



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

**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 release your spot. Suggestions for additions to the current programs are always welcome.

### The following programs will be held at: **Estell Manor Park Nature Center**

#### **Little Learners' Craft Class**

Fridays, April 17th, May 15th, & June 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.

#### **Speaker's Series:**

##### **Common Sense Bluebird Management**

Tuesday, May 19th  
6 - 8:30 PM

Teens and Adults

Retired US Fish and Wildlife Services Biologist Allen Jackson will show participants how to enhance bluebird siting, and create friendly spaces for nesting bluebirds. Participants will witness a nest check of the boxes in the Estell Manor Park, observing different stages of nests, eggs, & young, and possibly band a clutch or two. General habitat requirements and practical management techniques will be discussed.



#### **General Information/ Nature Center/ Veterans Cemetery**

(609) 625-1897

#### **Park System Reservation Office at Lake Lenape**

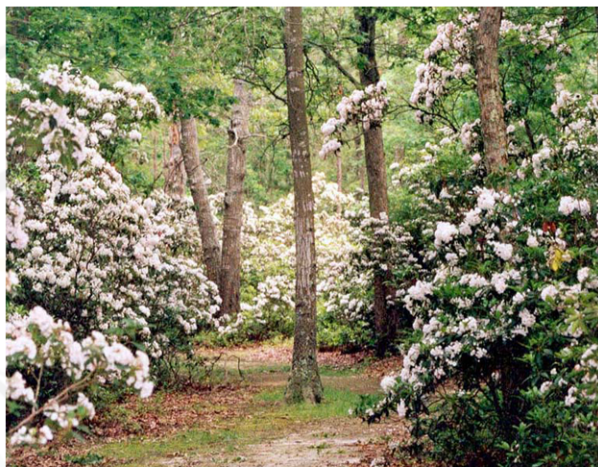
(pavillion/gazebo rental, camping, boating)

(609) 625-8219

Atlantic County Website: [www.aclink.org](http://www.aclink.org)

#### **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.*



**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/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: 625-1897. NJ Relay phone # 1-800-852-7899**

**The following programs will be held at:**

**Lake Lenape East**

**753 Park Road, Mays Landing**

*(Alternative location: Estell Manor Park Nature Center)*

#### **Intro to T'ai Chi**

Tuesdays, April 14th, May 12th, & June 9th  
7 PM - 8 PM

Teens and 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 footwear, and bring water.

#### **Yoga for Beginners**

Wednesdays, April 29th, May 6th, & 13th  
8:30 - 9:30 AM

Teens & Adults

Relax while learning basic Yoga forms and breath work. Participants should dress in loose fitting clothing, casual footwear, and bring water, yoga mat, and towel.

#### **Three-Color Painting Workshop**

Thursdays, May 14th, 21st, & 28th  
10 AM - 12:30 PM

Teens and Adults

Blending three primary colors to create the full spectrum of hues is more than a test of an artist's skill; it's a distinctive way to create stunning and original paintings. In this hands-on workshop, Mays Landing artist Bob Baum will tutor participants in the art of harmonious color mixing, from composition through finished paintings, using just 3 colors - alizarin crimson, ultramarine blue, and cadmium pale yellow (plus white). Painters of all skill levels are invited to paint outdoors, weather permitting, in the verdant month of May (indoor still life if inclement). Materials list provided at registration (approx. \$40 at craft store).

#### **Wednesday Whoot Group**

Wednesdays, June 3rd, 10th, & 17th  
10 - 11 AM

Teens & Adults

For the Child at Heart

Karaoke optional, dance a little, laugh a lot, and share stories, all in the round. Register early for this twelve person maximum light-hearted social interpretive experience.



### 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 Laughter Leader. Participants will take a dynamic role in a laughter exercise workout and other activities that 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 - The Weatherby Family

Autumn 2014 (October- December)

The Weatherby family learned about our volunteer program while attending park activities. Kathleen and eldest son Andrew began their service in 2010. Joined by husband Drew, and brother Thomas (who recently enjoyed impersonating North Pole characters) this family continues to make themselves essential to several park activities. Whether assisting with trail beautification or branching out to light up special events with their joyful sense of mirth, the Weatherby family's example of selfless service truly leads the way.



### Volunteer Recognition

October 2014 - December 2014

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

Kevin Akeret, Julie Akers, Gerry Creighton, Doris Dackonish, Cecilia Brown, Thomas & Joanne Judge, David & Gail Keefe, Suzanne Marx, Paul Quick, Samantha Riggins, Bob Ross, Ken Seebeck, Jim Watson, Andrew, Drew, Kathleen, & Thomas Weatherby, and group volunteers from ARC of Atlantic County, and JORBA.

These volunteers assisted with trail restoration, and program support, to name but a few of their valuable contributions.

**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

# Atlantic County Parks Spring Programs

April-June 2015



Atlantic County Division of Parks  
Atlantic County/Estell Manor  
109 State Highway 50  
Mays Landing, NJ 08330

### Save Trees. Reduce Costs.



Log on to [www.aclink.org/Parks](http://www.aclink.org/Parks)  
And sign up for our electronic  
brochures, flyers, and other  
notifications.

Visit Atlantic County Parks today!