



PAT SENG | VP/GM NLOP

From the GM

Happy Spring!



I can only hope that by the time you read this, our snow is gone and temperatures have finally reached the 50s and near 60s.

We've certainly earned it. Gray skies and below-average temps have been our constant companions over the last four months. I don't know about you, but I'm ready to put it all behind me.

I've got a BMW GS motorcycle that's as road ready and looking for adventure as I am. This spring, I've got plans for an off-road motorcycle trip through the Sierra Nevadas between the Central Valley of California and the Great Basin. I can't wait to soak up the sun and breathe in all that fresh air.

How about you? How will you spend your summer vacation? Maybe you'll get an idea from reading our newsletter this quarter. Or maybe you've got a long list of your own. Whatever you do, I sincerely hope you make it the best time you've ever had.

Happy trails! ■

Hello Spring! We've Been Waiting For You

After what seems like the longest, coldest, snowiest winter we've had in a long time, we're all ready to catch a little spring fever and sail into summer. What are your plans? Spring and summer calendars seem to fill up fast, but let's not rush it. Here are some ideas to help you slow life down and enjoy every minute in the great outdoors.

• **Get your hands dirty.**

Planting a vegetable or flower garden or working on a landscaping project reaps beautiful (and tasty) rewards. Start small and invest what time you have. It may be limited to flower pot arrangements, patio tomatoes or a few new shrubs. Maybe it's time to work with a landscape designer and transform your entire yard. Get the best ideas by visiting local garden centers and asking lots of questions.

• **No space for a garden?**

Did you know there are nearly 300 community gardens located throughout the Twin Cities? Research the Internet for detailed information and help finding a shared plot of land near you.

• **To market, to market.**

If gardening is not your thing, there are plenty of local farmers and growers that are more than happy to supply you with fresh vegetables, pre-potted plants and so much more. According to StarTribune.com, there are over 70 different Farmers' Markets that pop up around the Twin Cities each year. Search the web for locations, schedules and even reviews.



NLOP
+
Untied's

VISIT
Normandale.com
Learn how to get fresh vegetables delivered weekly to you.



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Meet Kim!

*The Wellness Center's
New Fitness Specialist*

Kim Aanestad will graduate from Mankato State University this spring with a degree in Community Health Education and Nutrition. She loves to swim, rollerblade, bike, travel and cook healthy recipes from Pinterest. Kim says she's "excited to inspire others to make healthy lifestyle choices and incorporate exercise into everyday activities."

A random Kim fact: She's from a family of beekeepers and helps harvest honey every year.



Now Open

Poseidon Asian Fusion & Lounge

8200 Tower, 1st Floor

952.303.3483

poseidonmn.com

WOW! Hundreds of cell phones and nearly 2,500 lbs. of other electronics were collected during our E-waste recycling events. **Thanks to everyone so committed to Reduce, Reuse and Recycle to help our community and the environment.**

Hello Spring! cont. from page 1

Hit the road. This is the perfect time of year to take a road trip. Maybe you've already made arrangements, because some of the most popular attractions, hotels and RV parks fill up fast. No need to worry. There are plenty of one, two- and three-day driving trips to fun and fascinating spots right here in Minnesota as well as our neighboring states.

Get out and stay out! There are so many amazing outdoor activities to take advantage of in our local communities and neighboring cities, we couldn't possibly do it all – but let's try.

- Take the kids to different **playgrounds** and **parks**
- Plan regular long **bike rides**
- Spend afternoons at a **pool, public beach** or **splash pad**
- Rent a **canoe, paddleboat, paddle board** or **windsurfer** on an area lake
- Dine at a **sidewalk café** or outdoor restaurant
- Plan **golf outings** and **miniature golf** with the kids and friends
- Go to an **outdoor movie theater**
- Check out summer **festivals, parades** and **community events**
- Take plenty of **hikes** and long leisurely **walks**
- Get tickets to a Twins or Saints game – or **baseball** at any level
- Attend the many outdoor **art fairs, flea markets** and **music in the park**
- Visit nearby **river towns** and **quaint cities**
- Get out and play in **your own backyard**
- Don't forget your **sunscreen!**



Check out these websites:

exploremn.com

tripadvisor.com

mnhs.org

mnzoo.org



Events + Updates

April 16 – 20

Normandale.com Scavenger Hunt

Everybody loves a Scavenger Hunt and this one has some nifty prizes. All you have to do is find 10 “items” from our website, such as: details about a specific NLOP event, extended parking form or info on the wellness center. Complete details will be announced at 8 a.m., April 16. Deadline for submission: 5 p.m., April 20.

May 2 & 3

Free Spring Boutique

10 a.m. – 1:30 p.m. – 8500 Tower Atrium

May 14 – 18

Commuter Challenge Fairs

7:45 am – 9:00 am

May 14, 8000 Tower

May 15, 8200 Tower

May 16, 8300 Tower

May 17, 8400 Tower

May 18, 8500 Tower

Bagels, juice & coffee will be served! Don't miss this year's Commuter Challenge Fairs. Between now and June 30, take the bus or train, bicycle, carpool, or telework instead of driving alone to work. Enter to win Commuter Services Grand Prizes, including a \$500 Visa Gift Card and you'll automatically be entered into Normandale Lake Office Park's bike drawing! **One bike will be given away at each building.** Can't make a fair? Visit www.494corridor.org to sign up and request free resources.

