



THE PARKWAY POST

AUGUST 2025 - ISSUE #3



Let's talk about Parkway Place

As the sun shines bright and the days are long, a vibrant energy fills the air at Parkway Place. We're thrilled to welcome you to the Spring/Summer 2025 edition of The Parkway Post, a celebration of the dynamic community we're building together.

This season has already been packed with incredible events and successes, from our popular wellness classes to our inaugural Volleyball Classic.

We're not slowing down...inside, you'll find a sneak peek at what's still to come, we invite you to dive in, discover what's happening, and continue to thrive with us this season!

Parkway's Ten Cents

TOP 10 TIPS FOR THE END OF SUMMER & GETTING READY FOR FALL

- 1.Revisit Goals: Adjust your goals for the busy season ahead.
- 2.Create a Schedule: Treat workouts and meal prep like important appointments.
- 3.Ease Back In: Start with lighter workouts to prevent burnout.
- 4.Try Something New: Find a fresh activity to keep your routine exciting.
- 5.Focus on Nutrition: Incorporate seasonal produce into your diet.
- 6.Find a Buddy: Partner with a friend for motivation and accountability.
- 7.Prioritize Sleep: Aim for 7-9 hours of quality rest each night.
- 8.Stay Hydrated: Carry a reusable water bottle throughout the day.
- 9.Embrace Outdoors: Take a walk, hike, or bike ride to enjoy the fall air.
- 10.Listen to Your Body: Don't be afraid to take a rest day when you need it.

BONUS TIP:

- As your schedule fills up, look for ways to simplify other parts of your life, like meal prepping, to reduce stress.



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THE PARKWAY EXPRESS: YOUR TICKET TO FUN AND EVENTS!

PARKWAY VOLLEYBALL CLASSIC 2025

This summer, our inaugural Volley-licious Summer Bash: Tenant Showdown was a huge success. The epic, all-day showdown proved that Parkway tenants are serious about competition! The final match saw JP Morgan/Chase and Synergy Protection Group go head-to-head in a battle royal for the trophy and a gift card to Eggstastic. After a nail-biting, anxiety-filled volley of points, Synergy delivered the final, game-winning slam! Congratulations to all our competitive champions!



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GREEN WISDOM: WILD EDIBLES WALK & TEA TASTING

On June 12th, tenants joined us for an amazing and informative Wild Edibles Walk & Tea Tasting. Led by Steve from Deep Roots Adventure, this fascinating journey into the world of wild edibles gave our community a chance to taste healthy wild teas made from common backyard plants and mushrooms. We were surprised to find that what we thought were weeds tasted so good! Participants also learned sustainable harvesting practices and explored the wild plants growing in our building's garden. Attendees received a custom handout to take home, ensuring they had valuable information to continue their discoveries.



LOOKING AHEAD

This summer is packed with opportunities to connect and have fun. We'll be hosting a Lunch & Learn session with nutrition expert Jesse Lane on Wednesday, August 20th. For those looking for a sophisticated evening, our Barrel & Burn event is scheduled for September 18th, offering a unique whiskey and cigar tasting experience.

TENANT SPOTLIGHT



Synergy Protection Group is a leading Canadian security agency delivering a full spectrum of protective and investigative services. From on-site security, mobile patrols, and municipal crossing guard programs to advanced technology solutions and private investigations, Synergy provides tailored strategies to meet the unique needs of each client.

With a commitment to reliability, professionalism, and innovation, Synergy safeguards people, property, and communities across diverse sectors. Services include licensed security guards, concierge and high-risk security programs, private investigations, and integrated technology systems for surveillance, access control, and intrusion monitoring.

Q2 Tenant Sustainability Update

Summer 2025 - HVAC & Lighting

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Property Updates

- 1. Earth Day Participation: We joined the "Clean Toronto Together" event on Earth Day, April 25, contributing to community environmental efforts.
- 2. E-Waste/Battery Recycling Drive: Our successful recycling initiative was completed in April, helping to properly dispose of electronic waste.
- 3. Office Supply Swap: We hosted our sustainability-focused Office Supply Swap during May, promoting reuse and reducing waste.
- 4. Bike Month: We successfully concluded our Bike Month activities on June 30th, which included the popular Bike Tune-Up event on June 17th.
- 5. Green Team Meeting Q2: Our second quarterly Green Team meeting was held on June 17th.

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| Our Building Certifications: | -BOMA Best Gold -Fitwel -Best Workplaces for Commuters |
|------------------------------|--|

HVAC & Lighting Best Practices

Place a Work Order through Prism to make sure that your temperature settings match the hours when your employees use the space. Additionally, consider adjusting your temperature settings up or down by 1-2 degrees. These small fluctuations, usually not noticeable to occupants, save considerable energy.

Rely on natural daylight for lighting by removing obstructions from windowed areas and turning off lights in spaces close to the windows, when natural light is available. Leveraging natural daylight to illuminate your office space can reduce stress, increase productivity, and support natural circadian rhythms to improve sleep, in addition to saving energy.

Consider installing dimmers, occupancy / motion sensors, and timers to help reduce unnecessary energy use by automatically turning off the lights when a room or space is unoccupied.

If employees have task lamps or desk fans at workstations, ensure they are switched off at the end of the day and weekends to reduce plug load.

Considering LED Lighting Upgrades? Be sure to check with your local utility provider regarding rebates and incentives that can help to offset the cost of the upgrade and installation work. LEDs consume 75% less energy than incandescent lights and last 25 times longer.

Tenant Resources

Get to know your property manager! We are here to help you and ensure your questions about the building are answered and that your suggestions regarding sustainability are heard.

Grace Lambe
416-490-9567 ext. 230
Grace.Lambe@jll.com

Thinking about expanding or upgrading your space? Review Institute of Market Transformation (IMT) and DC Sustainability Energy Utility's resource on sustainable solutions for the modern office. [Tenant Fit-Out and Leasing Guide](#)

Fun Facts



The Tampa International Airport is 34% more energy efficient than required by code thanks to the implementation of LED lighting, daylight harvesting, and high-performance and energy-efficient systems.



The amount of energy used solely on air conditioning and heat in the United States exceeds the entire continent of Africa in terms of the total amount of energy used. Being aware of our energy usage is important!

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 September 30th, 2025
and used by December 19th, 2025

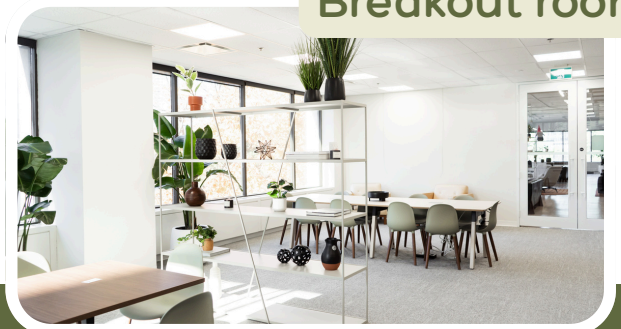
Training room



Boardroom



Breakout room



Email Events_ParkwayPlace@JLL.com
for more details

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Don't miss a thing! Have you joined our Parkway App community? Download it today to RSVP for upcoming events, get the latest news, and stay in the loop on everything happening at Parkway Place. For help getting connected, feel free to swing by The Hub & Lounge to chat with our Community Manager.



August Monthly Perks

You're a click away from monthly deals and savings! Shop from your favorite local and retail brands here.

[VIEW HERE](#)



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

parkway-place.ca