



the PERIMETER press

March 2026

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AROUND THE PARK

BLOOD DRIVE

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HEART WALK WINNER

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DID YOU KNOW?

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PERIMETER PERKS

HOW TO REACH US

welcome to Perimeter Park



Longfellow
lfrep.com



IMA Financial Group
imacorp.com

Sidewalk Closed — Corner of Carrington Mill Blvd. & Paramount Pkwy.

Retention pond project is currently 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.

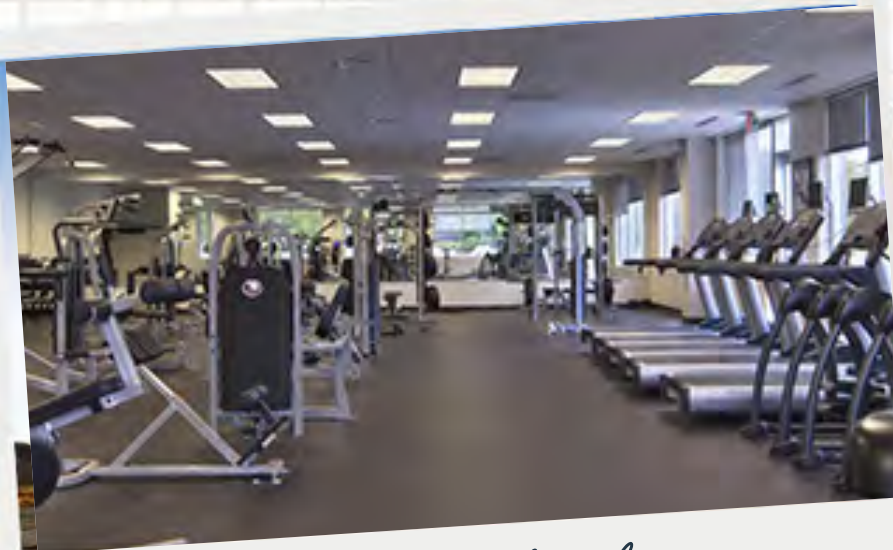


around the park.

March 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.

KIDDIE  ACADEMY®
EDUCATIONAL CHILD CARE

STEM ADVENTURES OPEN HOUSE

One Day Only!



Friday, March 27
5:00 PM–7:00 PM

Bring your family to a FREE, fun-filled evening featuring hands-on activities that make learning about Science, Technology, Engineering, and Math exciting.

Kiddie Academy of Morrisville

2000 Carrington Mill Boulevard
Morrisville, NC 27560
(919) 234-6972

**Reserve your
spot today**





walk
MS

A CURE IS ON THE LINE.

walkMS.org

See the MS community come
to life like never before.



Register today

Contact Lauren.Ross@NMSS.org for more information

Join us at
Walk MS[®]
Raleigh

April 18, 2026

Perimeter Park
3005 Carrington Mill Blvd.
Morrisville, NC 27560

Site Opens 8:00 AM
Ceremony Starts 8:45 AM
Walk Starts 9:00 AM



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*

03/10/2026

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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SWARM SEASON:

WHAT TO KNOW & HOW TO PREPARE!

What is swarming?

Honeybee swarming is the seasonal process by which honeybees reproduce & expand their population between the spring & summer (March-June). The queen bee creates & lays an egg in a new queen cell. Bee-fore the new queen emerges, the older queen will depart in a “swarm” with a portion of the colony to create a new home.

What should I do if I see a swarm?

1. Don't panic! Remember that the bees are docile.
2. From a safe distance, take a video & photo of the swarm.
3. Email the video & photo with as many details as possible to info@bee-downtown.com.
 - a. Where is it on campus? Share a map?
 - b. When did you first notice it?
 - c. Is it high enough to need a ladder?
 - d. Provide phone # for a beekeeper to call for more info.
4. Provide your name & office location so we can bring you a jar of honey!
5. Share your exciting experience with coworkers, family, & friends!

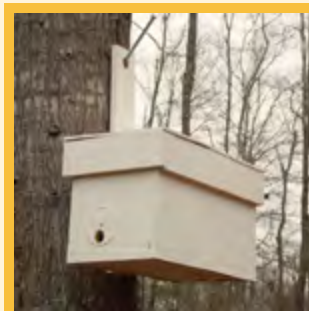
Will I be stung?

