

# In & Around TRUIST PLAZA

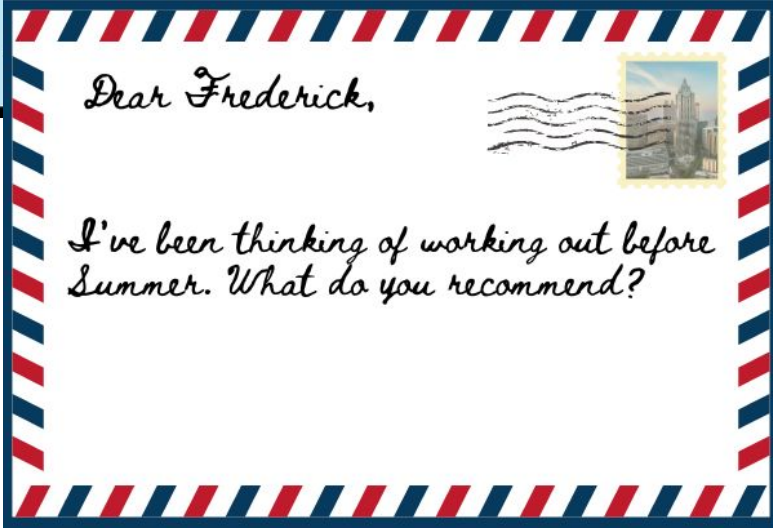
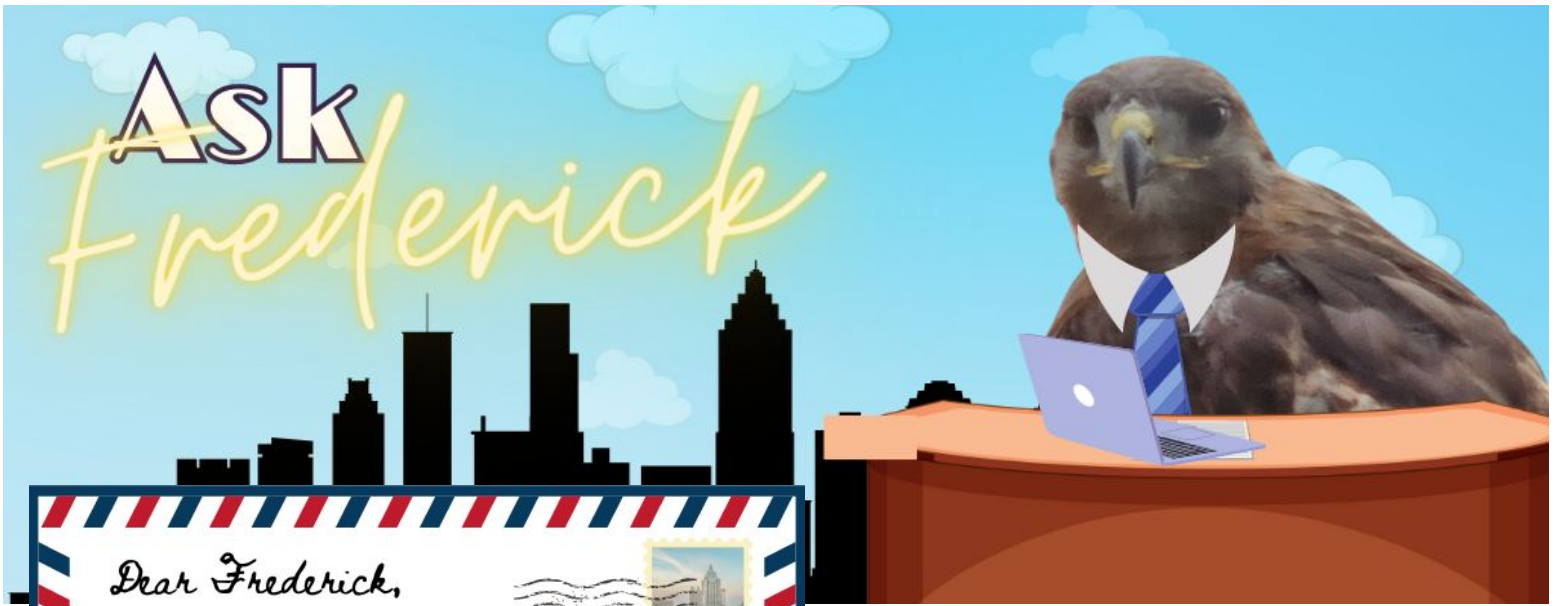
MAY 2024

## WINE TASTING HAPPY HOUR WITH MORTON'S



Join us on May 28<sup>th</sup> for a wine tasting class from 5:00 PM to 7:00 PM, in the Morton's Boardroom. Learn how to develop your palate and pair wine with your favorite food, with guidance from one of Morton's certified sommeliers.

Drinks and hors d'oeuvres will be provided. Space is limited to 50 people. RSVP link is forthcoming.



Caw! Embracing the path of strength and agility, are you? Wise choice!

Before you spread your wings into the realm of workouts, consider your goals.

Do you seek to soar with the grace of a soaring eagle or the swift strike of a peregrine falcon? Tailor your regimen accordingly!

For building strength and muscle, flap your wings with resistance training exercises on the many machines in the Truist Plaza Fitness Center. Let your muscles feel the burn as you push and pull against the resistance. Remember to spread your efforts across all muscle groups for balanced strength.

