



UPCOMING EVENTS

Merritt 7 Tenant Appreciation BBQ

September 13th

11:30 am—2:00 pm

Courtyard between
Buildings 501 and 601

Merritt 7 Blood Drive

December 5th

7:45 am - 1:00 pm

Town Hall Conference Room
Building 301



Merritt 7 Sculptures

The sculptures you see in the courtyard of 601 and in between building 401 and 501 were designed by Charles O. Perry. His large scale sculptures celebrated the law of nature. The sculpture shown in the picture above is titled **Hyperbolic Ribbed Mace** installed in 1998. A total of 4 of his sculptures are located across the park.



How many companies reside here at the Merritt 7?

The first 5 people to guess the correct answer will receive a free amenities gift bag. To submit your answer email Jen Rowe, jrowe@merritt7.com

Highlights From the Corporate FunRun Fairfield County

The Fairfield County Corporate FunRun was held in Cranbury Park in Norwalk on July 27, 2017. Local corporate teams competed in a 5K run and walk then enjoyed a post-race party and an award ceremony. Race results are posted on the Corporate FunRun site: corporatfunrun.com/event/fairfield-county-5k-cranbury-park. To see more photos from the event, visit the Corporate FunRun website under the media page.



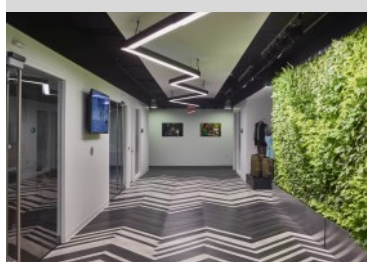
Person-to-Person Thanksgiving Food Drive

Building Management will once again be partnering with Person-to-Person to collect food for Norwalk area families in need on Thanksgiving. This food drive will run from October 23rd—November 17th. If you are interested in hosting a food drive within your office space, contact Jen Rowe at jrowe@merritt7.com to receive a food collection box.

Human Services Wish List Toy Drive

For the holiday season, Building Management will be partnering with the Human Services Council and their Holiday Wish List Toy Drive. This Drive will run from November 27th—December 15th. If you are interested in hosting this drive within your office space, contact Jen Rowe at jrowe@merritt7.com to receive a toy collection box.

Corporate Wellness and Sustainability



In the 1990s it was the rise of LEED and green building rating systems. Now the next wave of sustainability includes not just environmentally responsible buildings, but human responsible buildings as well. It means enhancing the tenants experience within the park and office place in just about every possible sense — art work in common areas, outdoor space to get fresh air, stand-up or even treadmill desks to make sure workers aren't sitting all day.

A positive wellness culture in the workplace contributes to the physical, mental, and emotional well-being of workers. - Sited from **Greg Zimmerman August 8, 2017 - Green**

This newsletter is emailed to company contacts through Workspeed and may also be found online at www.merritt7.com in the "News" box, or by going to the tenant resource tab. Printed editions available at all Merritt 7 Starbucks. To receive the newsletter direct please email jrowe@merritt7.com.



Merritt 7 Ice Cream Socials



Thank you to all that came out to enjoy ice cream on July 18th & 19th at the annual Merritt 7 tenant ice cream socials. The events were hosted by Ownership and Building Management. Both events were very well attended.

The Route 7/15 Norwalk Project Seeks Your Feedback

What is the project, and how might it affect you?

The Connecticut Department of Transportation (CTDOT) is improving connections between Route 7, the Merritt Parkway (Route 15) and Main Avenue in the City of Norwalk. The project goals are to provide missing connections between Route 7 and the Merritt Parkway, and to improve connectivity, mobility, access, and safety for all users through Route 7, the Merritt Parkway, and Main Avenue interchanges. The current layout does not allow direct connections between all routes.

Formal public meetings will be scheduled in the fall. Visit 7-15norwalk.com to learn more, sign up for the mailing list, and stay apprised of happenings, or connect with the team on [Facebook](#) and [Twitter](#).

New Business Around the Area

Paz Yoga

Practicing thoughtful and reflexive yoga to promote peace in the mind, body and spirit.
(203) 240-9630

Yoga Happy Hour At the EVEN Hotel featuring Paz Yoga

Every Wednesday at 6:00 PM
Free for registered guests & 3 free Merritt 7 spots. One hour of stretching and strengthening.
More info call (203) 945-0294



Connie B's Clothing Boutique

Featuring contemporary clothing, accessories and jewelry. Reasonably priced and once you stop in you will be hooked! Located across from Buildings 201 / 301 next to Bruce's Flowers. Follow them on Facebook at <https://www.facebook.com/Conniebs/> (203) 536-6027

Merritt 7 Tenant Appreciation BBQ

Our next tenant event will be the Merritt 7 Tenant Appreciation BBQ. Everyone is invited to come and enjoy a great BBQ lunch with your colleagues. This event gives everyone a chance to meet all of your corporate neighbors here at Merritt 7. We do hope you will attend.

Wednesday, September 13th
11:30 to 2:00 pm
In the courtyard between buildings 501 & 601.

Solar Eclipse at Merritt 7



The August 21ST total solar eclipse was the first seen in the United States since 1979 and the first to cross the entire continental United States since 1918. All across Merritt 7, people came out of their offices and gathered on the plazas to witness this event. If you missed it there are a few more chances to see one in the United States in your lifetime. The path of totality for the next solar eclipse in the United States is in 2024. It will stretch approximately 123 miles wide, about twice the size of the eclipse in 2017.

PARK AMENITIES

CITIBANK ATMs

Building 301, Lower level

Building 601, Plaza level

CONFERENCE CENTER

Building 101– 15 person capacity

Building 301– 120 & 30 person capacity

To reserve in advance call 203-849-7000

CULINART CAFES

Starbucks 101, 301 and 501

Full Service Café 301 and 601

FITNESS CENTER

Building 301, Plaza level

One-time Membership Fee: \$50

Towel Service: \$50 annually

MERRITT 7 CAR WASH & DETAIL

Building 501, P4 level

Call 203-750-1025

MERRITT 7 UNISEX SALON

Building 301, Plaza level

Call Dimitra at 203-845-0844

NOTARY PUBLIC

Management Office

Building 301, Plaza level

Call 203-849-7000

SECURITY COMMAND CENTER

Building 401, Plaza level

Call 203-849-1016

TONY'S SHOESHINE & REPAIR SERVICE

All Buildings (every Tuesday)

Call 347-789-0062

SHUTTLE SERVICE

For a complete schedule go to

www.merritt7.com under location tab.

PROPARK ASSISTED PARKING

Building 501, P4 level

203-849-1016

NORWALK TRANSIT

203-852-0000

MANAGEMENT TEAM

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Management Office

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