



# the PERIMETER press

January 2025

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HAPPY NEW YEAR



TRINITY PARTNERS' OFFICES WILL BE CLOSED JANUARY 1<sup>ST</sup> FOR  
NEW YEARS AND JANUARY 20<sup>TH</sup> FOR MARTIN LUTHER KING JR. DAY.

# 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 Home Instead .



# EVENTS

January

bloom at  
Perimeter Park

# 2025

KICK OFF THOSE  
*new year*  
RESOLUTIONS!

*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.

jan  
15

### Zumba

5:15 - 6:00pm

5200 W Paramount, Suite 175

jan  
22

### Yoga - Wind Down Flow

5:15 - 6:15pm | *Please bring a mat*

3025 Carrington Mill Blvd, Suite 100

Focus: xxx

feb  
06

### Bodyweight Strength and Conditioning

5:15 - 6:15pm | *Please bring a mat*

3025 Carrington Mill Blvd, Suite 100

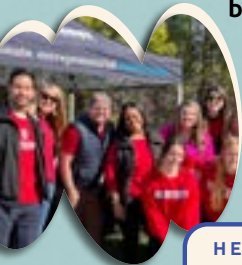
Focus: xxx

looking ahead...

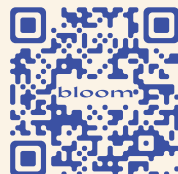
feb  
06

### Heart Walk for National Wear Red Day

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. More details to come.



HERE YOU'LL FIND  
INFO AND LINKS  
FOR REGISTRATION



SCAN TO VIEW THE  
PERIMETER PARK  
EVENT CALENDAR

### new year reset nutrition workshop

jan  
23

11:30am - 12:15pm

The Perk Meeting Space

Join Crystal McLean, MS, RD, LDN, Owner of Thrive Performance and Nutrition, for a lunchtime workshop on how to reset your nutrition after the holidays. Registration Required.



### 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.



### 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)

visit our event calendar for info on upcoming events  
[perimeterparkoffice.com/events](http://perimeterparkoffice.com/events)

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







# wellness wednesdays

## free group fitness

### 1/15 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](#)*

### 1/22 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](#)*

### 1/29 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](#)*



SCAN TO SIGN UP FOR  
FITNESS CLASSES

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



**BEE**  
DOWNTOWN

# 2024 BUZZWORTHY ENGAGEMENT

[bee-downtown.com](http://bee-downtown.com) @beedowntown

**93 POUNDS**

of honey were produced by the 1600 Perimeter Park bees!



**5.12 MILLION**

miles were flown to create this honey, equivalent to flying around Earth

**205 TIMES**



**580**

hives



**100+**

hours of tenant engagement were enjoyed through Bee Downtown experiences!

**20**

tenants buzzed over to Meet their Beekeeper!



**11**

cities



**50**

tenants tested their taste buzz with a

**DROP-IN HONEY & CHEESE PAIRING**

**16**

tenants tuned in for a

**LIVE AT THE HIVE**



**29 million**

bees



**14**

tenants suited up for a hands-on experience during a

**HIVE TOUR**







## *monthly* **SPECIALS**

French Toast Latte  
&  
Vanilla Bean Latte

*Apple cider & hot soup for the season.*

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








**FUN FACT**


January was named for the Roman god Janus, known as the protector of gates and doorways, which symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future.

**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
- 1/18: Winnie the Pooh Day
- 1/19: National Popcorn Day
- 1/20: Martin Luther King Jr. Day
- 1/20: Inauguration 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**.

Check out this NC-made gourmet popcorn place, The Mad Popper in Durham where you'll find countless, unique flavors like Jalapeno Cheddar, Sweet Tea, Cheesy Taco, and so much more. 

Did you know Winnie the Pooh didn't always have a red top? He was originally illustrated in black and white and didn't appear in his famous red top until 1932.

**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.

**TRIVIA**

What is the first full moon of the year called?

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

December's answer: There are over 3,700 interpretations of "Silent Night," making it the all-time most covered song.





## 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!*

### Jan. 7

### Jan. 14

### Jan. 21

### Jan. 28



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.

January 2025

Managing Partner, Office Leasing

Director, Office Leasing

Partner, Property Management

Senior Property Manager

Senior Property Manager

Property Manager

Senior Tenant Services Coordinator

Assistant Property Manager

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**

**Candice Place**

**Nancy O'Melia**

**Denise Leubecker**

**Aimee Scott**

**Ashley Minick**

**Ryan Peterman**

**Rob Hoyt**

**Mike Landreth**

**Joey Strickland**

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