

# PARK AVENUE AT MORRIS COUNTY

# THIS WEEK

Week of SEPT

# 24



## 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.

## MONDAY 9/24/18

*It's time to start prepping for your yearly food coma -- book travel for Thanksgiving!*

**ATT'N EVENT PLANNERS: YOU'RE INVITED!** Lunch at Roots or Happy Hour at Wyndham on Sep 29th **RSVP TODAY!!** Contact [dmojica@wyndham.com](mailto:dmojica@wyndham.com) - 973-301-9741 [SEE DETAILS](#)

12:15PM - 1:00PM | BOOTCAMP | FITNESS CENTER  
[musclesinmotion@yahoo.com](mailto:musclesinmotion@yahoo.com)

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

## TUESDAY 9/25/18

**BUSINESS PORTRAITS | Lobby 100 | [Click here for more information](#)** or email Maureen Novak at [maureen@mgnphotography.com](mailto:maureen@mgnphotography.com)

**SEPT WALKABOUT: JUST JERSEY |** Holidays Are Around The Corner & Just Jersey Is Here To Help! Our gift boxes of exceptionally crafted items take the stress out of corporate gift giving & make it incredibly easy & fun! [www.justjerseygoods.com](http://www.justjerseygoods.com)

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

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

**DARTCOR HEALTHY MEAL | Cafe 100 |** This Week: Skinny Roasted Cod with Tomatoes & Orange Vinaigrette, Herbed Miso Quinoa, and Spiralized Carrot & Orange Salad with Orange Champagne Vinaigrette

*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)

## WEDNESDAY 9/26/18

**FLU CLINIC | 10-11:30AM |** Conference Center, BLDG 100  
Contact Sheila Smith (201) 670-1022 x3 or [Sheila.Smith@riteaid.com](mailto:Sheila.Smith@riteaid.com) to register for this event

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



Full House Last Week!

## THURSDAY 9/27/18



**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.

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 | BOOTCAMP | FITNESS CENTER  
[musclesinmotion@yahoo.com](mailto:musclesinmotion@yahoo.com)

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

## FRIDAY 9/28/18

**FREE BAR METHOD CLASS | 12:30PM-1:30 PM |** Fitness Center

**WEIGH-OUT, NUTRITIONIST & MESSAGES | 12:15-12:30PM** Conference Center. Winner Gets - Better than Ever! Business Portraits

**COFFEE BAR | 7AM-4PM**

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

## COMING SOON!



**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](mailto:gail.kraynak@morrishabitat.org) or [click here for more info.](#)

Book Shuttle/Mobile Service: Contact Ron at [parkavesecurity@gmail.com](mailto:parkavesecurity@gmail.com) or 973.735.3293

Campus Concierge: Contact Lisa at [lisa.earl-sperry@cbre.com](mailto:lisa.earl-sperry@cbre.com) | Download the App: [Park Ave Tenant Portal](#)