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To register for programs starting August 11, call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM.

For general information about your Monmouth County parks, call 732-842-4000, ext. 4312.

Find us on Social Media:





















Leaves in Autumn Work Two Full-Time Jobs

The following article was printed in the Fall 2019 issue of our Green Heritage Newsletter.

To receive the Green Heritage seasonally by mail,
fill out the request form at www.MonmouthCountyParks.com/GreenHeritage.aspx.

Leaves have two primary jobs: short order cook and traffic cop. Each has an impact on why leaves change colors in the fall.

In the first role, leaves are excellent sugar-making, short order cooks. They take energy from sunlight to "cook" water and carbon dioxide into sugar. To make as much sugar as possible, they must collect every bit of sunlight they can. Plants only use blue, green and red light to make the sugar and since each color of light moves at a different speed, you need a different "net" to catch each one. In leaves, these nets are called pigments.

- The first pigment group carotenoids are orange to yellow. Their job is to catch blue light.
- The second pigment group anthocyanins are pink to red. Their job is to catch green light (and some blue).
- The third pigment is chlorophyll; this "Hulk" of pigments is green. It's job is to catch red light. Because it is so big and plentiful, chlorophyll covers up most of the other pigments most of the year, which is why leaves usually appear green. That is, until fall.

When the short-order cook is busy catching light and making sugar in the kitchen, the second role of traffic cop is keeping the delivery of nutrients moving, carrying supplies from roots to leaves, and sugar from the leaves to the rest of the plant. A traffic jam could be deadly! The traffic cop does its job by opening and closing the stoma, little openings on the surface of leaves - like opening and closing a bridge - to control the flow of chemicals.

Changing Fall Colors

As winter approaches, it gets too cold to make sugar and chemicals won't be moving around much, so both the cook and cop will need to be let go. It's actually more harmful to keep leaves in winter, so many plants will drop them altogether before going dormant. Changing color is part of this process.

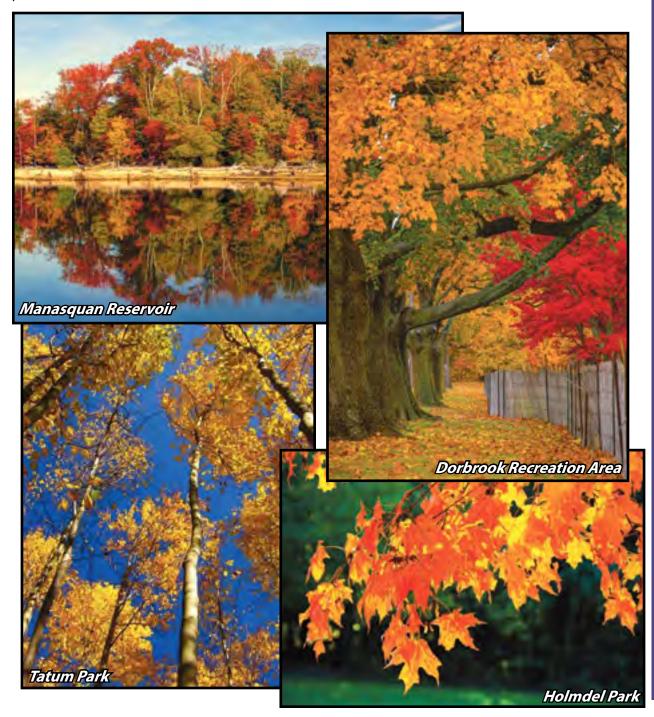
A plug forms where the leave meets branch and the stoma close, cutting off the nutrient supply. Without any use for the light collected, the pigments overheat and burn off. The busiest pigment (chlorophyll) dies off first, revealing the underlying pigments that were masked: orange, yellow and red. But these won't last long either; without energy to sustain them, the whole leaf will eventually turn brown and fall off.

Experience Autumn in the Parks

With autumn comes change, and with that comes a beauty so easily experienced with a visit to a park. Whether walking a trail or paddling on a lake, the colors of change are on display and invoke a sense of wonder. Check out the photos below for a look at the various color changes you can find in your Monmouth County parks as we move into autumn.

"How beautifully leaves grow old. How full of light and color are their last days."

- John Burroughs, Naturalist & Nature Essayist



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SEPTEMBER 2021

Saturday, September 4

- · Canoe Rentals (p. 20)
- Cookstove Demo (p. 6)
 - · Yarn Bee (p. 6)

Sunday, September 5

Canoe Rentals (p. 20)

Tuesday, September 7

• The Casual Birder (p. 75)

Friday, September 10

• Butterfly and Pollinator Garden Tour (p. 73)

Saturday, September 11

- · Accordion Melodies (p. 6)
- Open Shoot archery (p. 20)
- Preserving the Harvest (p. 6)

Sunday, September 12

- · Bonsai Day (p. 68)
- Climb Time (p. 20)

Monday, September 13

• Awesome Autumn Amble (p. 75)

Tuesday, September 14

• The Casual Birder (p. 75)

Wednesday, September 15

Butterfly and Pollinator Garden Tour (p. 73)

Thursday, September 16

• Sea Turtles of Monmouth County (p. 77)

Saturday, September 18

- Cookstove Demo (p. 6)
- · Fall Plant Swap (p. 68)
- Wind & Sea Festival (inside front cover)

Sunday, September 19

- · Cornbread Contest (p. 8)
- From Fleece to Skein (p. 8)
 - Open Mic Poetry (p. 83)

Friday, September 24

· Open House Barn Dance (p. 11)

Sunday, September 26

Harvest Home Festival (p. 7)

Tuesday, September 28

- The Casual Birder (p. 75)
 - Climb Time (p. 20)

OCTOBER 2021

Friday, October 1

· Drop-In Zip-Line (p. 20)

Saturday, October 2

- · Cookstove Demo (p. 6)
- Deep Cut Gardens Fairy Day Fest (p. 13)

Sunday, October 3

- Climb Time (p. 20)
 - Yarn Bee (p. 6)

Tuesday, October 5

• The Casual Birder (p. 75)

Saturday, October 9

- · Corn Harvest (p. 6)
- Open Shoot archery (p. 20)

Sunday, October 10

· Corn Harvest (p. 6)

Tuesday, October 12

• The Casual Birder (p. 75)

Wednesday, October 13

• Open Mic Poetry (p. 83)

Saturday, October 16

- · Accordion Melodies (p. 6)
 - Cookstove Demo (p. 6)
- Woodworking Demo (p. 6)

Sunday, October 17

Thompson Park Day (inside front cover)

Monday, October 18

· Awesome Autumn Amble (p. 75)

Monday, October 25

• Awesome Autumn Amble (p. 75)

Tuesday, October 26

• The Casual Birder (p. 75)

Thursday, October 28

• The Real Story of the Jersey Devil (p. 77)

Saturday, October 30

· Cookstove Demo (p. 6)

NOVEMBER 2021

Thursday, November 4

• Climb Time (p. 20)

Saturday, November 6

• Yarn Bee (p. 6)

Monday, November 8

• Awesome Autumn Amble (p. 75)

Tuesday, November 9

• The Casual Birder (p. 75)

Saturday, November 13

- Cookstove Demo (p. 6)
- Fall Craft Show (p. 46)
- Open Shoot archery (p. 20)

Monday, November 15

· Awesome Autumn Amble (p. 75)

Thursday, November 18

· Woodpeckers of Monmouth County (p. 77)

Saturday, November 20

- Accordion Melodies (p. 6)
- · Woodworking Demo (p. 6)

Tuesday, November 23

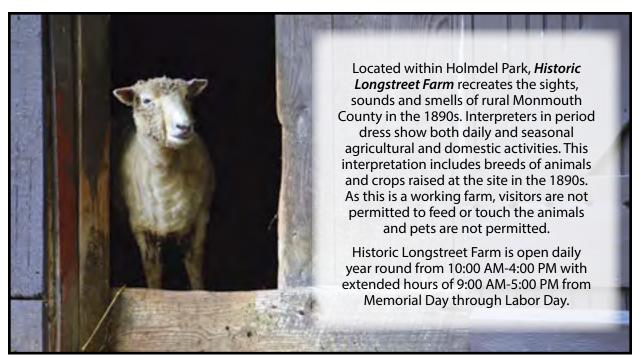
• The Casual Birder (p. 75)

Saturday, November 27

- Cookstove Demo (p. 6)
- No More Grist for the Mill! (p. 8)

Sunday, November 28

• No More Grist for the Mill! (p. 8)





Stop by the out kitchen to see what's cooking on the wood-fired stove. Discover how recipes, cooking techniques and kitchens have changed since the 1890s.

Saturday, September 4, 11:00 AM-3:00 PM Saturday, September 18, 11:00 AM-3:00 PM Saturday, October 2, 11:00 AM-3:00 PM Saturday, October 16, 11:00 AM-3:00 PM Saturday, October 30, 11:00 AM-3:00 PM Saturday, November 13, 11:00 AM-3:00 PM Saturday, November 27, 11:00 AM-3:00 PM

Yarn Bee

(ages 10 and up, under 18 with adult)

Whether just starting a new hobby or working on an old project, all are welcome to this gathering! The relaxed atmosphere means no pressure - you can knit or crochet at your own pace, and farm staff will be onhand to assist those needing a little extra help. Bring your own supplies.

Cost: \$5.00 per person, per session (cash or check only); no reservation required.

Saturday, September 4, 12:00-2:30 PM Sunday, October 3, 12:00-2:30 PM Saturday, November 6, 12:00-2:30 PM

Accordion Melodies of the 1890s



In the mid-19th century the accordion became a favorite of folk musicians. Enjoy the melodies as you visit the Longstreet Farm.

Saturday, September 11, 1:00-3:00 PM Saturday, October 16, 1:00-3:00 PM Saturday, November 20, 1:00-3:00 PM

Preserving the Harvest





(adults)

Fall is a time of cooler weather and leaves changing color. It is also a time to preserve the harvest. Depending on the type of food - fruits, vegetables or dairy - learn the practice of the 19th century techniques for preserving food such as salting, jelling and drying.

Saturday, September 11, 11:00 AM-3:00 PM

Piano Ballads 🔊



Head to the farmhouse to experience a sing-along with ballads from the turn of the century.

Saturday, September 18, 1:00-3:00 PM Saturday, October 23, 1:00-3:00 PM Saturday, November 6, 1:00-3:00 PM

Corn Harvest 3nee

Weather permitting, we will be harvesting this weekend. A visit to the farm will give you an understanding of the process involved in harvesting corn.

Saturday & Sunday, October 9 & 10, 12:00-2:00 PM

19th Century Woodworking Demo Gree



Take pleasure in observing the carpenter demonstrating his mastery of woodworking using an assortment of traditional carpentry hand tools.

Saturday, October 16, 12:00-3:00 PM Saturday, November 20, 12:00-3:00 PM

Lantern Tour of Historic Longstreet Farm

(ages 10 and up, under 18 with adult)

Take a lantern-lit walk through our historic grounds and buildings during this after-hours tour. We'll visit the barns and fields, finding our way through the dark to the Longstreet Farmhouse. Catch a glimpse of what life was like before modern conveniences made their way into our homes. We'll read a spine-chilling Victorian short story before parting ways into the night. Lanterns will be provided - please turn off all electronics, no bags permitted.

