

# The Bellefield Buzz

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October 2016

FOCUSED ON BELLEFIELD'S TENANT AMENITY, PROGRAM AND EVENT UPDATES

ALL INFO CAN BE FOUND ON OUR WEBSITE

## Health & Wellness: Real Solutions, Not Slogans

So many of us desk dwellers are looking for a way to truly incorporate wellness and fitness into our daily routine. Before I started working at Bellefield, I paid for an expensive \$185 per month family gym membership I didn't often use because my commute was so long already that it was just easier to turn towards home rather than extend my drive another 15 long miles along a crowded freeway to get a 30 minute workout in. Or I had to fit in a run at dawn or after dark which really didn't incent me very much on those cold winter mornings or pitch black wet evenings. I know many people can do it using mind over matter or discipline but for me, fitting in fitness always seemed to be a struggle and a sacrifice. So when we set out to answer the question "Is Bellefield offering enough fitness amenities to tenants so they have the opportunity to improve their health and well-being?"--the results were inspiring. Here are some stats so you can see where we were and how far we've come. In all of 2014, we had 22 people sign up to use the Fitness Center.

We had no bike nor boat shares, bike racks that were hidden under buildings

and the walking route around the property seemed to be a secret, soggy, poorly maintained path. There were no fitness classes regularly held here on Campus either. As far as nutrition and wellness, the PepperTree offered fresh lunch selections but high protein/lo carb was hard to find. Flash forward and fitness options are everywhere now and it's easy to see the adoption of the amenities that have been crafted exclusively for our Bellefield tenants. As of July 2016, we've signed up 206 people for Fitness Access badges; 259 tenants have attended a Strength and Conditioning class thru RCF and you can see runners, walkers and bikers all over campus throughout the day getting their work out in on their break or during lunch. The free fitness gym is getting busier with groups of friendly tenants meeting up and having fun working out together. The Mocha Café offers protein boxes in the grab'n go section, satisfying salads and free flavored waters. We are also presenting a full month of Yoga classes this year in November (instead of just 2 trial sessions like last year) and also looking at a noon hour walking club in December to get outside, stay healthy and stay safe until spring arrives again. Join us and be a part of Bellefield's

accessible, exclusive campus-wide health and wellness revolution!

<http://bellefield-officepark.com/>

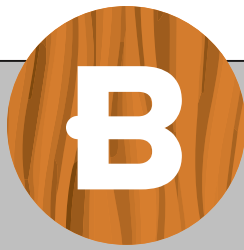
## Your Bellefield Property Management Team



Back Row: EJ, Tammi, Kate and Jenna  
Front Row: Monica and Britt

## Quick Contact Numbers

Property Management Office	425-289-4900
EJ Maloney, VP, Pinnacle Prop Mgmt.	425-289-4908
Tammi Maloney, General Manager	425-289-4902
Kate Dean, Property Manager	425-289-4907
Jenna Thompson, Property Manager	425-289-4905
Britt Edlund, Tenant Service Coord	425-289-4904
Monica Brownell, Community Dev Mgr.	425-289-4903



# EVENTS & AMENITIES

Thank you to the diligent Bellefield Floor Wardens and Safety Contacts!

We hope everyone feels safer and more prepared for any campus emergency.

## More Fall Fun:

### Boo at Bellefield Oct 20th!

Enter your office's spookiest and clever pumpkin in our 1<sup>st</sup> annual pumpkin carving contest. It's a little fiend-ly competition among the tenants of Bellefield on Thursday, October 27<sup>th</sup> from 3:30 - 5 pm. Pumpkins and carving kits will be available at Café Overlook Park on October 20<sup>th</sup>. Come pick up your supplies and bring your pumpkin back for judging on Oct 27<sup>th</sup>. More details on our web page under Events!

### Boo at Bellefield

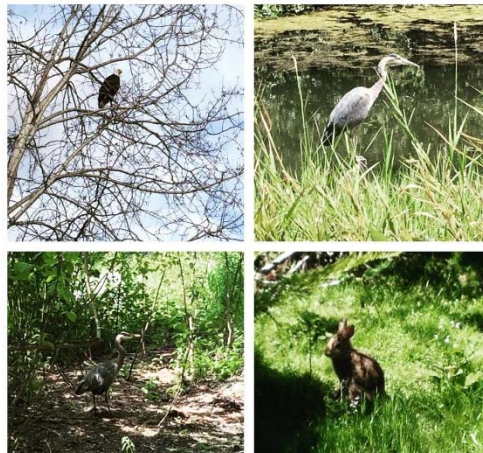
### Bellefield's Oktoberfest Party at the Mocha Café Oct 6

We're celebrating Bavaria and Bellefield by hosting another tenant appreciation event on October 6<sup>th</sup> from 3-6 pm. We'll be offering free German beer tastings, just like last year, BUT now you can buy a \$4 pint of your favorite! Also new this year is a cool photo booth inside a vintage '74 Volkswagen bus! Take home a fun strip of pics from the event. The Mocha café will be serving a dozen tasty German apps – this is your chance to say awesome words like spaetzle, Rouladen and Das macht Spaß! (I'm having Fun!) Invitation coming soon to your office coordinator – please let them know you are coming so we can have enough beer and German treats for you!



**SAVE THESE DATES!**

Oct 6: BOP's Oktoberfest  
 Oct 11: 1st Nature Walk/Talk  
 Oct 20 & 27: Boo @ Bellefield  
 Month of Nov: Yoga Classes  
 Dec 15: Seahawks Party



### Sign Up Today! Our Nature Lecture Series presented by BellefieldOP Programs and the Naturalists of Nature Vision and Seattle Tilth Starts October 11<sup>th</sup>!

Join Naturalists Michelle Song and Chris Hoffer as they present a 4-part series on Bellefield's unique wildlife, wetland plants, watershed ecosystems & water conservation in your own yard. Through a special grant, the series will be **FREE** to Bellefield Office Park tenants and reservations are now open! Save your seat today- just send an email with your desired sessions to [mbrownell@pinnacle-commercial.com](mailto:mbrownell@pinnacle-commercial.com). Lecture dates and times are available at [www.bellefield-officepark.com/amenities](http://www.bellefield-officepark.com/amenities) (events). A certificate of recognition and gift will be presented to those tenants who attend all 4 in the series.



### The Best Football parties are at the Mocha Café!

**It's Football season at the Mocha Café!** Cheer on your favorite football team in style by hosting a football party at the Mocha Café, featuring a customizable Snack Stadium filled with your choice of delectable foods! Please see the flyer on our website for catering packages that are available then consult with Dilettante the available dates below for selected NFL and College games. *(The Café is already reserved for both Seahawk's games.)* We're excited to bring this exclusive opportunity to Bellefield tenants first to host your next football party at the Mocha Café at Bellefield.

