



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. 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 - James Watson

Autumn 2013 (October- December)

Our feathered friends are at home thanks to the efforts of this fantastic volunteer. James actually began his volunteer service before officially coming onboard when he constructed the purple martin apartments located near the boathouse at Lake Lenape. Possessing a keen interest in our avian guests, he has also been assisting other volunteers maintaining bluebird boxes throughout the Park System. Last autumn, James was active in his home workshop assembling a new dwelling for the lustrous purple martin colony. Thanks to his drive, knowledge about inn keeping, and woodworking finesse, this proprietor's efforts have enhanced the experience of both our winged and two-legged visitors alike.



Volunteer Recognition

October 2013 - December 2013

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

Julie Akers, Doris Dackonish, Andrew Hoover, Bonnie LaRoche, Allen Jackson, David & Gail Keefe, Sarah Kelly, Suzanne Marx, Paul Quick, Bob Ross, 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 2014



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: 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 the Estell Manor Park Nature Center

Little Learners' Craft Class

Fridays, April 11th, May 9th, & June 20th
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.

Three-Color Painting Workshop

Thursdays, May 8th, 15th, & 22nd
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).



General Information/ Nature Center/ Veterans Cemetery
(609) 625-1897

Park System Reservation Office at Lake Lenape
(pavillion/gazebo rental, camping, boating)
(609) 625-8219

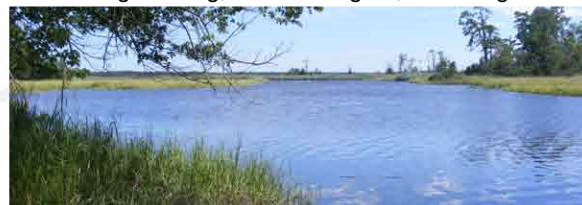
Atlantic County Website: www.aclink.org

Intro to T'ai Chi

Mondays, May 19th, & June 2nd
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.



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: 645-5960. NJ Relay phone # 1-800-852-7899

Save Trees. Reduce Costs.



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

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

Yoga for Beginners

Wednesdays, June 4th, 11th, & 18th
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.

Speaker's Series:

Common Sense Bluebird Management

Tuesday, May 13th
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.

Endangered Species Forum

Friday, May 16th
10 AM - noon

Teens and Adults

Join Larissa Smith from the NJ State Endangered and Non-Game Species Unit for a lively talk on bald eagles, followed by an exploration on invasive plants by well-known South Jersey photographer Michael Hogan. Participants will have the opportunity to examine conservation efforts and review protection successes. *"The conservation of natural resources is the fundamental problem. Unless we solve that problem it will avail us little to solve all others."*

~ Theodore Roosevelt