One Session \$15.00 Per Person Longstreet Farm

Parent/Child Morning Chores

(ages 4 and up, under 18 with adult)

Rise and shine! Help the farm staff with morning chores before the farm opens to the public. You and your child will experience lasting memories of milking a cow, collecting eggs from the chickens and feeding the livestock at the start of the day. Please wear closed-toe shoes and dress for the outdoors.

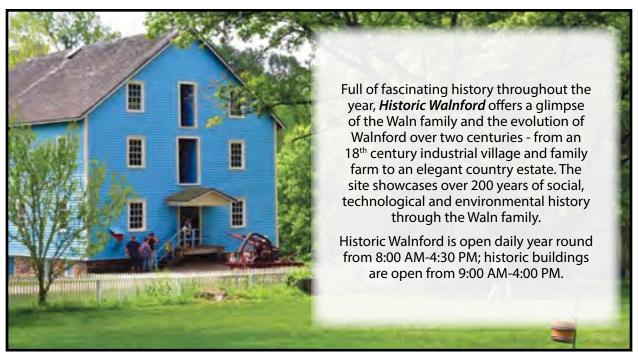
Please Note: Registration is required for all participating adults and children.

One Session \$10.00 Parent/Child \$5.00 Additional Person

Longstreet Farm

Sat, Sep 4 8:00-9:30 AM)614X
Sun, Sep 19 8:00-9:30 AM)714X
Sun, Oct 3 8:00-9:30 AM)814X
Sat, Oct 23 8:00-9:30 AM)914X
Sun, Nov 7 8:00-9:30 AM	014X
Sat. Nov 20 8:00-9:30 AM	114X





Edible History: Quince Jelly

A favorite of Anne Meirs, learn how quince jelly is made and try a sample. Then, take a walk along Crosswicks Creek where you will see Walnford's own quince trees, planted by Mrs. Meirs in the early 20th century. This is a free program; however, registration is required.

Two Sessions FREE!

Historic Walnford Outdoor Area

Saturday, September 4, 2:00-3:00 PM Saturday, October 2, 2:00-3:00 PM

Annual Cornbread Contest

Bring your favorite homemade cornbread in a 9"x13" pan and a typed copy of the recipe to Historic Walnford between 12:30-1:00 PM. Peer tasting and voting will take place from 1:30-2:30 PM. Ribbons will be awarded at 3:00 PM by our panel of judges and the popular vote. All ages are welcome!

Sunday, September 19, 12:30-3:00 PM

From Fleece to Skein

Watch as Walnford staff spin fleece into yarn using centuries-old techniques on the front porch of the Waln family home.

Sunday, September 19, 10:00 AM-12:00 PM

Twilight Tours at Historic Walnford 💯



(all ages, under 18 with adult)

Friday nights in October, celebrate the spookiest time of the year with tasty autumnal refreshments and a twilight tour of Historic Walnford.

Please call 609-259-6275 for a reservation.

Cost: \$5.00 Per Person, Per Session (cash or check

Historic Walnford Outdoor Area

Friday, October 1, 6:30-8:30 PM Friday, October 8, 6:30-8:30 PM Friday, October 15, 6:30-8:30 PM Friday, October 22, 6:30-8:30 PM Friday, October 29, 6:30-8:30 PM

Edible History Series: Coffee Cake



(adults)

Drop in for a cup of coffee and a piece of coffee cake made from a 19th century recipe. Learn about the history and evolution of America's favorite "pick-me-up" and the tasty crumb-topped treat that accompanies it.

Saturday, November 13, 2:00-3:00 PM

No More Grist for the Mill!



Decorate a stocking, take a selfie in a sleigh, and sip on a cup of hot cocoa as we celebrate the start of the holiday season. Take a tour of our historic house, built in 1773, and enjoy the rumbling of our gristmill during its last run of 2021.

Saturday & Sunday, November 27 & 28, 11:00 AM-3:00 PM

ARTS & CRAFTS



Campfire and Sand Casting

(ages 5 and up, with adult)

Create a lasting memory of your time at the shore while you make a plaster cast with your beach treasures! Bring your favorite campfire treat and join us around the campfire as you wait for your plaster cast to dry. One plaster cast per registrant. Campfire is weather permitting only. Bring your own marshmallows; roasting sticks will be provided.

One Session \$15.00 Per Person
Bayshore Waterfront Park

Thu, Sep 23 5:00-6:30 PM (approx) U1814ASeven Presidents Pk Beach Campfire Area

Sun, Oct 17 3:00-4:30 PM (approx). U1914A

Celebrate The Great Pumpkin!

(ages 2-5, with adult)

Good grief! We all know and love Charlie Brown, a classic American comic strip and cartoon. The fall season isn't complete without a celebration of the beloved Peanuts crew with family and friends. Enjoy story time together as we read *It's the Great Pumpkin, Charlie Brown*, followed by a themed take-home craft and more! If time allows, we may take a walk together to see if we can find the famous Great Pumpkin! This program is a great way to celebrate the fall season with mom, dad, grandma or grandpa. The program will take place outdoors if the weather allows.

One Session \$18.00 Parent/Child Dorbrook Rec Area Prog Bldg

Chicka Chicka Boom Boom

(ages 2-5, with adult)

Let's learn the alphabet! Chicka Chicka Boom Boom by Bill Marton Jr. and John Archambault is a vibrant children's classic that enforces the ABC's in a silly rhyme that's sure to make your little one laugh. Come learn some literacy skills with us as we read the book together and finish up with a themed art project. We're excited to "meet you at the top of the coconut tree!" If weather allows, the program will take place outdoors.

One Session \$18.00 Parent/Child Dorbrook Rec Area Prog Bldg

Friday Evening Pottery

(ages 11 and up)

Discover the basics of throwing and hand building with clay while creating works of art. This is a great family class opportunity. Participants 13 and under must registered with an adult. Fee includes glazes, firings, 12 lbs. of clay. Please be advised that there will be no opportunities to make up missed classes.

Instructor: Kayla Robinson

Seven Sessions \$126.00 Per Person

Thompson Pk Creative Arts Center

Fri, Sep 10-Oct 22 6:30-8:30 PM ZB614A Fri, Oct 29-Dec 17 6:30-8:30 PM ZB714A No class 11/26

Goodnight Moon



"Goodnight stars. Goodnight air. Goodnight noises everywhere." The acclaimed children's book *Goodnight Moon* by Margaret Wise Brown is a classic bedtime story, taking young readers through the goodnight routine of a fuzzy bunny through gentle poetry. We will read the story aloud together, create a take-home craft and more! If weather allows, the program will take place outdoors.

One Session \$18.00 Parent/Child Dorbrook Rec Area Prog Bldg

Mouse Paint

(ages 2-5, with adult)

Mouse Paint by Ellen Stoll Walsh is a beloved children's book that tells the story of three adventurous mice that dip their feet in paint and learn how to mix colors (by accident!). Join us at Dorbrook with your little one to read the story together, learn a little bit about color theory and create a unique art project together. We can't wait to see the colors you create! If weather allows, the program will take place outdoors.

One Session \$18.00 Parent/Child Dorbrook Rec Area Prog Bldg

Sunday Ceramics

(all ages, under 12 with adult)
Looking for a relaxing and creative way to spend your Sunday? Try your hand at ceramic arts!
Choose from a large selection of bisque fired pottery pieces to glaze with your own personal style. Leave your piece with us and we will have it glaze fired and ready to pick up in about a week.

Pre-registration is required and space is limited, please see schedule for times and codes. Your registration pays for your studio time, bisqueware is separate. Bisqueware is to be purchased on site the day of the program, cash or check only please.

Please Note: Children under the age of 12 must register with a paid adult. This activity is not suitable for children under 5 years old.

One Session \$6.00 Per Person
Thompson Pk Creative Arts Center

SUNDAY, SEPTEMBER 12 11:00 AM-12:00 PM #Z7514A 12:30-1:30 PM #Z7614A 2:00-3:00 PM #Z7714A

SUNDAY, OCTOBER 3 11:00 AM-12:00 PM #Z7814A 12:30-1:30 PM #Z7914A 2:00-3:00 PM #Z8014A

SUNDAY, NOVEMBER 7 11:00 AM-12:00 PM #Z8114A 12:30-1:30 PM #Z8214A 2:00-3:00 PM #Z8414A

Questions?
Contact Christina Carlson at
ccarlson@monmouthcountyparks.com or
732-842-4000, ext. 3343.

Nature Impressions & Campfire

(ages 5 and up, with adult)

Gather a variety of leaves, flowers, twigs or anything else found in nature as we take a short hike. Once we complete our hike, we will use our collected pieces from nature to create a wonderful masterpiece. See the beautiful impressions your collected nature pieces leave behind as you press them into your art form! Afterwards, reward yourself with a sit around the campfire. Bring your own snacks; toasting sticks provided!

One Session \$14.50 Per Child Big Brook Pk Sunfield Pavilion

Wed, Sep 22 5:00-6:30 PM	U0814A
Shark River Pk Shelter Bldg	
Sat, Oct 23 2:30-4:00 PM	U0914A

Pete the Cat: I Love My White Shoes

(ages 2-5, with adult)

"Keep on walkin' along and singin' your song." In *Pete the Cat: I Love My White Shoes*, author Eric Litwin brings us along with Pete as he steps in all kinds of things, changing the color of his beloved white shoes and teaching little ones how to cope with change. Read the story with us and follow up with a themed art project. If weather allows, the program will take place outdoors.

One Session \$18.00 Parent/Child Dorbrook Rec Area Prog Bldg

Stellaluna

(ages 2-5, with adult)

"How can we feel so different and be so much alike?" The story of *Stellaluna* by Janell Cannon reminds us that even in the most unlikely places, we are able to find friends. Come join us at Dorbrook to read the famous children's book and create a themed art project together! Maybe you will find a new friend, too! If weather allows, the program will take place outdoors.

One Session \$18.00 Parent/Child Dorbrook Rec Area Prog Bldg

We're Going on a Leaf Hunt **■NEW**

(ages 2-4, with adult)

Come join us at Freneau for a fun filled fall adventure! We're Going On A Leaf Hunt by Steven Metzger is a story about friends who are searching for some beautiful fall leaves. We will see where their walk takes them and then embark on our own journey. We will explore the shapes, textures, size and color of the treasures we find. We will finish up with music and a take home craft made of what we found.

One Session \$18.00 Parent/Child Freneau Wds Pk Vis Ctr Art Room

We're Going on a Pumpkin Hunt

(ages 5-7, with adult)

Do you love searching for the perfect Halloween pumpkin? Join this group of funny animals on their spooky adventure to find the biggest pumpkin in We're Going on a Pumpkin Hunt by Mary Hogan Wilcox. Will they find a pumpkin? Or maybe a special surprise? Come find out what happens in the story and see the special surprise yourself! We will end with music and a take home craft project.

One Session \$18.00 Parent/Child Freneau Wds Pk Vis Ctr Art Room

Where the Wild Things Are!

