



“National Park and Recreation Month is the perfect opportunity to highlight the beauty of our open spaces, the importance of recreation facilities and the positive impact they have on our wellness and quality of life. The area overlooking the Orange Reservoir provides a beautiful and unique spot to host a diverse lineup of activities to exercise, entertain and inspire you. We invite the public to celebrate with us and look forward to seeing you at our upcoming events”

Joseph N. DiVincenzo, Jr.



**Joseph N. DiVincenzo, Jr., Essex County Executive
and the Board of County Commissioners
Invite You to**



Wellness on the Waterfront 2023

Essex County South Mountain Recreation Complex Clipper Pavilion, Cherry Lane

Essex County celebrates Parks and Recreation Month with free weekly activities at the Waterfront in the Essex County South Mountain Recreation Complex

Mondays **Yoga for Adults: July 10, 17, 24, 31; August 7 at 6:30pm**

These classes are suitable for both beginners and seasoned yoga practitioners. Bring a yoga mat and dress comfortably. Classes are held rain or shine

Tuesdays **Jammin’ in July: July 11, 18, 25; August 1, 8, 15 at 7pm**

Elevate your Waterfront experience with music. The schedule is as follows:

July 11: West Orange Community Band

August 1 : The Uptown Boogie Band

July 18: Maplewood Concert Band

August 8 : Pat Prebor

July 25 : Pat Prebor

August 15 : The Uptown Boogie Band

Wednesdays **ZOO-VIES: July 5, 12, 19, 26-films begin at dusk**

Movies under the stars on the rooftop of our Turtle Back Zoo parking deck. Bring your own lawn chair. Rain cancels. The location is at TBZ not the Clipper Pavilion. For a complete schedule, visit EssexCountyNJ.org

Thursdays **Full Body Workout: July 6, 13, 20, 27 at 6:30pm**

Join the group and get in shape!

