

july 2026

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4TH OF JULY

DID YOU KNOW

FOOD TRUCKS

PERIMETER PERKS

HOW TO REACH US

*the*  
**PERIMETER**  
press

# 3800 PARAMOUNT FITNESS CENTER

## *Grand* RE-OPENING!

**JULY 6<sup>TH</sup> AT 7AM**

📍 3800 PARAMOUNT PARKWAY, SUITE 160 | MORRISVILLE, NC 27560



### NEWLY RENOVATED LOCKER ROOMS

Fresh, updated spaces! Please bring your own lock if you plan to use a locker.



### NEW INTERACTIVE EQUIPMENT

Scan code to learn about our new interactive equipment to get the most out of your workout.



# 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*

**07/16/2026**  
**09:00 AM–02:00 PM**

**Sponsor Code 55PQ**



[thebloodconnection.org](https://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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# BACK TO SCHOOL SUPPLY DRIVE

**July 8 - Aug 14**

Join us in supporting this free classroom supply store for Wake County students and teachers.

## MOST NEEDED ITEMS

- Elmer's Glue Sticks
- Highlighters
- Mechanical Pencils
- Elmer's Liquid Glue
- Binder Sheet Protectors
- Sticky Notes
- Transparent Tape Refills
- Crayola Markers
- Classroom Headphones
- Felt Tip Pens
- Disinfecting Wipes
- Dry Erase Pocket Sleeves
- Dry Erase Lapboards
- Composition Notebook
- Scissors
- Hand Sanitizer
- Dry Erase Markers
- Disinfecting Wipes To Go

## DROP OFF LOCATIONS

- Perimeter One (3005 Carrington Mill Blvd)
- Perimeter Two (3020 Carrington Mill Blvd)
- Perimeter Three (3015 Carrington Mill Blvd)
- Perk Cafe (3025 Carrington Mill Blvd)
- 1500 Perimeter Park Drive
- 1600 Perimeter Park Drive
- 2000 Perimeter Park Drive
- 4000 Paramount Parkway
- 3800 Paramount Parkway
- 5200 W Paramount Parkway

Tools 4 Schools



# WIN A HIVE TOUR EXPERIENCE



live tour

Wednesday, Oct. 14  
3:00 - 4:00 pm

1600 Perimeter Park Drive

Join our Bee Downtown expert beekeepers for a deep dive into the secret life of bees! During the tour you'll don a bee suit, learn how to open up a hive, use a smoker, maneuver frames, and so much more. After the tour, participants will take home honey to remember their day with the bees.

SCAN TO  
ENTER RAFFLE



**15**  
LUCKY  
WINNERS

The raffle will be open until **Septmeber 25**, winners announced **September 30**.



# JULY EVENTS '26

bloom at  
Perimeter Park

**wellness**  
*wednesdays*

weds  
**15**

**LUNCHTIME  
TAI CHI**

weds  
**22**

**EVENING  
FLOOR PILATES**

📍 3025 Carrington Mill Blvd., Suite 125

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.

FREE  
GROUP  
FITNESS



thurs  
**16**

**BLOOD CONNECTION:  
BLOOD DRIVE**

📍 3800 Paramount Pkwy, Parking Lot  
9:00am - 2:00pm

Donate blood and receive **\$70 rewards** to redeem in e-gift cards. Registration required.

weds  
**22**

**SKILLPOP WORKSHOP:  
COOKIE DECORATING**

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

Learn the basics of sugar cookie decorating in this fun, hands-on class! You'll practice outlining, flooding, and decorating with royal icing while creating your own custom cookie designs. Leave with beautifully decorated cookies and the skills to continue decorating at home.

All materials are provided, registration required.



tues  
**28**

**BULLSEYES & BITES  
AT FOOD TRUCK TUESDAY**

📍 Food Truck Tuesday Location  
12:00pm - 1:00pm

**Take your lunch break to the next level!**

Enjoy **FREE AXE THROWING**, grab lunch from the food trucks, and stop by **KONA ICE** for a refreshing treat.

