

Park Avenue

at MORRIS COUNTY | FLORHAM PARK

NEWSLETTER - DECEMBER 2018

NEXT DEADLINE: 12/19



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'TIS THE SEASON AT PARK AVE ENJOY CAMPUS AND COMMUNITY ACTIVITIES

All over campus, we are celebrating the season. Join us for our spectacular **Holiday Extravaganza** (details below), plus our **Best Cookie on Campus** and **Ugly Sweater Contests!** Enjoy lunch hour **Short Hills Mall Shuttle Runs** ([See Calendar for dates](#)). And don't forget to donate **Toys for Tots**, now through the 12th! Need a last minute gift? **Edible Arrangements** is the perfect gift for the holidays! Order early and save! And they do same day delivery! ([See page 4 for more details.](#))

DECEMBER EVENTS SPONSORED BY KBS/CBRE

HOLIDAY EXTRAVAGANZA

WEDNESDAY, DEC 12TH | 11AM-2PM | LOBBY 100

Join us for a **HUGE holiday blowout event!** Shop our vendors holiday items amid **freshly made dough-nuts**, a **free DIY gift wrapping station** with supplies provided, **holiday music** and a healthy dose of Park Avenue Campus cheer!

[Click here to see a full list of participating vendors.](#)



BEST COOKIE ON CAMPUS & UGLY SWEATER CONTESTS

DECEMBER 19TH | TIME | LOBBY 100

Join our holiday contests! Break out your best cookie recipe for a chance to win a \$100 Dartcor gift card! **Submit recipes by Dec. 18th.** Not great in the kitchen? Wear your best ugly sweater to the Cookie Contest and you could still be a winner of a \$25 Dartcor gift card! Best of all - **Enter A Raffle to win complimentary "Gift Wrap Service" of all your holiday gifts!**

TOYS FOR TOTS COLLECTION

NOW THROUGH DEC. 12TH | IN EACH LOBBY

Channel your inner Santa and give a child in need a smile this Christmas! Please bring in new, unwrapped toys and games, and drop them in one of our collection boxes, located in each lobby.



MERYEM'S GIFTS: FASHION FORWARD ACCESSORIES & GIFTS

TUES, DECEMBER 11TH | 11AM-2PM | LOBBY 500

The Holidays Are Here! Start checking off your list today- fancy finds for gifting and getting. Enter our free raffle drawing and WIN up to \$50 merchandise credit for Meryem's Gifts!

FITNESS BOOT CAMP CLASSES

MONDAYS, 12:15-1PM & THURSDAYS, 4:45-5:30PM
AT 600 CAMPUS DR



Open to All Employees:
All levels welcome. **\$12.00 per class with the first class FREE.** Cash or checks only (made payable to USA FIT FOR LIFE). We also offer **Personal Training Services** (one on one or small group). We can accommodate any requests.



BUDDY TRAINING SESSIONS

Grab a friend and work out together! USA Fit for Life now offering buddy sessions (30, 45 & 60 minute sessions). Contact us to set up your session: musclesinmotion@yahoo.com Visit usafitforlife.com for more info.

JETS TICKETS GIVEAWAY

ALL MONTH LONG

Please note that contestants must be able to go to the game and send a selfie from the game. Email lisa.earl-sperry@cbre.com to enter, see below for more details:

Game 1: Jets vs Houston Texans Dec. 15th, 4:30PM

Subject: Jets vs Houston Texans 12/15, 4:30PM

Tis the Season, this is a pay it forward...who would you gift these to and why?

Game 2: Jets vs Green Bay Dec. 23rd, 1:00PM

Subject: Jets vs Green Bay 12/23, 1:00PM

This is all about you...why do you want these tickets and who will you bring?



Thank you!

FOR YOUR DONATIONS

BLOOD DRIVE RESULTS

Thank you for volunteering your time to offer hope to those who are in need of blood and blood products!

The results of the November 8 drive are as follows:

Goal	17	Deferred	3
Registered	13	Double Red	1
		Collected	10

THANKSGIVING FOOD DRIVE

Building 100: 562 pounds

Morgan Stanley (Building 300): 528 pounds

Greenberg Traurig: 72 pounds + \$202 from a "Wear Jeans Day" campaign

Goddard School: 50 pounds

Total: 1,212 pounds of food collected on Campus!