(ages 2-5, with adult)

Take a walk on the wild side with us! As a winner of the Caldecott Medal, Where the Wild Things Are by Maurice Sendak is celebrated as an imaginative and colorful journey of King Max and the Wild Things he meets through his jungle adventure. We will read the story together, make a take-home craft and more! If time allows, we will go for a walk to find some Wild Things of our own! If weather allows, the program will take place outdoors.

One Session \$18.00 Parent/Child Dorbrook Rec Area Prog Bldg

FAMILY FUN

Fort Monmouth Flashlight Fun



(all ages, under 18 with adult)

We shine the light on family time! Unplug and engage in real life activities and crafts sure to wake up your brain. Turn on your flashlights, get your body moving, and hunt for treasure – in the dark. Who knows, there might even be a special guest! We keep it fresh with a new theme each month, so you can keep going all year

One Session \$35.00 Per Family

Fort Monmouth Recreation Center

Everyday Heroes

Step into the shoes of our First Responders, Military &

Fri, Sep 17 7:00-8:00 PM M0114A

Nightmare Before Christmas

Jack, Sally and Oogie Boogie have put together some

Fri, Oct 22 7:00-8:00 PM M0214A

Wands & Wizards

If you believe in magic, drop in for a spell.

Fri, Nov 19 7:00-8:00 PM M0314A

Peter and the Starcatcher



(ages 10 and up, under 18 with adult)

Peter and the Starcatcher is a prequel to the beloved classic Peter Pan. The play tells the story of how the boy who wouldn't grow up came to Neverland with heart, humor and music. Peter and the Starcatcher runs two and half hours with one 15 minute intermission. Pre-registration is required; seating will be assigned in order of registration.

One Session \$15.00 Per Person Thompson Pk Theater Barn

Open House Barn Dance

(all ages, under 18 with adult) Friday, September 24, 7:00 PM

Thompson Park Activity Barn, Lincroft

Give square dancing a chance with the Middletown Ramblers during this free family fun evening!

Pumpkin Carving in the Park

(ages 3 and up, under 18 with adult)

Light up your front porch for the harvest season with some spooktacular pumpkin carvings. Create your own design or use one of our traditional or non-traditional designs. One large pumpkin, carving supplies, and hassle-free clean up all included! Additional pumpkins can be reserved when you register for the program.

One Session \$20.00 2-4 Per Family; \$6.50 Per Each **Additional Pumpkin**

Thompson Pk Old Orchard Picnic Shelter

Big Brook Pk Elsas Lodge

Snuggies, S'mores & Halloween Hiking with Ghost and Goblins

(ages 4-7, with adult)

Grab your Snuggy and join us with your little one around a campfire at one of your local county parks. We will get you fired up as we search for family friendly ghosts and goblins that float around the hiking trails. Then enjoy the warmth of the fire while nibbling s'mores. Participants are responsible for bringing their own s'mores supplies. Roasting sticks will be provided. Participants have the option to bring their own Snuggy! One Session \$20.00 Parent/Child \$12.00 Additional Sibling Turkey Swamp Pk Shelter Bldg

Fri, Oct 22 5:30-7:00 PM W1014X

Sparks in the Park

(ages 5 and up, with adult)

Kick back and enjoy the best of Big Brook Park's summer activities! Take a refreshing dip in the pool and enjoy cooling down. Afterwards, dry off by our campfire; BYOS: Bring Your Own S'mores!

One Session \$14.50 Per Person Big Brook Pk Sunfield Pavilion

Wed, Sep 1 5:00-7:00 PM U0314A

AUTUMN TUNES AT THOMPSON PARK

Navesink Brass in Concert Gree



(all ages, under 18 with adult)

The Navesink Brass is a professional brass quintet performing musical styles ranging from Renaissance to jazz and rock. The quintet has planned a special Park System concert for 2021! This performance will include tunes from the Beatles, an arrangement by Paul Nagle to celebrate the roaring twenties, the beautiful aria "Nessun Dorma" from Puccini's final opera "Turnadot" and many more iconic songs from various genres. The concert will end with a tribute to veterans and first responders. Bring chairs or blankets, food and soft drinks, as well as your face coverings for times when social distancing can't be maintained. The quintet will perform two 45-minute sets with a 15 minute intermission.

This is a free concert; however, registration is required.

One Session FREE!

Thompson Pk Theater Barn

A Century of Song - A Musical Revue

(all ages, under 18 with adult)

The Monmouth County Park System is pleased to work with Mickey and Judy Productions for this toe tapping musical revue that takes you on a journey through the great songs of Broadway from the 1920s to today! The show runs two hours with one 15 minute intermission.

Pre-registration is required; seating will be assigned in order of registration.

One Session \$15.00 Per Person

Thompson Pk Theater Barn

HORTICULTURE

Carnivorous Plant Terrarium Build

(ages 6 and up, under 18 with adult)

Carnivorous plants are a beautiful, yet deadly, marvel of nature. Using modified leaves, they catch their insect prey in a specially designed trap. You can now bring these fascinating plants into your home by creating your very own carnivorous plant terrarium. This program includes a terrarium, all planting material, and two carnivorous plants.

One Session \$39.00 Per Person
Freneau Wds Pk Vis Ctr Art Room

Tue, Oct 26 11:00 AM-12:00 PM **I4914A** Clayton Pk Act Ctr Classroom 2

Sat, Nov 20 11:00 AM-12:00 PM I4814A



Is Halloween your favorite holiday?
You are not alone! This year show off your
creativity and bring the family together in a jawdropping scarecrow design.

Make your scarecrow and/or Jack-o-Lantern, bring it to Deep Cut, and we will display it and let our visitors decide the winner!

Cost: \$10.00 Per Entry (#H1014A) (one scarecrow and/or Jack-o-Lantern per registered family)

Entries Accepted: October 9-24 between 8:00 AM-4:00 PM

Theme: Our theme celebrates the children's library at the Horticultural Center - "Fairy Tale Crow". Reading a favorite fairy tale with your children can take a brand new perspective when you engage them in creating a version of their favorite or most feared fairytale character.

Creations will be on display from

October 9-November 1.

Visitors will vote for their favorite scarecrow in

person and online from October 25-31.

Wicked Pumpkin Composting

(all ages, under 18 with adult)

Drop off your carved creations! This year don't let your Halloween pumpkins sit out on the deck turning into a scary pile of mush or even more frightful - landing in a landfill. Bring them to us and together we will have a gourdy smash send-off into the compost pile. Don your Halloween costume for an Instagram-worthy photo-op among the pumpkin wreckage.

One Session \$2.50 Per Person

Deep Cut Gardens Horticultural Center

Sat, Nov 6 10:30-11:30 AM. H2014A

NATURE

Animal Hours at a Park Near You!

(all ages, under 18 with adult)

What does a living snake feel like? How did the box turtle get its name? Is it a toad or a frog? You will get the answers to these questions and more during our special live animal visits. Get a close up view of some of the animals that normally live at the Huber Woods Reptile House and learn about the special characteristics and behaviors of each species.

One Session \$6.00 Parent/Child \$3.00 Additional Person

Thompson Pk Vis Ctr Beech Room

Sun, Sep 12 10:30-11:30 AM. IKN14X
Big Brook Pk Elsas Lodge

Sun, Oct 10 10:30-11:30 AM......IKP14X
Freneau Wds Pk Vis Ctr Program Room 1

Sun, Nov 7 10:30-11:30 AM IKQ14X

Creatures of the Night Wagon Rides (all ages, under 18 with adult)

Celebrate the fall season with an interactive, family-friendly hayride that is educational, safe and NON-SCARY FUN! Be thoroughly entertained as we put on this year's show themed "Back to the Forest: Creatures through Time"! After your guided hayride through Huber Woods, enjoy some light refreshments. Each participant, adults and children, must be pre-registered in order to ride. Lap child aged 2 and under may ride free when accompanied with a paying adult.

> Cost: One Session \$13.50 Per Person **Location: Huber Woods Environmental Center**

Saturday, October 9

4:00-5:00 PM #IM014X

4:30-5:30 PM #IM114X

5:00-6:00 PM #IM214X

5:30-6:30 PM #IM314X

5:55-6:55 PM #IM414X

6:20-7:20 PM #IM514X

6:45-7:45 PM #IM614X

7:10-8:10 PM #IM714X

7:35-8:35 PM #IM814X

Saturday, October 16

4:00-5:00 PM #IM914X

4:30-5:30 PM #IMA14X

5:00-6:00 PM #IMB14X

5:30-6:30 PM #IMC14X

5:55-6:55 PM #IMD14X

6:20-7:20 PM #IME14X

6:45-7:45 PM #IMF14X

7:10-8:10 PM #IMG14X

7:35-8:35 PM #IMH14X

Saturday, October 23

4:00-5:00 PM #IMJ14X

4:30-5:30 PM #IMK14X

5:00-6:00 PM #IMM14X

5:30-6:30 PM #IMN14X

5:55-6:55 PM #IMP14X

6:20-7:20 PM #IMQ14X

6:45-7:45 PM #IMR14X

7:10-8:10 PM #IMS14X

7:35-8:35 PM #IMT14X



www.MonmouthCountyParks.com

Critters and Jitters

(all ages, under 18 with adult)

Meet the critters that give some people jitters! Enjoy a hayride through the rolling meadows of Huber Woods and a live animal presentation. A sugar pumpkin and a fun craft are included for children. This event takes place outdoors so dress for the brisk fall weather. All participants must be registered. A lap child under the age of 2 may ride free with a paying adult. Face coverings are required during the hayride and whenever social distancing cannot be maintained.

One Session \$20.00 Parent/Child \$10.00 Additional Person

Huber Wds Outdoor Area

Sun, Oct 10 10:00-11:00 AM IKU	14X
Sun, Oct 10 11:30 AM-12:30 PM IKV	14X
Sun, Oct 10 1:00-2:00 PM	14X
Sun, Oct 24 10:00-11:00 AMIKX	14X
Sun, Oct 24 11:30 AM-12:30 PM IKY	14X
Sun, Oct 24 1:00-2:00 PM IKZ	14X

Draconids Meteor Shower Viewing Party NEW

(all ages, under 18 with adult)

The Draconids are an excellent meteor shower that takes place every October. Grab your fall gear, a lawn chair if you'd like, and come join us in the park for some nighttime stargazing.

One Session \$10.00 Per Person Turkey Swamp Pk Outdoor Area

Thu, Oct 7 8:30-9:30 PM IKM14A

Eco-Sphere: Life In a Jar

(ages 8 and up, under 18 with adult)

Life on earth is possible due to an unfathomably complicated web of interactions between plants, animals, fungi and the elements around us. Learn about these complex systems that support life as we build our very own self-contained ecosystem. Our habitat will include members from each branch of life as well as a carefully balanced mixture of elements and minerals to provide a sustainable, sealed habitat for years to come.

