

Summertime Games on the Plaza

Launching the week of June 18th

Tenants are encouraged to come out on the plaza and enjoy some outdoor games.

- Corn holes will be set up at buildings 101, 201, 301 & the courtyard between buildings 501 & 601.
- A putting green will be at buildings 301 and 601.
- Jenga at buildings 101 and 601.
- Tabletop backgammon and chess boards at all buildings outdoor plaza seating.
- A basketball hoop will be set up in the back lot of building 101 and basketballs will be at the 101 guards desk.

UPCOMING EVENTS

Summer Games on the Plaza Begins week of June 18th
with Games out in all the plaza areas Monday through Friday until Labor Day

BBQ Smoker at 601 courtyard June 19 11:30-2:00
With Smoked menu offerings in 601 café

BBQ Smoker at 301 June 21 11:30-2:00
With Seating by the river and live music

EVEN Hotels Meet and Greet at 301 Lobby June 26-11:30 -1:30

Tenant Appreciation Ice Cream Socials July 18 and 19th 2:00-3:00

Fairfield County 5K Corporate Fun Run July 26 5:00 pm-9:30 pm

Tenant Appreciation BBQ September 12

Merritt 7 Blood Drive September 28

2018 Fairfield County 5K Corporate Fun Run

#M7wherebusinesslives

Join the Merritt 7 team (or sponsor your own!) in the Fairfield County 5k **Thursday, July 26th.**

Participating in a Corporate Fun Run event is:

- A great way to incorporate health and fitness in the workplace
- An unbeatable team building & employee engagement platform
- An opportunity to get to know other tenants and Fairfield County businesses
- The summer's best office party with plenty of post-race celebrating with music, food and drinks.

All individuals who sign up under the Merritt 7 team will receive **1/2 off the registration fee** of \$20 and a Merritt 7 t-shirt. To join the Merritt 7 team, register at: <http://corporatefunrun.com/registration/?>

EVENT DETAILS



DATE

Thursday, July 26

LOCATION

Cranbury Park
300 Grumman Ave, Norwalk

TIMING

5:00 - 6:30 pm: Team packet pick-up, race night registration, company gathering

6:30 - 7:30 pm: 5k run/walk

7:30 - 9:30 pm: Post-race party & awards

Yoga and Meditation Comes to Merritt 7



Merritt 7's Yoga and Meditation is designed for practitioners at all levels and the classes offer a foundation in mindful meditation and open flow yoga. Due to popular demand the series will continue until the end of June.

Meditation is led by Nina Antolino, owner of LifePath Yoga and Wellness. She focuses on breath awareness and mindfulness through guided meditation to achieve relaxation and help manage stress. The practice of meditation can help gain perspective, increase self-awareness and creativity, and reduce negativity. What a perfect way to spend a lunch hour once a week, and develop a skill to reduce

stress that can be used anytime, anywhere. Classes are offered on Tuesdays at 12:30 – 1:15 in the Town Hall conference room in building 301.

Our Yoga series is led by Rebecca Goetz, owner of Paz Yoga Center. Rebecca has been featuring open flow yoga, an energetic form of yoga where participants fluidly move from one pose to the next while connecting their breathing to their movements; the class is designed for all levels and beginners are welcome. Yoga is a powerful and revitalizing form of fitness incorporating strength, flexibility and balance to promote peace of mind, body and spirit. Classes are offered on Wednesdays at 5:30 – 6:30 in the Town Hall conference room in building 301.

To register for either classes go to the Merritt 7 tenant portal merritt7.info/toc.cfm and under amenities you will find both class registration pages .

American Red Cross Blood Drive at Merritt 7

The Merritt 7 Blood Drive on May 30th was our biggest drive yet. American Red Cross collected 28 units, which equates to 84 potential lives saved as 1 unit saves 3 lives. Our next Merritt 7 Blood Drive is scheduled for September 28th. For donor signup go to redcrossblood.org.