May 23

Bike-to-Work Seminar

11:30 am – 12:30 pm – 8000 Tower Classroom

This informative, one-hour seminar will be presented by an experienced bike commuter who will cover everything from riding in traffic to route planning to clothing and gear and more. If you've never biked to work, just getting started or you're an experienced bike commuter looking for some new tips, this seminar is for you. Includes Q&A time and individualized route planning assistance.

RSVP to 8000conciierge@executiveconciierge.com

comcastbiz.net



June 6

Bike Tune-Up

11:30 a.m. – 1 p.m. – 8200 Tower Parking Ramp, B Level

The expert mechanics from Freewheel Bike will be on hand to check your bike's tires, chain, brakes and drive train. Registration is required. Email lisa.simonson@cushwake.com. This is an adult bike only event and only one bike will be tuned up per person.

June 7

Memorial Blood Center Blood Drive

8 a.m. – 4 p.m., 8500 Tower Loading Dock



Sign up @ www.mbcherohub.club with your username and password. Once you have accessed your profile, click 'Donate Blood' and enter the sponsor code 0370.

June 14

Annual 3k Walk/5k Run

Mark your calendars and watch for details soon!

Beginning June 20

Farmer's Market

Every Wednesday from 11 am – 1:30 pm

Untied's Vegetable Farm will be bringing in fresh, locally grown fruits and vegetables for a farmer's market. Watch Normandale.com for details

 NORMANDALE LAKE OFFICE PARK

Tenants in the News

New Tenants

The Coca-Cola Company

Certusoft Inc.

Company 54, Inc.

Renewals & Expansions

JLT Re

RK Apothecary

TekSystems, Inc.

Timberland Partners, Inc.

JNBA Financial Advisors, Inc.

Beazley USA Services, Inc.



8400 Tower 952.921.2288
<http://www.shearsuccess.org/>



8400 Tower
 952.405.6095



8400 Tower 952.897.5995
designabunch.com

Services

ATMs

8400 Tower, Retail Concourse
 8500 Tower, Lower Level

RK Apothecary (convenience, gifts, and dry cleaning)

8400 Tower, Suite 80
 952.405.6095

Design a Bunch

(flowers and gifts)
 8400 Tower, Suite 12
 952.897.5995

Concierge Services

8000 Tower
 Skyway Level, 2nd Floor
 Hours: 8 am - 1 pm, M-F
 952.345.8231

New Horizon Day Care

8400 Tower, Suite 10
 952.921.2273

Shear Success (hair salon)

8400 Tower, Suite 20
 952.921.2288

Overnight Courier Boxes

Pick up M-F 6:30 p.m.

8000 Tower, 1st Floor
 FedEx & UPS

8200 Tower, 1st Floor
 FedEx & UPS

8300 Tower, 1st Floor
 FedEx

8400 Tower, 1st Floor
 FedEx & UPS

8500 Tower, Lower Level
 FedEx & UPS

Post Office

8000 Tower, 1st Floor
 8200 Tower, 1st Floor

8300 Tower, 1st Floor

8400 Tower, 1st Floor

8500 Tower, Lower Level

Main Bloomington Post Office

952-884-3698

Restaurants

Caribou Coffee

8000 Tower, 1st Floor
 952.486.9500

Poseidon Asian Fusion & Lounge

8200 Tower, 1st Floor
 952.303.3483

Café Fusion

8300 Tower, Suite 130
 952.378.1424

Ryan's Café

8400 Tower, Suite 70
 952.897.5990

Kincaid's

8400 Tower, Suite 90
 952.921.2255

CRAVE Café & Deli

8500 Tower, Lower Level
 952.582.4800

Common

Car Wash

8300 Tower - Contract Parking
 Mike Siedow
 651.308.5137

8500 Tower - Contract Parking
 Jim Olson

612.503.0007

Fitness Centers

8000 & 8500 Towers
 952.921.2081

8400 Wellness Center

952.242.2928

Security Escort

952.921.2201

Property Management

8200 Tower, Suite 280
 952.921.2050

Pat Seng

952.921.2034

Vice President/General Manager

Jim Gefre

952.921.2054

Senior Property Manager

8000, 8200, 8500

Lance Brockmueller

952.921.2053

Senior Property Manager

8300, 8400

Renee Hoy

952.921.2081

Assistant Property Manager

Lisa Simonson

952.921.2020

Senior Operations/Brokerage

Administrator

Tjody Jacobsen

952.921.2050

Operations Assistant

Patrick Corcoran

952.921.2059

Lead Engineer

Do you have an article for our newsletter?

Contact: lisa.simonson@cushwake.com

Would you like to be notified of activities and events at Normandale Lake Office Park? Please go to normandale.com and click on Tenant Services, "Join Our Email List" is located in the middle of the page.



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 Bloomington, MN 55437



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