This equates to **1,010 meals for our neighbors in need.**

Thank you so much for all that you have done to help those in our community have a happier holiday season.

TURKEY TROT

The Florham Park PBA, The Knights of Columbus, and Girls on the Run would like to thank everyone on Campus Drive for allowing us to have our 2018 Turkey Trot 5k. We especially would like to thank those who came to work on Saturday between 10am

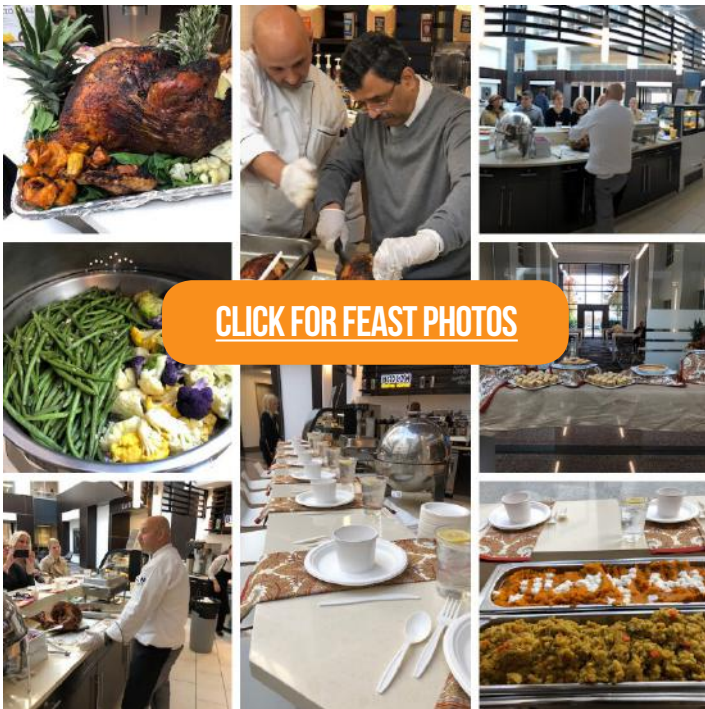
and 11am who may have been inconvenienced while the race was in session. Again, THANK YOU!

-Charlie Green,
Florham Park PBA



PARK AVENUE TURKEY FEAST 2018

We had a great time together eating and celebrating the spirit of giving! Our event featured VIP seating and a fabulous Chef demonstration - we learned how to prep, carve, and serve a turkey while sampling all the amazing dishes, including some delicious seasonal desserts. [Click here to view this year's recipes.](#)



[CLICK FOR FEAST PHOTOS](#)

HARVESTING GOOD HEALTH

Thanks to all who came out to visit our fall lobby tables to try healthy treats and meet our wellness team!



VETERAN'S DAY WALL OF HONOR

We honored the Veterans in your lives! **To our veterans- thank you for your service.**

SHOUT OUT TO SOME OF OUR VETS ON CAMPUS:



1st Lieutenant Michael Lami and Cadet Nicholas Lami. [Click here to view their story.](#)

- John Farry with Conduent
- Mario Pompeo with Conduent
- Bernie Blais with JLEM
- Chris King with Conduent
- Michael Burag with Conduent
- Eric Cornick with PwC
- J Isern Hagen with W2O
- Sons of Grace Lami of Coldwell Banker (pictured left)



Campus Spotlight

MAUREEN GRENEVICH

CBRE welcomes Real Estate Manager Maureen to the team! Prior to joining CBRE, Maureen worked as Assistant Controller for a foremost developer of large scale commercial and residential Real Estate in the NYC/NJ metropolitan area.

Her responsibilities included financial reporting and asset management for over 1,200,000 square feet of Class A commercial real estate. She was also responsible for the coordination of all property management, leasing and marketing teams to ensure accurate and timely reporting of financial reports and budgets to outside investors and owners. Maureen has over 25 years experience in both real estate and construction accounting.



Maureen is a graduate of Seton Hall University with a Bachelors of Science in Accounting.

