

The Scoop

Happenings from Howell Plaza Shopping Center



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We Wish You a Peaceful Holiday

May the lights of the holidays help lead the way to better days ahead.

Looking for an Unexpected Type of Fitness Training?



When entering the private world of one-on-one fitness training at **And Fitness for All**, be prepared for a workout that combines the ordinary with the unexpected.

Former Marine and personal trainer **Cory LeClair** is the owner and pivotal presence in this recently opened fitness center. "My concept is simple: flexible sessions within a dynamic and exciting space."

He mixes elements from cardio, strength training, cardio kick boxing, boxing, boot camp, CrossFit and aerobics with coaching to reach clients' goals. Besides standard exercise equipment, there's a weighted sled on turf, pad training and more.

Starting off slowly, with Covid-19 precautions in mind, Cory offers 30-minute one-on-one workouts...one client in the room at a time. Eventually, those sessions will be expanded to an hour. Down the road, small classes, group training and yoga classes will be introduced for both men and women, held separately in respect to Orthodox clients.

Please reach out to Cory at cory.affa@gmail.com or (732) 664-5536.

Read the entire article at www.HowellPlaza.com/stores



December 7th is National Letter Writing Day

With pen, pencil or crayon, celebrate the day with an old-fashioned letter to someone dear. Check out the **U.S. Post Office** for holiday stamps.



December 27: Make Cut Out Snowflakes Day

Use leftover wrapping paper to make snowflakes. Only paper, scissors and your creativity are needed! **Jeena Jay** has the supplies you need. Visit www.HowellPlaza.org for directions.

Find what you're looking for at Howell Plaza

AND FITNESS FOR ALL • ATLANTIC PHYSICAL THERAPY • BOB'S SPORTS CARDS & MEMORABILIA • CENTRAL JERSEY TAX SERVICES • CODE NINJAS • COSMOPROF • CPR CELL PHONE REPAIR • CTRL V-HOWELL • EXPRESS EMPLOYMENT PROFESSIONALS • FARMERS INSURANCE-STEVEN JOHNSON AGENCY • HARBOR FREIGHT TOOLS • HOWELL ACADEMY OF DANCE • HOWELL KITCHEN • JEENA JAY • KING OF BAGELS • LESLIE'S POOLMART • NAIL TECH • NEW JERSEY BLOOD SERVICES • NIRI BARBER SHOP • NONNO'S PIZZERIA • PHILLY PRETZEL FACTORY • RIVERSIDE URGENT CARE • SHORE SUDS LAUNDROMAT • SWEET MUSIC ACADEMY • SWEET PERFORMING ARTS • US POST OFFICE • WINE-O-LAND

Countering At-Home Isolation...

Code Ninja Opens in Time for Cold Weather at Kid-Centered Howell Plaza

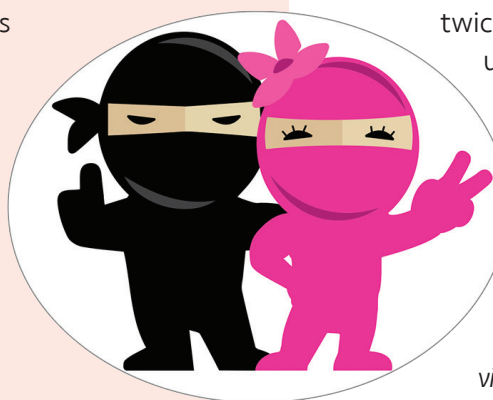


Become a Code Ninjas Founding Family

Founding Family members at Code Ninjas receive great rewards. Benefits include:

- > a discounted lifetime locked-in rate
- > 2 1-hour drop-in sessions each week
- > 1 free parents night out voucher and lifetime discounts on birthday parties, summer camp and for sibling enrollment
- > a Code Ninjas T-shirt
- > an Edible Arrangements box of dipped strawberries
- > a \$25 Gift Card from **CtrlV Arcade**

Visit www.CodeNinjas.com/locations/nj-howell to learn more. Offer good for first 50 families.



While it's essential right now, remote learning is leaving many children struggling with loneliness.

