



the PERIMETER press

February 2026

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AROUND THE PARK

HEALTHY HABITS

BEE DOWNTOWN

BLOOM: UPCOMING EVENTS

THE PERK CAFÉ SPECIALS

DID YOU KNOW?

FOOD TRUCKS

PERIMETER PERKS

HOW TO REACH US

welcome to Perimeter Park



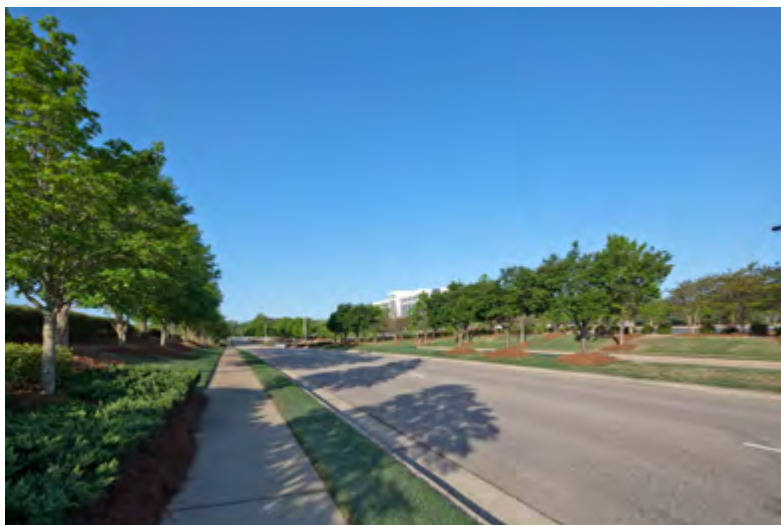
General Atomics Intelligence
ga-intelligence.com

Perimeter One
3005 Carrington Mill Blvd.

Sidewalk Closure Coming Soon — Corner of Carrington Mill Blvd. & Paramount Pkwy.

Retention pond project will be underway soon. 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.

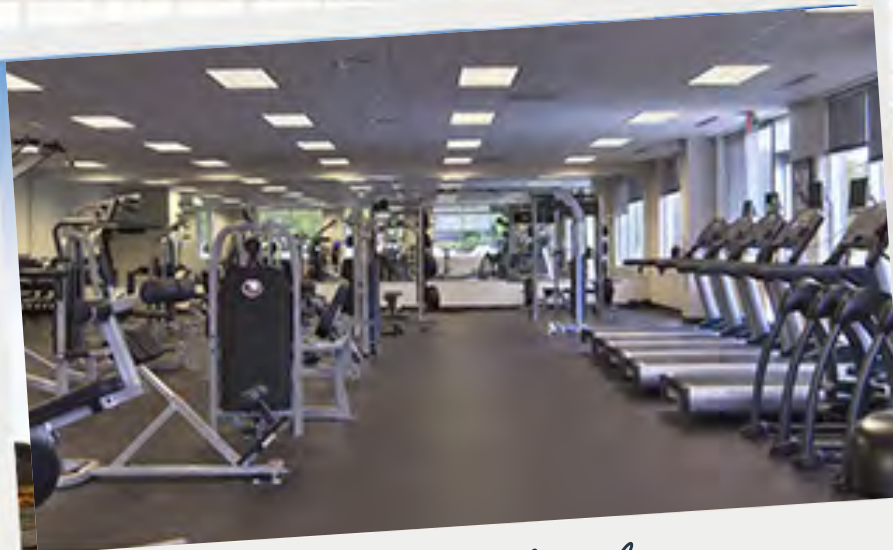


around the park.

February 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.

Ready. Set. Walk!

Perimeter Park Heart Walk

February is Heart Health Month. Wear **RED** for awareness and solidarity and come walk the Park trails with your coworkers.

CHECK-IN Be sure to swing by Food Truck Tuesday to make sure the Trinity Partners' team counts you "in" for the walk. Plus, grab a treat!

COMPANY CHALLENGE the company with the most participants will be rewarded with delicious breakfast treats for up to 50 people.

EXTRA POINTS given for wearing **RED** and may be used as a tie breaker.



SCAN FOR MAP
OF PARK TRAILS

Feb. 24 | 11:30am - 1:30pm

Start, stop by, or end at Food Truck Tuesday (parking lot between 3005 and 3015 Carrington Mill Blvd) for a treat!