If endurance and speed are your prey, focus on aerobic exercises like the treadmill and elliptical. Train your wings to strike swiftly and your talons to snatch your goals with lightning speed.

And never forget the importance of proper nutrition and rest! Fuel your body with the finest meats and greens and allow yourself ample time to rest and recover between flights. With dedication and determination, you shall ascend to new heights of fitness! Caw!

# BUILDING NEWS



Visit the Truist Plaza Gardens Food Court May 7<sup>th</sup> – 9<sup>th</sup> for the Truist Plaza Mother's Day Vendor Show. Expect a variety of items to choose from shawls, scarves, jewelry, cakes and cheesecakes.



**American  
Red Cross**

*Thank you!*



**Truist Plaza: YOU make a difference!**

**The American Red Cross is so grateful for your partnership!** Your commitment to host a blood drive with the Red Cross truly made a difference helping to boost the community blood supply and ensure hospital patients have the lifesaving blood they need. Every blood donation counts, and we appreciate the communities served. **Truist Plaza** collected **18** units, potentially saving **111** lives! FANTASTIC! Attached is a copy of the drive results you can share with your team.

We have your next blood drive scheduled for June 11, 2024, from 9am - 1pm. See you then! Thanks for your continued support!

# MAY ATLANTA EVENTS

## ATLANTA FESTIVALS



Through May 5: [Atlanta Film Festival](#)

Through May 5: [Georgia Spring State Fair](#)

May 3-5: [Shaky Knees Festival](#) Central Park

May 3-5: [Decatur Arts Festival](#)

May 4: [Atlanta Wine and Jazz Festival](#)

May 4-5: [Roswell Spring Arts & Crafts Festival](#)

May 5: [Margarita Festival](#)

May 9: [Taste of Alpharetta](#)

May 11: [OMG Food Festival](#)

May 11-12: [Chastain Park Spring Arts Festival](#)

May 11-12 [Dunwoody Art Festival](#)

May 11-12: [Sweet Auburn Springfest](#)

May 17-18: [International Street Festival](#)

May 17-19: [Marietta Greek Festival](#)

May 18: [Kirkwood Spring Fling](#)

May 18: [Porchfest](#)

May 18: [Moorish Renaissance Festival](#)

May 18: [Ormewood Park Makers Festival](#)

May 25: [Atlanta R & B Wine, Food & Musicfest](#)

May 25-26: [Alpharetta Arts Streetfest](#)

May 25-27: [Atlanta Jazz Festival](#)

# DOWNTOWN HAPPENINGS



## FREE YOGA CLASSES BROAD STREET BOARDWALK

Come out to the Broad Street Boardwalk for 60 minutes (10:00 AM – 11:00 AM) of all-levels vinyasa flow each Saturday morning from May through September! Yoga classes are open to the public and FREE to attend with an RSVP. Just BYOM (Bring Your Own Mat) and water! Weekly classes are coordinated in partnership with AMADOR.

LEARN  
MORE

## TRUIST PLAZA DINING

### RETAIL SHOPS & SERVICES

### OPERATING DAYS

### OPERATING HOURS

Big Kahuna

Mon. - Fri., Sat.

11:30 AM - 9:00 PM, 4:00 PM - 9:00 PM

Pacific Rim Bistro

Mon. - Fri., Sat.

11:30 AM - 2:00 PM, 5:00 PM - 9:00 PM

Morton's The Steakhouse

Mon. - Sun.

4:00 PM - 9:00 PM

Dunkin' Donuts

Mon. - Fri.

7:00 AM - 1:00 PM

Tower Lobby

Mon. - Fri.

8:00 AM - 3:00 PM

Garden Deli

Mon. - Fri.

8:00 AM - 3:00 PM

Nick's Executive Shine

Mon. - Fri.

7:00 AM - 3:00 PM

Caribou Coffee

Mon. - Fri.

7:00 AM - 3:00 PM

King Clean Auto Spa

Tues. - Wed.

8:30 AM - 4:00 PM

Fooda

Mon. - Thurs.

11:30 AM - 1:30 PM

# Community Manager's Corner



Great things are happening all over Atlanta. Never miss out on the events happening in and around Atlanta again by subscribing to the Weekend Happenings, our weekly newsletter.

[Click here](#) to add yourself to the distribution list. Defrieda Doggett can be reached at 404-614-5470 or via email at [frieda@urbanenterprises.com](mailto:frieda@urbanenterprises.com), between the hours of 8:00 am to 5:00 pm Monday-Friday. The Community Manager desk is in the Truist Plaza LL Conference Center, Suite 155.



The rich history and heritage of Asian Americans and Pacific Islanders is thousands of years old and is integral to the shaping of the history of the United States. Formerly known as Asian-Pacific American Heritage Month. The month-long observance recognizes the influence and contributions of Asian Americans and Pacific Islander Americans to the achievements and culture of the United States.

You can find Truist Plaza on social media! Stay up to date on happenings around the building, including Truist Plaza eateries promotions.

Click the following links to view Truist Plaza's social media pages: [Twitter](#), [Instagram](#) and [Facebook](#).



## MAY HOLIDAYS

**MAY 5, 2024**  
Cinco de Mayo

**MAY 12, 2024**  
Mother's Day

**MAY 17, 2024**  
National Endangered Species Day

**MAY 18, 2024**  
Armed Forces Day

**MAY 24, 2024**  
National Road Trip Day

**MAY 27, 2024**  
Memorial Day