Recently opened **Code Ninjas** is a safe haven where children ages 7-14 are learning how to code by building their own video games in a fun and safe environment. With a nine-belt curriculum inspired by martial arts, Code Ninjas keeps kids excited and engaged while parents see their children gain life-changing STEM skills.

Youth make friends and work together while building confidence and independence in their own learning. When someone progresses, color wristbands are awarded in "belt-up" ceremonies in which the whole Dojo takes part.

Owner **Rodelio Torres** is limiting participation to four or five kids at a time for 60 minutes, twice a week. Typically, there would be up to 30 participants.

Howell Plaza is the right place for Rodelio and Code Ninjas. "When I was considering locations, I visited Howell and watched as parents would bring their kids to the dance studio, Ctrl V and the music studio—truly a kids corner. Howell offers a vibrant potential. Parents waiting for kids, could go have a bagel; if a sibling doesn't want to dance, s/he could learn coding. Chinese food and pizza are just a few stores away."

Visit www.codeninjas.com/nj-howell or call **732-595-CODE (2633)**

Read the entire article at www.HowellPlaza.com/stores



Express Employment Professionals Is Celebrating Five Years!

5

Years

1,500

Job Placements

300

Local Companies

Visit www.expresspros.com/howellnj or call **(732) 806-9562** for your dream job.

We salute those who have and continue to help others—neighbors, strangers and loved ones alike.

In the midst of this global pandemic, each of us is affected. It's so hard, unfair and terrible. Together, we can help one another and make it through these trying times. A simple gesture—a phone call, a surprise of home baked cookies on a doorstep, a mailed note—makes all the difference. And, please, always wear a mask in public to prevent spread of this dreadful virus.

Thank you for what you do for your own and for others.



MedExpress Is Now Riverside Urgent Care



MedExpress Urgent Care has changed its name after becoming part of the Riverside Medical Group family, one of the largest primary care and multi-specialty medical groups in the tristate region. It's still offering the same stellar services, and you'll continue to see the same friendly doctors, staff, and clinicians you've come to know. Your medical records will remain on file, so there is no need to take any action.

In addition to offering 15-minute rapid COVID testing and antibody testing, the team at Howell Plaza treats illness and injuries for all ages.

Walk-in visits are welcome, and online reservation booking is urged to ensure minimal wait times. **Riverside Urgent Care** in Howell is located at 4074 US Highway 9, Howell, N.J. 07731, and is open 8am–8pm.

Visit www.riversidemedgroup.com/services/urgent-care/howell-nj/ or call **(732) 886-7342** for more information.

Behind-the-Scenes

with **Fady Malaty**



Lighter Lunch Fare at King of Bagels

With the introduction of lighter foods like the tuna avocado cucumber salad (with hints of cilantro and lime juice) and an array of Mediterranean dishes, **King of Bagels** is poised to become the go-to destination for lunch.

Ever since he took over the business in summer 2018, owner **Fady Malaty** has been tinkering with the menu and gaining fans along the way. With invaluable input from his customers, Fady has rounded out the standards of sandwiches, wraps, paninis and bagel creations with lamb gyros, smashed avocado with eggs on toast, veggie omelets and feta salads and other additions.

For those with a bigger appetite, his sandwiches are stuffed with even more meat, and the Italian dishes are hearty.

Not to be overlooked: kids (of all ages) have their own special items: mini, French toast, blueberry and rainbow bagels. There's even Oreo cream cheese. Warning: call ahead to order since these specialties go fast!



For those in the know, behind-the-scenes **Jerry Lesi** is still the number one bagel-making master and Italian cuisine chef and is now baking artisanal breads. Previously he lived in Italy, where he received intense culinary training that he applied at an Italian restaurant in Brooklyn for 24 years as head chef.

In addition to the menu upgrades, Fady has renovated the interior with warm and welcoming décor and has extended the hours to 6am–4pm on most days (Sun/Mon, it closes at 3pm).

With loads of ideas up his sleeve, now is the time to stop by, chat with Fady and share some ideas. Who knows perhaps a sandwich will debut in your honor!



Visit the stores tab on www.HowellPlaza.com to view the King of Bagels menu and the full article.