One Session \$26.00 Per Person

Clayton Pk Act Ctr Classroom 2 Sun, Nov 7 11:00 AM-12:00 PM I5014A Freneau Wds Pk Vis Ctr Art Room

Wed, Nov 17 11:00 AM-12:00 PM. I5114A

Fall Campfire in Freneau Woods NEW S



(ages 8 and up, under 18 with adult)

Step out for an evening of stargazing and outdoor fun. Join a park naturalist as we gather 'round the campfire for an evening of roasting marshmallows and stories or sing-alongs. Enjoy quality time with family and friends, and share a tale or song connected to the night sky, forests and local wildlife. A perfect way to end the day. Don't forget to bring a lawn chair or blanket to sit on, and a lantern or flashlight to light the way. The program will be canceled due to wet or windy conditions.

One Session \$9.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Fri, Nov 12 7:30-8:30 PM (approx) IKD14A

Fall Leaves & Tress Walk 3



(ages 10 and up, under 18 with adult)

Fall foliage can be spectacular! Traditionally, the best time to see fall foliage in Monmouth County is late October and November. Join a park naturalist as we take a gentle walk around the woods and wetlands of Freneau Woods Park, a 311-acre park located along the headwaters of Matawan Creek and Lake Lefferts. Discover why leaves change color, why leaves have different color and much more. Follow us to where the leaves seem to glow as they change from green to gold, red, and orange hues of fall. Please wear footwear that can get dirty or muddy.

One Session \$9.00 Per Person Freneau Wds Pk Vis Ctr Parking Area

Sat, Oct 30 1:00-2:00 PM IKF14A

Full Moon Walk at Freneau Woods

(ages 8 and up, with adult)

Enjoy the rise of the Full Frost Moon of November while we explore the darker side of Freneau Woods Park, a 200+ acre park of woods and wetlands that is home to the headwaters of Matawan Creek. Everything changes after dark, the trails, the trees, and even the sounds! You might hear the hooty call of an owl or the growl of a distant fox. Best of all, after the walk, we will enjoy the sight of the full moon up over the tall trees, providing there are not many clouds in the sky of course. Be sure to dress for the weather, and bring a flashlight.

One Session \$9.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Fri, Nov 19 7:00-8:00 PM IKE14A

NATURE PROGRAMS FOR FAMILIES & FRIENDS

These private nature programs offer a personal experience for just your family and friends. Maximum group size is 23 people. All programs must be scheduled 3-4 weeks in advance; call the numbers listed below to book your group.

Nature Walks

PreK-Adult • 45 min-1 hour • \$50 per group

Guided explorations of natural areas are available at many of our county parks. When requested in advance, topics can be tailored to your group's particular interests.

Locations:

Manasquan Reservoir, Fisherman's Cove Conservation Area, Shark River Park, Turkey Swamp Park, and Clayton Park - call 732-751-9453

Freneau Woods Park & Huber Woods Park (other Park locations available upon request) - call 732-872-2670

Live Animal Presentations

Pre-K-Adult • 45 min-1 hour • \$68 per group

Groups are offered a choice of presentations highlighting live specimens of reptiles, amphibians or insects. Information on the life cycle, habitat and habits of the animals are the focus of these presentations with an emphasis on the role each has in nature.

Locations:

Manasquan Reservoir Environmental Center - call 732-751-9453 Freneau Woods Park and Huber Woods Park - call 732-872-2670

Manasquan Reservoir Boat Tour

All Ages • 1 hour • \$172.50 per group

Take a fun tour of the Reservoir to learn about its construction, use and animal life. Program is offered from May-August.

Location: Manasquan Reservoir Environmental Center - call 732-751-9453

Seining at the Bayshore

Ages 7 and up, under 18 with adult • 1 hour • \$125 per group

Explore the edge of the Bayshore for fish, crabs, eels and other critters during an hour of seining and discover how these animals have adapted and endured in a world of tides, salt and surf.

Location: Bayshore Waterfront Park - call 732-872-2670

The Forest Up Close

Ages 7 and up, under 18 with adult • 1 hour • \$78 per group

Our forests are alive with many beautiful exciting plants and animals. You will be introduced to various natural items that can be encountered in our forests. Participants may count tree rings, dissect an owl pellet, touch a turtle shell, inspect bird feathers, and much more.

Locations: Freneau Woods Park and Huber Woods Park - call 732-872-2670

Additional programs may be available. Please call the numbers above to discuss your needs, interests and pricing.

Intertidal Exploration > NEW S

(ages 9 and up, under 18 with adult)

Explore the Intertidal zone along the Henry Hudson trail near Popamora Point with a park system naturalist. We will be lurking around at low tide looking for life from many different Phyla, including Annelida, Mollusca, Arthropoda, and more! Be sure to wear sturdy shoes because we will be exploring in, around, and under slippery rocks.

One Session \$10.00 Per Person

Henry Hudson Trail Popamora Point Beachfront

Sat, Oct 16 10:00-11:30 AM IMZ14A

Invertebrate Nature Hike NEW



(ages 9 and up, under 18 with adult)

Participants will get up close and personal with the creepiest of crawlies. A naturalist will lead you on a hike through the forest to capture invertebrates and take them back to the environmental center for further examination with dissecting scopes. Learn basic taxonomy, traits about differing groups of invertebrates, their life cycles, and much more.

One Session \$10.00 Per Person

Huber Wds Env Ctr

Sun, Oct 3 10:00-11:30 AM. IN014A

Last Chance Beach Walk

(ages 8 and up, with adult)

Head out along the edge of the sea on the last weekend of summer to enjoy the sound of seagulls and the smell of salt air while under the lazy haze of the sun. Enjoy a guided beach walk as we discover tips on finding and identifying mollusks, as well as explain how they live, eat and more. During this one-hour walk, a park naturalist will answer questions and help participants identify shells. The program will cancel due to inclement weather.

One Session \$9.00 Per Person

Bayshore Waterfront Park Bay House

Sun, Sep 19 10:00-11:00 AM. IKC14A

National Wildlife Day

(all ages)

Celebrate National Wildlife Day with a Park System Naturalist as you meet some fascinating local wildlife during a live animal show.

One Session \$6.00 Per Person

Manasquan Res Env Ctr

Seashell Sunday

(adults)

Starting a shell collection this year? Want to know what the state shell of New Jersey is? Did you find a shell and now want to know its name? Join a park naturalist as we share our secrets of shells including how to start a shell collection. It's the best way to get to know the Jersey Shore. If you can't figure out what you found on the beach, bring it in and we will tell you all about seashells and how to collect them without damaging the environment. Plus we will feature an assortment of mollusks, crustaceans and other cool beach finds and artifacts to view. Bring your questions, and get some answers!

One Session \$5.00 Per Person

Bayshore Waterfront Pk Act Ctr

Sun, Sep 19 1:00-2:00 PM IK914A

Super Heroes and Super Animals!

(ages 4-7, with adult)

Become the next super squad of heroes while learning about the superpowers of our wildlife. Once you craft your very own hero mask, you'll take part on a super villain scavenger hunt, plus enjoy a unique live animal presentation.

One Session \$11.00 Parent/Child

Huber Wds Env Ctr

Wed, Sep 15 4:30-5:30 PM IKG14A Tue, Oct 12 4:30-5:30 PM IKH14A

Under the Autumn Sky

(ages 8 and up, under 18 with adult)

Less daylight means more opportunities for pondering the celestial wonders of our night skies. Our guide will acquaint you with key constellations, planets, and other bright beacons overhead. Participants will receive their own star map to take home. Bring a camp chair to rest on while stargazing and a flashlight to light your way back to your car in the dark.

One Session \$10.00 Per Person \$6.00 Additional Person

Sunnyside Rec Area Sunnyside Road Parking Lot

World Animal Day

(all ages)

Celebrate World Animal Day with a Park System Naturalist as we enjoy a live animal show to meet some of our local native animals.

One Session \$6.00 Per Person

Manasquan Res Env Ctr



SEALS VISITING NJ

Seals visit our shores primarily between November through April. The Harbor Seal is the most common found in New Jersey, though others, like the gray seal and harp seal, may be spotted as well. Though none of our visiting seals are endangered, they are protected under the Federal Marine Mammal Protection Act of 1972.

COMMON TRAITS

Harbor Seals are brown, tan or gray, with V-shaped nostrils and rounded bodies. Adults can weigh up to 300 pounds and measure up to six feet long. The males are often slightly larger than females.

HAUL-OUT SITES

The places Harbor Seals come to rest are called "haul-out" sites. These are places where seals come out of the water to warm up in order to maintain their body temperature and also where they rest to better digest their food. It's important that humans do not get too close to need to rest.



OUTDOOR ADVENTURES

Archery Golf

(ages 9 and up, under 18 with adult)

Enjoy this twist on archery to score a birdie instead of a bullseye! Using bows and soft-tipped arrows, try your hand to shoot a round on our pop-up golf course.

One Session \$25.00 Per Pair Big Brook Pk Sunfield Pavilion

Tue, Sep 14 4:30-6:30 PM (approx). U0114AShark River Pk Gully Road Parking Lot

Sat, Oct 23 11:00 AM-1:00 PM (approx). . U0214A

National Grandparent's Day

(ages 7-9, with adult)

Create lasting memories with Grandma and Grandpa this fall season. Grandparent(s) and grandchild will have fun as they compete against other grand-couples in a series of fun activities. All activities can be altered to meet a variety of needs. At the end of the day everyone is a winner as we celebrate National Grandparents Day with a bring your own lunch to be enjoyed in the park.

One Session \$21.00 2 Adults & Junior

Freneau Wds Pk Vis Ctr Parking Area

Sun, Sep 12 10:00 AM-12:00 PM W1214A

Paint by Arrow

(ages 9 and up, under 18 with adult)

Create a spectacular piece of art in a fun and unique way! Learn the basics of archery and use your archery skills to pop balloons and create a masterpiece.

One Session \$28.00 Per Person

Big Brook Pk Sunfield Pavilion

Thu, Sep 16 4:30-6:30 PM (approx) U2014A Tue, Nov 9 4:30-6:30 PM (approx) U2114A

Snuggies, S'mores & Science Experiments

(ages 4-7, with adult)

Grab your Snuggy™ and join us with your little one around an indoor campfire at one of the Park System's cozy shelter buildings. We will get you fired up with some fun, hands-on age appropriate science experiments such as creating elephant tooth paste and Mentos™ soda rockets. Then enjoy the warmth of the fire while nibbling s'mores. Participants are responsible for bringing their own s'mores supplies. Roasting sticks will be provided. Participants have the option to bring their own Snuggy™!

One Session \$20.00 Parent/Child \$12.00 Additional Sibling

Shark River Pk Shelter Bldg

Sat, Nov 20 5:30-7:00 PM. W0814X

Zip & Dip!

(ages 8 and up, under 18 with adult)

Cool off this summer with a blast of fresh air and a splash of water at Big Brook Park! Ride a 175-foot zipline and then enjoy a supervised swim in a pool.

One Session \$38.00 Per Person Big Brook Pk Sunfield Pavilion

Thu, Sep 2 4:30-7:30 PM U0414A



Canoe Rentals at Thompson Park

(ages 3 and up, under 18 with adult)

Rent a canoe at Thompson Park's Marlu Lake and enjoy paddling locally. All equipment is provided. Cost is \$15.00 per boat (tax included) for 1-3 people for 2 hours of canoeing; cash or check only. All rentals must be returned by 3:00 PM.

