Attention schools and groups!
The following programs are ongoing (not date specific) opportunities. For more information please email robinson_coleen@aclink.org

Explore the Park
Have you wanted to hike the north end of the Estell Manor Park, but have been afraid of getting lost? Want someone to show you what trails lead where? The Recreation Leader will be available **Monday through Saturday**, in the months of November through March, by appointment, to conduct individuals and groups on a guided tour of the Estell Manor Park. Standard tick precautions are recommended.

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 Leader 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.

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.

Volunteer of the Quarter - Thomas & Joanne Judge
Spring 2015
This couple has been volunteering for the park since 2002, picking up litter and debris from trails, picnic areas, and campsites, at several parks in the system. Often accompanied by their dachshunds, throughout their 13 years of volunteer service Tom and Joanne have also assisted with other special projects and beautification activities. Now retired from the US Postal Service, Tom has always made service a priority in his life. A Vietnam veteran, Tom cares deeply for his fellow veterans and devotes considerable time to the board of the Union Cemetery in Mays Landing. Joanne has deep roots in the community, and freely shares her infectious smile, quick wit, and rich historical anecdotes (and if one is lucky, yummy baked goods too). The Judge’s service to the Atlantic County Park System recently surpassed 800 hours each, making them the longest serving volunteers with the highest accumulated hours on record.

Volunteer Recognition
April - June 2015
Atlantic County Parks would like to recognize the following dedicated volunteers:
Bob Baum, Cecilia Brown, Doris Dackonish, Allen Jackson, Thomas & Joanne Judge, Barbara Keith, Cheryl Osiolinsky, Paul Quick, Jim Watson, Andrew, Drew, Kathleen, & Thomas Weatherby, and group volunteers from ACUA, ARC of Atlantic County, Friends of the Park Inc., GEHWA & JORBA
These volunteers assisted with group cleanups, program delivery and support, to name but a few of their valuable contributions.

If you’d like to lend us your services, please call (609) 625-1897

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

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

Save Trees. Reduce Costs.
Log on to www.aclink.org/Parks
And sign up for our electronic brochures, flyers, and other notifications.

GO GREEN
Visit Atlantic County Parks today!
Yoga for Beginners

Wednesdays, October 14th, 21st, & 28th
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.

Intro. to T’ai Chi

Tuesdays, October 13th, November 10th, & December 8th
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 footwear, and bring water.

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