

# Newsletter



## A Look Ahead

JULY 4: INDEPENDENCE DAY (MGMT. OFFICE CLOSED)

JULY 8: ASH & KRIS KITCHEN FOOD TRUCK ONSITE

JULY 9, 16, 23, 30: GENTLE YOGA

JULY 23: MOON MARKET

## Workday Wellness: Gentle Yoga

### ABOUT THIS SERIES

This nurturing, slower-paced practice is perfect for yogis of any experience! Leigh approaches postures in gradual steps with plenty of time to focus on breathing. This mid-day reset offers a well-supported, serene environment; complete with a calming playlist to help you fully unwind.

#### CLASS SCHEDULE

JULY 9

JULY 16

JULY 23

JULY 30

AUGUST 6

**Cost:** \$50\* **\$15 total** for ALL 5 CLASSES

\* CBRE is subsidizing 70% of this expense!

**PAYABLE IN ADVANCE VIA CC ONLINE**

**Time:** Wednesdays 12:00-12:30pm

**Location:** 300 Cherrington; 3<sup>rd</sup> floor

Please follow posted signage to room.

**Class Size:** 15 people (first come, first serve)

Registration closes once class size is met.

**A CALMER DAY IS ONE CLICK AWAY ~ REGISTER HERE!**

## Happy Birthday to YOU!

Enter for chance to win a gift card & be featured in our newsletter during your birth month...

JULY 2 | BRITTANY ZAHN W. CBRE

JULY 3 | MARSHA MILLER W. CEC

JULY 3 | CYNTHIA TANNOUS W. MS CONSULTANTS

JULY 3 | JOHN O'TOOLE W. STRATUS

JULY 17 | ANDREW RUSSO W. CEC

JULY 21 | ERIC PRANIEWICZ W. SSAB

JULY 28 | NICOLE PILARSKI W. CBRE

JULY 29 | ANGELA HEISINGER W. CEC

**Birthday missing?! Re-enter for our 2025 drawing using link on last page!**

**WINNERS HIGHLIGHTED. GIFT WILL BE DELIVERED BY CBRE.**



**Serving Mediterranean Food Since 2017**  
www.AshKris.com

Starters & Sides		Beverages	
Hummus	\$7.00	Soda Can	\$2.00
Baba Ghanoush	\$7.00	Spring Water	\$2.00
Stuffed Grape Leaves (6 pcs)	\$7.00		
Double-Fried French Fries	\$6.00	Desserts	
Cheesy French Fries	\$7.00	Baklava (1 pcs)	\$3.00

**Sandwiches** topped with onion, lettuce, and tomato & served with fries



Lamb Gyro Sandwich  
\$14.00



Chicken Shawarma Sandwich  
\$14.00



Falafel Sandwich  
\$14.00

**Platters** served over rice, with onion, lettuce, and tomato



Lamb Gyro Platter  
\$14.00



Chicken Shawarma Platter  
\$14.00



Falafel Platter  
\$14.00

Extra Sauce \$1.00



## Calling All Foodies

### Ash & Kris Kitchen is making its debut in Cherrington...

TAKE A LOOK AT THE DELICIOUS MEDITERRANEAN MENU & COME GET A TASTY LUNCH!

