

Park Avenue

at MORRIS COUNTY | FLORHAM PARK

NEWSLETTER - JANUARY 2018



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NEW YEAR, NEW YOU AT PARK AVE

Enjoy Campus & Community Activities

All over campus, we are celebrating the New Year. Join us for a plethora of healthy living events, including **A Year of Healthy Eating** presented by **The Living Plate**, **Fitness Boot Camp Classes** with Olympia, a **Fitness Equipment Demo** featuring some very special guests, and much more!



USA FIT FOR LIFE NEW YEAR, NEW YOU WEIGHT-LOSS & WORK-OUT CHALLENGE

ALL MONTH LONG

KBS/CBRE is sponsoring **Group Fitness Classes on Thursdays** at 600 Campus Drive in Florham Park for all Tenants of Campus Drive **FREE OF CHARGE!** Classes are instructed by Olympia of USA Fit for Life. Lose weight, tone up, and build muscle while competing to win a **night out in Morristown, including Dinner & Tickets to MPAC!** Participants in Olympia's classes will weigh in before the first class, and again after the last class. At the end of the fourth workout, whoever has lost the most wins! You must register in advance by emailing Olympia at musclesinmotion@yahoo.com.

[Click here](#) for more information and to view the class schedule.



PERSONAL TRAINING @CAMPUS DR

ALL MONTH LONG | GYM AT 600 CAMPUS DRIVE

Personal Training Services with Olimpia USA Fit for Life

Lose weight, tone up, and build muscle. **Special Discount of 10% off 3 or more Sessions – January 2018 Only!** Whatever your fitness goals are, working with the right trainer can help you to reach your goals in the shortest amount of time possible, while keeping your workouts safe & avoiding injury. Olimpia offers 30 & 60 Minute Sessions, Individual or Small Group, held at the Campus Avenue Gym!

Some of the benefits of using a personal trainer include:

- Constant support & motivation; customized fitness program tailored to meet your specific goals, physical conditions, and limitations.
- Confidence in knowing that each workout sessions is effective & brings you closer to your goals.
- Assurance that you are using proper technique and that your form is being monitored to keep the workout safe.
- Optimized results & minimized risks.



LIVING PLATE TABLE EVENT

MONDAY, JANUARY 8 | 11AM-2PM | LOBBY 500

Are you thinking about improving your eating habits in the new year? Skip the resolutions, diets, and detoxes and learn simple strategies to implement each month that will help 2018 be your healthiest year yet! Come out and meet the Living Plate team and learn how their programs can help you do just that. Don't forget to take a moment to also register for their live cooking demo event on January 9th—yum!

A YEAR OF HEALTHY EATING

TUESDAY, JANUARY 9 | 12:00-1:00PM | LARGE CONFERENCE ROOM, LOBBY 100

Improve Your Eating Habits in the New Year

Come join **the Living Plate team** for an interactive lunchtime nutrition education and cooking demonstration presentation on Tuesday, January 9th, 12:00 pm. The event will be held in the large conference room of lobby 100. This program is FREE and will include a nutrition lesson, cooking demonstration, and food sampling. Registration is required. [REGISTER FOR THE FREE EVENT HERE](#). For more information about Living Plate visit us at www.LivingPlate.com.

Free Event!

THE AVE NETWORKING EVENT

WEDNESDAY, JAN 10 | 11:30AM-1:30PM



Join AVE Florham Park for an Administrative Networking Event! Enjoy a complimentary catered lunch as we introduce you to our state-of-the-art community. AVE Florham Park specializes in flexible-stay furnished suites, the perfect temporary-housing solution for extended-stay business travel, relocations, special assignments, projects, rotational programs, trainings, expat/intern/co-op programs.

The shuttle will be rotating to and from the AVE during the event. Call: 973-443-0433 for service.

RSVP to Lauren Lopes by **01/09** by calling 908.635.1510 or emailing llopes@aveliving.com.

COSTCO MEMBERSHIP EVENT

WEDNESDAY, JAN 10 | 11AM-2PM | LOBBY 500

Become Part of Costco's Valued Member Program

Stop by for info on NEW membership, upgrade your current membership, or add our Visa Reward Card to your account. New member and upgrade incentives available! Contact Patricia Harrity with questions at 973-560-4140, W244mk02@costco.com.



