePlace Suites Marriott Hotel, Perimeter Park, Morrisville, NC offers a convenient location just minutes from Raleigh-Durham International Airport. Our hotel offers spacious suites with full kitchens, free Wi-Fi, and dedicated workspaces, meeting rooms, ideal for business and longer stays. Kick off your morning with a complimentary hot breakfast, and make use of our 24-hour fitness center. Whether you're visiting for business, relocating, or just need a temporary home, the hotel's proximity to the Research Triangle and downtown Raleigh ensures easy access to key business hubs.



# holiday safety.

December 2024



Choose a tree with fresh green needles that do not fall off when touched.



Make sure the tree is at least 3 feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.



Make sure the tree is not blocking an exit.



Water your tree everyday. A dry tree can catch on fire easily.



Lighting the tree with UL-listed Christmas lights. Pay attention to Indoor/Outdoor use.



Check your decor for damage and replace as needed.



Don't overload your sockets! Do not use more than 3 light strands in a row.



Turn off your lights before bed or while you are away from home.

# 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 7th.



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 6th.**

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



## *monthly* SPECIALS



Peppermint Bark Mocha

&

Cinnamon Roll Latte



*Apple cider & hot soup for the season.*

Check out the Perk Cafe's weekly menu to see daily specials.





## GO GREEN FOR *the holidays*

CONSIDER SOME OF THE TIPS BELOW TO HAVE A MORE SUSTAINABLE HOLIDAY SEASON.

### ECO-FRIENDLY WRAPPING

Use recycled or reusable wrapping paper, kraft paper, cotton, or burlap.

Upcycle brown paper bags and add a personal touch by decorating them yourself.

### RECYCLE AND REUSE

Recycle gift bags and boxes, cards, and decorations after the holidays.

Donate unwanted gifts to local charities.

### CHOOSE SUSTAINABLE GIFTS

Gift experiences (like concerts, memberships/subscriptions) instead of physical items.

Buy handmade or locally sourced products or opt for eco-friendly gadgets, or reusable water bottles

### SUSTAINABLE CHRISTMAS TREES

Select real trees from sustainable farms, or consider potted or rented trees.

Get creative with alternative tree ideas using reclaimed materials or skip traditional decor and use your houseplants instead.

### SECRET SANTA

Organize a Secret Santa within your group to minimize the number of gifts.

### ANIMAL ADOPTION

Gift an adoption package for endangered animals through organizations like World Wildlife Fund (WWF).

### ECO-FRIENDLY WREATHS

Make or buy real wreaths made from natural materials, or invest in a quality reusable wreath.

### REUSEABLE ADVENT CALENDAR

Invest in a reusable advent calendar filled with handmade treats.

### REDUCE TRAVEL EMISSIONS

Celebrate locally or use public transport and carpool when possible.

Host virtual get-togethers to connect with distant loved ones.

# wellness wednesdays

## free group fitness

### 12/4 Bodyweight Strength and Conditioning

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](#)*

*Upper Body Blast - Slay the arms and core!*

### 12/11 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](#)*

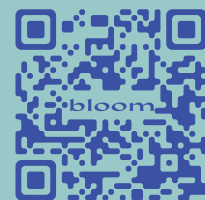
### 12/18 Yoga - Wind Down Flow

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](#)*

*Executive Zen: Yoga for fatigue and guided meditation to get through the busy holiday season.*



SCAN TO SIGN UP FOR  
FITNESS CLASSES

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

# EVENTS

## December

bloom at  
Perimeter Park



### wellness wednesdays FREE group fitness

Registration required. Scan QR code below. Classes are suitable for all levels. Please bring your own bottled water and mat. FREE — 35 spaces available for each class.

**dec 04** **Bodyweight Strength and Conditioning**  
5:15 - 6:15pm | Please bring a mat  
3025 Carrington Mill Blvd, Suite 100  
Focus: Upper Body Blast

**dec 11** **Zumba**  
5:15 - 6:00pm  
5200 W Paramount, Suite 175

**dec 18** **Yoga - Wind Down Flow**  
5:15 - 6:15pm | Please bring a mat  
3025 Carrington Mill Blvd, Suite 100  
Focus: Executive Zen

### santa to a senior

**nov 07 thru dec 06**  
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

SCAN TO VIEW THE PERIMETER PARK EVENT CALENDAR. HERE YOU'LL FIND INFO AND LINKS FOR REGISTRATION



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

### music bingo

#### holiday edition

**dec 11** **12:00 - 1:00pm**  
**The Perk Café | 3025 Carrington Mill Blvd**  
Round-up your coworkers and play as a team or fly solo to join us at The Perk Café for lunchtime music bingo hosted by TP Trivia Masters. Bring your lunch or grab something from the Café and come to play.