**Date:** Tuesday, July 8

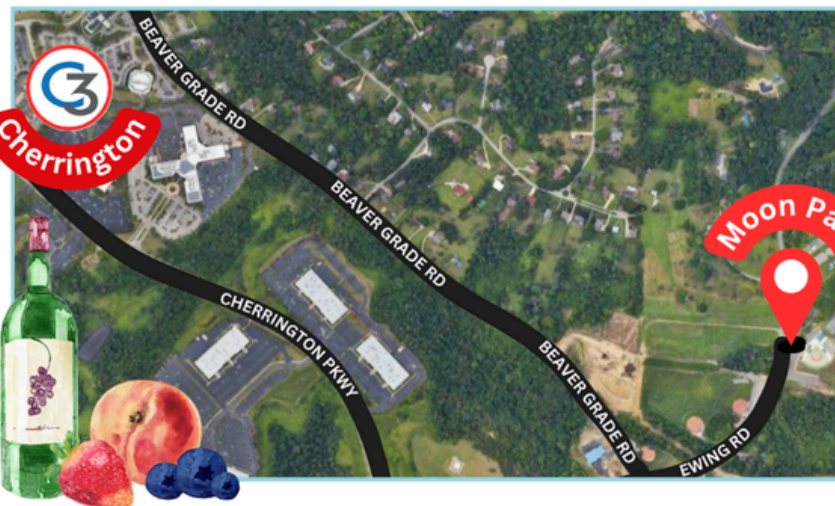
**Time:** 11:00AM to 2:00PM

**Location:** Near mail drop boxes between Cherrington 200 & Cherrington 300

MAP ON NEXT PAGE FOR REFERENCE



**DON'T MISS OUT – SIGN UP FOR OUR NEWSLETTER!**



## Moon Market & Music

### GET A TASTE OF MOON TOWNSHIP

every 2nd & 4th Wednesday from June to September starting at 5pm in Moon Park!

EXPERIENCE THE PARK LIKE NEVER BEFORE WITH THE POPULAR FARMERS MARKET & FOOD TRUCKS OFFERING EVERYTHING FROM CRAFT BEER, WINE, FAMILY-FRIENDLY ACTIVITIES & A DIFFERENT UNFORGETTABLE CONCERT EVERY TIME...

**SHARE YOUR THOUGHTS & FEEDBACK WITH US**



# A Map to Serenity

## DISCOVER HIDDEN GEMS AT EACH BUILDING...

YOU'LL FIND 1ST CLASS AMENITIES ALL WITH WELL-BEING IN MIND, PROVIDING A REFRESHING ESCAPE FROM THE HUSTLE OF OFFICE LIFE THROUGHOUT CHERRINGTON. OUR PARKWIDE SYSTEM OF WALKING TRAILS MOZY PAST TRANQUIL PONDS & LUSH GREENERY, OFFERING A PEACEFUL MID-DAY RETREAT THE WHOLE WAY.

### MAP LEGEND

BLDG. 200

BLDG. 300

BLDG. 400

BLDG. 500

BLDG. 600

BLDG. 625

BLDG. 700

WALKING TRAILS



Fitness Center



Putting Green



Pollinator Garden



Patio Seating



Designated Smoking Area



FedEx Dropbox



UPS Dropbox

USPS Dropbox

Take a breather by the pollinator garden or kick back on any picture-perfect patio!



Facebook

FOLLOW US ON SOCIAL MEDIA!



Instagram







# Tenant Amenities at Cherrington

## Amenity Center



CHERRINGTON 300  
GROUND FLOOR



MONDAY - FRIDAY



6AM - 6PM

Hosting a meeting? Leading a training? Looking for a fresh space to recharge?  
Cherrington's Tenant Amenity Center has you covered!

ENJOY AFFORDABLE ACCESS TO CONFERENCE AND TRAINING ROOMS ALL COMPLETE WITH WI-FI, PROJECTOR OR SMART TV, WHITEBOARD, AND PLENTY OF COMFORTABLE SEATING FOR YOUR GROUP — ALL JUST STEPS AWAY FROM YOUR OFFICE.

## CONTACT BROOKE FOR A TOUR!



## Fitness Center



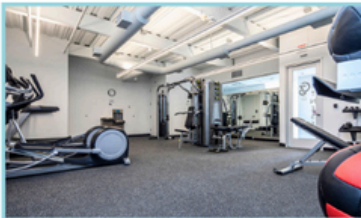
CHERRINGTON 300  
GROUND FLOOR



MONDAY - FRIDAY



6AM - 6PM



OUR STATE-OF-THE-ART FACILITIES HAVE SOMETHING FOR EVERYONE WHETHER YOU'RE LOOKING TO REDUCE STRESS, ENHANCE PHYSIQUE OR SIMPLY FIND A MOMENT OF PEACE AMIDST YOUR BUSY DAY...

## EQUIPMENT INCLUDES:

(2) TREADMILL, (2) ELLIPTICAL, (1) MULTI-GYM, FREE WEIGHT STATION, SHOWERS, LOCKER AREA & MORE!