Thompson Pk Marlu Lake

Rentals are available on the following weekends from 10:00 AM-3:00 PM: August 7 & 8 • August 21 & 22 • September 4 & 5

Climb Time Free

(ages 8 and up, with adult)

Catch a glimpse of your county's parks from a whole new angle. Climbers will get to experience the thrill of rock climbing as they make their way to the top of our 25' portable climbing wall. You must be 42" or taller to climb.

Sunday, September 12 from 1:00-4:00 PM at Freneau Wds Pk

Tuesday September 28 from 2:30-5:30 PM at Seven Presidents Oceanfront Pk

Sunday, October 3 from 1:00-4:00 PM at Clayton Pk Act Ctr

Thursday, November 4 from 12:00-3:00 PM at Shark River Pk

Drop-In Zip-Line

(ages 8 and up, with adult)

Experience the thrill of zip-lining on our beginner zip-line! Instructors will outfit you with all safety gear and get you soaring through the sky! Park at Big Brook Park's Lower Pond lot and follow the signs to our zip-line registration table. All equipment is provided. Participants must wear closed-toe, closed-heel shoes, and face coverings. Limited number of equipment available on a first-come basis.

Cost: \$15 per person, cash or check only; fee includes two rides down the zip-line

Friday, October 1 from 3:30-6:30 PM at Big Brook Pk Lower Pond Parking Lot

Registration ends at 5:15 PM.

For more information, call 732-834-9606, ext. 2, or email jordan.holaday@monmouthcountyparks.com.

Open Shoot Archery

(ages 10 and up, under 18 with adult)

Take a shot at archery! Stop in anytime during open shoot archery to improve your archery skills at our indoor range. This is not a beginner instructional program. If you are new to archery, register for one of our instructional "Take a Shot" classes prior to attending. Please dress for the weather as the Activity Barn is not air conditioned. All equipment is provided.

Cost: \$10 per person, cash or check only

Thompson Pk Act Barn

Saturday, August 14, 10:00 AM-2:00 PM

Saturday, September 11, 10:00 AM-2:00 PM

Saturday, October 9, 10:00 AM-2:00 PM

Saturday, November 13, 10:00 AM-2:00 PM

For more information, call 732-842-4000, ext. 4236, or email doug.kalucki@monmouthcountyparks.com.

ARTS & CRAFTS

ART Capades

(ages 2-4, with adult)

In this class, we're all about the process. Each week children will have a new project, medium and materials to explore and use to create their own unique works of art. From splatter painting, playdough making, and stamped art to mixing colors, making ornaments and more, little ones will love expressing their creativity! After class, stay and play with the preschool equipment in our classroom as long as you like.

Six Sessions \$65.00 Parent/Child \$50.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Thu, Sep 23-Oct 28 9:30-10:15 AM. M1014X Thu, Nov 4-Dec 16 9:30-10:15 AM M1114X

No class 11/25

Craft 'n' Play

(ages 18 months-3 years, with adult)

Spark your child's imagination while exploring colors, textures, paint, glitter, glue and more. Children will express themselves through crafts while exploring seasons and holidays together, as well as enjoy some time in our play area. We'll wrap up class with a few instructor guided activities in our "little gym", where parents and children are welcome to stay and play on their own.

Fort Monmouth Rec Ctr Program Room B

One Session \$22.00 Parent/Child \$15.00 Additional Sibling

Sat, Sep 25 9:30-10:15 AM	M1814X
Sat, Oct 23 9:30-10:15 AM	M1914X
Sat, Nov 20 9:30-10:15 AM	M2014X

Four Sessions \$55.00 Parent/Child \$42.00 Additional

Wed, Sep 22-Oct 13 9:30-10:15 AM M2114X Wed, Oct 27-Nov 17 9:30-10:15 AM M2214X

Explore New Jersey NEW S



(ages 5-7, with adult)

What beautiful treasures does our state of New Jersey hold? Spend a lovely afternoon exploring and learning about our great state through stories, crafts and games. Sharpen up on your New Jersey knowledge and join us to celebrate this great state! Each session will take place at a different park location (see below). Program may be cancelled due to inclement weather.

Three Sessions \$45.00 Parent/Child

9/15 - Seven Presidents Oceanfront Pk

9/22 - Huber Wds Pk

9/29 - Manasquan Res

Let's Create!

(ages 2-4, with adult)

Let's spend some creative time together! Play is an important and exciting part of childhood development. You and your little one will spend the morning with our experienced instructors working on socialization and fine motor skills featuring story and circle time, followed up with an art project to bring home. Groups will remain small and class space is limited.

Six Sessions \$62.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Mon, Nov 1-Dec 6 10:00-10:45 AM	.A2914A
Tue, Nov 2-Dec 7 10:00-10:45 AM	.A3114A
Wed, Nov 3-Dec 8 11:00-11:45 AM	.A3214A
Thu, Nov 4-Dec 16 10:00-10:45 AM	.A3314A
No class 11/25	

No class 11/26

Freneau Wds Pk Vis Ctr Art Room

Henry Hudson Trail Act Ctr

Messy Art Sampler - Fun Outdoors in the Fall!

(ages 18 months-3 years, with adult)

We take messy art to a new level in the great outdoors! Toddlers will delight in paint, glue and glitter, and more. They'll get to make an even bigger mess on the grass, while exploring and expressing themselves through art. After class, stay and play with the preschool equipment in our classroom as long as you like. Please Note: In the case of inclement weather, we'll move the class indoors. Four Sessions \$45.00 Parent/Child \$35.00 Additional Sibling Fort Monmouth Rec Ctr Program Room B

Wed, Sep 22-Oct 13 10:30-11:15 AM . . . M2314X Wed, Oct 27-Nov 17 10:30-11:15 AM . . . M2414X

CULINARY ARTS

Halloween Cat Cut-Up Cake

(ages 8-12, with adult)

The lost art of cut-up cakes is making a comeback. What are they, you ask? These simple cakes are made from single layer cakes that are cut into geometric shaped pieces, rearranged and iced to make beautiful designs - like our Halloween Cat! We'll mix and bake our cakes, see a demo of the techniques and then have fun assembling and decorating our own cats.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC One Session \$65.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Oct 16 10:00 AM-1:30 PM. M4314A

Nailed It! The Recreation Challenge

(ages 10-13)

You love the show, now here's your chance to show your stuff! We'll present some sweet decorating challenges; you'll mix, stack, frost and decorate to replicate the sample confections. We'll provide everything you need, just bring your "A" game as we find out which team "nails" this bake off.

One Session \$59.00 Per Pair

Fort Monmouth Rec Ctr Program Room D

Hit or Myth

Mermaids, dragons and unicorns - oh my!

Fri, Oct 1 5:30-7:30 PM M5314A

Out of This World

Aliens and galaxies - it's a big universe out there.

Fri, Nov 5 5:30-7:30 PM M5414A

Wizarding Treats

(ages 8-12, with adult)

This Halloween surprise your friends with edible creations inspired by the Wizarding World of Harry Potter! From the halls of Hogwarts, Professor Dumbledore has officially appointed Chef Stephen as Wizard of Culinary Arts to show our young wizards and witches how to make the perfect delectable creations fit for a feast.

Today's Menu: Butterbeer, Ollivander's Wizarding Wands, Sorting Hat Cupcakes and Slytherin Snakes Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Parent/Child Fort Monmouth Rec Ctr Kitchen

Sat, Oct 30 10:00 AM-1:00 PM. M3114A

EDUCATION & ENRICHMENT

Adventures in Reading

(ages 2-5, with adult)

Reading is fun for everyone! In this hands-on series, each session will focus on a certain author, including favorites like Eric Carle and Dr. Seuss. We will read together and follow up with unique arts and crafts, sensory play, games and activities for reinforcement. We will be spending time outdoors when possible. Sessions taught by a NJ Certified Teacher. This is a great follow-up program to Little Learners!

Six Sessions \$65.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Fri, Sep 10-Oct 15 11:15 AM-12:15 PM . . . A4214A Henry Hudson Trail Act Ctr

Fri, Oct 22-Dec 3 11:15 AM-12:15 PM A4314A

Bricks 4 Kidz®: Back to School



(ages 3-5, with adult)

It's Back to School month and time to learn, build and play. Explore shapes, colors and letters together and have a great time. Create an apple in two forms - mosaic and basic brick. Choose yellow, green or red for the color. Then practice your letter forms by constructing your initials with LEGO® bricks. Each family will be provided with individual sanitized supplies and a take home souvenir.

One Session \$25.00 Parent/Child \$10.00 Additional

Thompson Pk Vis Ctr Tulip Room

Bricks 4 Kidz®: Bricktober

(ages 3-5, with adult)

Celebrate fall at the park and build with autumnal brick colors - orange, yellow, red and brown. Build a Jack-O-Lantern, create a corn maze, and learn how to create a tree with colored foliage all out of LEGO® bricks. Each family will be provided with individual sanitized supplies and take home a mini jack-o-lantern.

One Session \$25.00 Parent/Child \$10.00 Additional Sibling

Thompson Pk Vis Ctr Beech Room

Bricks 4 Kidz®: Thanksgiving

(ages 3-5, with adult)

Your child will thank you for joining this LEGO® workshop. Make a mini pumpkin, an apple, and a mosaic turkey using basic bricks. Build a motorized spin toy using technic bricks and mini motors. Each family will be provided with individual sanitized supplies and take home a spinning top.

One Session \$25.00 Per Person \$10.00 Additional Sibling

Thompson Pk Vis Ctr Beech Room

Keyboard Beginnings - Level 1 Beginners

(ages 4 1/2-6, with adult)

Young children are fascinated by musical sounds. They naturally respond to rhythms and love to sing familiar melodies. Children who love to sing, dance and are curious about a variety of musical instruments will enjoy Ms. Judy Kagel's class. Children will learn the names of the musical keys and to play short songs on keyboards provided in the classroom. It is highly recommended your child has access to a keyboard or piano at home for short follow up assignments in order to receive the full benefits of the class. Parents are asked not to bring siblings to class.

A materials fee of \$20 is payable to the instructor on the first day of class. Children will receive a music book, music accompaniments for home practice, a rhythm instrument, crayons and lesson outlines.

Seven Sessions \$130.00 Parent/Child Thompson Pk Vis Ctr Tulip Room

Keyboard Beginnings - Level 2 Intermediate

(ages 5-7)

This is a continuation of Keyboard Beginnings Music Level 1 taught by Judy Kagel. Each child will have a keyboard to use during class and learn to play several songs. Students will continue learning to read notes on the musical staff and to enjoy the experience of playing music together. Collaborative learning and bonding between parent and child is a great benefit of this class. As such, parents are asked not to bring siblings.

A materials fee of \$20 is payable to the instructor on the first day of class. Children will receive Keyboard Beginnings Music Book 2 with music accompaniments for home practice, lesson outlines, flash cards and a concentration game.

Seven Sessions \$130.00 Parent/Child Thompson Pk Vis Ctr Tulip Room

Little Learners

(ages 2-4, with adult)

Join us for an introduction to literacy that is fun and engaging for your curious little ones! We will work on reading skills using play, movement, art, stories and circle time activities! It's never too early to introduce your child to literacy in an exciting way that will give them a love for learning and reading! We will be spending much of the session outdoors if the weather allows. Each session will offer a theme linked to each story and is taught by a NJ State Certified Teacher.

