

# Winter



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:

### **Estell Manor Park Nature Center**

#### **Little Learners' Craft Class**

Fridays, January 16th, February 20th, March 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.

#### **Hike Estell**

Sunday, January 25th  
Saturday, February 14th  
Sunday, March 15th (History Hike)  
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 WWI. A brief overview of the Estellville Glassworks will also be included. Or join us with infatuation on Valentine's Day. Meet at the Fox Nature Center. Pace is 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.*

#### **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.*

#### **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)

#### **Public Orienteering**

Saturday, January 3rd

Sunday, February 8th

Saturday, March 28th

11 AM - 3 PM

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.

**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:**

#### **Horseshoe Crabs, Cordless Drills, & a Full Moon. Let's Go Crab Tagging!**

Tuesday, March 17th

7- 8:30 PM

Ages 8 to Adult

The horseshoe crab is an ancient resident of the Delaware Bay that has been heavily impacted by human activities and delivered a near knockout blow from Superstorm Sandy. Shane Godshall of the American Littoral Society, a coastal conservation nonprofit, will discuss the efforts underway to help ensure the horseshoe crab's continued existence in the Bay, the horseshoe crab tagging program, and how you can participate. And since it's St Patrick's Day we'll discuss the likelihood that all horseshoe crabs might be Irish at heart.

**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**

**The following programs will be held at:**

#### **Lake Lenape East**

**753 Park Road, Mays Landing**

*(Alternative location: Estell Manor Park Nature Center)*

#### **Intro to Tai Chi**

Tuesdays, January 13th, February 10th & March 10th  
7 PM - 8 PM

Teens and Adults

Tai chi is a mind-body practice sometimes referred to as "moving meditation"; practitioners move their bodies slowly, gently, and with awareness, while breathing deeply. 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, February 4th, 11th & 18th  
8:30 - 9:30 AM

Teens and 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.

#### **Wednesday Whoot Group**

Wednesdays, February 4th, 11th & 18th  
10 - 11 AM

For the Child at Heart

Karaoke optional, dance a little, laugh a lot, and share stories, all in the round. Register early for this ten person maximum light-hearted social interpretive experience. *New program!*

#### **Baby & Me**

Wednesdays, March 4th, 11th & 18th  
11 - 12 Noon

Caregivers & children

This class is geared to improve your total body strength and flexibility through exercise while also providing fun activities that help build coordination and develop social skills for your child. Class is open to any caregiver with children aged 6 weeks to 5 years. Participants should dress in comfortable clothing and sneakers, and bring mat or towel and water. *New program!*





### 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.

### Save Trees. Reduce Costs.



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

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

### Volunteer of the Quarter - GEHWA - Lynn Maun

Summer 2014 (July - September)

The Great Egg Harbor Watershed Association (GEHWA) was formed in 1989 by Congress to promote the protection of the Great Egg Harbor River and Watershed through its designation into the federal Wild & Scenic Rivers Program. Lynn Maun, an educator with the association, has conducted dozens of environmental education programs within the Park System over the past year.

Her willingness to craft the program to each group's individual needs has allowed the Park System to serve a wide variety of populations. Lynn programs "in a box", transporting the equipment, tools, and materials necessary, to wherever the group is at, although her "out of the box" methods, such as engaging hand puppets, and using ice cube trays to count macroinvertebrates, creates programs that are fun and illuminating indeed. The thank you letters streaming in are testimonials as to how Lynn has touched these children's lives in memorable ways.

Lynn has reached hundreds of handfuls of participants, while instilling an awareness of and appreciation for the interconnected web of life that includes and surrounds us all. The Park System is fortunate for its confluence with Lynn Maun and GEHWA.



### Volunteer Recognition

July 2014 - September 2014

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

Kevin Akeret, Ethan Armbruster, Bob Baum, Gerry Creighton, Doris Dackonish, Allen Jackson, Thomas & Joanne Judge, Sarah Kelly, Stephen Lane, Cheryl Osolinsky, Paul Quick, Ken Seebeck, Jim Watson, Kathy & Thomas Weatherby, and group volunteers from ARC of Atlantic County, GEHWA, and the JORBA programs.

These volunteers assisted with trail restoration, and program support, to name but a few of their valuable contributions.

Warmest Welcome to new volunteers: Cecilia Brown, Stephen Lane & Samantha Riggins

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

## Atlantic County Parks

# Winter Programs

January-March 2015



Atlantic County Division of Parks and Recreation  
109 State Highway 50  
Mays Landing, NJ 08330