NEW PARTNERS ON CAMPUS

The Solvang Bakery
438 Alisal Road
Solvang, CA. 93463

Melissa Halme Redell
805-770-0089
Solvangbakery.com



Solvang Bakery created our Tenant Gingerbread Houses!

HOLIDAY EVENT VENUES NEARBY:

Book your holiday event with one of our partners!

[Florham Park](#) | [Madison](#) | [Morristown](#)



NEW CAMPUS MEMBERS ORIENTATION TOURS

2ND TUESDAY OF THE MONTH | 10-11AM

New Tenants & New Hires

Join the concierge on her monthly campus orientation tour to learn about the various amenities offered on campus, where to find them, services

available to you, events and more! Sign up by emailing lisa.earl-sperry@cbre.com Subject: Orientation Tours – 2nd Tuesday of each month 10 – 11am.

NEXT TOUR: DECEMBER 11TH | 10-11AM

CAMPUS WALKABOUT

TUESDAY, DEC 11TH

On Campus this Month

Meet and Greet: **Chef Rachid Zitouni** of Campus 100 café and **Carmine DePasquale** of Ome Caterers

CRITICAL: VIOLENT INTRUDER TRAINING

Last month, the Florham Park Police Department met with representatives of CBRE to provide their staff with Violent Intruder Training. [Click here for more information.](#)

CAMPUS SURVEY QUESTION + FREE COFFEE!

Quick! Answer the following question...

**DO YOU USE FACEBOOK OR LINKEDIN?
IF SO, WOULD YOU JOIN A CAMPUS PAGE FOR
AMMUNITY INFO, ANNOUNCMENTS, EVENT
PHOTOS, & CONTESTS?**

Email your answers to lisa.earl-sperry@cbre.com by **Dec 03**, Subject: Campus Survey Question

**Ten lucky people who answer the Survey
Question get a FREE cup of hot java!**

HELPFUL PARK AVENUE CAMPUS LINKS

EVENTS

- [Park Avenue Event Guidelines](#)
- [Park Avenue Event Application](#)
- [Preferred Vendor List](#)



TENANT GUIDEBOOK

CAMPUS INFO

- [Download The Campus App](#)
- [Current Weekly Email](#)
- [Current Newsletter](#)
- [Walking Trail Map](#)



CAMPUS MARKETING GUIDE

NEW HIRES/TENANTS

- [2-Min Campus Tour Video](#)
- [Tenant Directory](#)
- [Book an Orientation Tour](#)
- [Tenant Portal Website](#)



SHUTTLE SCHEDULE

COMING IN JANUARY 2019...

THE NEWSLETTER IS GETTING A NEW LOOK!

New, condensed and easier to read, plus additions like Birthday Shout Outs, VIP Employee Parking Contests, Wellness Team Program, and more!

STAY TUNED FOR NEW SUBMISSION REQUIREMENTS AND DETAILS.

NEXT DEADLINE: 12/19



NEWSLETTER SUBMISSION

CLICK ANY THUMBNAIL BELOW TO VIEW FULL EXCLUSIVE CORPORATE OFFER!



Mexican Spice
A Little Taste of Mexico

EXCLUSIVE PRICING
FOR PARK AVENUE AT MORRIS COUNTY

CLICK HERE FOR CORPORATE MENU

Deliver a WOW every time with Business Gifts from Edible Arrangements®

Christmas Star Celebration \$149.99 \$119.99* Product #: 3428	Winter Wonderland Dipped Fruit™ Box \$21.99* \$48.99 Product #: 3246	Happy Holiday Village \$134.99* Product #: 3208
Christmas Chocolate Dipped Strawberries Gift Set \$129.99 \$149.99* Product #: 4024	Fruit Towers® Bouquet - Edible™ Donut Wreath \$349.99 \$469.99 \$489.99* Product #: 3248	Berry Cakes™ Swagman Dipped Fruit™ Box With Happy Holidays Tree \$129.99 \$169.99 Product #: 3260
Cheerful Winter Celebration Snowman Snowglobe \$84.99 \$109.99 \$129.99 Product #: 3264	Delightful Holiday Gift Set \$496.99 \$506.99 \$516.99* Product #: 3268	Cheerful Winter Celebration Happy Holidays \$729.99 \$969.99 \$1149.99* Product #: 3266

20% off all orders before 12/8!