Bee-lieve it or not, honeybees are considered to be their most docile when swarming. Before leaving the hive, they fill their tummies with honey to prepare for their journey. Fat & happy, their roundness makes them unable to use their stinger. Additionally, the swarm has nothing to defend until they develop a new hive. Their brood & honey stores now bee-long to the new queen.

What will Bee Downtown do?

Prior to swarm season, Bee Downtown will place a “swarm trap” on campus. This trap is an empty beehive, typically hidden in plain sight. In the event your bees swarm, they may be attracted to the wax in the box, making for an easy catch.

If Bee Downtown receives a call or email about a swarm, a teammate will arrive at their earliest convenience to find the queen & place her in a box to attract the rest of the bees through her pheromones. The bees will be given a new home at a Bee Downtown outyard.



Walking for Wellness!

And the winner is...

Alliance
Health

A huge thank you to everyone who laced up their sneakers and joined us for our Heart Walk in honor of Heart Health Awareness Month! It was fantastic to see such a strong turnout for a great cause.

We are thrilled to announce that Alliance Health had the highest participation rate! As promised, we'll be heading to their office soon to treat their team to a well-deserved breakfast.

Stay healthy!



MARCH 2026 events

bloom at Perimeter Park

wellness wednesdays

📍 3025 Carrington Mill Blvd., Suite 125

5:15 - 6:15pm

weds
11

CANDLELIGHT
YOGA - WIND
DOWN FLOW

weds
25

FLOOR
PILATES
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.

tues
10

BLOOD DRIVE

📍 3800 Paramount Pkwy, Parking Lot

9:00am - 1:00pm

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

Registration required.



THE LUCKY HIVE HUNT

🕒 11:30am - 1:30pm 📍 Food Truck Tuesday (lot between 3005 & 3015 Carrington Mill Blvd.)

Get ready to chase the luck of the Irish around Perimeter Park! Join **Bee Downtown** and **Bloom by Trinity Partners** for a **ST. PATRICK'S DAY SCAVENGER HUNT** filled with clues, and sweet surprises.

Follow the clues, snap your team photos, and race back to the finish line. **The first three groups to complete the hunt WIN!**



REGISTER
HERE



thurs
26

MIDDAY MOVE

LINE DANCE
POP-UP

📍 3025 Carrington Mill Blvd., Suite 125

12:00 - 1:00pm

Step away from your desk and onto the dance floor! Certified instructor Meladie Adams will lead a fun, **beginner-friendly line dance session** featuring classic and viral favorites like *Cupid Shuffle*, *A Bar Song*, and *Boots on the Ground*.

All skill levels welcome — come dance, connect, and have a great time with fellow tenants.



Food Truck Tuesday

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

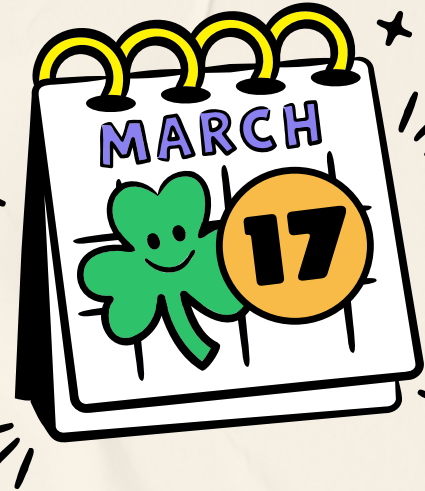
SCAN TO VIEW THE PERIMETER
PARK EVENT CALENDAR


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.

THE LUCKY HIVE HUNT



 **Food Truck Tuesday**
Lot between 3005 & 3015 Carrington Mill Blvd.

 11:30am - 1:30pm

Get ready to chase the luck of the Irish all around Perimeter Park! Join **Bee Downtown** and **Bloom by Trinity Partners** for a **ST. PATRICK'S DAY SCAVENGER HUNT** filled with clues, and sweet surprises.

