

## JANUARY TENANT EVENT BY PURE FIT

Pure Fit, along with its affiliate Tomorrow Medicine, will be hosting a get healthy in 2016 event for employees of Greenwich Office Park on Tuesday, January 19th from 10am-3pm



Pure Fit Club will be offering 15-minute in-office chair massages. They are also offering 20 minutes of group desk stretching and fitness tips for any company that is interested. Complimentary fitness evaluations are also available at this time. Their partner, Tomorrow Medicine, can come to your office to perform free body measurements and fat analysis. Everything is by appointment only, so please reserve a time for them to come to your office.

To schedule a visit to your company's office, please contact

[info@purefitclub.com](mailto:info@purefitclub.com)

## KEYLESS ENTRY

Just a reminder that our park wide keyless access system is operational. You are able to use your card for entry into your building. Gym members may use it for Fitness center and ladies locker room access as well. If you have any questions about your card, or if you would like to add access to the gym, please reach out to [Lindsey in the management office at \(203\) 552-4100](mailto:lindsey.tomb@cbre.com) or by email at [lindsey.tomb@cbre.com](mailto:lindsey.tomb@cbre.com).

## HOLIDAY CLOSINGS

The Greenwich Office Park Management Office will be closed on the following upcoming holidays:

Martin Luther King Jr. Day  
Monday, January 18<sup>th</sup>

President's Day  
Monday, February 15<sup>th</sup>

For assistance on holidays or after normal business hours, please call our after-hours number at 203-531-7061.

## HOLIDAY SCHEDULE

If your organization has not already done so, please be sure to forward your 2016 Holiday closing schedule to the management office.

We use this information to plan for HVAC and building access needs throughout the year to ensure your comfort.

Schedules can be emailed to Lindsey at [lindsey.tomb@cbre.com](mailto:lindsey.tomb@cbre.com)





## CUPCAKES & COCOA VALENTINES SOCIAL

Please be sure to join us this February for the seventh annual Valentine's Day Cupcakes and Cocoa social at the Park Cafe!

**Friday, February 12th**  
**11:30am - 1:30pm**  
**Park Café - Building 5**

Take a break from your workday to warm up this winter with cupcakes and hot chocolate provided by the Greenwich Office Park team. We hope to see you there!



## CAFE WINTER SPECIALS

For the winter of 2016, the Park café will be featuring a few specials! They will be offering warm 4 inch tarts in three very delicious flavors including:

**Pumpkin with sweet potato and pecan**  
**Rustic Apple**  
**Triple Berry**

These are available to be ordered with lunch, or wrapped to take home and warm for just \$4.25.



## CHEF FREDDY'S TIPS



Many tenants have been inquiring about vegetarian, vegan and gluten free food options in the Park Café

The café has many choices for those who would like a specialized meal.

The soups are always gluten free, including one vegan option.

The café has a daily offering of two hot fresh vegetables a full salad bar and pasta that can be customized to order.

If you ever have a question about a food item in the café, please don't hesitate to ask one of our friendly café staff members.





## COMMUNITY CORNER

Greenwich Office Park is constantly looking for ways in which our property and tenants can engage in sustainable and environmentally-friendly activities. One way to do this is through our “Community Corner” available in our bi-monthly tenant newsletter. We encourage you to make use of this vehicle.

- Do you have a conference table that you would like to trade?
- Do you have a pile of old toner cartridges that are incompatible with your current printer that you would like to donate?

The Community Corner can be used to share other goals as well:

- Are you hosting a charity run?
- Has your company achieved any successes that you would like to spotlight?
- Do you need more participants to set up a weight loss group?

## SUSTAINABILITY TIPS FOR THE WINTER

- If you have a wood-burning fireplace, save your cold ashes in a tin instead of throwing them away. Cold wood ashes can be mixed in a compost heap to create a valuable soil amendment that provides nutrients to your garden.
- Recycle old newspapers by making rolled paper logs for your fireplace. Roll news paper sheets around a broom stick until your log is the desired size, then soak your log thoroughly in water. Dry the log overnight and use like ordinary wood. Always follow proper safety precautions when burning anything around your home.
- Turn the heat down in your home when you are not there and while you are sleeping. In addition, close off any rooms that you do not use. This will greatly reduce energy cost and consumption in your home.
- Be sure the damper is completely closed in your fireplace when safe and not in use. This will reduce the heat energy needed for your home by at least 30%.

## GREEN TIPS FOR VALENTINES DAY

- Buy Cards made from recycled paper, or consider sending an e-card to reduce paper waste.
- Give a card made of **plantable seed paper**. Rather than your card ending up in a landfill, you can plant it and as it biodegrades, beautiful wild flowers will grow.
- Give experiences to your loved one this Valentines Day instead of things. A e-gift card for a massage, a cooking class for two, or tickets to a play would be a great gift for anyone.





## MANAGEMENT TEAM

ALISA LANDAU  
Senior Real Estate Manager

LISA IANNELLI-WINKLER  
Real Estate Manager

LINDSEY TOMB  
Real Estate Services Admin

PAM BROWN  
Accounting Coordinator

FRANK VETERE  
Chief Engineer

BURT HICKS  
Assistant Chief Engineer

ANTHONY BURROWS  
Engineer

RICH SKARAD  
Engineer

KEVIN MARSHALL  
Engineer

JOE MACZUGA  
Night Engineer

Exclusive Leasing &  
Management Agent:

**CBRE**

P: 203.552.4100  
F: 203.552.4150  
2 Greenwich Office Park  
Greenwich, CT 06831

## CBRE SERVICES... how can we help you?

### Park Cafe

5 Greenwich Office Park  
203-861-7275  
Order online at  
[parkcafegreenwich.com](http://parkcafegreenwich.com)

### Fitness Center

5 Greenwich Office Park  
A self-service facility featuring cardio equipment, weight machines, and free weights

### Pure Fitness - Personal Training

5 Greenwich Office Park  
914-694-4841  
[info@purefitclub.com](mailto:info@purefitclub.com)

### 4 Wheels Bath

5 Greenwich Office Park  
203-650-6929  
[crcarwash@gmail.com](mailto:crcarwash@gmail.com)  
Offering car washing/detailing and shoe shine/repair to all park employees

### Payless Dry Cleaning

914-589-0666  
[JN67MB@aol.com](mailto:JN67MB@aol.com)  
Pickup and delivery to all tenants at the park

### Notary Public

CBRE Management Office  
2 Greenwich Office Park  
203-552-4100  
Complimentary notary services available at the Management Office to all employees at Greenwich Office Park. Please call ahead to ensure notary availability.

### Train Station Shuttle

Service provided by ECS Transportation  
Schedule can be found under "Tenant Services" and then "Amenities" at [greenwichofficepark.com](http://greenwichofficepark.com)  
Call 1-866-986-8942 for current information

### Security

For assistance after Building hours, please call 203-531-7061

## CBRE TENANT CONNECT

Tenants at CBRE-managed properties can enjoy special discounts and pricing for their office's needs. By registering at [www.tenantconnect.net](http://www.tenantconnect.net), your organization can take advantage of negotiated discounts available to CBRE tenants.

Check out [tenantconnect.net](http://tenantconnect.net) today to see how your organization can use the CBRE purchasing power to your organization's advantage.

This newsletter is emailed to tenant contacts and can be found online at [greenwichofficepark.com](http://greenwichofficepark.com) along with archives of past newsletters - click on "Tenant Services" on the top right-hand corner and then click on "Newsletter" on the bottom of the page.

If you would like to receive the emailed newsletter directly, please contact the Management Office.



Owner:

