

WINTER 2025 NEWSLETTER



1100

ORANGE
EXECUTIVE TOWER

Fitness Center Membership

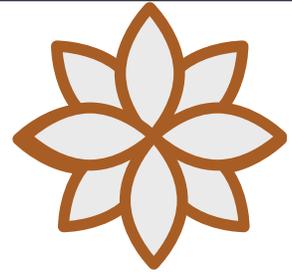
Now is the perfect time to sign up for a fitness center membership at Orange Executive Tower!

Membership fees are due quarterly: \$60.00.

The Fitness Center and locker rooms are open 7 days a week from 4 am - 10 pm with access via key fob.

To join, please contact lcano@mullerco.com or stop by the management office in Suite 950.

Midday Yoga Class



Start Your Year with complimentary Weekly Yoga Classes!

Every Thursday from 12:10-12:50 pm in Suite 101

Embrace the fresh start of the new year by joining our weekly yoga classes! Whether you're new to yoga or a seasoned practitioner, our classes offer a welcoming space to rejuvenate your body, mind, and spirit.

Why Join Us?

- Physical Benefits: Improve your strength, flexibility, and overall health.
- Mental Clarity: Reduce stress and find peace through mindful practices.
- Community Connection: Be part of a supportive and inspiring community.

Commit to your well-being and make yoga a part of your weekly routine. Together, let's make this year a journey of health and happiness.

Namaste!

Elissa Dawn

Yoga Instructor



WALK INS WELCOME!

TENANT EVENTS & BUILDING ACTIVITIES

WINTER

Valentine's Day



Stop by the lobby starting at noon on Valentine's Day to create your own Valentine's day card and complimentary flower. While supplies last.

March Madness



Get ready for the thrill of the NCAA Men's Basketball Tournament!

Join your colleagues in friendly competition with our building-wide March Madness pool.

Details on how to participate coming soon!

Town and Country Cafe

\$12.99
Daily
Lunch
Special

Menu

Breakfast
Lunch
Sandwiches
Salads
Ramen
Fresh fruit

- Bulgogi Beef
- Spicy Pork
- Chicken Teriyaki
- Spicy Chicken
- Orange Chicken
- Spam
- Tofu Steak

Served with white rice and steamed veggies.



Open Monday - Friday at 7 am
Located off main building lobby

Monday - January 13th Celebrate National Clean Off Your Desk Day!



Is your workspace looking a little cluttered? National Clean Off Your Desk Day is the perfect opportunity to give your desk a fresh start! Join us in celebrating this day dedicated to organization, productivity, and mental clarity.

Why Participate?

- **Boost Productivity:** A tidy desk can help you focus and work more efficiently.
- **Reduce Stress:** An organized space can lead to a clearer mind and less stress.
- **Fresh Start:** Begin the new year with a clean, refreshed workspace.

Tips for Cleaning Off Your Desk:

- **Declutter:** Remove unnecessary items and keep only what you need.
- **Organize:** Use storage solutions to keep everything in its place.
- **Personalize:** Add a touch of personal flair to make your workspace inspiring.

Let's make our workspaces a source of motivation and creativity. Clean off your desk and enjoy the benefits of a tidy and organized environment!

Monday - February 17th Celebrate Random Acts of Kindness Day!

February 17th is Random Acts of Kindness Day—a special day dedicated to spreading joy and positivity through simple, thoughtful actions. This day serves as a wonderful reminder that small gestures can make a big impact, creating a ripple effect of kindness in our communities.

Why Participate?

Brighten Someone's Day: Even the smallest act of kindness can bring a smile to someone's face.

Build Stronger Communities: Kindness fosters a sense of connection and support among neighbors, friends, and strangers.

Feel Good: Giving kindness not only benefits others but also boosts your own happiness and well-being.

Ideas for Random Acts of Kindness:

Compliment a Stranger: A kind word can go a long way.

Donate to a Charity: Support causes that are close to your heart.

Write a Thank-You Note: Show appreciation to someone who has made a difference in your life.

Help a Neighbor: Offer assistance with groceries, yard work, or a simple chat.

Pay It Forward: Buy a coffee for the person behind you in line.



Let's come together to celebrate Random Acts of Kindness Day by spreading love and compassion. Remember, every act of kindness, no matter how small, contributes to a happier and more harmonious world. Let's make kindness the norm and see how far our generosity can go!

MANAGEMENT OFFICE

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BUILDING SECURITY

714.335.3648

PARKING SERVICES

714.547.9338



CAR WASH

Zoe Auto Spa
Monday and Thursday
714.317.6239

AUTO SERVICES

TCK Autolube
Oil changes, air filters, tie rotations
Every Tuesdays
213.249.6726



SERVICE REQUESTS

www.tmcorangeexec.com
Select "Tenant Log In"

TOWN & COUNTRY CAFE MON-FRI 7 AM - 2 PM

[714.245.9890](tel:714.245.9890)

ORDER NOW

