



Atlantic County Parks Programs

July - December Program Activities 2010



NEW!!!
Check Out These New Activities...

YOGA FOR BEGINNERS

Wednesdays, August 4th, 11th, 18th, & 25th (Raindate Sept. 1st)
8:30 - 9:30 AM
Lake Lenape Park East (753 Park Road, Mays Landing) Meet on the beach upon arrival. Teens & Adults Relax on the sand near the lighthouse while learning basic Yoga forms and breath work. Participants should dress in loose fitting clothing, casual footwear, and bring water, yoga mat, and a towel. **Advanced registration only, \$5 registration fee per session payable to: Atlantic County Treasurer, call 625-8219.**

SUNSET T'AI CHI

Thursday, August 12th (Raindate August 19th)
Thursday, September 2nd (Raindate September 7th)
6:30 - 7:30 PM
Lake Lenape Park East (753 Park Road, Mays Landing) Meet on the beach upon arrival. Teens & Adults T'ai chi is a mind-body practice sometimes referred to as "moving meditation" practitioners move their bodies slowly, gently, and with awareness, while breathing deeply. These introductory sessions will impart energy exercises that are simple to follow and easy to remember. Participants should dress in loose fitting clothing, casual footwear, and bring water. **Advanced registration only, \$5 registration fee per session payable to: Atlantic County Treasurer, call 625-8219.**



MORNING FITNESS WALK

Fridays, September 10th, September 17th, September 24th, October 1st, October 8th
9 AM start for all walks
Meet at the Fox Nature Center for a fitness walk along the 2.2 mile loop road through Estell Manor Park. Pace is geared toward ability of the group. Standard tick precautions are recommended. Registration suggested. Call 645-5960. NO FEE.



LITTLE LEARNERS' CRAFT CLASS

Once a month
Fridays, July 16th, August 20th, September 17th, October 15th, November 19th, and December 10th
10 AM and 1 PM
Open to 3 - 5 year old preschoolers accompanied by an adult. Transform everyday objects into works of art. Lots of fun, but potentially messy. Please bring a smock if available. "Show and tell" if time permits. Call 645-5960 to register and specify session. NO FEE.



HIKE ESTELL

Saturday, October 16th, Sunday, November 28th, & Monday, December 27th
1:30-3:30 PM, Rain or shine
Meet at the Fox Nature Center for a recreational hike through Estell Manor Park. Explore new trails, rediscover favorite spots. Pace is geared toward ability of the group. Standard tick precautions are recommended. Binoculars may add to your enjoyment. NO FEE.

HEADS UP!

A new laughter club may be forming this Fall. If that sounds captivating to you, call future joyologist, Karen Zindell at ext. 5431 to get in on the ground up, or stay tuned for the unearthing of your funny bone.

DRUM CIRCLE

Friday, August 13th (Raindate August 14th)
6:30 - 7:30 PM
Friday, September 17th (Raindate Sept. 18th) 5:30 - 6:30 PM
Lake Lenape Park East (753 Park Road, Mays Landing) Assemble at pavilion 3.

Learn various types of drums and other rhythm instruments in a group setting. Children must be accompanied by an adult. **Advanced registration only, \$5 registration fee per session payable to: Atlantic County Treasurer.** Call 625-8219 to register and specify session.

MURDER MYSTERY

Tuesday, August 17th, 5-10PM
Atlantic County Library/Mays Landing, 2nd floor

A rip-roaring 1920s gangster-themed murder mystery party game loosely based on Chicago & New York gangsters, their rivalries, speakeasies and love lives. Willingness to role play and venture whodunit required. Presented in conjunction with the Atlantic County Library System, call 625-2776 for information and registration.



PICNIC IN THE PARK

Friday, August 20th rain or shine
Estell Manor Park, 1st picnic area
5:30 - 8:30 PM

Presented in conjunction with the Atlantic County Division of Public Health and the Atlantic County Healthy Living Coalition, this free family event will focus on nutrition, games and fun. A healthy bagged picnic lunch will be provided. Advanced registration required by calling Ben Mount at 645-7700, ext. 4259.