BLOOD DRIVE

WEDNESDAY, JAN 17 | 9AM - 1PM | 100 CAMPUS DRIVE

There will be a mobile blood donation unit in the parking lot. Donors must be 110 pounds, eat before donation, bring I.D. and drink plenty of water before and after donation. January is a critical time for blood donation. Donate blood and help save three lives! If you would like to make an appointment to schedule your donation time in advance, just call Jeff Ochital at 201-803-9356 or email him at jochital@cbsblood.org.

BE YOUR BEST SELF & THRIVE IN 2018

YOGA | WEDNESDAYS | 12:15 PM - 1:15 PM | BLD 600

Studies show that yoga and meditation deliver the essential practices to successfully achieve your New Year's resolution. **INTRODUCTORY SPECIAL* 5 Yoga classes for \$49.99 (regularly \$75)**. Register for class on-line @ selfreboot.org/corporate-campus-yoga. Feel calm, balanced and rejuvenated. *No class expiration date, payment must be made by cash or check, this offer applies to new students only. \$15 drop-in / \$125 for 10 classes.

NEW YEAR, NEW YOU FITNESS DEMO EVENT

THURSDAY, JAN 18 | 11:30AM - 1:30PM | FITNESS CENTER

Learn to properly and safely use our cardio and strength machines. Meet Gus Fasois from our vendor who will be on site to answer questions about the equipment, proper form, and anything else fitness related. **PLUS** our very own Olimpia, Elyce, and Dawn will be attending, alongside **a special appearance by Ellen Petrosino of the Living Plate!** They will be mingling and sharing info on their programs as well.



FITNESS TRAINING
OLIMPIA USA FIT FOR LIFE
Olimpia Garruto

A full-service fitness consultant company providing group fitness and personal training services.

musclesinmotion@yahoo.com



YOGA
SELF REBOOT
Dawn Lorentz

Providing on-site wellness programs including Stress Management, Yoga, Chair Yoga and Mindfulness.

dawn@selfreboot.org



MASSAGE THERAPY
HANDS ON EXPERIENCE
Elyce Cooper, LMT

Corrective & restorative, combining stretching and massage techniques to destress and invigorate the body.

handsonexper@gmail.com



HEALTHY EATING
THE LIVING PLATE
Ellen Petrosino

Integrative approach to empowering you with the skills, knowledge, support, & resources for healthy eating.

livingplate.org

GET THE CAMPUS MASSAGE SCHEDULE, A BIRTHDAY DISCOUNT AND FREE GIFT

ALL MONTH LONG

CLICK TO SIGN UP

CONNECT WITH OUR CAMPUS MASSAGE THERAPIST, ELYCE COOPER

Did you know that Park Ave has our own massage therapist? Sign up to receive the weekly *no obligation* massage schedule, notifications of exclusive campus special promotions, and an **annual birthday bonus**

delivered directly to your email or mobile device. And in honor of New Year, New You at Park Ave, please also enjoy Elyce's **free instant download**, *Feel Good Neck Stretches*—great for desk and road warriors!

CAMPUS MARKETING OPPORTUNITIES

One of the many benefits of campus life is sharing your events and services with other campus tenants. There are several different ways to market to others on the Park Avenue at Morris County Campus, and we are happy to offer this newly updated 2018 guide to them all, so you can build your thriving business.

[CLICK for the 2018 GUIDE](#)



NEWSLETTER ADS & CAMPUS EMAIL UPDATE

INTRODUCING NEW 1/4 PAGE ADS AND WEEKLY EMAILS

Please be aware that as of 2018, all newsletter ads are 1/4 page. We've also added a weekly email for an additional way to communicate your events to campus. The requirements for ads and weekly email submissions are as follows:

NEW 1/4 PAGE NEWSLETTER OFFERS ADVERTISEMENT SECTION

- Submit your finished ad to: lisa.earl-sperry@cbre.com with subject line: *Newsletter Ad.*
- Ads must be 3.65in x 4.75in with fonts no smaller than 10pt
- **OR** ads can be an 8.5x11 flyer where fonts are no smaller than 16pt (that way, when scaled down, text is not too small)
- 8.5x11in flyers will be scaled down to 1/4 page
- Jpeg or PDF formats accepted

- Weekly email submissions must be received by Friday 12pm to be included on the Monday email.
- Your submission must match the below format. Please copy the following sample:

SAMPLE WEEKLY EMAIL SUBMISSION
 MONDAY 11/06/17
 12:15PM-1PM | NAME OF EVENT | LOCATION
 For more information contact NAME email@emailaddress.com

[CLICK FOR ALL REQUIREMENTS](#)

WEEKLY CAMPUS EMAIL

- Newsletter events and promotions will be automatically added to each applicable weekly email. (No action required)
- Missed the newsletter? Submit your event or promotion details utilizing our Online [Submission Form](#)

NJ TAX RATE CHANGE

NOW EFFECTIVE

As of 01/01, the sales tax rate has decrease to 6.625%.

