



### 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 - JORBA

Winter 2013 (January - March)

This quarter's award goes to the Jersey Off-Road Bicycle Association under the effective leadership of volunteer Ken Seebeck. A member of the US Coast Guard, Ken possesses the necessary skills to work in tandem with others. Last June's derecho followed by Hurricane Sandy in October visited extensive damage to the park system, especially to the single track multi use trail located within the Duck Farm Loop on the north end of the Estell Manor Park. Traveled primarily by cyclists, this path looked "like a bomb exploded" in several sections. In rolls JORBA to the rescue. Using only hand tools, this group embarked upon the back breaking task of rendering this trail navigable once again for riding. Thank you JORBA!



### Volunteer Recognition

January 2013 - March 2013

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

Julie Akers, Doris Dackonish, Allen Jackson, David & Gail Keefe, Paul Quick, Jim Watson, 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.

Welcome New Volunteers Nathan Ballinger & Cheryl Osolinski.

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

# Summer Programs

July-September 2013



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

# Summer

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 enable us to release your spot. Suggestions for additions to the current programs are always welcome.

## Little Learners' Craft Class

Fridays: July 19th, August 16th, & September 20th  
Once a month  
Estell Manor Park Nature Center  
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.

## Sunset Tai Chi

Mondays: July 29th & August 26th  
7- 8 PM  
Estell Manor Park Nature Center

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.

## Yoga for Beginners

Wednesdays: September 11th, 18th, & 25th  
8:30 - 9:30 AM  
Estell Manor Park Nature Center

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.

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](http://www.aclink.org)

## Speaker's Series

### Our Forest Heritage: Pine-Belt Employments

Tuesday: July 30th  
7- 8:30 PM

Teens and Adults

This graphics-rich session provides a natural science-based overview of man's use of Pinelands forest resources. Presented by Geographer Mark Demitroff, participants interested in local natural and cultural history will learn how this great wilderness provided the raw materials needed for America's rapid industrialization.

### Great Egg Harbor River Trip Tips

Tuesday, August 6th  
7- 8:30 PM

Teens and Adults

Fred Akers, Administrator of the Great Egg Harbor River Watershed Association will be sharing information about how to plan paddling trips from Penny Pot to Lake Lenape. Access points, travel times, river condition assessments, and safety issues will be covered, along with paddling experience and techniques.

### Common Sense Blue Bird Management

Tuesday, August 20th  
7- 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. General habitat requirements and practical management techniques will be discussed.

## Save Trees. Reduce Costs.



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

Log on to [www.aclink.org/Parks](http://www.aclink.org/Parks)  
And sign up for our electronic brochures, flyers, and other notifications.

## 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