PUBLIC

ORIENTEERING

Friday, November 5th,
Saturday, November 6th
Saturday, December 4th
11 AM - 3 PM

(Hey teachers! This is a great outdoor activity to participate in during the NJEA convention!) Are your children learning to read a map in school? Put on your hiking boots, pack a trail lunch and head to the Estell Manor Park for a three mile orienteering course through the woods. We provide the instructions, maps and a loaner compass. A basic course for the beginner and an intermediate course for the experienced or more adventurous are offered. Please specify course when registering. Children under 13 must have an adult with them. Standard tick precautions are recommended. NO FEE. **Attention School Groups: This makes an excellent field trip. Available during the week with advanced arrangements. Call Karen at 645-5960.**



VOLUNTEER OF THE QUARTER AUTUMN 2009

Tom & Joanne Judge

The Park System is fortunate to enjoy the continuing services of this wonderful couple, Tom and Joanne Judge. They have been beautifying the park system since the summer of 2002 when a Ranger spotted them picking up litter at Lake Lenape Park West, and informed them of our volunteer program. Having deep roots in the Mays Landing area, they expressed a sense of ownership over the condition of the Park. They would not consider walking along a trail without leaving it in a better state than they found it. Their interest in helping others has branched out to assisting with several preservation and conservation related projects. Several of their keen observations and insightful suggestions have ripened into fruitful new approaches. Here is a couple who can always see the forest for the trees. Thank you Joanne and Tom!

VOLUNTEER OF THE QUARTER WINTER 2009 - 2010

Doris Dackonish

It has been about 6 years since Doris Dackonish first brightened the Nature Center with her graceful warmth, and winning smile, while inquiring about volunteer opportunities. Interested in helping expose children to the joys and wonders of nature and the outdoors, her assistance has become essential to the presentation of the monthly Little Learners Craft Class. Mother of six children, grandmother, sister, and caregiving daughter, are just some of the roles she manages to work within, to find the time to honor her volunteer commitments. Doris helps the preschoolers cut, glue, paint and stitch with the most gentle patience. This past winter she helped orchestrate the Holiday Magic program, gilded pinecone hunt, and coordinated the prize redemption table. She also assisted with several very cold hikes. The Park system is grateful for Doris' dedication and contributions.

VOLUNTEER RECOGNITION

(Sept 2009 - May 2010)

Atlantic County Parks would like to recognize the following dedicated volunteers:

Julie Akers, Janis Coffin, Doris Dackonish, Laura Gonzalez, Randi Heller, Thomas & Joanne Judge, David Keefe, Amber Kell, Joan Liepe, Amanda Llewellyn, Buster Raff, & Julie Zindell, and group volunteers from Arc of Atlantic County, Boy Scouts of America, JORBA, and the Rutgers Master Gardeners programs. Warmest welcome to new volunteers: Kelly Keenan, Allen Jackson, Ken Seebeck, Adam Sturts & Jim Watson. These volunteers assisted with special projects, bird habitat maintenance, nature center duty, and program support, to name but a few of their valuable contributions. If you'd like to lend us your services, please call 645-5960 and ask for Karen Zindell.

NON-PROFIT
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MAYS LANDING, NJ
08330

ATLANTIC COUNTY
DIVISION OF PARKS & RECREATION
6303 Old Harding Highway
Mays Landing, NJ 08330-4306




Atlantic County Executive
Dennis Levinson

Atlantic County
Board of Freeholders
James Curcio
Chairman

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STARLIT FAMILY FILMS

Friday, October 1st, 7-9 PM, (Raindate Oct. 8th)
Lake Lenape Park East (753 Park Road, Mays Landing)



E.T. - The Extra-Terrestrial - Free Admission


Enjoy a family film classic on the big screen under the big sky. Spread out your blankets or chairs and bring snacks to make yourselves comfortable.
Children must be accompanied by adults.
Call for weather cancellation: 645-5960.