February 6

CONGENITAL
HEART DEFECT
AWARENESS WEEK



February 7-14



February 22

RAISING AWARENESS

Healthy HABITS for 2026

**1. Don't skip
breakfast**

**2. Get
your
steps in**

**3. Drink
more
water**

**4. Get
organized to
reduce stress**



February is American Heart Health month. These are a few habits you can pick up in 2026 to keep your heart healthy and strong!

honey update.

February 2026



Engagement

371+

hours of tenant engagement
were enjoyed through Bee Downtown experiences!

31



tenants
suited up to meet their bees during a hands-on **Hive Tour**

200



tenants
dropped in to learn & mingle about honey & bees during **Happy Hour at the Hive**

40



tenants
dropped in to compare 3 unique honey & tea pairings during **Hive Tea**

Honey

269



pounds of honey
were produced by the 1600 Perimeter Park bees.

14.8 MILLION



miles
were flown to create this honey.

594



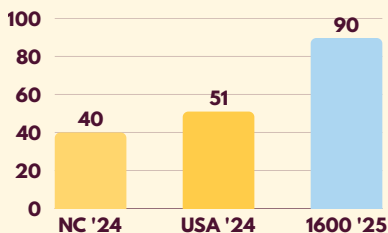
trips around Earth
equates to the number of miles flown.



125%

higher yield
per hive than North Carolina's reported state average!

AVERAGE POUNDS OF HONEY PRODUCED BY A SINGLE COLONY



Recognition



2

colonies from the 1600 Perimeter Park apiary made **over 100 pounds of honey!**

Impact

18,000



acres of surrounding community
were positively impacted by the 1600 Perimeter Park bees!

538 MILLION



flowers were visited
to make the 1600 Perimeter Park honey!



FEBRUARY

bloom at Perimeter Park

EVENTS 2026

wellness wednesdays

📍 3025 Carrington Mill Blvd., Suite 125

5:15 - 6:15pm

weds
11

CANDLELIGHT
YOGA - WIND
DOWN FLOW

weds
25

BODYWEIGHT
STRENGTH
& CONDITIONING

FREE
GROUP
FITNESS



Registration required for all group fitness classes — scan QR code below. Classes are suitable for all levels. Please bring your own bottled water and mat.

weds
18

LUNAR NEW YEAR CELEBRATION

11:30AM - 1:00PM

PERIMETER FOUR
3025 CARRINGTON MILL BLVD
SUITE 125

Ring in the Lunar New Year! Join us for a vibrant afternoon of culture and tradition as we celebrate the Lunar New Year and welcome the Year of the Fire Horse — a year associated with energy, passion, and bright new beginnings.

COMPLIMENTARY CULTURAL ACTIVITIES:

Chinese Zodiac Readings: Visit our two readers for a mini session.

Zodiac Discovery Station: Learn more about your sign and what the year ahead holds for you.

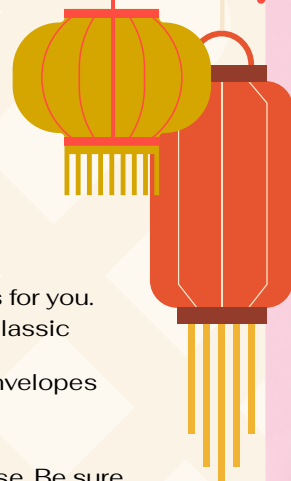
Mahjong tables: Join an instructor to learn the basics or enjoy a guided game of this classic strategy pastime.

Cultural Crafting Station: Create your own paper lanterns, assemble traditional red envelopes to spread well wishes, and craft DIY paper fortune cookies.

AUTHENTIC FLAVORS

Sister Liu's Kitchen Food Truck: Classic Chinese cuisine will be available for purchase. Be sure to stop by for a delicious lunch!

Whether you're stopping by for a bite from Sister Liu's, curious about what the Chinese zodiac has in store for you, or eager to learn Mahjong, this celebration offers something for everyone. Come celebrate good fortune, community, and new beginnings with us!



tues
24

PERIMETER PARK HEART WALK

📍 Perimeter Park Trails

11:30am - 1:30pm

February is Heart Health Month. Wear RED for awareness and solidarity and come walk the Park trails with your coworkers.

CHECK-IN Be sure to swing by Food Truck Tuesday to make sure the Trinity Partners' team counts you "in" for the walk. **PLUS, grab a treat!**

COMPANY CHALLENGE the company with the most participants will be rewarded with delicious breakfast treats for up to 50 people.