*COOL BONUS: The first 25 attendees receive a FREE shaved ice on us!*

## LOOKING AHEAD FOR AUGUST

**5** Lunchtime Tai Chi

**12** Bee Downtown Mocktails & Bouquets

**19** Lunchtime Puppy Yoga

**13-26** Popcorn Pop-Ups in lobbies  
*\*more details to come*



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

**REGISTER HERE  
TO RECEIVE  
BLOOM E-BLASTS**





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

## 7/15 Tai Chi

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

*Slow down, reset, and reconnect in this gentle, hour-long Tai Chi class. Through flowing movements, mindful breathing, and focused awareness, you'll improve balance, flexibility, and inner calm.*

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

## 7/22 Floor Pilates (Strength & Conditioning)

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

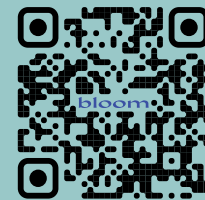
*Suitable for all levels. Please bring a mat and bottled water.  
FREE — 35 spaces available. [Click to register](#)*

**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

Blue Raspberry Sparkler  
&  
Cookies & Cream Iced Cappuccino

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



250  
years



★ ★ Celebrating ★ ★  
**INDEPENDENCE DAY**

Independence Day celebrates the adoption of the Declaration of Independence on July 4, 1776. Today, Americans mark the occasion with fireworks, parades, cookouts, and time spent with family and friends.

**AROUND  
THE TRIANGLE!**

- ★ **July 4: 9:30 am**  
First in Freedom July 4th Parade in Raleigh
- ★ **July 4: 9:30 am - 11:30 am**  
Children's Independence Day Parade 
- ★ **July 4: 10 am - 4 pm**  
Capitol 250: NC Freedom Fest
- ★ **July 4: 6 pm - 10 pm**  
City of Raleigh 4th of July Fireworks

**FLAG ETIQUETTE**

- ★ Display the flag from sunrise to sunset.
- ★ Never allow the flag to touch the ground.
- ★ Illuminate the flag if displayed at night.
- ★ Fold and store the flag respectfully when not in use.

**US SYMBOLS OF  
AMERICA**

- ★ The Bald Eagle - Freedom and strength
- ★ The American Flag - Unity and patriotism
- ★ The Liberty Bell - Independence and liberty
- ★ The Statue of Liberty - Freedom and opportunity

**DID YOU  
KNOW?**

**Betsy Ross** sewed the first American flag in May or June of 1776.

The stars on the original American flag were **in a circle** so all the colonies would appear equal.

Around **\$675 million dollars** will be spent by consumers for fireworks on the Fourth of July.

*fun things* that happen in

# JULY

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

**JULY 19**

*national*

## ICE CREAM DAY

go ahead,  
treat yourself!



### AWARENESS SPOTLIGHT

- ★ National Park & Recreation Month
- ★ Disability Pride Month
- ★ Anti-Boredom Month
- ★ Plastic Free July
- ★ UV Safety Month
- ★ Picnic Month



### WEIRD & WONDERFUL!

- ★ July 1 - International Joke Day (share your best dad joke)
- ★ July 7 - World Chocolate Day (sweet excuse to indulge)
- ★ July 17 - World Emoji Day (communicate in emojis today)
- ★ July 20 - Moon Day (celebrates the Apollo 11 landing)
- ★ July 30 - International Friendship Day (text your favorite people)

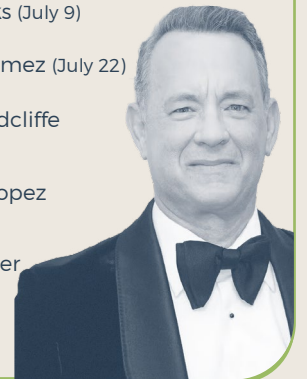
### MAJOR MOMENTS

- JULY 4** **Independence Day** (1776)  
Declaration of Independence adopted
- JULY 20** **First Special Olympics Games** (1968)
- JULY 20** **Apollo 11 Moon Landing** (1969)  
First walk on the moon
- JULY 28** **World War I Begins** (1914)

### BORN IN JULY?

famous faces share your month!