Six Sessions \$62.00 Parent/Child Dorbrook Rec Area Prog Bldg

Fill the Day with Play!

Playgrounds offer the perfect place for children to get some exercise as they run, jump and climb all while using their imaginations.

Check out playgrounds in your Monmouth County parks:

- Dorbrook Recreation Area, Colts Neck
- Holmdel Park, Holmdel
- Manasquan Reservoir, Howell
- Mount Mitchill Scenic Overlook, Atlantic Highlands
- Seven Presidents Oceanfront Park, Long Branch
- Shark River Park, Wall
- Tatum Park, Middletown
- Thompson Park, Lincroft
- Turkey Swamp Park, Freehold



NATURE

Frogs, Turtles and Snakes!

(ages 3 and up, under 18 with adult)

Get up close to your favorite native wildlife including live frogs, turtles and snakes. This show is a great way to have fun with the ones your love! Program is held outside beneath the trees.

One Session \$8.50 Per Parent/Child

Manasquan Res Env Ctr

Sat, Sep 25 11:00-11:45 AM l0214A Sun, Oct 3 11:00-11:45 AM. 10314A

Kids Love Butterflies!

(ages 4-10, with adult)

Your child will be thrilled to see caterpillars and butterflies up close! They will love to hear the amazing life stories of how caterpillars become butterflies. You will too! Program includes a short butterfly walk.

One Session \$11.50 Per Child Clayton Pk Act Ctr Classroom 1

Fri, Sep 17 11:00-11:45 AM 10814A Manasquan Res Env Ctr Sat, Sep 18 11:00-11:45 AM 10614A

Magic Reindeer!

(ages 3-7, with adult)

Reindeer have special magic this time of year. So let's have some reindeer fun and get ready for the holiday season! Enjoy reindeer crafts, games and make a yummy reindeer treat.

One Session \$14.00 Per Child

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Nov 20 11:00 AM-12:00 PM 10114A

My First Fish

(ages 6-12, with adult)

Have you seen the look on the face of children when they catch that first fish? Let one of our Park System Naturalists help you and your child land that first big one. There will be a fun time and lots of stories about the fish caught and the ones that got away. This is a catch and release program. Bait, fishing poles and instruction are provided.

One Session \$15.00 Per Child

Turkey Swamp Pk

Tue, Sep 21 10:00-11:30 AM I4614A

So Where Do The Animals Go?

(ages 4 and up, under 18 with adult)

How come you never see a snake in the snow or a frozen frog? Come learn where these animals go and what amazing adaptations they use to get through the cold winter months in this hands on live animal presentation. Then stick around to make your own turtle or snake craft!

One Session \$11.00 Per Child

Huber Wds Env Ctr

Wed, Nov 17 4:30-5:30 PM IKJ14A Sat, Nov 20 10:30-11:30 AM IKK14A

Teddy Bears Picnic

(ages 2-5, with adult)

Friendly surprises await you and your little one in the woods. We will make felt teddy bears to join us on our discovery walk and our simple picnic of cookies and juice. We will learn about what real bears and other woodland creatures do in the fall and even sing a song or two.

One Session \$15.00 Parent/Child \$8.00 2nd Child Freneau Wds Pk Vis Ctr Program Room 2

Tue, Sep 21 10:00-11:15 AM......IN114X Wed, Sep 29 10:00-11:15 AM IN214X

OUTDOOR ADVENTURES

"I Can Ride My Bike All By Myself!" **Private Lessons**

(ages 5-9)

Your child's basic bicycle skills will improve as they work side by side with an expert during this private lesson. They will start to develop the essential skills needed to get off those training wheels and onto two wheels. All classes will start in a enclosed area with a hard surface floor. Parents will be asked to assist the instructor as necessary. All bicycle must be good working order tires inflated, brakes working, cables connected. We recommend if you are unsure, stop by your local bike shop for a checkup. All riders must have a bicycle helmet that complies with U.S. CPSC Safety Standard for Bicycle Helmets (CPSC label inside helmet).

Instructor: Wally Tunison

One Session \$90.00 Per Person

Thompson Pk Activity Barn

Sat, Sep 18 10:30-11:30 AM W	1814A
Sat, Sep 18 11:45 AM-12:45 PM W	1914A
Sat, Sep 18 1:00-2:00 PM W	2014A
Sat, Sep 25 10:30-11:30 AM W	2114A
Sat, Sep 25 11:45 AM-12:45 PM W	2214A
Sat, Sep 25 1:00-2:00 PM W	2314A

Bicycle Basics: Throw Away Those Training Wheels

(ages 5-9)

Get your child off their training wheels and onto two wheels! Watch their confidence soar during this two day training. They will practice riding in a enclosed area with a hard surface floor. Small classes provide individual attention as the rider builds bicycle skills. All bicycle must be good working order - tires inflated, brakes working, cables connected. We recommend if you are unsure, stop by your local bike shop for a check up. All riders must have a bicycle helmet that complies with U.S. CPSC Safety Standard for Bicycle Helmets(CPSC label inside helmet). Parents will be asked to assist the instructor as necessary and to practice riding in between sessions.

Instructor: Wally Tunison

Two Sessions \$50.00 Per Person
Thompson Pk Activity Barn

Sat, Sep 18-25 9:00-10:15 AM. W1714A

Geocaching & Archery Ghost Hunt

(ages 9 and up)

I ain't 'fraid of no ghost! Can your family locate all of the ghostly targets by using our hand-held GPS units? Once all of the ghost are found, your family will work on their aim as they use our compound bows to shoot the containment units closed and capture disembodied ghouls on our archery range.

One Session \$20.00 Parent/Child \$13.00 Additional Sibling

Thompson Pk Activity Barn

Sun, Oct 24 1:00-3:00 PM. W1314X

Hiking Adventures - A Toddler's Perspective

(ages 2-5, with adult)

Enjoy a cool Fall morning with your toddler exploring one of your county parks. These short hikes are intended for little legs and short attention spans. Bring a healthy snack and beverage. Each hike will have fun activities included. Actual hiking time and distance will vary with the group's stamina. Additional children under the age of 2 are welcome to join in at no charge.

Instructor: Miss Elaine

One Session \$16.00 Parent/Child \$6.50 Additional Sibling

Tatum Pk Red Hill Act Ctr Parking Area

Sat, Sep 18 10:00-11:30 AM W3414X Holmdel Pk Shelter Bldg

Sat, Oct 16 10:00-11:30 AM W3514X Big Brook Pk Parking Lot

Sat, Nov 13 10:00-11:30 AM W3614X



Nature Tots & Young Explorers

(ages 2-5, with adult)

Get outdoors and make some memories with your toddler on the scenic trails of the county parks. Your young explorer will discover nature and enjoy fun craft activities and stories. Designed for tots with little legs and short attention spans, actual hiking time and distance will vary with the group's stamina. Please bring a healthy snack and beverage. Additional children under the age of two are welcome to join in at no charge.

Instructor: Mr. Rocky

Three Sessions \$42.00 Parent/Child \$17.25 Additional Sibling

Deer Series

9/8 - Bayshore Waterfront Pk

9/15 - Huber Wds Env Ctr Lot

9/22 - Hartshorne Wds Pk Rocky Point Lot

Wed, Sep 8-22 10:00-11:30 AM W2614X

Owl Series

10/7 - Tatum Park Red Hill Act Ctr Lot

10/14 - Hartshorne Wds Buttermilk Valley Lot

10/21 - Thompson Pk Picnic Shelter

Thu, Oct 7-21 10:00-11:30 AM W2714X

Groundhog Series

11/5 - Shark River Park Shelter Bldg

11/12 - Holmdel Pk Hilltop Shelter Bldg

11/19 - Manasquan Res Env Ctr Lot

Fri, Nov 5-19 10:00-11:30 AM W2814X

PLAY GROUPS



Baby Boomers

(ages 9 months-18 months, with adult)

Babies develop socialization skills and togetherness with mom or dad through fun-filled activities including sing-a-longs, specialized play equipment and circle time. Parents learn songs to share with their babies at home. Mom or dad will meet new people and have fun in a program designed for babies that are not yet walking.

Six Sessions \$72.00 Parent/Child Tatum Pk Holland Act Ctr

Fri, Sep 17-Oct 22 9:15-10:00 AM X5714A Fri, Nov 5-Dec 17 9:15-10:00 AM X6314A No class 11/26

Growing Together

(ages 2-4, with adult)

Join us this fall as we go outside at Dorbrook Recreation Area to read stories, sing songs and engage in naturerelated activities. This mommy and me program is designed to promote outdoor learning through play. Please bring along your smiles and a blanket to sit on while we are outside. All outdoor activities are weather permitting.

Six Sessions \$62.00 Parent/Child Dorbrook Rec Area Prog Bldg

Wed, Sep 15-Oct 20 11:15 AM-12:00 PM . .A3914A

Kids Kixx Pee Wee

(ages 2 1/2-3, with adult)

Have fun, play soccer-in that order. The basic concepts of soccer will be taught through games, demonstrations, and modified drills. Small classes are designed to exercise and encourage. Walk-along parent assistance is required.

Four Sessions \$56.00 Per Child

Fall Season 1

Kixx Soccer & Crafts

(ages 3-5, with adult)

Learn, play, create. Expand your toddler's abilities while we combine age-appropriate sports activities with related art projects. Get a head start on early preschool skills including socialization, following directions, sharing, and transitions. Each class will start with basic soccer skills and games focusing on gross motor skills, then we will work on our fine motor skills creating art projects. Come play a game of Red Light, Green Light and then make your own traffic light.

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Outdoor Area

Tue, Sep 14-Oct 5 10:30-11:15 AM MAT14A Fall Season 2 Tue, Oct 19-Nov 9 10:30-11:15 AM. MAU14A **Indoor Season**

Fort Monmouth Rec Ctr Gym A

Tue, Nov 23-Dec 14 10:30-11:15 AM. . . . MAV14A

Let's Play Outside!

(ages 2-4, with adult)

Let's get outdoors in your favorite park! Time spent outside is an important part of childhood development that fosters learning skills. Our instructors will lead you through story time, nature walks or simple songs and activities to make your park visits more creative; all in an open air environment and in small groups. Participants may be asked ahead of time to bring common equipment from home like a blanket. Program may be cancelled due to inclement weather. Activities are subject to change.

Six Sessions \$62.00 Parent/Child Dorbrook Rec Area Prog Bldg

Mon, Sep 13-Oct 18 10:00-10:45 AM A0314A Mon, Sep 13-Oct 18 11:15 AM-12:00 PM . .A0414A Wed, Sep 15-Oct 20 10:00-10:45 AM A0614A Thu, Sep 16-Oct 21 10:00-10:45 AM A0714A Fri, Sep 17-Oct 22 10:00-10:45 AM. A0814A

Miss Melissa's Aardvarks

(ages 6 months-5 years, with adult)

Music for Aardvark classes was developed to enhance early childhood development. Each class is packed with bells, drums, shakers, sticks, and original music from Jack's Big Music Show! As the teacher plays guitar, the children sing and dance with parent's participation to the coolest children's musical experience ever.