Borrow Bikes and Sports Equipment Free
Visitors to the Estell Manor Park may borrow bikes and helmets, volleyballs, softball equipment, soccer balls, horse-shoes, jump ropes, frisbees and tetherballs at the W.E. Fox Nature Center. An adult must be with any child borrowing equipment and must present a valid driver's license. Children under 14 must wear helmets while riding bicycles as per New Jersey State Law. Note: Individuals with special needs may request the use of a three wheeled bike. We reserve the right to keep this bicycle available for special accommodations only.

Attention Groups
Bicycles and helmets may be loaned to groups. A handout that explains the procedures is available in the Nature Center. Following these procedures will insure a safer and more enjoyable group riding experience. Your cooperation as a group leader is appreciated.


Holiday Fun...

A CALL FROM THE NORTH POLE
Wednesday, December 8th
& Thursday, December 9th
6-8 PM



Atlantic County Parks has made special arrangements to have Santa and his crew make phone calls to good boys and girls (who are believers). If you would like to have the North Pole gang call your children, please call the Park office before November 16th at 645-5960 to have a flyer sent to you.


HOLIDAY MAGIC
Wednesday, December 29th
12:30 PM
Atlantic County Library/Mays Landing
2nd floor



Liven up your winter vacation, meet old friends, make new ones, and see a magic show! Please arrive in time to be seated by 12:30 when the Great Haldini will astound and delight you. Afterward, weather permitting, a search for the gilded pine cone will be conducted in Gaskill Park. Dress warmly. Advanced registration required: 645-5960. NO FEE.


BEWARE
Ticks can carry disease. As you venture outdoors, please take the following precautions:

- Tuck your pant legs into your socks.
- Wear light colored clothing (easier to spot ticks).
- Check yourself frequently during and after a trip outdoors.
- Use insect repellents. Read the product labels carefully.
- Stay on the center of trails and avoid walking through the shrub layer of the forest.



LOW-ROPES, TEAM CHALLENGE COURSE


Weekdays by advance arrangement
Atlantic County Park at Camp Acagisca



Want to have fun and practice problem solving, while establishing group unity? This outdoor experience can meet many objectives for an existing organized group of 6-15 people, aged 10 years and above by building leadership skills, improving communication, and developing consensus, to name but a few. The program consists of physical warm-ups, trust building exercises, and course elements which encompass varying degrees of physical, mental, and emotional exertion. It takes at least 6 hours to complete a majority of the elements. All activities are presented on a challenge by choice basis. Group insurance is required. NO FEE. For more information, contact Karen Zindell at ext. 5378.

FOR PROGRAM INFORMATION OR TO REGISTER CALL:

Atlantic City Area: 345-6700 • Mays Landing Area: 625-7000 • Northfield Area: 645-7700
Park Naturalists: Ext. 5375 / 5373 • Recreation: Ext. 5431 / 5378
General Information / Veterans Cemetery: 625-1897
Park System Reservation Office at Lake Lenape Park: 625-8219 (camping, boating, pavillion & gazebo rental)
Atlantic County Website: www.aclink.org go to Parks and Recreation



Cancellations: The Division of Parks & Recreation reserves the right to cancel any program if the weather, or other unforeseen circumstances, make it impossible to carry out a program. All pre-registered participants will be notified should this occur, if their registration form includes their daytime and home phone numbers.

Refunds: Refunds for programs sponsored by the Division are only issued when a reservation is cancelled at least 2 weeks in advance (in writing), or when the event is cancelled by the Division. Refunds will not be issued if cancellation is received less than two weeks prior to event. An extension can be issued, however, you must call to tell us you're cancelling.
A five dollar processing fee is non-refundable.

Note: If you require an accommodation related to a disability, please call 10 business days in advance so arrangements can be made: 645-5960. NJ Relay phone # 1-800-852-7899.