- ★ Tom Hanks (July 9)
- ★ Selena Gomez (July 22)
- ★ Daniel Radcliffe (July 23)
- ★ Jennifer Lopez (July 24)
- ★ Mick Jagger (July 26)



### DID YOU KNOW?

The birthstone for July is the Ruby, symbolizing passion, protection, & prosperity.



July's flowers are the Larkspur & Water Lily, representing grace and joy.



### FUN FACTS

July is National Ice Cream Month in the U.S.

The hottest average temperatures of the year occur in July.

*let's make  
this month  
UNFORGETTABLE!*



**NEW location!**

## GET SOME GRUB

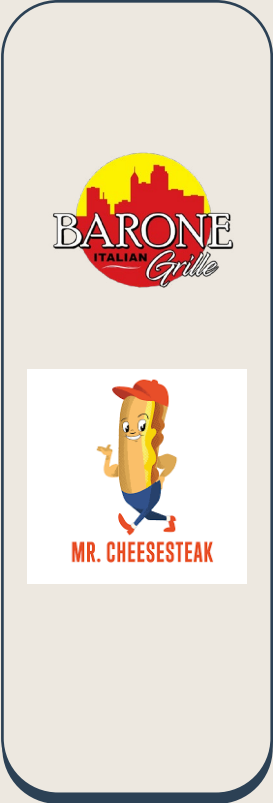
11:30 am—1:30 pm

Head on over for some good eats!

*Click on the logos for menu options and pricing.*

↘ **PARKING LOT BETWEEN  
3005 & 3015 CARRINGTON MILL BLVD.**

July 7



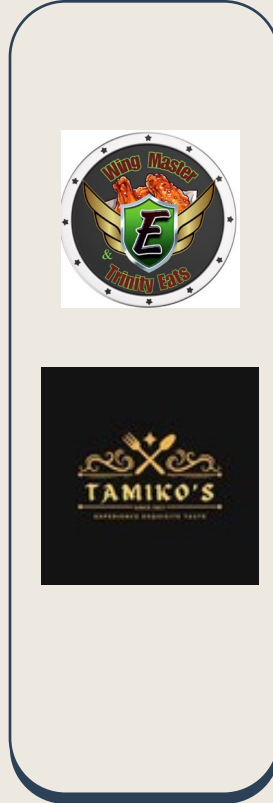
July 14



July 21



July 28



Food truck schedule can be found on the digital lobby directories and at [perimeterparkoffice.com/events](http://perimeterparkoffice.com/events)

# YOUR *Perimeter* PARK NEIGHBORHOOD

## DID YOU KNOW?

You can grab lunch, pick up a coffee, run errands, and be back at your desk in minutes—all without leaving Perimeter Park!

- 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**



# THE *Marketplace At* PERIMETER PARK



## CONVENIENCE

### Just Steps Away

- ★ Save time by staying close to the office.
- ★ Walk to shops, services, and dining in minutes.
- ★ Easy access before work, during lunch, or after hours.

## DINING OPTIONS

### Grab a Bite Nearby

- ★ Fount Coffee + Kitchen
- ★ It's A Wrap
- ★ Shawarma Stop
- ★ Yin Dee Lao & Thai Streetfood
- ★ Hoppy House Taproom & Hangout



## EVERYDAY BENEFITS

### Workday Made Easy

- ★ Meet coworkers or clients without leaving campus.
- ★ Take a break and recharge during the workday.
- ★ Enjoy a walkable environment with nearby amenities.
- ★ Experience the convenience of having daily essentials close by.



## Step out. Refuel. *Recharge.*

From coffee breaks to lunch meetings and everyday essentials, the Marketplace brings convenience right to your workday.

**LEASING**

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