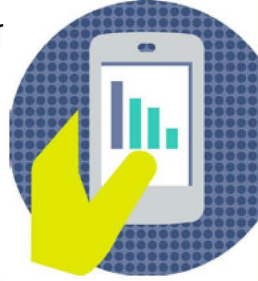


HAPPENING NOW @ MERRITT 7

WINTER 2021 NEWSLETTER

Take the nextep in Easy Eats

Pre-order and pre-pay for your meals with Nextep, our new online food ordering system! Nextep will allow you to place an order from the new 301 Food Hall menu with contact-free pickup!



Set up your account today via the link below:

<https://delivery.zipthruordering.com/merritt7CafeRview>

Once you're registered, you're ready to order! Make sure to bookmark the link for easier access.

If you have any questions, please contact Christina at CulinArt via email Cfeitais@culinartinc.com or by phone at 203-956-6227



A SPECIAL THANK YOU FOR SHARING (YOUR STORY)

Do you have a fun or interesting story about working from home in 2020? We want to hear from you! Share your favorite WFH moment from the past year, whether it's a humorous story, a helpful home office hack, or a moment of joy in a challenging year, please send it along so we can share positive experiences with the rest of our community! Select submissions will be featured in our next newsletter and on our social media pages – **the best entry will receive a \$250 gift card!** Send your stories by 3/1 via email to events@merritt7.com



RENOVATION UPDATE @ 601

601

Our upgrades continue into the new year at 601! The entry & lobby renovations are nearly complete, with new amenity spaces to follow. Stay tuned for more!



HAPPENING NOW @ MERRITT 7

WINTER 2021 NEWSLETTER

Keeping Our Community Healthy

As our tenants continue to re-occupy the office in the new year, our re-entry protocols remain in place to facilitate and maintain a safe and healthy workplace.

- Extra cleaning & sanitizing routines remain in place for all buildings; requests can be made for deep cleaning to thoroughly disinfect private tenant space
- Tenants are encouraged to limit visitors & deliveries to only those essential to business operations
- Face coverings are required in all common areas
- Social distancing signage & hand sanitizer dispensers have been added throughout M7
- Max elevator occupancy is limited to two (2) people
- All stairwells are designated as either "up" or "down"

For the complete tenant re-entry packet, visit merritt7.info.

SUPPORTING FAMILIES IN NEED

The M7 property management team collected 8 bags of non-perishable food items as part of a food drive to support Person-to-Person, a community agency serving those in need. As part of their efforts helping nearly 20,000 people, P2P distributes grocery bags of food to 60 families daily, including 15 home deliveries. And with food insecurity doubling in Connecticut since last March, P2P has become a main source of support for many struggling families, and they need every bit of help available to continue serving our community. P2P accepts curbside non-perishable food drop-offs to help replenish food stock, as well as accepting clothing donations at their local Darien location.

To learn more about Person-to-Person efforts and how you can contribute, please visit <https://p2phelps.org>



WELLNESS WEEK

FEB. 1 - FEB. 5

All events will be virtual programs hosted on ZOOM. Visit the M7 Tenant Portal for registration info, event links and additional event details.



MONDAY, FEB 1: MEDITATION & MINDFUL MOMENTS

REGISTER AT [MERRITT7.INFO](https://merritt7.info) | 12:00 PM-12:45 PM

For more details on this event, visit the events page on merritt7.info



TUESDAY, FEB 2: FINDING DAILY CALM, CLARITY & RESILIENCE

REGISTER AT [MERRITT7.INFO](https://merritt7.info) | 12:00 PM-12:45 PM

For more details on this event, visit the events page on merritt7.info



WEDNESDAY, FEB 3: EMPOWERED YOGA

REGISTER AT [MERRITT7.INFO](https://merritt7.info) | 8:00 AM-8:45 AM

For more details on this event, visit the events page on merritt7.info



THURSDAY, FEB 4: HEALTHY FOR LIFE COOK ALONG WITH CARLY

REGISTER AT [MERRITT7.INFO](https://merritt7.info) | 12:00 PM-12:45 PM

For more details on this event, visit the events page on merritt7.info



FRIDAY, FEB 5: AMERICAN HEART ASSOCIATION CHECK FOR THE HEART-CHECK MARK

REGISTER AT [MERRITT7.INFO](https://merritt7.info) | 12:00 PM-1:00 PM

For more details on this event, visit the events page on merritt7.info

VIRTUAL COOKIE SWAP

In need of a new sweet treat for the winter blues? Check out the events section of our Tenant Portal and learn some new cookie recipes with our downloadable 50-page cookbook packed with delicious recipes!

YOUR M7 TEAM

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