Eight Sessions \$180.00 Parent/Child \$90.00 2nd Child \$70.00 Additional Sibling

Instructor: Mr. Rob Dorbrook Rec Area Vis Ctr

Mon, Sep 20-Nov 15 10:00-10:45 AM A6814X No class 10/11

Mon, Sep 20-Nov 15 4:00-4:45 PM A6914X

No class 10/11 Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr

Tue, Sep 21-Nov 9 9:30-10:15 AM A7014X

Morning Playtime

(ages 18 months-3 years, with adult)

What better way to start your day than by sharing some special time with your child? You and your child will build creativity and confidence through exercise, music, themed activities and use of specialized play equipment. Your child will learn and develop as they play with tunnels, mini-trampoline, ribbon sticks, bells, and parachute. Please Note: Parents must remain present in the classroom. Drop-offs are not permitted.

Stage 2

(ages 18 months-2 years, with adult)

Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Sep 16-Oct 14 9:15-10:00 AM. X6914A Thu, Oct 28-Dec 2 9:15-10:00 AM X7514A *No class 11/25*

Thompson Pk Vis Ctr Tulip Room

Wed, Sep 15-Oct 13 9:15-10:00 AM X6614A Wed, Oct 27-Dec 1 9:15-10:00 AM X7214A No class 11/24

Six Sessions \$72.00 Parent/Child

Tatum Pk Holland Act Ctr

Wed, Sep 15-Oct 20 10:15-11:00 AM X5514A Fri, Sep 17-Oct 22 10:15-11:00 AM. X5814A Wed, Nov 3-Dec 15 10:15-11:00 AM X6114A No class 11/24

Fri, Nov 5-Dec 17 10:15-11:00 AM X6414A No class 11/26

Stage 3

(ages 2-3 years, with adult)

Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Sep 16-Oct 14 10:15-11:00 AM X7014A Thu, Oct 28-Dec 2 10:15-11:00 AM. X7614A *No class 11/25*

Henry Hudson Trail Act Ctr

Tue, Sep 14-Oct 12 10:00-10:45 AM X3714A Tue, Oct 26-Nov 30 10:00-10:45 AM X4114A No class 11/23

Thompson Pk Vis Ctr Tulip Room

Wed, Sep 15-Oct 13 10:15-11:00 AM X6714A Wed, Oct 27-Dec 1 10:15-11:00 AM X7314A

No class 11/24

Six Sessions \$72.00 Parent/Child

Tatum Pk Holland Act Ctr

Wed, Sep 15-Oct 20 11:00-11:45 AM X5614A Fri, Sep 17-Oct 22 11:00-11:45 AM. X5914A Wed, Nov 3-Dec 15 11:00-11:45 AM X6214A No class 11/24

Fri, Nov 5-Dec 17 11:00-11:45 AM X6514A

No class 11/26

Morning Playtime Plus Two

(ages 11 months-3 years, with adult)

Don't split your children and your time between two different Morning Playtime classes. Both you and your children will build creativity and confidence through exercise, music, themed activities and use of specialized play equipment. Your children will learn and develop as they play with tunnels, mini-trampoline, ribbon sticks, bells and parachute. Please Note: Parents must remain present in the classroom. Drop-offs are not permitted.

Six Sessions \$90.00 Mom & 2 children

Tatum Pk Holland Act Ctr

My Morning Playtime

(ages 3-4, with adult)

Our most active Playtime class for preschoolers ready for a little independence. After a brief parent/child free-play time with our tunnels, trampolines, and other specialized play equipment. Class will progress to themed and movement activities. Please Note: Parents must remain present in the classroom to monitor child behavior.

Five Sessions \$60.00 Parent/Child
Dorbrook Rec Area Vis Ctr

Thu, Sep 16-Oct 14 11:15 AM-12:00 PM . .X7114A Thu, Oct 28-Dec 2 11:15 AM-12:00 PM . . .X7714A No class 11/25

Thompson Pk Vis Ctr Tulip Room

Wed, Sep 15-Oct 13 11:15 AM-12:00 PM . .X6814A Wed, Oct 27-Dec 1 11:15 AM-12:00 PM . . .X7414A No class 11/24



Superheroes

(ages 2 1/2-5, with adult)

Let your child's imagination run wild as they unleash their inner superhero! After we read a superhero story we will soar, climb, jump, run and most importantly have fun! Exciting games and activities are designed to build confidence and independence as well as encourage teamwork and problem-solving skills. This unique program will feature a different superhero every week. All your child needs are sneakers and a superhero spirit!

Five Sessions \$60.00 Parent/Child Fort Monmouth Rec Ctr Gym A

Justice League

Including Superman, Wonder Woman, and Batman!

Mon, Sep 13-Oct 11 9:30-10:15 AM M9514A Mon, Sep 13-Oct 11 10:30-11:15 AM . . . M9614A

Avengers Assemble

Including Captain America, Spiderman, and Hulk!

Mon, Oct 25-Nov 22 9:30-10:15 AM M9714A Mon, Oct 25-Nov 22 10:30-11:15 AM . . . M9814A

The Power of Play

(ages 2-4, with adult)

Few activities are more important for a child's development than play. Each structured session will use games, short demos, and recreation to reinforce following directions, taking turns, fine and gross motor skills, coordination, social and dramatic play, and the repetition necessary to learn new skills. A fun, ageappropriate introduction to competition, winning and losing, and literally overcoming obstacles. Fire up your child's muscles, socialization and imagination all at once.

Four Sessions \$44.00 Per PersonFort Monmouth Rec Ctr Gym A

Fri, Sep 17-Oct 8 9:30-10:15 AM M9114A Fri, Sep 17-Oct 8 10:30-11:15 AM M9414A Fri, Oct 22-Nov 12 9:30-10:15 AM M9214A Fri, Oct 22-Nov 12 10:30-11:15 AM M9314A

When You Wish Upon a Star

(ages 2-4, with adult)

"When you wish upon a star, makes no difference who you are" plays an important role in the carefully crafted fantasy that will make boys and girls alike feel as if they are part of the Walt Disney experience. We will bring you many Disney® themes, from all-time classics up to the most recent. This program will make you feel as if you are in the magical world of Disney®. It will include reading classic stories, making crafts, fun with food, as well as fun and exciting activities such as running, jumping, and playing games. When You Wish Upon a Star will make your dreams come true!

Five Sessions \$60.00 Per Person

Big Brook Pk Elsas Lodge

Fri, Sep 17-Oct 15 11:15 AM-12:00 PM . . . X4714A Fri, Oct 29-Dec 3 11:15 AM-12:00 PM X5114A No class 11/26

Henry Hudson Trail Act Ctr

SPORTS & FITNESS

Basketball with Me & Dad/Mom

(ages 5-6, with adult)

Parent and child will have fun while practicing the skills of passing, shooting and dribbling. Parent participation is required.

Four Sessions \$48.00 Parent/Child
Dorbrook Rec Area

Five 4 One Sports

(ages 2 1/2-3 1/2, with adult)

Parent and child will have fun learning fundamental sports skills in a safe, noncompetitive environment. Children will improve coordination and motor skills while learning general sports skills through active games and challenges. General skills covered include throwing, catching and kicking. Parent participation is required.

Five Sessions \$60.00 Parent/ChildBig Brook Pk Elsas Lodge

Future Stars of Tomorrow

(ages 3-5, with adult)

Is your child looking for a sport they'll enjoy? This program is the answer! Children will be introduced to the skills and rules for several different sports in a fun, noncompetitive environment. Sports covered will include soccer, t-ball, hockey and more.

Five Sessions \$60.00 Per Child

Big Brook Pk Elsas Lodge

Hat Trick Hockey - Mites

(age 3, with adult)

The first period of a fun start in sports. Mites wear sneakers not skates, and use specially designed soft equipment. Parental assistance during each class is required. The only equipment you should bring is a camera.

Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area

Sat, Oct 30-Nov 27 11:00-11:45 AM X8814A

Kidz Yoga

(ages 4-6, with adult)

Welcome to playful and fun yoga designed to stimulate a child's imagination, promote flexibility and build self-confidence! Lessons include creative movement, basic yoga postures, breathing and visualization. The class is geared for 4-6 year old children. Come join us on the mat for a joyful class. Please bring a yoga mat for you and your child, as well your kids favorite stuffed animal. Instructor: Melanie Mascola 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Mediation instructor

Six Sessions \$95.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 2

T-Ball with Me & Dad/Mom

(ages 4-5, with adult)

Parent and child will have fun while learning the fundamental skills of America's pastime in this noncompetitive program. Our instructors will teach the rules of the game as well as cover the basics of catching, throwing, and hitting using the tee. Parent participation is required.

Four Sessions \$50.00 Parent/Child

Dorbrook Rec Area

ARTS & CRAFTS

American Girl® Doll Design

(ages 7-10)

Doll mommies will create fun and stylish accessories for their dolls. Children must own an American Girl® or other 18" doll and bring her to class each week.

One Session \$22.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Let's Go Hiking

Make all the accessories she needs for a day on the trails.

Sat, Sep 25 10:30-11:30 AM	M0414A
Sat, Sep 25 12:00-1:00 PM	M0514A

Happy Halloween

Create some spooky-chic for your favorite doll.

Sat, Oct 23 10:30-11:30 AM	M0614A
Sat, Oct 23 12:00-1:00 PM	M0714A

Turkey Day Treats

Give your doll all the delicious foods she needs to make it a Happy Thanksgiving.

Sat, Nov 20 10:30-11:30 AM	. M0814A
Sat, Nov 20 12:00-1:00 PM	. M0914A

Beginner Sewing

(ages 10-15)

The art of sewing is always in fashion. This class will help develop core sewing and machine skills while working on real apparel. Participants will choose their project the first day of class and a supply list will be sent home with them according to their choice. Students can bring their own sewing machine or use one of ours during class.

Instructor: Yvonne Thomas
Six Sessions \$80.00 Per Person
Thompson Pk Creative Arts Center

Wed, Oct 6-Nov 10 6:00-8:00 PM ZC714A

Children's Ceramics

(ages 8-16)

Pre-cast ceramic items (purchased separately at the center) will be decorated. Learn about greenware, bisque, underglaze and glaze. Class fee includes instruction, tools, firings, underglaze and glaze.

Seven Sessions \$91.00 Per Child

Thompson Pk Creative Arts Center

Children's Handbuilding with Clay

(ages 7-10)

Use your imagination to create functional or decorative works of art. Clay projects will be formed by using traditional hand-building techniques such as slab and coil construction. Class includes 10 lbs. of clay, glazes and firings.

Six Sessions \$96.00 Per Child

Thompson Pk Creative Arts Center

Fri, Sep 17-Oct 22 4:30-6:00 PM	ZAP14A
Fri, Nov 5-Dec 17 4:30-6:00 PM	ZAQ14A
No class 11/26	

Children's Wheel-Thrown Pottery

(ages 11-17)

Children will learn techniques and skills in all aspects of wheel-throwing and hand-building to create items of their choice. Instructor will offer demonstrations along with individual guidance. Use of tools, 10 lbs. of clay, glazes and firings are included in the fee. Additional clay can be purchased at the studio. Hand builders welcome. Please be advised that there will be no opportunities to make up missed classes.