MERRITT 7



Something BIG is Coming to Merritt 7

Merritt 7 is excited to announce that Gensler, the global architecture, design and planning firm will spearhead an extensive renovation to the interior and exterior common areas and amenities of Merritt 7's Buildings 501 and 601. Stay tuned for more details.

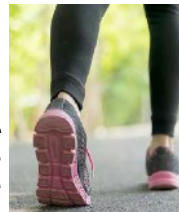


Where big ideas are born... Where the best and brightest are drawn... Where innovation is the norm...

Join the Mayor's Walk

Saturday, June 16th 8:30-2:00

The Arts Commission and Bike and Walk Commission are co-sponsoring the Mayor's Walk. It is a two-mile loop starting at the Merritt 7 railroad station on Glover Avenue. There are options to shorten the walk.



Participants will view the Charles Perry sculptures at the Merritt 7 office complex and field test the pedestrian infrastructure audit prior to making it available to the general public to evaluate walkability in Norwalk. The audit has potential implications for the Norwalk River Valley Trail {NRVT}, Transit Oriented Development {TOD}, Plan of Conservation and Development {POCD}, public art, Coalition of Norwalk Neighborhood Associations {CNNA}, public health and Complete Streets.

Please contact the Norwalk Bike/Walk Commission with any questions at NorwalkBikeWalk@gmail.com or go to: <https://tinyurl.com/walk-norwalk> to register for the walk.

AMENITY HIGHLIGHTS

Salon at Merritt 7

Important business meeting? Date night? Bad hair day?

Check out the salon at Merritt 7 to look your best. Offering a full range of men's and women's styling services, the salon is located in Building 301 on the plaza level, adjacent to Starbucks café. Walk-ins are welcome! Visit the Merritt 7 tenant portal for a list of services and prices: merritt7.info/main.cfm or to make an appointment call (203) 845-0844

New offerings at all Starbucks

- Fruit Smoothies
- Good Humor Ice Cream at the 501 Starbucks
- Spinning salad bar at Starbucks 101—3x a week

NOT HERE BUT NEAR

Looking for a unique and different venue for your companies summer outing?

Check out the Norwalk Seaport Association www.seaport.org



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
Room reservations through Workspeed

CULINART CAFES

Starbucks 101, 301 and 501
Hours: 7:30-4:30
Full Service Café 301 and 601
Hours: 7:30-2:00

FITNESS CENTER

Building 301, Plaza level
Hours: 6:00 am-9:00 M-F / Sat-Sun 7:30-4:00
One-time Membership Fee: \$50
Towel Service: \$50 annually

MERRITT 7 CAR WASH & DETAIL

Building 501, P4 level
Call 203-849-7000

MERRITT 7 UNISEX SALON

Building 301, Plaza level
Hours: 9:00-5:00 M-F / Sat 8:00-4:00
Call Dimitra at 203-845-0844

NOTARY PUBLIC

Management Office
Building 301, Plaza level
Hours: 8:00-4:30
Call 203-849-7000

SECURITY COMMAND CENTER

Building 401, Plaza level
Call 203-849-1016

TONY'S SHOESHINE & REPAIR SERVICE

All Buildings (every Tuesday)
347-789-0062

SHUTTLE SERVICE TO MERRITT 7 TRAIN STATION

For a complete schedule go to www.merritt7.com under location tab.

NORWALK TRANSIT

203-852-0000

MANAGEMENT TEAM

Ed Farmer Senior Building Manager efarmer@merritt7.com	JoAnn McGrath Leasing Director jmgrath@marcuspartners.com
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Jennifer Rowe Tenant/Property Services jrowe@merritt7.com	John Busby Property Manager jbusby@marcuspartners.com
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Karen Waltress Accounting Administrator kwaltress@merritt7.com	Management Office 301 Merritt 7, Plaza Level (203) 849-7000
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This newsletter is emailed to company contacts through Workspeed and may also be found online at www.merritt7.com in the "News" box on the homepage, or by going to the tenant portal merritt7.info/toc.cfm. Printed editions available at all Merritt 7 Starbucks. Further questions on the newsletter email jrowe@merritt7.com.