

the PERIMETER press

January 2026

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HAPPY NEW YEAR
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new year.

January 2026

HELLO
2026!

Happy New Year!

January 2026

BE A SANTA TO A SENIOR

HOME INSTEAD SENIOR CARE®



Thanks for
your generosity,
Perimeter Park.

Your kindness and support made a
difference in the lives of 130 low income
or disabled Seniors in Wake County.



welcome to Perimeter Park



Rubrik
www.rubrik.com

1500 Perimeter
1500 Perimeter Park Drive, Suite 300

Sidewalks Temporarily Closed Corner of Carrington Mill Blvd. & Paramount Pkwy.

Retention pond project underway.

The sidewalk at this area will be closed for approximately 30 days.

Please follow directional signage and avoid this construction area.

Traffic flow in this area may shift at certain points of the project as well. Please follow directional signage. Please use caution.



around the park.

January 2026

SORRY, WE ARE TEMPORARILY **CLOSED**

3800 PARAMOUNT PKWY FITNESS CENTER UNDER CONSTRUCTION



We will be back soon

Exciting renovations underway! Anticipated reopening May 2026.

Fitness Center at 3025 Carrington Mill Blvd.
is open for all enrolled gym members.

EVENTS

January

2026

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.

weds
14

Yoga - Wind Down Flow

5:15 - 6:15pm | Please bring a mat
3025 Carrington Mill Blvd, Suite 125

weds
28

Bodyweight Strength and Conditioning

5:15 - 6:15pm | Please bring a mat
3025 Carrington Mill Blvd, Suite 125

blood drive

tues
13

9:00am - 1:00pm

3800 Paramount Pkwy, Parking Lot

Donate blood and receive \$40 rewards to redeem in e-gift cards. 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 2026.

looking ahead...

feb
05

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.



**bloom at
Perimeter Park**

**KICK OFF THOSE
new year
RESOLUTIONS!**

life skills workshop



MANIFESTING INTENTION to REALITY

weds
21

12:00 - 1:00pm

3025 Carrington Mill Blvd, Suite 125

Let's get you super clear-headed so that you can apply your best mental assets towards moving your desires into action! Get rid of the distractions that keep you feeling stagnant, break the addiction to social media, and prime your mind to generate new pathways forward through journaling and creative visualization! Our facilitator, Jessica Myers, is an expert in improving personal, health, and career goals through the part of your mind that affects over 90% of your results- the unconscious.



register now!



**SCAN TO VIEW THE
PERIMETER PARK
EVENT CALENDAR**

**HERE YOU'LL FIND
INFO AND LINKS FOR
REGISTRATION**

Food Truck Tuesday

Every Tuesday, 11:30am-1:30pm
Lot between 3005 & 3015 Carrington Mill Blvd

visit our event calendar for info on upcoming events
perimeterparkoffice.com/events

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



wellness days

free group fitness

1/14 Yoga - Wind Down Flow

5:15-6:15pm | 3025 Carrington Mill Blvd, Suite 125

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

1/28 Bodyweight Strength & Conditioning

5:15-6:15pm | 3025 Carrington Mill Blvd, Suite 125

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

Location: All monthly fitness classes are held at Perimeter Four (3025 Carrington Mill Blvd) in Suite 125.
Located at the back of the lobby on the right, past the elevators. Look for directional signage.



THE 2026 IRON REGULAR CHALLENGE:

One year. The person with the most Fitness Class check-ins takes the crown (and the prize)!



**we want to
hear from YOU**

We hope you've been enjoying our Bloom programming here in Perimeter Park.

To continue offering classes that you're interested in, please take a moment to complete our quick survey and provide feedback for our group fitness offerings.



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

give.
January 2026



BLOOD DRIVE

SAVE LIVES. EARN REWARDS. DONATE TODAY.

TBC REWARDS = TBC REWARD POINTS AWARDED IN DONOR PORTAL. REDEEMABLE FOR EGIFT CARD(S).

Perimeter Park/Trinity Partners

*3800 Paramount Pkwy
Morrisville, NC 27560*

01/13/2026

\$40
IN REWARDS!

