IN & AROUND @ TRUIST PLAZA

NOVEMBER
2026

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Giving Thanks

We don't normally consider being thankful as transactional. It's meant to be a momentary expression of grace and gratitude and appreciation, acknowledgement for good things and people in our lives. And then we move on. There are larger things that we hold onto, of course. And we let them out every year in front of each other, alongside a carved turkey and a side cylinder of cranberry sauce. But what about the rest of the year? Should we consider giving thanks to be more of a lifestyle, rather than an incident?



Scientists from UC Davis and Miami, in their research on gratitude, had their subjects write a few sentences a week, focusing on specific topics. One wrote about things for which they were grateful, the second on daily irritations, and the third on events that affected them, positive or negative. After ten weeks, they learned that those who wrote about gratitude were more optimistic, and felt better about their lives than the other two groups. They also exercised more and had fewer visits to physicians than those who focused on what irritated them.

While this is not conclusive, there appears to be a distinct link between gratitude and positivity, and our health, mental well-being, and relationships. Thanking employees may encourage and motivate them. Thanking our spouses may create a more positive bond, and silently being thankful for daily interactions can create a greater sense of satisfaction in our lives.

Whether you choose to write a thank-you note, keep a journal, or find regular time to sit down and count your blessings, you may end up finding yourself happier, calm, and motivated.

IN & AROUND TRUIST PLAZA



This month Truist Plaza is partnering with The Salvation Army to collect canned and non-perishable foods to alleviate hunger in our community. Keep an eye out for the barrels, and remember, YOU make a difference!

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LEVEL UP

REGISTER TODAY!

NOVEMBER SCHEDULE:

11/4 - HIIT/ PILATES

11/11 - NO TRAINING - VETERANS'S DAY

11/18 - MACHINE CIRCUIT/ STRETCH RECOVERY DISCUSSION.

11/25 - NO TRAINING. HAVE A HAPPY THANKSGIVING!

TRUIST PLAZA

TWBY WELLNESS WEDNESDAYS 12:00 - 1:00PM



REGISTER AT THE TRUIST PLAZA WEBSITE TO JOIN TWBY IN THE FITNESS CENTER EACH WEDNESDAY WHERE YOU WILL FOCUS ON CONDITIONING, FITNESS, AND NUTRITION. PARTICIPATE IN COMMUNITY OUTREACH, AND FIND OPPORTUNITIES TO CELEBRATE EACH OTHER AS YOU GROW, SUCCEED, AND ENCOURAGE EACH OTHER DURING YOUR LUNCH HOUR. WE CAN'T WAIT FOR YOU TO JOIN US AS WE EXPLORE TWBY (THE WHY BEHIND YOU WELLNESS!)

IN & AROUND TRUIST PLAZA

Atlanta-Area November Events

November 7 - Chomp & Stomp - Annual chili cook-off, 5K run, market, and outdoor music festival in Cabbagetown

November 7-8 - Chastain Park Fall Arts Festival

November 7 - 45th Annual Georgia Veterans Day Parade - 11:00, in Midtown, along Peachtree Street (15th to 5th)

Starting November 14 - Garden Lights, Holiday Nights at the Atlanta Botanical Gardens

November 20-December 24 - Atlanta Christkindl Market - in Lawrenceville

November 26 - Thanksgiving Day Half Marathon, 5k, Mile and Dash at Center Parc Stadium



IN & AROUND @ TRUIST PLAZA



Lunchtime is now

Effortlessly ~~Chic~~ Crêpe

Starting at 10:30 every morning, stamp your culinary passport with a delicious savory crêpe!

Now serving at **Flaky** *not* **Flaky**
BAKE SHOPPE & CHOCOLATARIUM





IN & AROUND @ TRUIST PLAZA





CAW! Sir. I am the South. It's true, Red-tails, such as myself, are partial migrants, but I stick around. The out-of-towners will drift south in late fall. Which means my thermals are about to have some guests. Much like Thanksgiving tables. CAW!

But that just means it's a great opportunity to observe some new feathered friends who may drift past your perch at Truist Plaza. And that's something for which to be thankful. CAW!

Please send any questions for Frederick to TPCS@portmanholdings.com

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FUN FACTS

November

- November comes from *novem*, which is Latin for nine.
- Daylight Saving Time ends on Sunday, November 1st.
- Gain an hour of sleep but drive home in the dark? Fair trade.
- Abraham Lincoln made Thanksgiving a national holiday in 1863, in the middle of the civil war.
- Which means there's always a good time to take an opportunity to look around and be grateful.
- Sarah Josepha Hale, the 19th century author, activist, and editor, spent 30 years campaigning for the holiday.
- Little did they know, the average Thanksgiving meal clocks in at around 3,000 calories.
- I'm sorry, 3,000 calories?
- 



Claude Monet, *The Turkeys,* 1876, Musée d'Orsay, Paris, France.

EAT LOCAL. SHOP LOCAL.

RETAIL SHOPS & SERVICES	OPERATING DAYS & HOURS	
BURGERS & FRIENDS	Mon - Fri	10AM - 3PM
BIG KAHUNA	Mon-Fri; Sat	11:30AM - 9PM; 4-9PM
CHAMPION AUTO DETAILING	Mon-Thurs	8:30AM - 4PM
CURRY BOWL	Mon-Fri	7AM - 3PM
DUNKIN' DONUTS	Mon-Fri	7AM - 1PM
FLAKY NOT FLAKY	Mon-Fri	7AM - 2PM
FOODA	Wed	11:30 - 1:30PM
GARDEN DELI	Mon-Fri	8AM - 3PM
MORTON'S THE STEAKHOUSE	Mon-Sun	4PM - 9PM
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