



# THE PARKWAY POST

MARCH 2025 - ISSUE #2

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## Let's talk about Parkway Place



As we step into a new year, we're thrilled to bring you the latest edition of The Parkway Post. This quarter, we're focusing on setting intentions, embracing sustainability, and fostering community connections.



From our vision board workshop to eco-friendly tips, we've packed this issue with inspiration and practical advice to kickstart your year. Join us as we continue to make Parkway Place not just a workplace, but a thriving community where innovation and well-being go hand in hand.

Let's make 2025 our best year yet!

# Parkway's Ten Cents

TOP 10 ECO-FRIENDLY TIPS FOR EARTH HOUR  
SATURDAY, MARCH 22, 2025

1. Switch off all non-essential lights and electronics.
2. Use candles made from natural, sustainable materials.
3. Prepare a no-cook meal or have a candlelit picnic.
4. Stargaze or organize a night walk in your neighborhood.
5. Play board games or tell stories by candlelight.
6. Use the hour to plan eco-friendly changes for your home or office.
7. Take a relaxing bath or meditate in the dark.
8. Have an unplugged music session or sing-along.
9. Sort through your belongings and prepare items for donation or recycling.
10. Start a conversation about energy conservation with friends or family.

## BONUS TIP:

- Extend your energy-saving habits beyond Earth Hour to make a lasting impact



PARKWAY PLACE

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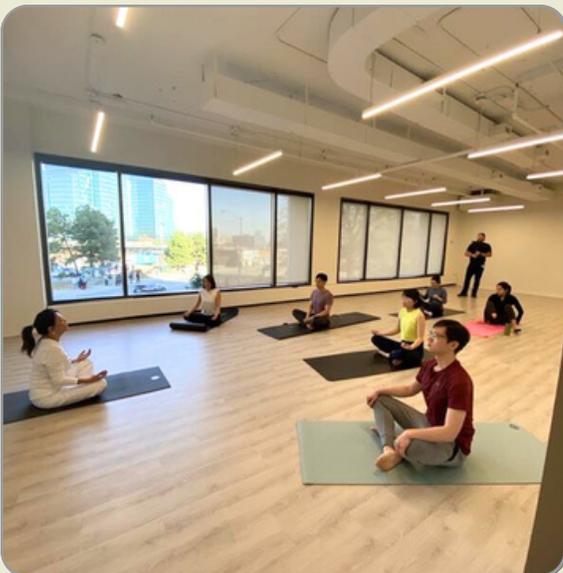
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## THE PARKWAY EXPRESS: YOUR TICKET TO FUN AND EVENTS!



### PARKWAY FIT: YOUR WEEKLY WELLNESS DESTINATION

At Parkway Place, we are committed to your health and well-being. Join us for free weekly wellness classes at Parkway Fit: HIIT on Mondays, yoga on Tuesdays, Pilates on Wednesdays, and rotating "Fluid Thursday" sessions featuring breathwork, meditation, or dance. Our top-tier focus on health promotes a happier, more productive workspace. Schedule it, add it to your calendar, and incorporate it into your workday.





# THE PARKWAY EXPRESS: YOUR TICKET TO FUN AND EVENTS!



## CRAFTERNOON DELIGHT

Vision Board Workshop: A Resounding Success! On January 23rd, we transformed our Crafternoon into a powerful goal-setting session. Participants enjoyed hot chocolate and delicious charcuterie while crafting their visions for 2025. Each attendee received a full book to visually outline their goals and manifest their dreams. The energy was electric as we mapped out our aspirations for the year ahead!



## LOOKING AHEAD

Exciting news for 2025! Parkway Place is ramping up our charity and philanthropy efforts! 🍌

We're rolling out a series of events and programs throughout the year, giving our community more chances to make a real difference. By partnering with local organizations, we're opening doors for our tenants to get involved, learn, and give back in meaningful ways.

