

PARK AVENUE AT MORRIS COUNTY THIS WEEK

Week of SEPT

17



ALL WEEK

DARTCOR CAFE MENUS

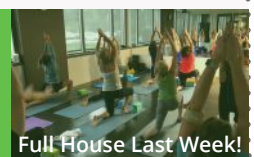
[Café 100](#) [Café 200](#) [Café 500](#) VIEW [SHUTTLE SCHEDULE](#)

Miss Lunch? **Grab-n-Go items will be available at the Barista Bar** until 5PM.

WEDNESDAY 9/19/18

Yom Kippur

FREE YOGA CLASS | 12:30PM-1:30 PM
In the Fitness Center. Come join us.
We had a full house last week!



Full House Last Week!

MONDAY 9/17/18

WINNER OF MIAMI-JETS TICKETS:

ATHENA HONDROS! [Click here to check out her winning story!](#)

12:15PM - 1:00PM | BOOTCAMP | FITNESS CENTER
musclesinmotion@yahoo.com

AUTO DETAILING (BY APPT - POLISHED RIDE 201-602-4158)



THURSDAY 9/20/18



FREE FITNESS CLASS | 12:12:25 & 12:30-12:55 Fitness Center. Enjoy free USA Fit for Life group classes every Thursday for the month of September. Each class will be 30-minutes (back to back).

AUTO DETAILING (BY APPT - POLISHED RIDE 201-602-4158)

STONYHILL FARM CSA DELIVERY

3-4PM | CAMPUS COFFEE BAR 1/2 OFF HAPPY HOUR*

4:45-5:30PM | NO BOOTCAMP TODAY

MASSAGE THERAPY SERVICES | [HANDS ON EXPERIENCE](#)

TUESDAY 9/18/18

Yom Kippur
(Starts at Sundown)

Wishing our Jewish friends an easy fast!

UN General Assembly kicking it in the Big Apple!

WEIGH IN, NUTRITIONIST | 12:15PM-1PM | Conference Center

COMPLIMENTARY CHAIR MASSAGES | 12:15PM-1PM | Conference Center. First FIVE people ONLY.

DARTCOR HEALTHY MEAL | Cafe 100 | This Week: Rosemary Lemon Chicken Thighs with Leafy Kale Salad, Sweet Potato Salad, and Roasted Fennel

Stop by the Conference Center and try a sample before you buy! Ellen Petrosino's will offer samples at the Weigh-In in the Conference Center! She will have the recipes on display with healthy ingredient tips and nutrition info!

DRY CLEANING SERVICES | [WILLOW FRENCH CLEANERS](#)

MASSAGE THERAPY SERVICES | [HANDS ON EXPERIENCE](#)

OIL CHANGE (BY APPT - ERIC@NOMADOIL.COM)

AUTO DETAILING (BY APPT - ALWAYS CLEAN 201-982-8678)

FRIDAY 9/21/18

COFFEE BAR | 7AM-4PM

DRY CLEANING SERVICES | [WILLOW FRENCH CLEANERS](#)

COMING SOON!

FLU CLINIC | SEPT 26 | 10-11:30AM | CONFERENCE CENTER, BLDG 100. Contact Mary.D.Hoegen@riteaid.com or call 603.883.5854 with any questions. Check out the Sept Newsletter for more details.



MORRIS HABITAT RESTORE, GO GREEN EVENT | OCT 6 | 10AM-6PM. There will be food, music, vendors, and more! Contact: Gail Kraynak at gail.kraynak@morrishabitat.org or [click here for more info.](#)