Edible Arrangements - Morristown
4 Willow St Morristown, NJ 07960 | 973-538-1234
Email: sa7ab@edible.com

CAMPUS CAFE 100
MEDITERRANEAN WEDNESDAYS



Every Wednesday for the month of December, please join Chef Rachid as he features fresh Mediterranean dishes!

DARTCOR
FOOD SERVICES
eat well, live long

Be Well, Work Well
with Ellen, Elyce & Olimpia

Kickstart your holiday season!
with the **Be Well, Work Well Team**

Be Well, Work Well Team	WIN A FREE Healthy Holidays Package
<ul style="list-style-type: none"> Ellen Petrosino, Registered Dietitian Nutritionist Elyce Cooper, Hands On Experience, Massage Therapy Olimpia USA Fit For Life, Full Service Fitness Consultant 	<p>Detox: FREE 28 Day Refresh meal plan delivered straight to your in-box</p> <p>Do Stress: FREE 30 minute stress-busting massage</p> <p>Shape-up: FREE 30 minute personal training session with Olimpia</p> <p>PLUS a bottle of Fitvine Wine, massage roller and delicious treats!</p>

Stop by our table at the Holiday Extravaganza for a chance to WIN!
Wednesday December 12, 11pm-2pm, Lobby 100

SWEAT & STRETCH
Tuesdays @ 5:00 – 6:00 PM



30 minutes
Mid-Low Impact Cardio Exercise

30 minutes
Yoga Poses for Stretching & Stretching

PURCHASE & REGISTER AT:
selfreboot.org/corporate-campus-yoga

\$15
single class

\$125
10 class package
*Also valid to use for Yoga

The average office employee sits or lays down 90% of the day! Living a sedentary lifestyle increases the chances of: Being Overweight, Type 2 Diabetes, Heart Disease, Stress, Depression and Anxiety. The human body was not created to sit at a computer for 48 hours. It was designed to MOVE.

Join me Tuesday night for a fun cardio workout and sweat & stretch your stress away!

SELF REBOOT
Preferred CDM Wellness Vendor

HOLIDAY PRESSURE
Relieved

BECAUSE THIS YEAR, YOU'RE GIVING THE GIFT NOBODY RETURNS.



Messages are a convenient and cost-effective way to reward and show appreciation for your staff. Brighten up a workday or add pizzazz to a holiday party with stress-busting, crowd-pleasing massage therapy!

Gift certificates for chair and table massage are also available and make great gifts.

Email: handsonexper@gmail.com
Phone: 201-481-5387

HANDS ON EXPERIENCE
WITH ELYCE COOPER

Meryem's Gifts

FASHION FORWARD ACCESSORIES & GIFTS

THE HOLIDAYS ARE HERE!
Start checking off your list today!

Tuesday, December 11
11AM – 2PM

500 CAMPUS DRIVE

Beautiful Bangles & Fancy Foods
For Gifting and Getting this Holiday Season

Enter our free raffle drawing and WIN!
Up to a \$50 merchandise credit for Meryem's Gifts

meryem918@yahoo.com • 908.415.9200

CELEBRATE

your next holiday event or winter gathering at
THE ATRIUM AT CAMPUS 100

SCAN THE CODE BELOW WITH YOUR PHONE'S CAMERA TO VIEW OUR SEASONAL MENU SELECTIONS & BOOKING INFORMATION



Ome Caterers
Culinary excellence in a modern setting

GODDARD SCHOOL
ENROLLMENT PROMOTION
PARK AVE EXCLUSIVE FOR NEW FAMILIES





ENROLL BY DECEMBER 15, 2018
Promotion for select classrooms and enrollment by December 15, 2018.