Stay tuned to our social media and the Parkway Place app for updates on these upcoming initiatives. Together, we'll make 2025 a year of non-stop community engagement and support! Let's create positive change, one act at a time. 💪

# TENANT SPOTLIGHT



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DIAMOND & DIAMOND LAWYERS IS CANADA'S LARGEST PERSONAL INJURY FIRM IN CANADA, SERVING ONTARIO, BC, AND ALBERTA. OUR TEAM OF OVER 65 NATION-WIDE EXPERIENCED LAWYERS HANDLE CASES INCLUDING:

- CAR ACCIDENTS
- SLIP AND FALL
- BRAIN INJURIES
- LONG TERM DISABILITY
- WORK-RELATED INJURIES
- WRONGFUL DEATH
- ANIMAL & DOG BITES

WE OFFER DEDICATED SUPPORT THROUGHOUT YOUR CASE, FIGHTING FOR YOUR RIGHT TO COMPENSATION FOR MEDICAL EXPENSES AND OTHER LOSSES. SERVING THE GTA AND ACROSS ONTARIO, WE PROVIDE ATTENTIVE, ASSERTIVE ADVICE TO PROTECT YOUR RIGHTS. CONTACT US 24/7 TO DISCUSS YOUR CASE WITH A PERSONAL INJURY LAWYER.

# Key Achievements

## CAPITAL IMPROVEMENTS

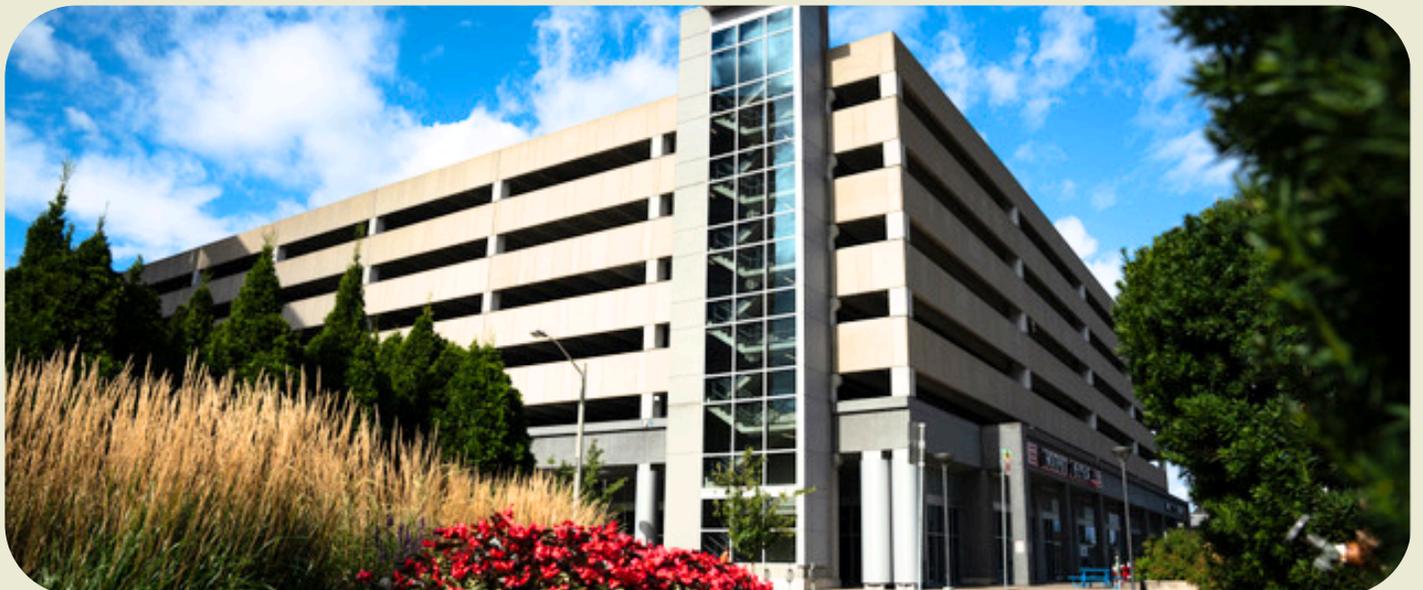
### **Building Automation System (BAS):**

255 Consumers Road will soon undergo a BAS upgrade. This enhancement will significantly improve our facility's overall performance and efficiency. The new BAS will allow for better control and monitoring of crucial building systems, including:

- HVAC • Lighting • Security

**Roof Replacement:** We've also undertaken a roof replacement project at 245 & 255 Consumers Road. This essential upgrade will enhance the buildings' structural integrity, improve energy efficiency, and provide better protection against the elements. The new roof will not only extend the lifespan of our facilities but also contribute to a more comfortable and secure environment for all tenants.