09:00 AM–02:00 PM

Sponsor Code 55PQ



 **THE BLOOD®
CONNECTION**
Your Community Blood Center


thebloodconnection.org

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, VA 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. Photo ID required to donate. Rewards are non-transferable and expire after 30 days.

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bloom

MANIFESTING INTENTION to REALITY

a life skills workshop

feel free to bring a lunch.
beverages & a sweet provided.

JAN
21
Noon - 1pm

PERIMETER FOUR
3025 CARRINGTON MILL BLVD.
SUITE 125

OBJECTIVES

Let's get you super clear-headed so that you can apply your best mental assets towards moving your desires into action! Get rid of the distractions that keep you feeling stagnant, break the addiction to social media, and prime your mind to generate new pathways forward through journaling and creative visualization!



meet
**JESSICA
MYERS**

SPEAKER / FACILITATOR

Jessica Myers is The Empowered Mind Speaker, a workshop facilitator, and Hypno-Coach. She specializes in training the part of the mind that impacts over 90% of your results: The Unconscious. Jessica is an instructor on Emotional Freedom Technique for Energetic Health.

Her published articles, talks, and training focus on helping you Become The Architect of Your Mind so that you can Make Your MindRIGHT™.

FREE



[register here](#)

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

café specials.

January 2026



The Perk
CAFÉ & LOUNGE

3025 Carrington Mill Blvd.

.*. *monthly* *.*
SPECIALS

Smores Latte
&
Pistachio Cappuccino

Apple cider & hot soup for the season.

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





FUN FACT

Did you know that the iconic novel, Frankenstein by Mary Shelley was released on New Year's Day in 1818! This famous novel is often credited as being the very first published science-fiction novel.

 **DAYS TO CELEBRATE & REMEMBER**

- 1/1: New Year's Day 
- 1/2: Science Fiction Day
- 1/4: World Braille Day
- 1/5: National Bird Day
- 1/8: Bubble Bath Day 
- 1/14: Dress Up Your Pet Day
- 1/15: National Hat Day 
- 1/19: Martin Luther King Jr. Day
- 1/20: Inauguration Day
- 1/20: Penguin Day 
- 1/24: Compliment Day
- 1/29: National Puzzle Day 
- 1/31: Hot Chocolate Day

- National Blood Donor Month
- National Hobby Month 
- National Soup Month

World Braille Day, honoring Louis Braille, the inventor of the tactile reading and writing system, to raise awareness about the crucial role braille has in the independence, education, and equal rights of the blind and visually impaired.

A popular story ties Hat Day to January 15, 1797, when John Hetherington, a haberdasher caused a stir by wearing the first top hat in public in London.



Trinity Partners' offices will be **closed January 19th**, in observance of MLK Jr. Day.

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



TRIVIA

What is the coldest temperature ever recorded in U.S. History?

Look for the answer in next month's newsletter!

December's answer: Ugly Christmas sweaters were originally called "Jingle Bell Sweaters", when they first appeared in the 1950s.

good eats.

January 2026



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.

↗ PARKING LOT BETWEEN
3005 & 3015 CARRINGTON MILL BLVD.

Jan. 6



Jan. 13



Jan. 20



Jan. 27



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

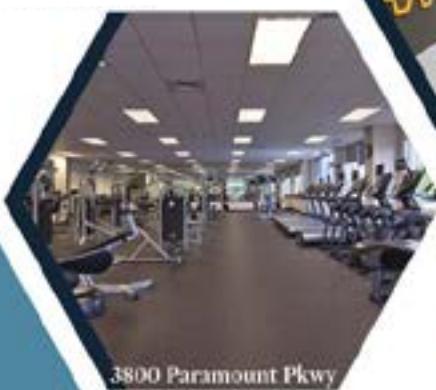
perks.

January 2026

Meeting space

For use by qualifying companies in Perimeter Park, online reservations must be made and confirmed by Trinity Partners. Book here.

For additional information, reach out to customerservice@trinity-partners.com



3800 Paramount Pkwy



3025 Carrington Mill Blvd

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

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 2026

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