

june 2026

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WELCOME TO PERIMETER

Expanding
Innovations



WELCOME TO THE TEAM



*reach
out to
say hello!*

Adam Almahrouq

ASSISTANT PROPERTY MANAGER

If you could invite 3 people (dead or alive) to a dinner party, who would they be?

Warren Buffett, Tom Brady, and Cristiano Ronaldo.

What's your go-to coffee order?

Iced vanilla latte.

What's your favorite book?

Rich Dad Poor Dad by Robert Kiyosaki.

What's the best advice you've ever been given?

Whether you think you can or can't—you're right.

When you're not working, how do you spend your time?

I like to stay active in my spare time, whether that's running, playing sports like soccer or pickleball, or going to the gym.

SORRY, WE ARE TEMPORARILY **CLOSED**

3800 PARAMOUNT PKWY FITNESS CENTER UNDER CONSTRUCTION



We will be back soon

Exciting renovations underway!

JUNE 2026
Celebrate
NATIONAL POLLINATOR MONTH!

This month highlights the vital role pollinators play in maintaining a healthy ecosystem and encourages action to support these essential creatures.



WHO ARE POLLINATORS?

WHY ARE THEY IMPORTANT?

HOW CAN YOU HELP?

- Any animal that moves pollen from the male anther of a flower to the female stigma of a flower.
- Pollinators generate plant fertilization!
- Include birds, moths, bats, flies, small mammals, and, of course, bees!
- An essential part of our ecosystem.

- 1 in 3 bites of food you eat is thanks to a pollinator.
- Over 75% of all flowering plants require pollination.
- Many pollinators are 'indicator species' meaning they signal the health of an ecosystem.
- Honeybees are responsible for 70% of the world's food crops.

- Plant native flowers and flowering herbs in your garden and yard.
- Reduce or limit the use of chemicals and pesticides to treat your lawn or garden while plants are in bloom.
- Put a shallow basin of fresh water with marbles or rocks in it for pollinators to land on and gather resources.



JUNE '26

bloom at
Perimeter Park

wellness wednesdays

weds 10 YOGA

weds 24 FLOOR PILATES

FREE GROUP FITNESS

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

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 10

POP INTO SUMMER

📍 The Patio at 3025 Carrington Mill Blvd
12:00pm - 1:00pm



Pop over to The Patio for a complimentary LocoPops treat from 12-1pm to celebrate the season.

PLUS,
enter our raffle for a chance to win one of five exciting summer essentials!

weds 17

TACOS & TRIVIA

Join us for a lunch break packed with flavor and friendly tenant vs. tenant competition!

📍 3025 Carrington Mill Blvd., Suite 125
12:00pm - 1:00pm



Build your perfect taco at our taco bar, then test your knowledge in four fast-paced trivia rounds featuring music, tech, pop culture, Hi-Lo, and more.

Join with a team or meet one there—winning team earns bragging rights! Please have one person register for your team and include your team size.

Lunch provided for trivia participants, registration required. We want to have enough tacos to go around!



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

LOOKING AHEAD FOR JULY

thurs 16 BLOOD DRIVE

weds 22 SKILLPOP
Cookie Decorating Limited Space

REGISTER HERE TO RECEIVE BLOOM E-BLASTS



Food Truck Tuesday

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





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

6/10 Yoga | Restorative

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

Relax and recharge with a gentle evening yoga class designed to ease tension from desk work and daily stress. Through mindful movement, stretching, and breathwork, participants will improve mobility, reduce stiffness, and leave feeling calm, refreshed, and restored.

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

6/24 Floor Pilates (Strength & Conditioning)

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

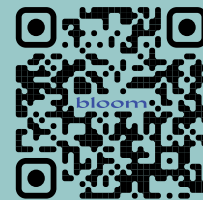
*Suitable for all levels. Please bring a mat and bottled water.
FREE — 35 spaces available. [Click to register](#)*

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.

The Perk

CAFÉ & LOUNGE

3025 Carrington Mill Blvd.



monthly SPECIALS

Tropical fruit Refreshers
&

Vanilla Salted Caramel Iced Latte

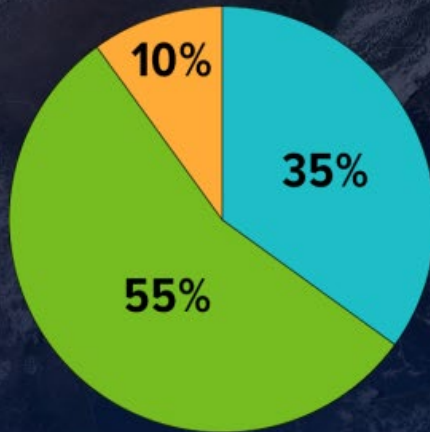
Check out the Perk Cafe's weekly menu to see daily specials.





2026 Atlantic Hurricane Season Outlook

Season Probability



Above Normal Near Normal Below Normal

Named Storms
8 - 14

Hurricanes
3 - 6

Major Hurricanes
1 - 3

Be prepared: visit hurricanes.gov and follow NOAA's @NWS and @NHC_Atlantic on X.