### we want to hear from YOU

We hope you've been enjoying our Bloom programming here in Perimeter Park. To continue offering events that you're interested in, please scan the QR code and provide feedback for 2025.



# Happy Holidays!

**Food Truck Tuesday**  
Every Tuesday, 11:30am-1:30pm  
The Patio | 3025 Carrington Mill Blvd.

**Spiffy Car Wash & Detailing**  
Every Tuesday & Wednesday, by appointment  
visit [www.getspiffy.com/perimeter-park](http://www.getspiffy.com/perimeter-park)





**FUN FACT**

On December 1, 1990, Engineers digging a railway tunnel under the English Channel broke through the last rock layer allowing England to connect to mainland Europe for the first time since the Ice age.



**DAYS TO CELEBRATE & REMEMBER**

- 12/5: International Volunteer Day
  - 12/7: Pearl Harbor Remembrance Day
  - 12/8: National Brownie Day
  - 12/9: Christmas Card Day
  - 12/12: Poinsettia Day 
  - 12/13: National Cocoa Day 
  - 12/21: Crossword Puzzle Day 
  - 12/21: Winter Solstice
  - 12/24: Christmas Eve 
  - 12/25: Christmas Day 
  - 12/25: Hanukkah begins 
  - 12/26: Boxing Day
  - 12/26: Kwanzaa
  - 12/31: New Year's Eve 
- 
- Bingo Month
  - HIV/AIDS Awareness Month 
  - Human Rights Month

**CHOCOLATE CRINKLE COOKIES RECIPE**

**INGREDIENTS**

- 1 cup AP flour
  - 1/2 cup cocoa powder, unsweetened
  - 1 tsp baking powder
  - Pink of salt
  - 1/4 cup vegetable oil
  - 1/2 cup granulated sugar
  - 1/4 cup brown sugar, packed
  - 1 tsp pure vanilla extract
  - 2 large eggs
  - 1/4 cup confectioners sugar (for the coating)
- View full recipe + instructions [here](#).



Early Aztec hot cocoa was a bitter drink called *xocoatl* which is made with chili peppers, toasted corn and warm water. Yum!



**CLOSED**

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

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

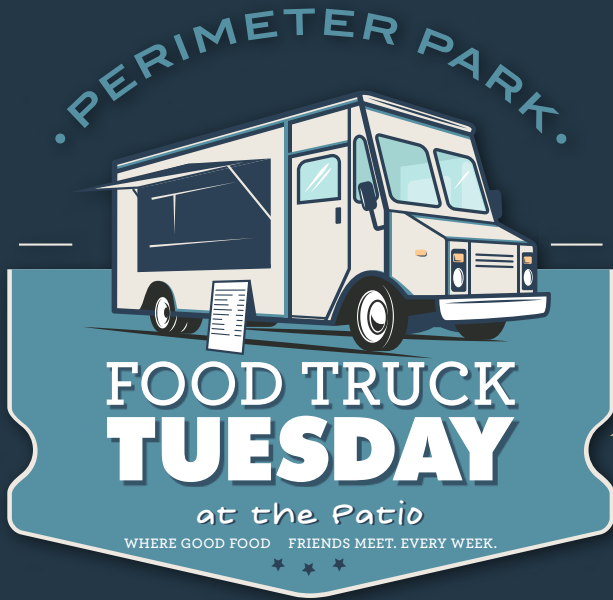


**TRIVIA**

How many different versions of the song "Silent Night" are there?

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

*November's answer: John Ratzenberger is the only actor to voice a character in every Pixar movie.*



## 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.*

**NEW location!**

**THE PATIO**  
**3025 CARRINGTON MILL BLVD.**

*Enjoy your lunch taking in the fresh air!*

### Dec. 3



### Dec. 10



### Dec. 17, 24, 31

**Happy Holidays!**  
**No Trucks.**



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



# The Patio

3025 Carrington Mill Blvd, outside

Expansive outdoor lounge with WiFi and outlets available.



# how to reach us.

November 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**

**Amy Kirk**

**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**

**919.415.4400  
or 877.349.5446**

wallen@trinity-partners.com

adunn@trinity-partners.com

amayer@trinity-partners.com

akirk@trinity-partners.com

mirgens@trinity-partners.com

vtorres@trinity-partners.com

cplace@trinity-partners.com

nomelia@trinity-partners.com

ascott@trinity-partners.com

dleubecker@trinity-partners.com

aminick@trinity-partners.com

rpeterman@trinity-partners.com

rhoyt@trinity-partners.com

mlandreth@trinity-partners.com

jstrickland@trinity-partners.com

customerservice@trinity-partners.com

customerservice@trinity-partners.com