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

Save Trees. Reduce Costs.

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

GO GREEN
Bike. Hike. Paddle. Play.
Visit Atlantic County Parks today!

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 Osolinsky, 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 Executive
Dennis Levinson

Atlantic County Board of Freeholders
Frank D. Formica, Chairman

Atlantic County Parks
Fall Programs
October-December 2015

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

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: is taken on a first come, first served basis, and made by calling **(609) 625-1897** between 8AM - 4PM, or through email: robinson_colleen@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.

HELD AT ESTELL MANOR PARK NATURE CENTER:

Little Learners' Craft Class

Fridays, October 16th, November 20th, December 11th
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.

Walk in the Park

Thursdays, October 8th, 15th, 22nd, & 29th,
November 12th, 19th, & December 10th, 17th,
9 -10 AM - Weather permitting

Meet at the Fox Nature Center for a fitness walk along the 2.2 mile Purple Heart Drive through Estell Manor Park. Pace geared to ability of group. Standard tick precautions are recommended. Wear sneakers & bring water.

Hike Estell

Saturday, November 14th
1:30 - 3:30 PM - Weather permitting

Explore Estell Manor Park's rich history with these guided recreational hiking tours. Meet at the Fox Nature Center. Comfortable pace. Standard tick precautions are recommended.

Public Orienteering

Saturday, November 21st
11 AM - 3 PM - Rain or shine!

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.

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**

Speaker's Series:

Growing Native: The Beauty and Ecology of Native Plants in the Landscape

Wednesday, October 7th
7- 8:30 PM

Teens and Adults
This dynamic presentation, presented by Christine and Arnold Clemenson of Clemenson Farms Native Nursery, challenges you to lift your garden to a new level of diversity by incorporating native plants. Discover the secrets of why native plants are indispensable to the living landscape. Learn which native plants will entice songbirds and butterflies into your garden. Join the many homeowners that are learning to landscape for life. Presented in conjunction with Friends of the Parks.

A Call from the North Pole

Tuesday, December 8th
Wednesday, 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 leave your address with the Park office **before November 24th** to have a flyer sent to you.
(If you don't receive the flyer by 12/2, call us again please.)

Holiday Magic

Wednesday, December 30th
12:30 PM
Mays Landing Library - 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.

HELD AT LAKE LENAPE EAST CATERING HALL:
753 Park Road, Mays Landing
(Alternative location: Estell Manor Park Nature Center)

Yoga for Beginners

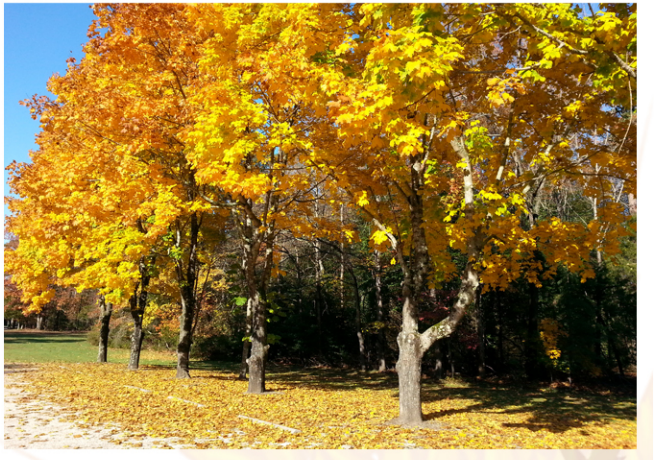
Wednesdays, October 14th, 21st, & 28th
8:30 - 9:30 AM

Teens & Adults
Relax while learning basic Yoga forms and breath work. Participants should dress in loose fitting clothing, casual footgear, 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 footgear, 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 forrest.

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