Follow the clues, snap your team photos, and race back to the finish line. **The first three groups to complete the hunt will win golden (and sweet) prizes!**

HOW TO PLAY

Have Fun

Solve each clue + take a photo at every stop

Return to the Bee Downtown tent (at the Food Truck Tuesday location)

To win - be one of the first three teams to finish

*may the luck
be with you!*



*It's going to
BEE awesome!*

REGISTER
HERE



MIDDAY MOVE

MARCH 26

LINE DANCE POP-UP

Step away from your desk and onto the dance floor! Certified instructor Meladie Adams will lead a fun, beginner-friendly line dance session featuring classic and viral favorites like *Cupid Shuffle*, *A Bar Song*, and *Boots on the Ground*.

All skill levels welcome — come dance, connect, and have a great time with fellow tenants.

 12:00- 1:00pm

 3025 Carrington Mill Blvd
Suite 125



REGISTER
HERE





FREE *GROUP*
REGISTER NOW! **FITNESS + FUN**

3/11 **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](#)

3/25 **Floor Pilates (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](#)

3/26 **Line Dance Party Pop-up with Meladie**
12:00-1:00pm | 3025 Carrington Mill Blvd, Suite 125
Suitable for all levels — FREE [Click to register](#)
Grab your coworkers and hit the dance floor! Join professional dance fitness instructor Meladie Adams for a high-energy, beginner-friendly line dance class — show up ready to have fun.

POP-UP

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 TO SIGN UP FOR
FITNESS CLASSES



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



monthly **SPECIALS**

Iced Blueberry Vanilla Latte with cold foam
&
Iced Irish Cream Matcha Latte

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






FUN FACT

First Inventor: Mary Anderson invented the windshield wiper in 1903. It was originally deemed a distraction.



DAYS TO CELEBRATE & REMEMBER

- 3/1: Namesake Day
- 3/6: Employee Appreciation Day
- 3/6: National Oreo Cookie Day 
- 3/8: Daylight Savings Begins 
- 3/9: National Barbie Day
- 3/11: Johnny Appleseed Day
- 3/12: Girl Scouts Day 
- 3/14: Pi Day
- 3/16: Giant Panda Bear Day
- 3/17: Ramadan
- 3/17: Saint Patrick's Day 
- 3/20: First Day of Spring
- 3/25: Pecan Day

-
- Irish American Heritage Month
 - Women's History Month

Barbie, or Barbara Millicent Roberts, was debuted by Mattel on March 9, 1959, and is originally from the fictional town of Willows, Wisconsin. Created by Ruth Handler, the iconic doll has held over 250 careers, including astronaut, surgeon, and president, and has 99% global brand awareness.



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".



Founded on March 12, 1912, by Juliette "Daisy" Gordon Low in Savannah, Georgia, the Girl Scouts began with just 18 members and has grown into a global organization



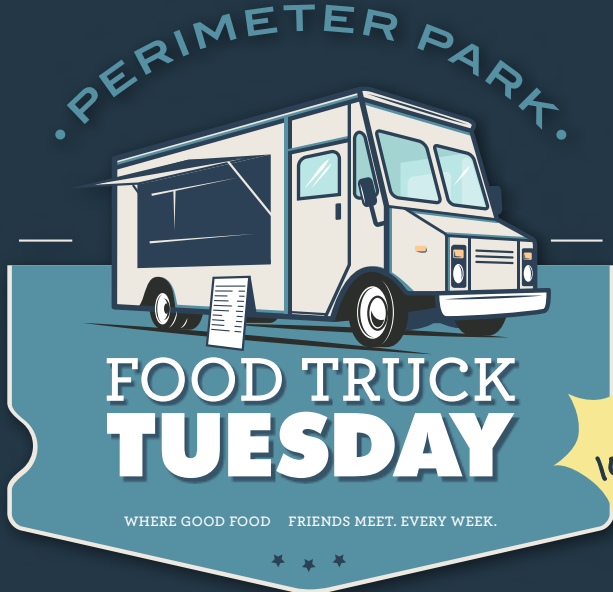
The first St. Patrick's Day parade didn't take place in Ireland, but in Boston, Massachusetts in 1737.

TRIVIA

Who was the first woman to co-anchor a news show?

Look for the answer in next month's newsletter!

February's answer: There are 12 zodiac animals.



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.

March 3

March 10

March 17

March 24

March 31



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



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.

March 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

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