May 2026



JUNE 1 - NOVEMBER 30

WITH HURRICANE SEASON APPROACHING, WE ENCOURAGE OUR TENANTS TO REVIEW THE FOLLOWING INFORMATION RELATIVE TO YOUR PREMISES. PLEASE NOTE THE FOLLOWING:

1. During power outages, the buildings will be closed. For your safety, tenants should not enter buildings during a power outage.
2. Following a storm, our team will tour all buildings, assess any damage and create response plans as needed
3. Trinity Partners will make efforts to keep our tenant contacts apprised of building conditions and power outages. Please be aware that communication may be delayed or interrupted due to local service interruptions.
4. Trinity Partners will follow directives as set forth by the appropriate governing authorities.



ADDITIONAL RESOURCES:

National Hurricane Center
Department of Homeland Security - Ready

www.nhc.noaa.gov/
www.ready.gov/hurricanes

fun things that happen in

JUNE

holidays, quirky facts, historic moments, and meaningful causes to celebrate, honor, and maybe just laugh about.

JUNE 1

national

DOUGHNUT DAY

go ahead,
treat yourself!



YUM!

AWARENESS SPOTLIGHT

- ★ Alzheimer's & Brain Awareness Month
- ★ Pride Month
- ★ Great Outdoors Month
- ★ National Safety Month
- ★ Men's Health Month
- ★ Dairy Month



WEIRD & WONDERFUL!

- ★ June 6 - National Yo-Yo Day (go ahead, show off.)
- ★ June 8 - World Oceans Day (love your blue planet.)
- ★ June 14 - International Bath Day (bubbles = self care)
- ★ June 23 - National Pink Day (wear it, own it.)
- ★ June 27 - Sunglasses Day (shades on, worries gone.)

MAJOR MOMENTS


JUNE 5

D-Day (1944)
Allied forces land in Normandy.

JUNE 11

First U.S. Air Mail Flight (1918)

JUNE 19

Juneteenth (1865) Freedom Celebrated. 

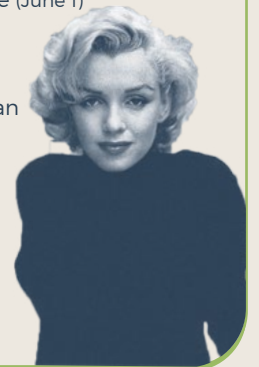
JUNE 20

First Day of Summer (long days ahead!)

BORN IN JUNE?

famous faces share your month!

- ★ Marilyn Monroe (June 1)
- ★ Prince (June 7)
- ★ Natalie Portman (June 9)
- ★ Lionel Messi (June 24)



DID YOU KNOW?

The birthstone for June is the Pearl, symbolizing purity, wisdom, and new beginnings.



June's flowers are the Rose & Honeysuckle: love, beauty & sweet vibes.



FUN FACTS

June has the most daylight hours of any month in the Northern Hemisphere

Ice cream is consumed more in June than any other month in the U.S.

let's make this month UNFORGETTABLE!

PERIMETER PARK.



**FOOD TRUCK
TUESDAY**

WHERE GOOD FOOD FRIENDS MEET. EVERY WEEK.

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.

June 02

June 09

June 16

June 23

June 30



Yagg Sii Tenn



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

YOUR *Perimeter* PARK NEIGHBORHOOD

DID YOU KNOW?

Perimeter Park has over **seven miles** of walking trails!

- 1 The Green**
Pocket Park with Putting Green, Bocce Court, and Plaza with Patio Seating.
- 2 The Perk Amenities Hub**
Fitness Center, Cafe & Lounge, Outdoor Patio, Meeting Space Conference Center, Group Fitness
Located in Perimeter Four.
- 3 Food Trucks**
Join us here every Tuesday for lunch.
- 4 Marketplace at Perimeter Park**
Retail & Restaurants.
- 5 Central Campus Courtyard**
Shared outdoor gathering.
- 6 Fitness Center**
Located in 3800 Paramount.
- Go Triangle Bus Stop**
- | Sidewalks & Trails**



WALKING *Trails At* PERIMETER PARK



TRAIL FEATURES

- ★ More than seven miles of walking trails throughout Perimeter Park.
- ★ Easy links between office buildings, green spaces, lakes, and nearby
- ★ Mix of paved sidewalks, boardwalks, and shaded, tree-lined pathways,
- ★ Perimeter Park's greenway trails are complemented by Morrisville's network of nearby greenways.

WELLNESS & HEALTH

- ★ Walking supports a healthier and more balanced workday.
- ★ Great place for walking meetings and midday breaks
- ★ Being in nature can help reduce stress and boost mental wellness.
- ★ Fitness centers, green gathering spaces, and cafe options along the trails promote an active lifestyle.

COMMUNITY

- ★ Designed to bring people together outside the office walls.
- ★ Peaceful lakes and woodland views provide a quiet backdrop to rest, recharge and decompress.
- ★ Ideal for casual outdoor lunch breaks or team syncs.
- ★ Designed to facilitate health and community for tenants and their guests.



Walk more.
Stress less.
Live well.

Explore the trails that make Perimeter Park a great place to work, live, and thrive.

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