New Tenant Spotlight



MEET W2O!

A marketing-communications firm driven by insight integration to give brands an unfair advantage.

WELCOME TO CAMPUS!

SOUP FOR THE SUPER BOWL

WE'RE HAVING A CANNED SOUP DRIVE

During the month of January, donate your canned soup anytime all month long to the Goddard School Lobby at 190 Campus Drive and your donations will benefit the Interfaith Food Pantry in Morris Plains.

NEW IN 2018!

SEND THE CONCIERGE YOUR JOB OPPORTUNITIES

Let's fill those open positions on campus! Use subject line: *Job opportunity on campus* for publication in the newsletter. Know of a real estate opportunity, or great property/apartment in the area? We'll post those too! Email: Lisa.Earl-Sperry@cbre.com

HABITAT FOR HUMANITY

WE CAN MAKE A DIFFERENCE

The Andrades family crams into a single bedroom in an old, pest-infested, moldy, four-room Morristown apartment, which they share with three other families. There's no privacy, and they're forced to plan kitchen and bathroom usage around other boarders' schedules.

But all this is changing now for the Andrades. Together with the generosity of donors like you, Habitat for Humanity will make Ran's dream for his family come true. Early this year, the Andrades will be in their brand new home on Willow Street in Morristown.

You can help another deserving Morris County family like the Andrades with a tax-deductible donation. Please be as generous as you can. Together, we are changing lives for life. [CLICK HERE TO DONATE.](#)



MORRIS COMMUNITY EVENTS NEARBY

By: Morristown Tourism Bureau

Discover all there is to do in our surrounding community!

Mayo Performing Arts Center

EVENTS ALL MONTH LONG

[View Mayo Performance Calendar Here](#)

Local Chamber of Commerce Events

ALL MONTH LONG | NON-MEMBERS WELCOME

Guests (non-members) are welcome to attend events and explore membership.

[January Event Schedule!](#)

Morris County Tourism Bureau

[VIEW MORE FUN EVENTS ON THE MORRIS COUNTY TOURISM BUREAU CALENDAR](#)

ENJOY OUR
seasonal
signature
beverages

rosemary ginger molasses latte

homemade hot chocolate

iced coconut mocha macchiato

DARTCOR
FOOD SERVICES
— eat well, live long —



VISIT CONVENT GAS AND REPAIR, INC.
(973) 538-3234

WE PROVIDE:

- Drop-off, pick-up and delivery service to Campus!
- 10 % discounts on labor for auto repair and maintenance service for Campus members!
- 24-month/24,000 mile repair guarantee by the facility
- Third-party towing service 24/7
- Free maintenance inspection with any paid service
- Labor rate on most repairs is \$95/hr
- Basic oil change \$34.99 (call for details)
- Filling station is open 24/7, 365 days a year.

Convent Shell repair shop is a AAA-Approved Auto Repair Facility, NJ State Inspection Facility, and NJ Emission Repair Facility. We service all years and models of foreign and domestic cars, SUV s, light and heavy-duty pick up trucks; gasoline and diesel powered. Our shop employs 3 ASE-certified technicians.

192 Madison Av. Convent Station, NJ 07960

[CLICK TO DOWNLOAD COUPONS](#)

FIT BOOT CAMP CLASSES
CAMPUS DRIVE - FP

GET FIT WHILE HAVING FUN WITH THESE MULTI-INTENSITY FITNESS CLASSES HERE AT CAMPUS DRIVE. CLASSES COMBINE CARDIO, RESISTANCE, CORE & ENDURANCE TRAINING TO BURN MAXIMUM CALORIES WHILE BUILDING STRENGTH.

MONDAYS 12:15 - 1:00 PM
THURSDAYS 4:45 - 5:30 PM

\$12.00 per class
1st Class FREE



Contact: Olimpia Garruto
MUSCLESINMOTION@YAHOO.COM
USAFITFORLIFE.COM

the **Y**
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVATE
MORE THAN YOUR CORE.

Join
January 2-8
\$0 initiation fee
Visit the Y for free all week.
Financial assistance is available.

When you join the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen our community.

