Attention schools and groups!
The following programs are ongoing (not date specific) opportunities. For more information call Recreation Program Specialist Karen ZinDel (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 & 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 10-80 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 game 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 - Cheryl Osolinsky
Spring 2014 (April - June)
Nurturing an interest in nature, this active birder has been flocking to bluebird nesting sites throughout the Park System. At least 2-3 times per week, Cheryl visits several bluebird boxes to count eggs and hatchlings, monitor nest conditions, and keep track of fledglings. Certified by numerous professional development agencies, Cheryl transports her outdoor experience back to the classroom at ACS/SSD. She has also landed thousands of hours volunteering for other agencies as a braille mentor, court-appointed special advocate and environmental technician. The Park is fortunate indeed to have such a fine friend nestled in its volunteer assemblage.

Volunteer Recognition
April - June 2014
Atlantic County Parks would like to recognize the following dedicated volunteers:
Bob Baum, E. Carole Cruse, Doris Dackonish, Jeanne Grippi, Allen Jackson, Thomas & Joanne Judge, Cheryl Osolinsky, Paul Quick, Jim Watson, and group volunteers from ARC of Atlantic County & JORBA

Warmest Welcome to New Volunteers:
Gerry Creighton & Kevin Akeret!

These volunteers assisted with special projects, 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) 625-7000 ext. 5431 and ask for Karen ZinDel.

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 rescheduled.

Registration: for the following programs is on a first-come, first-served basis, and can be arranged by calling (609) 625-7000 ext. 5431 between 8AM - 4PM, or through email: zindel_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.

Little Learners’ Craft Class
Fridays, October 17th, November 21st, December 12th
Estell Manor Park Nature Center
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.

Yoga for Beginners
Wednesdays, December 3rd, 10th, & 17th
Lake Lenape East Catering Hall
753 Park Road, Mays Landing
(Alternative location: Estell Manor Park Nature Center)
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
Wednesdays, October 1st, November 5th, & December 3rd
Saturday, November 22nd & December 6th
Lake Lenape East Catering Hall
753 Park Road, Mays Landing
(Alternative location: Estell Manor Park Nature Center)
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 incorporate. Participants should dress in loose fitting clothing, casual footwear, and bring water. New Instructor!

A Call from the North Pole
Tuesday, December 9th
Wednesday, December 10th
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 if you have a flyer sent to you. (If you don’t receive the flyer by 12/2, call us again please.)

Holiday Magic
Tuesday, 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.

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 or after outdoor activities.
- Use insect repellents. Read the product labels carefully.
- Stay on the trail 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 # 1-800-652-7899

Hike Estell
Sunday, October 26th (History Hike)
Saturday, November 22nd
Wednesday, December 31st (New Year’s Eve Hike)
Estell Manor Park Nature Center
1:30 - 3:30 PM - Rain or shine!

Explore Estell Manor Park’s rich history with these guided recreational hiking tours. The History Hike will focus on the area of the Park used by the Bethlehem Loading Company to produce armaments for WW I. A brief overview of the Estellville Glassworks will also be included. Group tours are available on Fridays and Saturdays throughout the year. Meet at the Fox Nature Center. Oats are geared toward ability of the group. Standard tick precautions are recommended.
Note: The Recreation Program Specialist is available Monday through Friday by appointment, to explore the park with individuals and groups.

Public Orienteering
Friday, November 7th
Saturday, November 8th
Sunday, December 7th
Estell Manor Park Nature Center
11 AM - 3 PM
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.
Attention Schools and Groups: This makes an excellent field trip. Available during the week with advanced arrangements. Call Karen at 625-7000 x5431.

Speaker’s Series:
Soggy Ground: Valuing Pine Barrens Wetlands
Saturday, October 18th
Lake Lenape East Catering Hall
753 Park Road, Mays Landing
(Alternative location: Estell Manor Park Nature Center)
7 - 8:30 PM
Teens and Adults
Wetlands have long intrigued us. For centuries bogs, mires, and meadows were regarded as forlorn topography; places replete with legend and lore. Demitoff, a Pinelands native, will present a natural science-based overview of how to read the wet environment of this tract. Long immortalized by the scientific community, Climate-driven movement of frozen and thawing ground, along with strong winds from the recently retreat Laurentide Ice Sheet, have helped to fashion lowland Pinelands terrain into unique landscapes that nature lovers enjoy today. Ice Age landforms provide critical habitat for rare, threatened, and endangered plants and animals. People have exploited wetland resources for over 14,000 years, and developed a distinctive agriculture to make barren ground productive. Their story will be woven together in a geographic tapestry of interactions between nature and society.