**Preliminary BAS Recommissioning:** At 14 Williams Sylvester Drive, we're initiating a Preliminary BAS recommissioning. This process will optimize our existing BAS, ensuring all systems are functioning at peak efficiency. The recommissioning will lead to improved energy management, enhanced occupant comfort, and potential cost savings through more efficient operations.



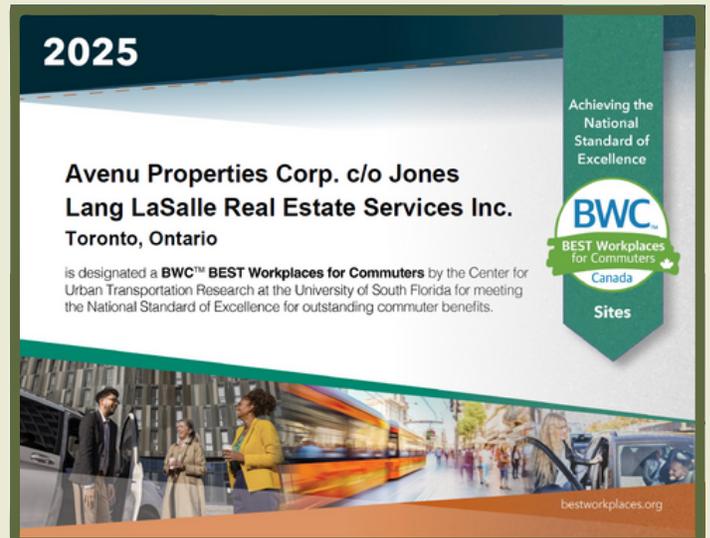
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# THE PARKWAY POST

MARCH 2025 - ISSUE #2

## CERTIFICATION

We're proud to announce that we've earned Fitwel Certification, demonstrating our commitment to creating healthier workplaces that enhance occupant well-being. We've also been designated a BEST Site for Commuters in 2025, meeting the National Standard of Excellence for our commuter-friendly initiatives. These recognitions reflect our dedication to providing a top-tier, health-focused environment and supporting sustainable transportation options for our tenants.



# Elevating Workplace Experience:

## FUTURE INITIATIVES

We're excited to share some upcoming initiatives that will enhance your experience at our property. An AODA-compliant washroom will soon be available on the ground floor of 243 Consumers, improving accessibility for both tenants and visitors. The Parkway Shuttle service is getting an upgrade with a new bus and a fresh, exciting look to improve your commute. We're also initiating a comprehensive fire system upgrade across our buildings, a crucial project that will take approximately two years to complete.

Looking further ahead, we anticipate the elevator modernization project to be finished by the end of 2025, ensuring smoother vertical transportation throughout the complex.



## Lounge



## 251 CONSUMERS RD, 2ND FLOOR

- Versatile space for up to 130 guests ideal for team meetings, client presentations, workshops, or events
- State-of-the-art technology
- Competitive pricing options tailored to your needs

## 50% OFF YOUR FIRST BOOKING WHEN YOU MENTION THIS NEWSLETTER! \*

\*must be booked by April 30th, 2025 and used by June 30th, 2025

## Training room



## Boardroom



## Breakout room



Email [Events\\_ParkwayPlace@JLL.com](mailto:Events_ParkwayPlace@JLL.com)  
for more details

# PARKWAY PLACE

## THE

# PARKWAY POST



Don't miss out! Parkway Place tenants, have you joined our app community yet? Download now to stay in the loop on all the latest happenings. Or, swing by the Hub & Lounge to chat with our Community Manager about getting connected.



Explore our website to discover our meeting rooms, upcoming events and more!

[parkway-place.ca](http://parkway-place.ca)