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 & 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 10-60 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 - Doris Dackonish
Autumn 2012 (October-December)
Continuing her almost decade long service to the Park System, Doris Dackonish is an extremely valued member of the volunteer program. Assisting with such recreation programs as Holiday Magic, History Hikes, and Little Learners Craft Classes, Doris has become an integral part of these activities. From preparation to program delivery, she infuses the moment with radiant smiles, and soothing wisdom. Doris has gleaned a respectable knowledge of park events, opportunities, operations, and history, which she shares with the public in her quiet, unassuming way. Whether it is helping young children learn to cut, paste, and glue, or overseeing the guess the number of candies in the snowman contest, Doris can be counted upon to know what is needed and to get the job done with style and grace. Thank you Doris!

Volunteer Recognition
October 2012 - December 2012
Atlantic County Parks would like to recognize the following dedicated volunteers:
Julie Akers, Doris Dackonish, Allen Jackson, David & Gail Keeffe, Suzanne Marx, Paul Quick, Bob Ross, Andrew, Drew, Kathleen, & Thomas Weatherby, and group volunteers from ARC of Atlantic County, and JORBA.
These volunteers assisted with special projects, trail maintenance, 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 Parks
Spring Programs
April-June 2013

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
General Information/ Nature Center/ Veterans Cemetery  
(609) 625-1897  
Park System Reservation Office at Lake Lenape 
(pavilion/gazebo rental, camping, boating)  
(609) 625-8219  
Atlantic County Website: www.aclink.org

Sunset T’ai Chi  
Mondays: May 13th, & 20th  
7-8 PM  
Lake Lenape Park East  
753 Park Road, Mays Landing  
(Rain location: to be determined)  
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: NJ Relay phone # 1-800-852-7899