



THE PARKWAY POST

MAY 2026 - ISSUE #6



Let's talk about Parkway Place

As we welcome the fresh energy of spring and embrace the growth of a new quarter, there's an unmistakable sense of community and connection flourishing throughout Parkway Place. We're thrilled to present the Q1 2026 edition of The Parkway Post, showcasing the vibrant tenant engagement that continues to strengthen our workplace community

This quarter brought enriching experiences like our Parkway Exchange knowledge sessions fostering collaboration and expertise-sharing among tenants, alongside the launch of our new "Parkway Exchange" tenant knowledge series.

We're excited to share how our responsive programming approach, enhanced networking opportunities, and commitment to delivering the amenities you've requested have now become integral to building an even stronger Parkway Place community

Parkway's Ten Cents

TOP 10 TIPS FOR FINANCIAL WELLNESS

1. **Review Your Total Compensation Package** Audit all benefits beyond salary—HSA/FSA, retirement matching, professional development funds, and wellness reimbursements. Many employees leave money on the table.
2. **Automate Your Savings Strategy** Set up automatic transfers to savings on payday. Even small amounts compound. Pay yourself first.
3. **Conduct a Subscription Audit** Review recurring charges and cancel unused services. Streaming, gym memberships, and apps add up to hundreds annually.
4. **Maximize Retirement Contributions** Contribute enough to capture full employer match—it's free money. Consider increasing contributions by 1-2% after a raise.
5. **Build or Refresh Your Emergency Fund** Aim for 3-6 months of expenses in accessible savings. Start with \$1,000. This prevents debt during emergencies.
6. **Invest in Professional Development** Strategically Fund certifications or courses that boost marketability. Check for employer tuition reimbursement first.
7. **Schedule a Benefits Enrollment Review** Review your health plan and HSA/FSA usage now. Don't wait for open enrollment. Adjust mid-year if possible.
8. **Organize Tax Documents** Early Track deductible expenses—charitable donations, professional dues, home office costs. Early organization catches overlooked deductions.
9. **Negotiate or Refinance Existing Debt** Request lower credit card rates with good payment history. Explore refinancing for student loans or mortgages.
10. **Set Specific, Measurable Financial Goals** Define concrete targets: "\$5,000 emergency fund by December." Break into quarterly milestones.

BONUS TIP:

- **Create a "No-Spend" Challenge Month** Choose one month to minimize discretionary spending. This reveals spending patterns and generates funds for your goals.

PARKWAY PLACE

THE PARKWAY POST

MAY 2026 - ISSUE #6

THE PARKWAY EXPRESS: YOUR TICKET TO FUN AND EVENTS!

PARKWAY FIT 360: OUR BIGGEST WELLNESS EVENT YET!

This February, we transformed our beloved annual Wellness Week into something extraordinary - an entire month dedicated to your health and wellbeing! Our 6th Annual Wellness Program became the Parkway Fit 360, with a step challenge, inviting tenants to compete, connect, and celebrate wellness throughout the month.

From February 1st-27th, participants tracked their steps, earned points through fitness activities, and competed for incredible prizes. The month featured enriching programming including gut health sessions with Jesse Lane Lee, chiropractic care with AXON, the return of our wildly popular Puppy Yoga, and meditation workshops with Carl Nissen.

Whether fitness enthusiasts or casual walkers, everyone joined the fun, proving once again that wellness is better together



THE PARKWAY EXPRESS: YOUR TICKET TO FUN AND EVENTS!

INTRODUCING THE PARKWAY EXCHANGE: WHERE EXPERTISE MEETS OPPORTUNITY

We launched The Parkway Exchange, our new quarterly workshop series that transforms our tenant community into a dynamic knowledge-sharing network! This innovative program provides a platform for tenants to showcase their company expertise, services, and collaboration opportunities while fostering meaningful connections throughout Parkway Place.

Our inaugural session in March featured iBroker Capital Inc., where 27 attendees discovered creative strategies for reverse mortgages, first-time home buying, and wealth building from industry experts



LOOKING AHEAD

Spring brought fresh energy to Parkway Place with our successful "Espresso Yourself" morning coffee event in April, created directly from your 2025 tenant survey feedback.

We're energizing Parkway Fit with new trainers and fresh workout styles - including Spicy Latin Monday! Plus, expect more Parkway Exchange workshops, wellness initiatives, and community events designed around your feedback

Download the Parkway App to RSVP and never miss out!

TENANT SPOTLIGHT



iBrokerPower

We're one call away with your mortgage solutions

iBrokerPower Capital Inc. is a leading mortgage brokerage providing tailored financing solutions for clients across Canada. With access to an extensive network of major banks, credit unions, alternative lenders, and private institutions, we specialize in structuring competitive mortgage solutions for residential, commercial, and investment properties. We also offer reverse mortgage solutions, helping homeowners unlock the equity in their homes to support retirement planning and financial flexibility. Whether you're purchasing, refinancing, or navigating more complex financing scenarios, our team delivers strategic advice, speed, and results. At iBrokerPower Capital Inc., we pride ourselves on a seamless, client-first experience—helping individuals and businesses secure the right financing with confidence.

