Attention schools and groups!
The following programs are ongoing (not date specific)
opportunities. For more information call Recreation
Program Specialist Karen Zindell (609) 625-7000 ext. 5431.

Laughing Matters
Weekdays by advanced arrangement

All ages are welcome to exercise their funny bones with
a Certified Laugher Leader. Participants will take a
dynamic role in a laughter exercise workout & other
activities to encourage playfulness and fun. Laughing is
a physical activity that lifts spirits, reduces stress, helps
to lower blood pressure and stimulates the immune
system. “Laugh for the Health of it!” This program is
available free for your organized group of 10-30 people,
at your location or ours.

Low Ropes, Team Challenge Course
Weekdays by advanced arrangement
Atlantic County Park at Camp Acagisca

Want to have fun, practice problem solving, while
establishing group unity? This outdoor experience can
meet many objectives for an existing organized group of
6-15 people, age 10 years and above; 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.

Field Games (New and Old)
Is your group of 10-60 people planning a trip on a
weekday to the Estell Manor Park? Arrangements can
be made for the Recreation Program Specialist to
conduct an hour long games program for you.
Tug-of-war, relay races, and new games will add
excitement to your picnic. An assortment of competitive
and/or noncompetitive games can be selected and
tailored to the needs of the group.

Volunteer of the Quarter - Ethan Armbruster
Winter 2014 (January - March)

This high school freshman contacted the Park System last
fall with a desire to perform a service project to benefit his
community, and qualify for the rank of Eagle Scout. A
member of BSA Troop 128, Ethan’s desire met the Park’s
need to rejuvenate a tired but popular “Trees of the Park”
sign on display in the Nature Center. The project involves
collecting, preserving, and mounting leaf, flower, and seed
samples for up to 30 tree species, while mapping specimen
locations for a future tour guide. The process has included
considerable research regarding what each tree is known
for, methods of preserving the samples, along with planning
how to best allocate the troop’s resources through the 4
seasons of collection activities. Ethan has already spent a
significant amount of time meeting with staff, and adapting
his original plans so that future visitors (and students
completing tree projects) may more easily identify their
forest resources. Thank you Ethan!

Volunteer Recognition
January 2014 - March 2014

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

Julie Akers, Ethan Armbruster, Elizabeth Caroline Cruse,
Doris Dackonish, Jeanne Grippa, Allen Jackson, Tom &
Joanne Judge, David Keefe, Cheryl Osolinski, Paul Quick,
James Watson, Andrew, Drew, Kathleen, & Thomas
Weatherby, and group volunteers from ARC of Atlantic
County. These volunteers assisted with special projects,
trail maintenance, and program support, to name but a few
of their valuable contributions.

Welcome New Volunteers Elizabeth Cruse & Jeanne Grippa.

If you’d like to lend us your services, please call
(609) 625-7000 ext. 5431 and ask for Karen Zindell.

Atlantic County Executive
Dennis Levinson
Atlantic County Board of Freeholders
Frank D. Formica, Chairman
Summer

All programs are free and require advanced registration. If a program fills, a waiting list will be kept so that any cancellations may be filled.

Registration: for the following programs is taken on a first-come, first-served basis, and made by calling (609) 625-7000 ext. 5431 between 8AM - 4PM, or through email: zindell_karen@aclink.org

Cancellations: The Division of Parks and Recreation reserves the right to cancel a program if the weather or other unforeseen circumstance makes it impossible to carry out a program.

Please- if you can’t make it to a program for which you’ve registered, call to enable us to release your spot. Suggestions for additions to the current programs are always welcome.

The following programs will be held at the Estell Manor Park Nature Center

Little Learners’ Craft Class
Fridays: July 18th, August 15th, & September 19th
Once a month
10 AM and 1 PM
Open to 3-5 year old preschoolers accompanied by an adult. Transform everyday objects into works of art. Time permitting, children will have the opportunity to “show and tell”. Specify morning or afternoon session when registering.

Sunset T’ai Chi
Saturdays: July 12th & 26th
7-8 PM
Teens & Adults
T’ai chi is a mind-body practice sometimes referred to as “moving meditation”. These introductory sessions will impart energy exercises that are simple to follow and easy to remember. Participants should dress in loose fitting clothing, casual footgear, and bring water.

Yoga for Beginners
Wednesdays: August 27th, September 3rd & 10th
8:30 - 9:30 AM
Teens & Adults
Relax while learning basic Yoga forms and breath work. Participants should dress in loose fitting clothing, casual footgear, and bring water, yoga mat, and towel.

General Information/ Nature Center/ Veterans Cemetery
(609) 625-1897
Park System Reservation Office at Lake Lenape
(pavilion/gazebo rental, camping, boating)
(609) 625-8219
Atlantic County Website: www.aclink.org

Fish Tales
Tuesday: July 29th
7-8:30 PM
All Ages
Families and individuals interested in fishing and the environment are invited to join Fred Akers, “Watershed Fred” to learn about the life histories of migratory fish in Lake Lenape and the Great Egg Harbor River. This buoyant presentation will examine life cycles of species such as river shad, white perch, herring, and the American eel, and their relationship to larger species of fish such as striped bass, and fish-eating birds, including osprey, great blue heron, and the federally threatened bald eagle.

Great Egg Harbor River Trip Tips
Tuesday, August 26th
7-8:30 PM
Teens and Adults
Fred Akers, Administrator of the Great Egg Harbor Watershed Association will be sharing information about how to plan paddling trips from Penny Pot to Lake Lenape. Access points, travel times, river condition assessments, and safety issues will be covered, along with paddling experience and techniques.

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.

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

Recreation Equipment Lending
Visitors to the Estell Manor Park may borrow bikes and helmets, volleyballs, softball equipment, soccer balls, horseshoes, jump ropes, and frisbees at the Nature Center. An adult must be with any child borrowing equipment and must present a valid drivers license. Children 17 and under must wear helmets while riding bicycles 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.