

Cummings Center NEWSbrief



LIVE.

WORK.

PLAY.

May 14, 2019

Business Spotlight

CHRISTOPHER NICHOLAS
ELLIS
LICENSED ELECTRICIAN - 978-921-5267

CNE Electrical, 100 Cummings Center, Suite 536-H, has been a member of the Cummings Center community since 2017. Christopher Ellis, the owner, is a licensed electrician serving the North Shore and surrounding area. Services include bathrooms, kitchens, renovations, outdoor lighting, media cabling, and electrical service upgrades. For more information, visit the [website](#) or call 978-921-5267.

Quick Links

Client Directory

Cummings Properties

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Noteworthy News



The **city of Beverly** is hosting an open house on **Tuesday, May 14 from 7:00 to 8:30 PM** at Beverly Senior Center to launch PlanBeverly. This one-year initiative will engage the community in creating a framework to guide the stewardship and responsible growth of the city. For more information, visit the [website](#).



[Spectrum Adult Day Health Programs](#), 600 Cummings Center, Suite 176-X will host an Alzheimer's Caregiver Support Group from **1:30 to 3:00 PM on the first and third Wednesday** of the month. The group will offer information and education about Alzheimer's disease and related memory disorders, an increased understanding through shared experiences, and mutual support from other caregivers. Free respite care is available upon request. For more information or to RSVP for respite care, contact support leader Rachael Palmacci at 978-921-5020 or visit the [website](#).



[CrossFit Five Plus](#)' blood drive last week was an incredible success. In total, Red Cross collected 26 whole blood units and three power red units, exceeding its initial goal. The results of the blood drive have the potential to provide 96 patients with a life-sustaining, life-saving gift. Congratulations to CrossFit Five Plus and all who participated!

Upcoming Events



[North Shore Technology Council](#) (NSTC), 100 Cummings Center, Suite 223-F, is hosting a networking event on **Wednesday, May 22 at 5:30 PM** at Beverly Golf and Tennis Club. Learn more about NSTC while meeting with a variety of local businesses. While there is no charge to attend, NSTC asks interested parties to RSVP

[here](#).



[Express Yourself](#), 100 Cummings Center, Suite 165-E, and Massachusetts Department of Mental Health are counting down the days to their 25th annual performance, EXYO 25, on **Thursday, May 23 at 7 PM** at Boch Center's Wang Theatre. For thousands of young performers, the show has been a source for creative self-discovery and connection. This year's guest stars include: **Blue Man Group**, **Boston Children's Chorus**, choreographer **Jeff Shade**, cultural spokesman **Annawon Weeden** of the Mashpee Wampanoag tribe, artist **Wes Sam Bruce**, poet **Regie Gibson**, **The JaM Project** from World of Dance, and **Amanda Mena** from America's Got Talent. The event is free and open to the public. For more information, click [here](#), or contact Aleah at agates@exyo.org.

[CrossFit Five Plus](#), 100 Cummings Center, Suite 135-E, is hosting a corn-hole tournament on **Friday, May 24 at 6 PM**. Enjoy some friendly competition, as well as offerings from food and beer vendors -- all for a good cause. All proceeds from the event will be donated to the Special Olympics Power Lifting program run by CrossFit Five Plus. CrossFit partners with Special Olympics MA and Northeast Arc to prepare the "North Shore Warriors" athletes for a power-lifting tournament held at Harvard University in June. To register for the corn-hole tournament, visit the [website](#).



Friendly Reminder



Emailed Invoices: As part of our efforts to "go green," Cummings Properties has transitioned to sending invoices via email. Invoices are emailed to each client firm from our corporate accounting department in Woburn (accounting@cummings.com). If you are not receiving invoices, it is possible that they have gone to your junk mail or spam folder. Alternatively, we may not have the appropriate contact on file. Please contact your account manager at 978-922-9000 with any questions.

If you no longer wish to receive our emails you may [unsubscribe](#). Unfortunately, if you unsubscribe, you **will not** receive important building notices such as water and electric shutdowns, or fire alarm testing.