



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 Keefe, 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 Executive
Dennis Levinson

Atlantic County Board of Freeholders
Frank D. Formica, Chairman

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

Spring



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: April 19th, May 17th, & June 21st - 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.

Three-Color Painting Workshop

Thursdays: May 9th, 16th, & 23rd
Estell Manor Park Nature Center
10 AM - 12:30 PM

Teens & 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 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

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

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 5th, 12th, & 19th
8:30 - 9:30 AM

Lake Lenape Park East - Beach
753 Park Road, Mays Landing
(Rain location: Estell Manor Park Nature Center)

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, & towel.

Skywatch

Saturday, June 15th
Estell Manor Park Nature Center
7:30-10 PM

Presented by the South Jersey Astronomy Club, participants will learn about celestial objects and how best to observe them. Program will begin in the Nature Center with an informational session followed by an interactive demonstration outside (weather permitting). Participants should bring insect repellent. Join us for this stellar event!

