

FEBRUARY 2025

In & Around TRUIST PLAZA

CELEBRATE
*Valentine's
Day*

Truist Plaza Food Court

Thursday, February 13th
10am - 12pm

*Stop by for a complimentary sweet treat & rose!
Flower Cart Onsite (Purchase Only)*

Friday, February 14th
9am - 12pm
Flower Cart Onsite (Purchase Only)

TRUIST PLAZA

BUILDING UPDATES:



Join our weekly
FITNESS CLASSES

Every Wednesday from 12pm-1pm

Reserve NOW at

[Building Events - Truist Plaza](#)

BLOOD DRIVE

WEDNESDAY, FEBRUARY 12

9AM - 2PM



*Give from
the heart.*

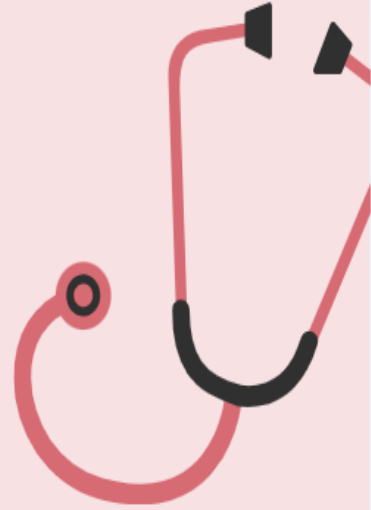
**Donate blood and
help save lives.**



American
Red Cross

Schedule your appointment TODAY by going to
www.redcrossblood.org and entering sponsor code [truistplaza](#)

BUILDING EVENTS:



AMERICAN HEART MONTH EXPO

Monday, February 3rd

12pm - 2pm

Truist Plaza Gardens - Atrium Level

**Blood Pressure Checks - Heart Healthy Snacks -
Expert Advice**

BUILDING EVENTS:

TRUIST PLAZA PRESENTS

BLACK HISTORY MONTH

05 FEB 11-2

TRUIST PLAZA FOOD COURT

Join us for an epic lineup of history & culture:

Madam CJ Walker Museum

The Herndon Home

Just Add Honey Tea Company

Breeze Confectionary Oven



Ask Frederick



Dear Frederick,
There is SO much going on
this month. I was wondering,
what local event are you
most looking forward to in
February?

Ah, February in Atlanta—a time of brisk winds and the quiet anticipation of spring. As a hawk, I soar above, watching the city’s pulse as it hums with energy.. This year, I am looking forward to all the events at Piedmont Park. February Fun Camp will be going on and all the children will be learning about my species and others that call the park home.

Also, this year I plan to fly-by Valentine’s in the Gardens at Botanical Gardens in Midtown. I hear they are serenading guests with jazzy Sinatra sounds all night long. Caw Caw!

Finally, a year-long program that kicks off in February is Twilight Trek at Zoo Atlanta. Though I am usually roosting in tall trees at that time of night, I am interested in checking out what these curious zoo animals do.

I must admit the best part of February is it’s the last full month of winter. Soon small mammals, insects, and birds alike will emerge from winter’s grasp. I can already taste it!

Have a question for Frederick? Submit here TPCS@PortmanHoldings.com

SAFETY

Winter tips for our furry loved ones:



LIMIT CAR TRAVEL

Never leave your pet in your car.

HIDING IN THE HOOD

Warm engines attract cats and small animals. Bang on your hood before starting the engine.

PAW PATROL

Check regularly and wipe away salt after outdoor walks.



GET COZY

Provide warm beds for naps.



BE ALERT

Signs of hypothermia include: shivering, whining, sluggish or anxious behavior.



SWEATER WEATHER

Play dress up with cozy sweaters and coats.



STORM PREP

Create disaster kit with food, water and medication that can last 5 days.



STAY INDOORS

Keep cats and dogs inside. Consider providing dry, well-insulated shelter for feral and neighborhood cats.

EAT LOCAL. SHOP LOCAL.

RETAIL SHOPS & SERVICES

OPERATING DAYS

OPERATING HOURS

Burgers & Friends	Mon-Fri	10AM-3PM
Big Kahuna	Mon-Fri; Sat	11:30AM-9PM; 4-9PM
Champion Auto Detailing	Tues-Wed	8:30AM-4PM
Dunkin Donuts	Mon-Fri	7AM-1PM
Flaky Not Flaky	Mon-Fri	7AM-3PM
Fooda	Mon-Thurs	11:30AM-1:30PM
Garden Deli	Mon-Fri	8AM-3PM
Morton's The Steakhouse	Mon-Sun	4PM-9PM
Nick's Executive Shine	Mon-Fri	7AM-3PM
Pacific Rim Bistro	Mon-Fri; Sat	11:30AM-2PM, 5-9PM
Touch of Motherly Love (Dry Cleaners)	Mon-Fri	10AM-4PM
Tower Lobby	Mon-Fri	8AM - 3PM

Coming this month...



CURRY BOWL INDIAN RESTAURANT

TRUIST PLAZA FOOD COURT

FEBRUARY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 Groundhog Day 	3 Celebrate American Heart Month 12pm-2pm 	4	5 Celebrate Black History Month 11am-2pm Fitness Class 12pm-1pm	6	7	8
9	10	11	12 Blood Drive 9am-2pm Fitness Class 12pm-1pm	13 Celebrate Vday 10am-12pm 	14 Valentine's Day - Flower Cart Onsite 	15
16	17  President's Day	18	19  Fitness Class 12pm-1pm	20	21	22
23	24	25	26  Fitness Class 12pm-1pm	27	28	

FROM THE TOP

Do you follow?

Check out all the latest happenings by following us on [Instagram](#)

MEET:

Mike Stafford, Truist Plaza's Senior Safety Manager



Mike Stafford, Truist Plaza's Senior Safety Manager, has been serving our property for 14 years. Below are a few fun questions we asked Mike in our most recent spotlight interview:

Where are you from? I was born in Wiesbaden, Germany but moved to the States when I was young. I went to high school in Northern Virginia and graduated from UVA.

What do you miss most about Germany? The quality bier (beer) the fresh pastries, and the *Fußball* atmosphere in every town.

How has Truist Plaza changed over the time you have been here? The biggest change is the way the building has embraced security technology for the safety of our population.

If you could choose one song to play every time you walked into a room, what would you choose and why? "Like a Rolling Stone" by Bob Dylan. That opening snare shot is unmatched and if that doesn't get your attention, nothing will. That song changed music forever.

What two nonessential items would you want if you were shipwrecked on a deserted island? A solar powered tablet to read my Kindle library and a soccer ball.

What fictional character do you identify with most and why? This is easy. Sherlock Holmes. I've always loved the challenge of solving mysteries and I owe that to discovering his stories at a young age.

Cats or dogs? Both.

Beach or Mountains? I love hiking so give me the mountains every day.

What is your opinion on robot security dogs? They are a good supplement to physical security but should never be used in lieu of human security officers.

FAST FACTS:

- February is host to both Black History Month & American Heart Month.
- In the Northern Hemisphere, February is the third and final month of winter, in the Southern Hemisphere, it is the third and final month of summer.
- Every four years, February has an extra day to keep the calendar in sync with the Earth's orbit around the sun. This extra day is called the "Leap Day."
- The birthstone for February is amethyst, which is said to symbolize love.
- America's largest sporting event of the year, The Super Bowl, is Sunday, February 9th.



FEBRUARY HOLIDAYS

February 2, 2025

Groundhog Day
Building will be open

February 14, 2025

Valentine's Day
Building will be open

February 17, 2025

President's Day
Building will be open