Website: www.GoRonald.ca

2026 World Soccer Block Party at Parkway



Saturday, June 20, 2026

10:00AM – 2:00PM

255 Consumers Road, Toronto, ON, East Side Parking Lot (Parkway Place)

**You are invited to experience Global Soccer Excitement this summer in North York.
Celebrate soccer's biggest event in vibrant Toronto!**

LET'S KICK UP THE FUN!

PRESENTED BY



EVENT SPONSORED BY



SECURITY SPONSORED BY





Free Electric Toothbrush Offer

SIGN UP AND SMILE BRIGHT



Parkway Place Dental

**NEW CLIENTS RECEIVE A
FREE TOOTHBRUSH**

**BOOK YOUR APPOINTMENT
TODAY!**

VALID MON - FRI

Late Lunch Option

Mention "PARKWAY PLACE" and

GET A FREE FOUNTAIN DRINK

when you purchase a burger with fries
between 2pm - 5pm



**LAST
CHANCE**

Ending May 31st!

Burgers Park at Parkway Place
10 William Sylvester Drive

WHAT'S THE BUZZ AT PARKWAY?

PROPERTY UPDATE

This quarter, we made thoughtful improvements to enhance your Parkway Place experience.

The Fitness Centre now features a wellness reading nook with a curated library of nutrition and health resources; a quiet space to support your well-being journey beyond your workout.

The Table Tennis Lounge at 251 Consumers (basement level) received a complete refresh with new paint, upgraded paddles, a storage stand and quality equipment. Head down for your next break or friendly match with colleagues.

We're pleased to welcome Café Depot to our concourse level, replacing Timothy with fresh menu options to keep you fueled throughout your day.

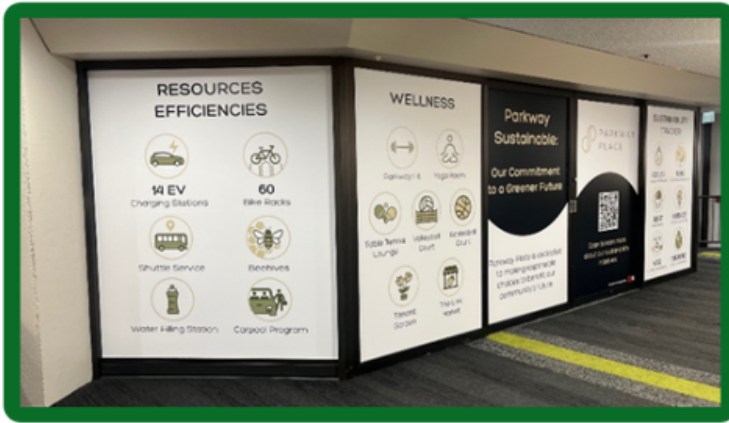
We're also excited to welcome Innovation Building Maintenance as our janitorial service provider. With the implementation of Mero sensors in bathrooms throughout the property, both our team and tenants can now monitor cleanliness in real-time, ensuring consistently high standards and greater transparency.



INNOVATION
INC.
BUILDING MAINTENANCE

WHAT'S THE BUZZ AT PARKWAY?

COMMUNITY OUTREACH



This quarter showcased Parkway's commitment to sustainability. You may have noticed our sustainability mural displayed at the Concourse. A visual celebration of Parkway's 2025 environmental achievements and reflects to our collective dedication to making responsible choices for our community's future.

Thank you for participating in February's Commuter Survey. The results are encouraging; interest in public transit has risen 10% since 2023, and carpooling interest is up 9%. Already, 34% of respondents use transit and 33% utilize multi-modal commutes. Your feedback is helping us develop targeted solutions, including shuttle optimization and a formal ride-matching program for high-commuter areas.

Our Earth Hour participation in March was outstanding, achieving a 5% reduction in electricity usage through your collective effort.

Your engagement in these initiatives strengthens both our environmental performance and the values that define the Parkway Place community.



What's Happening in NoYo? (North York)



[NORTH YORK FARMERS MARKET:](#) Shop fresh produce, baked goods, honey, flowers, cheeses and meats from local farmers and vendors every **Thursday, May 28 to October 8, 2026, from 8AM to 2PM.**



[TASTE OF NORTH YORK](#)
Join us for the third annual Taste of North York! This three-day festival features delicious food, live entertainment, local artisans, activities, and community organizations celebrating our neighbourhood.
Date: June 5-7



[Parkway Centre Business Assoc. EVENT](#)
Saturday, June 20, 2026
10:00 AM - 2:00 PM
255 Consumers Road, Toronto, ON, East Side Parking Lot (Parkway Place)
You're invited to celebrate soccer's biggest event in vibrant Toronto!

PARKWAY PLACE THE PARKWAY POST



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.



May 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!