Food Truck Tuesday

Every Tuesday, 11:30am-1:30pm

Lot between 3005 & 3015 Carrington Mill Blvd

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.



wellness days

free group fitness

- 2/11** **Candlelight 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](#)
- 2/25** **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)!



Scan QR or click [here](#).

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.



SCAN TO SIGN UP FOR
FITNESS CLASSES

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

LUNAR NEW YEAR CELEBRATION

FEB.18 | 11:30AM - 1:00PM

📍 PERIMETER FOUR • 3025 CARRINGTON MILL BLVD., SUITE 125

Ring in the Lunar New Year! Join us for a vibrant afternoon of culture and tradition as we celebrate the Lunar New Year and welcome the Year of the Fire Horse — a year associated with energy, passion, and bright new beginnings.



COMPLIMENTARY CULTURAL ACTIVITIES:

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Mahjong tables: Join an instructor to learn the basics or enjoy a guided game of this classic strategy pastime.

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壬午年
NEW YEAR
year of the horse

AUTHENTIC FLAVORS

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Whether you're stopping by for a bite from Sister Liu's, curious about what the Chinese zodiac has in store for you, or eager to learn Mahjong, this celebration offers something for everyone. Come celebrate good fortune, community, and new beginnings with us!

REGISTER HERE
for Mahjong!



café specials.

February 2026



monthly **SPECIALS**

Red Velvet Ice Latte
&
Raspberry Vanilla Latte

Serving hot soup for the season.

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







FUN FACT

Did you know Groundhog Day originated from German traditions where hedgehogs or badgers predicted the weather, but transitioned to groundhogs in Pennsylvania? While Punxsutawney Phil is famous, he has only been accurate about 39% of the time.



DAYS TO CELEBRATE & REMEMBER

- 2/2: Groundhog Day 
- 2/3: National Golden Retriever Day
- 2/6: National Wear Red Day
- 2/7: Send a Card to a Friend Day
- 2/8: Super Bowl LVIII Sunday 
- 2/9: National Pizza Day
- 2/14: Valentine's Day 
- 2/16: Presidents' Day
- 2/17: Random Acts of Kindness Day
- 2/17: Lunar New Year 
- 2/22: National Margarita Day
- 2/27: National Chili Day
- 2/27: Polar Bear Day
- 2/28: National Pancake Day
- 2/29: Rare Disease Day (NORD)

- American Heart Health Month 
- Black History Month 

Will we have six more weeks of winter?

The New England Patriots and Seattle Seahawks will battle it out at the 60th Annual Super Bowl — and Bad Bunny will take the stage for the halftime show!



Male polar bears can weigh up to 1800 pounds and can also grow up to 3 meters long, making them the largest bear species and the largest land carnivore in the world.

Lunar New Year year of the horse

The 2026 Lunar New Year on February 17 marks the start of the Year of the Fire Horse, a rare, highly energetic, and transformative event occurring only once every 60 years. This year symbolizes passion, speed, and boldness, encouraging rapid change, innovation, and taking calculated risks over cautious planning.



TRIVIA

How many zodiac animals are there?

Look for the answer in next month's newsletter!

January's answer: The coldest temperature ever recorded in U.S. history was -80°F , measured in Prospect Creek, Alaska, on Jan. 23, 1971.



NEW location!

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.

Feb. 3

**CANCELED DUE
TO FORECASTED
WINTER WEATHER**

Feb. 10



Feb. 17



Feb. 24



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

3025 Carrington Mill Blvd, outside

Expansive outdoor lounge with WiFi and outlets available.



how to reach us.

February 2026

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

Assistant Property Manager

Property Management Assistant

Property Management Assistant

Partner, Project Management

Senior Project Manager

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

Anna Carlyle Spears

Aimee Scott

Ashley Minick

Ryan Peterman

Rob Hoyt

Mark Szymanski

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

cplace@trinity-partners.com

nomelia@trinity-partners.com

dleubecker@trinity-partners.com

acspears@trinity-partners.com

ascott@trinity-partners.com

aminick@trinity-partners.com

rpeterman@trinity-partners.com

rhoyt@trinity-partners.com

mszymanski@trinity-partners.com

mlandreth@trinity-partners.com

jstrickland@trinity-partners.com

customerservice@trinity-partners.com

customerservice@trinity-partners.com