**For more than a workout.
For a better us.**

MADISON AREA YMCA
FAMILY CENTER: 111 Kings Rd, Madison, NJ • 973-822-YMCA (9622)
F.M. KIRBY CHILDREN'S CENTER: 54 East St, Madison, NJ • 973-377-4945
PROJECT COMMUNITY PRIDE: 973-593-8450

[f](#) [t](#) [i](#) [v](#)
MADISONAREAYMCA.ORG

All guests 18 years of age+ must present a state or government-issued photo ID.



FREE
Cooking Demonstration
& Nutrition Presentation
Lunch & Learn
Presented by Living Plate

**TUESDAY
JANUARY 9TH**
12:00 - 1:00 PM
**LARGE
CONFERENCE
ROOM, LOBBY
100**

A Year of Healthy Eating
Skip the resolutions, diets, and detoxes, and learn simple strategies that will help 2018 be your healthiest year yet!

Join the Living Plate team for an interactive lunchtime nutrition education and food sampling.

To Register:
<http://bit.ly/2jdiext>

We Wish You a
Happy New Year
in 2018!

KBS Realty Advisors **CBRE**

**TO SEE ALL OUR
PREFERRED VENDORS
& EVERYDAY
CORPORATE DEALS
CLICK HERE**



Are you currently a member of a Costco Warehouse? I will be at Lobby 500, 11AM - 2PM on January 10, 2018. Please stop by to find out information on **NEW** membership.

I can upgrade your current membership or add our Visa Reward Card to your account. This makes your Costco account even more rewarding with cash back rewards. The **NEW** Costco Anywhere **Visa Card** is the Costco credit card that rewards your purchases at Costco and everywhere else **Visa** is accepted.

Costco offers incentives for **NEW** Membership and upgrades!! Stop by to see how you can become part of our valued member program.

Questions:
Patricia Harrity
P. 973-560-4140
W244mk0@costco.com



MON	TUE	WED	THU	FRI
1 <i>New Years Day</i>	2 Massage Therapy Dry Cleaning	3 Yoga Class 12:15-1:15 PM	4 Massage Therapy USA Fit for Life 4:45-5:30PM @600 Campus	5 Dry Cleaning
8 Living Plate Table Event 11AM-2PM @Lobby 500 USA Fit for Life 12:15-1PM @600 Campus	9 Massage Therapy Dry Cleaning A Year of Healthy Eating 12PM-1PM @Conference Center	10 The Ave Networking Event Complimentary Lunch 11:30AM-1:30PM Yoga Class 12:15-1:15 PM Costco Membership Event 11AM-2PM @Lobby 500	11 Massage Therapy Express Cardio Workout 12:05-12:30PM & 12:35-1PM Campus Coffee Bar 1/2 off Happy Hour 3-4PM USA Fit for Life 4:45-5:30PM @600 Campus	12 Dry Cleaning
15 USA Fit for Life 12:15-1PM @600 Campus	16 Massage Therapy Dry Cleaning	17 Yoga Class 12:15-1:15 PM Blood Drive 9AM-1PM @100 Campus Drive, Bloodmobile in Lot	18 Fitness Equipment Demo 11:30AM-1:30PM @Fitness Center Abs, Core & Stretch Workout 12:05-12:30PM & 12:35-1PM Massage Therapy Campus Coffee Bar 1/2 off Happy Hour 3-4PM USA Fit for Life 4:45-5:30PM @600 Campus	19 Dry Cleaning
22 USA Fit for Life 12:15-1PM @600 Campus	23 Massage Therapy Dry Cleaning	24 Yoga Class 12:15-1:15 PM	25 Massage Therapy Strong & Lean Workout 12:05-12:30PM & 12:35-1PM Campus Coffee Bar 1/2 off Happy Hour 3-4PM USA Fit for Life 4:45-5:30PM @600 Campus	26 Dry Cleaning
29 USA Fit for Life 12:15-1PM @600 Campus	30 Massage Therapy Dry Cleaning	31 Yoga Class 12:15-1:15 PM	FEB. 1 Assets Workout 12:05-12:30PM & 12:35-1PM	ALL MONTH: SOUP FOR SUPERBOWL DROP OFF TO GODDARD SCHOOL LOBBY

WHAT'S FOR LUNCH? CHECK OUT THE DARTCOR WEEKLY MENUS ANYTIME ALL MONTH LONG!

[CAMPUS CAFÉ 100](#) | [CAMPUS CAFÉ 200](#) | [CAMPUS CAFÉ 500](#)

View the Updated [Shuttle Schedule](#)

Visit: parkavenue-njtenants.com For up-to-date events and happenings on campus!