[REQUEST GYM ACCESS HERE!](#)

## Onsite ATM



CHERRINGTON 300  
GROUND FLOOR



\$3 STANDARD FEE



24/7 ACCESS

CHERRINGTON CORPORATE CENTER OFFERS TOP-NOTCH, CONVENIENT AMENITIES TO HELP TENANTS SAVE BOTH TIME AND ENERGY.

Our onsite ATM is meant to do just that by providing quick access to cash without making a journey to your bank.



## Notary Service



BY APPT.



OFFERED AT NO EXPENSE  
TO OUR TENANTS!



CARMEN.BOCHICCHIO@CBRE.COM  
412-921-8500

# Notes from Management

## MAINTENANCE REQUESTS ✂

CHERRINGTON CORPORATE CENTER UTILIZES AN ONLINE WORK ORDER SYSTEM. CBRE TENANT SERVICES PORTAL PROVIDES A USER-FRIENDLY SYSTEM THAT ENSURES YOUR SERVICE REQUEST IS RECEIVED, PROCESSED, ADDRESSED TIMELY, & ENABLES TRACKING OF YOUR REQUEST TO ITS COMPLETION. YOUR USE THE PORTAL WILL ALSO HELP US ADDRESS YOUR REQUESTS MORE EFFICIENTLY. WE STRONGLY ENCOURAGE USE OF THIS SYSTEM TO PLACE NON-EMERGENCY REQUESTS. [WWW.CBRETFENANTREQUESTS.COM](http://WWW.CBRETFENANTREQUESTS.COM)

## DESIGNATED SMOKING AREAS 🚬

PLEASE BE REMINDED THAT ALL BUILDING ENTRANCES ARE NON-SMOKING! SMOKING INSIDE THE BUILDING IS STRICTLY PROHIBITED, INCLUDING THE USE OF ANY ELECTRONIC DEVICES. THERE ARE DESIGNATED SMOKING AREAS AT EACH BUILDING. SMOKING IS NOT PERMITTED ANYWHERE OTHER THAN THIS LOCATION. PLEASE DISPOSE OF YOUR CIGARETTE BUTTS IN THE PROPER RECEPTACLES TO ELIMINATE POTENTIAL FIRE RISKS, LITTER & ADDED CLEANING EXPENSE.

## RECYCLING ♻

CHERRINGTON OFFERS A RECYCLING PROGRAM THAT ACCEPTS THE FOLLOWING ITEMS: PLASTIC BOTTLES & CONTAINERS, FOOD & BEVERAGE CANS, PAPER, & FLATTENED CARDBOARD. IT IS REQUIRED THAT ALL TENANTS BREAK DOWN ANY CARDBOARD BOXES PRIOR TO DISPOSING. THE JANITORIAL STAFF HAS BEEN INSTRUCTED TO NOT DISPOSE OF BOXES THAT HAVE NOT BEEN BROKEN DOWN. THANK YOU FOR YOUR COOPERATION.

## DELIVERIES 📦

ALL MAJOR MOVES NEED TO BE SCHEDULED WITH OUR OFFICE AFTER 5:30PM DURING THE WEEK & ANYTIME SATURDAY & SUNDAY. PLEASE CONTACT THE MANAGEMENT OFFICE PRIOR TO ANY LARGE DELIVERY. PLEASE ALSO REMIND DAILY DELIVERY DRIVERS TO USE LOADING ZONES FOR ANY DELIVERIES.

## NOTARY SERVICES 📄

NOTARY SERVICES ARE AVAILABLE & OFFERED AT NO EXPENSE FOR OUR TENANTS. PLEASE CONTACT CARMEN BOCHICCHIO AT 412-921-8500 OR [CARMEN.BOCHICCHIO@CBRE.COM](mailto:CARMEN.BOCHICCHIO@CBRE.COM) FOR MORE INFORMATION.

## LINKS

[Yoga Registration](#)[Enter Your Birthday](#)[Ash & Kris Kitchen](#)[Newsletter Signup](#)[Moon Market](#)[Leave Feedback](#)[Request Gym Access](#)[CBRE Portal](#)

Instagram  
[@cherrington\\_corporatecenter](https://www.instagram.com/cherrington_corporatecenter)



Facebook  
Cherrington Corporate Center

## CBRE Management Team



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