

## Mayor James Barberio's Weekly Update

Week of August 22, 2016

With summer coming to a close, we celebrated with a great barbeque and music, courtesy of Parsippany Shoprite and "The Time Machine" band. The crowd jumped up to dance after the first song and continued all evening long. "The Time Machine" impressed the audience with renditions of Frank Sinatra, Chicago, the Four Seasons and many more. This band is such a hit in Parsippany, I receive requests to have them back all year long! This concert was the perfect way to end the summer!



With the rising issue of drug abuse within the Morris County region, I have begun working with many other towns to implement the Morris Area Coalition for positive choices. This powerful committee prides itself on developing self-esteem in our children, it is comprised of active representatives from East Hanover, Hanover Township, Florham Park, Morris Plains, Morris Township, Parsippany, Whippany, the Sheriff's department and Clergy. The goal of the Coalition is to get elected officials, the schools and the police departments on board to collectively educate parents in the latest drug trends and get children involved in learning how to say no. By providing alternatives for kids and by developing interests they might not even know they had, they will develop confidence in pursuing the things they can excel at. Confidence and self-esteem go a long way in helping a child say no to their peers when the time comes. Parsippany plans to implement many new activities for children to do, ranging from movie nights, pizza parties, battle of the bands etc.



Little Vikings Football is holding a Car Wash this Saturday, August 27, 2016 from 10am-2pm at the Elks Club located at 230 Parsippany Road, Parsippany NJ. This car wash is only five dollars, and supports a great cause! So, come out and get your car cleaned!

Fall is approaching quickly and you know what that means! Fall Festival time! The fall festival will be taking place on September 18<sup>th</sup> from 12-5PM. The event features children's rides, food, face painting, non-profits, craft vendors, music and local businesses! The Fall Festival is always a great day for all involved and a day I truly enjoy putting on each year!



**The Health Department** has scheduled a **SMAC** clinic open to all Parsippany residents on September 15<sup>th</sup>, 8:30am-10:30am. This blood screen includes cholesterol, blood sugar, liver function tests, kidney function tests, blood count, and more. Fasting is required as is a fee of \$21 payable by cash or check. Call the Health Department at 973-263-7160 for an appointment.

**The Community Center** - If the hot weather is getting to you, come on in and cool down at The Parsippany Community Center where we offer so much throughout the day to help our residents take a break. If you want to do nothing but sit and have a drink, we have free coffee and tea. Often snacks find their way to the kitchen, too! Low impact exercise classes such as Senior Fitness and Stretch- and-Strength take place weekly and they are pay as you go, \$3.00 each session. Tai Chi, Ballroom Dancing, and Line Dancing will take your mind off the heat. Pool tables and ping pong tables are available at all times. If you're a card-player, there's Bridge, Mahjong and Pinochle going on throughout the week. So much is going on at the Center that you will always be kept busy. Located at 1130 Knoll Road, the Center is open 9am-5pm, Monday through Friday.