DECEMBER CALENDAR

On-Site Services

OTHER EVENTS

KBS/CBRE SPONSORED EVENTS

MON	TUE	WED	THU	FRI
 <p>3</p> <p>Happy Chanukah!</p> <p>USA Fit for Life Boot Camp 12:15-1PM Fitness Center</p> <p>TOYS FOR TOTS COLLECTION</p>	<p>4</p> <p>Massage Therapy Fitness Center</p> <p>Dry Cleaning</p> <p>Sweat and Stretch 5-6PM</p>	<p>5</p> <p>Yoga Class 12:30-1:30 PM Fitness Center</p>	<p>6</p> <p>Massage Therapy Fitness Center</p>	<p>7</p> <p>Dry Cleaning</p> <p>COFFEE BAR 7AM-4PM</p>
<p>10</p> <p>USA Fit for Life Boot Camp 12:15-1PM Fitness Center</p> <p>TOYS FOR TOTS COLLECTION ENDS WEDNESDAY</p>	<p>11</p> <p>ORIENTATION TOUR 10-11AM LOBBY 100</p> <p>MERYEM'S GIFTS 11AM-2PM LOBBY 500</p> <p>WALKABOUT LOBBY 100</p> <p>Massage Therapy Fitness Center</p> <p>Dry Cleaning</p> <p>Nomad Oil On-Site</p> <p>Sweat and Stretch 5-6PM</p> <p>SHORT HILLS MALL SHUTTLE RUNS @ 12PM, 1PM, & 2PM</p>	<p>12</p> <p>SHOP ONSITE AT THE HOLIDAY EXTRAVAGANZA 11AM-2PM LOBBY 100</p> <p>Yoga Class 12:30-1:30 PM Fitness Center</p>	<p>13</p> <p>Massage Therapy Fitness Center</p> <p>SHORT HILLS MALL SHUTTLE RUNS @ 12PM, 1PM, & 2PM</p>	<p>14</p> <p>Dry Cleaning</p> <p>COFFEE BAR 7AM-4PM</p>
<p>17</p> <p>USA Fit for Life Boot Camp 12:15-1PM Fitness Center</p>	<p>18</p> <p>Massage Therapy Fitness Center</p> <p>Dry Cleaning</p> <p>Sweat and Stretch 5-6PM</p> <p>SHORT HILLS MALL SHUTTLE RUNS @ 12PM, 1PM, & 2PM</p>	<p>19</p> <p>JANUARY NEWSLETTER DEADLINE</p> <p>BEST COOKIE & UGLY SWEATER CONTESTS LOBBY 100</p> <p>Yoga Class 12:30-1:30 PM Fitness Center</p>	<p>20</p> <p>Massage Therapy Fitness Center</p> <p>SHORT HILLS MALL SHUTTLE RUNS @ 12PM, 1PM, & 2PM</p>	<p>21</p> <p>Dry Cleaning</p> <p>COFFEE BAR 7AM-4PM</p>
<p>24</p> <p>*Holiday Schedule</p>	<p>25</p> <p>MERRY CHRISTMAS! NJ TRANSIT CLOSED **Holiday Schedule</p> 	<p>26</p> <p>Yoga Class 12:30-1:30 PM Fitness Center</p> <p>Cafés 100, 200 and 500 will close at 1:30. Coffee Bar will close at 3 PM</p>	<p>27</p> <p>Massage Therapy Fitness Center</p>	<p>28</p> <p>Dry Cleaning</p>
<p>31</p> <p>*Holiday Schedule</p>	<p>1</p> <p>**Holiday Schedule</p>	<p>CLICK HERE FOR THE 2018 HOLIDAY SCHEDULE AT PARK AVE</p> <p>*12/24 & 12/31: Buildings open, normal operations; cafes limited menus</p> <p>**12/25 & 1/1: All bldg. ops will be closed; no HVAC, bldg. doors locked; offices, fitness center, & cafes closed; no shuttle services</p> <p>REMINDER: Security is available 24/7/365 parkavesecurity@gmail.com or 973.735.3293</p>		

WHAT'S FOR LUNCH?

Check out the Dartcor weekly menus anytime all month long!

- [CAMPUS CAFE 100](#)
- [CAMPUS CAFE 200](#)
- [CAMPUS CAFE 500](#)

NEWSLETTER SUBMISSION

GUIDE AND DEADLINES

If you'd like to be included in next month's newsletter, please review our [Guide to Communications and Marketing for Events & Services On Campus!](#)

TAKE THE SHUTTLE

Free shuttle and mobile service is available on campus. Contact Ron at: parkavesecurity@gmail.com or 973.735.3293

View the Campus [SHUTTLE SCHEDULE](#)