Seven Sessions \$126.00 Per Child

Thompson Pk Creative Arts Center

Instructor: Joyce Nokes

Thu, Sep 9-Oct 21 4:00-6:00 PM .	•	•	•	•	•	.ZB214A
Thu, Oct 28-Dec 16 4:00-6:00 PM.					•	.ZB314A
No class 11/25						

Instructor: John Fossa

Sat, Sep 11-Oct 23 9:00-11:00 AM	.ZB414A
Sat, Oct 30-Dec 18 9:00-11:00 AM	.ZB514A

No class 11/27

Crafternoons at Dorbrook

(ages 7-11)

Does your child love arts and crafts projects? Come join us for an afterschool "crafternoon!" Each session will feature a new project to take home. Children will be able to socialize in a casual, art club-like atmosphere to make new friends and let their creativity flow. We will be using lots of different art supplies, so please dress for mess or bring a smock.

Six Sessions \$80.00 Per Child Dorbrook Rec Area Prog Bldg

Fall Leaf Printing NEW

(aaes 7-11)

Let's combine fall foliage and a craft project! First, we will go for a short walk together and gather our supplies (leaves!). Next, we will head back inside to mix our own custom paint colors and create our printings. Children will go home with a fall-themed craft project using their fresh printings. Please dress for mess or bring a smock and wear closed-toe, sturdy shoes. This is a drop-off program.

One Session \$15.00 Per Child Dorbrook Rec Area Prog Bldg

Great Impressionism for 4, 5 & 6 year olds™

(ages 4-6)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism using Aspiring Artists® exclusive step-by-step methods. Using acrylic paints and heavy cardstock paper, young artists will paint an excerpt from the famous paintings listed below. Acrylic paints can stain clothing, so "painting clothes" are recommended for class.

Four Sessions \$60.00 Per Person

van Gogh's Field with Rising Sun van Gogh's Landscape with Castle Auvers at Sunset Monet's Garden at Giverny

Cezanne's Still Life with Apples

Fort Monmouth Rec Ctr Program Room A Wed, Sep 29-Oct 20 1:00-2:00 PM Z5114A

Thompson Pk Creative Arts Center

Sat, Oct 2-23 11:00 AM-12:00 PM Z5314A

van Gogh's Olive Trees with Yellow Sky

Monet's Poppy Field, Giverny

Monet's Water Lilies and Agapanthus

van Gogh's Starry Night

Fort Monmouth Rec Ctr Program Room A

Wed, Oct 27-Nov 17 1:00-2:00 PM Z5414A

Thompson Pk Creative Arts Center

Sat, Oct 30-Nov 20 9:30-10:30 AM Z5514A Sat, Oct 30-Nov 20 11:00 AM-12:00 PM. . . Z5614A

Great Impressionism for Aspiring Young Artists™

(ages 7-12)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism using Aspiring Artists® exclusive step-by-step methods. Students paintings will resemble the famous masterpieces listed below. Acrylic paints can stain clothing, so "painting clothes" are recommended for class.

Four Sessions \$94.00 Per Person

van Gogh's Field with Rising Sun,

van Gogh's Landscape with Castle Auvers at Sunset Monet's Bouquet of Sunflowers in a Vase,

Cezanne's Still Life with Apples

Fort Monmouth Rec Ctr Program Room A

Wed, Sep 29-Oct 20 4:30-6:30 PM ZAD14A Thompson Pk Creative Arts Center

Fri, Oct 1-22 4:30-6:30 PM ZAE14A

Pissarro's Apple Picking at Eragny (excerpt only) Monet's Poppy Field,

Giverny Monet's Water Lilies and Agapanthus, van Gogh's Starry Night

Fort Monmouth Rec Ctr Program Room A

Wed, Oct 27-Nov 17 4:30-6:30 PM ZAF14A Thompson Pk Creative Arts Center

Fri, Oct 29-Nov 19 4:30-6:30 PM ZAG14A

Great Originals



(ages 4-12)

Using acrylic paints on heavy cardstock paper, the instructor will bring in prints of seasonal images, and students will create their own impressionistic or modern version of them using Aspiring Artists® stepby-step approach to painting. All supplies included. Instructor: Debra Stasiak

Apple Tree, Sunflowers & Pumpkins

(ages 4-6)

Creations will be done on heavy cardstock paper.

Three Sessions \$45.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Wed, Sep 8-22 1:00-2:00 PM. ZBM14A Thompson Pk Creative Arts Center

Sat, Sep 11-25 9:30-10:30 AM. ZBN14A

Apple Tree, Autumn Flowers & Autumn Leaves (ages 7-12)

Creations will be done on canvas.

Three Sessions \$75.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Wed, Sep 8-22 4:30-6:30 PM. ZAR14A

Thompson Pk Creative Arts Center

Fri, Sep 10-24 4:30-6:30 PM ZAT14A

Halloween Candy Bowl

(ages 7-10)

Paint your very own spooky ceramic candy bowl. Use it as a decoration or for all your Halloween treats. The candy bowl will be kiln fired and ready for pick-up the following week.

One Session \$28.00 Per Child
Thompson Pk Creative Arts Center

Sat, Oct 16 12:00-1:30 PM	•	•	•	•			 .Z1914A
Sat, Oct 16 2:00-3:30 PM.						 	 .Z2014A

KidzArt Discover

(ages 3 1/2-5)

Learning about art and how to draw is like learning a new language. Students learn to focus and see how their wonderful world is put together. Through individual guidance and encouragement, they complete art projects that enhance drawing skills and are simple, fun and get great results. Students develop Kindergarten readiness through learning to follow direction, focus, interact socially, build confidence and learn problemsolving skills. KidzArt curriculum meets or exceeds the National Standards for Art Education.

Six Sessions \$90.00 Per Child Henry Hudson Trail Act Ctr

Mon, Sep 20-Oct 25 10:00-11:00 AM	.Z4014A
Mon, Nov 1-Dec 6 10:00-11:00 AM	.Z4114A
Thompson Pk Vis Ctr Tulip Room	
Tue. Sep 21-Oct 26 1:00-2:00 PM	.Z3614A

Henry Hudson Trail Act Ctr



KidzArt Explore

(ages 6-10)

KidzArt is a fun and unique art experience. Today's world requires creative thinking skills. KidzArt encourages problem solving, creative thinking and self-confidence using our exclusive methods for teaching drawing. Students will learn to use mediums such as charcoal, watercolor, chalk pastel, oil pastel and marker and complete a finished piece in each class. Help your children face the future with a creative mind. A supply fee of \$8.00 is payable to instructor at first class.

Six Sessions \$90.00 Per Person

Henry Hudson Trail Act Ctr

wion, sep 20-Oct 25 4:00-5:00 PW	LD / 14A
Mon, Nov 1-Dec 6 4:00-5:00 PM	Z5814A
Fort Monmouth Rec Ctr Program Room C	
Wed, Sep 22-Oct 27 4:00-5:00 PM	Z5914A
Wed, Nov 3-Dec 15 4:00-5:00 PM	Z6014A
No class 11/24	
Thompson Pk Creative Arts Center	
Thu, Sep 23-Oct 28 4:15-5:15 PM	Z6114A
Thu, Nov 4-Dec 16 4:15-5:15 PM	Z6214A
No class 11/25	

KidzArt Painting Workshop

(ages 6-11)

Create a beautiful painting in each workshop, painting titles are listed above the dates. Instructor will provide step-by-step instruction, and students will be encouraged to engage their own creativity to make their painting unique. All supplies included.

One Session \$25.00 Per Child

Fall Colors

Henry Hudson Trail Act Ctr

Pumpkin Painting at Dorbrook NEW

(ages 7-11)

Pumpkin painting – a fall favorite! Celebrate the season, get creative and learn about color theory. Children will learn to mix their own custom colors to decorate a pumpkin to take home. The best part – the mess stays here! All supplies included. Dress for mess or bring a smock as we will be using supplies that will stain clothes. This is a drop-off program.

One Session \$15.00 Per Child Dorbrook Rec Area Prog Bldg

Sculpt a Pumpkin

(ages 6-10)

Its the time to start the Halloween festivities by creating a clay pumpkin in our pottery studio. In this workshop children will learn some hand building techniques, paint and decorate their pumpkin, and have lots of fun. Projects will be kiln fired and ready for pick-up two weeks after the workshop.

One Session \$30.00 Per Child

Thompson Pk Creative Arts Center

Sculpt a Turkey for Your Table

(ages 6-10)

Start celebrating Thanksgiving by creating a clay turkey in our pottery studio. Participants will learn some hand building techniques, paint and decorate their turkey, and have lots of fun. Projects will be kiln fired and ready for pick-up two weeks after the workshop.

One Session \$30.00 Per Child

Thompson Pk Creative Arts Center

Sensory Crafts

(ages 7-11)

Create a craft using your senses! In each session, we will explore one of our senses including sound, sight, taste and smell. Next, we'll create a unique piece of take home art inspired by the sense we explored using a variety of different mediums. Please dress for mess or wear a smock, we will be using supplies than can stain clothes.

Three Sessions \$45.00 Per Child Dorbrook Rec Area Prog Bldg

TeenzArt Studio

(ages 11-17)

TeenzArt Studio captures the passion and imagination of older students. This class provides quality art instruction that mixes technique and skill building with opportunities for creative freedom and self expression. We have big plans in store including drawing, sculpture, watercolor, pastels, painting and mixed media with projects that pack a lot of WOW! TeenzArtists, you are encouraged to work together to learn, design, think and enter the creative zone in a relaxed and fun atmosphere. A supply fee of \$8.00 is payable to the instructor at first class.

Six Sessions \$96.00 Per Child

Fort Monmouth Rec Ctr Program Room C

Thompson Pk Creative Arts Center

Thu, Sep 23-Oct 28 5:30-6:45 PM......Z6314A Thu, Nov 4-Dec 16 5:30-6:45 PM......Z6414A No class 11/25

Thanksgiving Ceramic Plate

(aaes 7-10)

Make your Thanksgiving day table extra special this year with a hand painted ceramic plate. Children will learn some ceramic painting techniques while creating a commemorative holiday plate. The plate will be kiln fired and ready for pick-up the following week.

One Session \$30.00 Per Child

Thompson Pk Creative Arts Center

INCLUSION SERVICES

It is the philosophy of the Monmouth County Park
System to provide modifications for individuals
with disabilities (who meet minimum eligibility
requirements - with or without a modification
documented for the specific program_ to
participate in Park System programs with their
non-disabled peers. It is our intent to provide a safe,
successful and enjoyable experience for all.
For more information,
contact Justin at 732-460-1167, ext. 22.

CULINARY ARTS

Chocolate Fun for Everyone

(ages 8-17)

Calling all chocolate lovers! The basics of molding and decorating with chocolate will be shown and practiced in this hands-on class. Everyone will leave with beautifully decorated chocolates designed by you. All supplies included.

Instructor: Kimberly Megill
One Session \$60.00 Per Person
Dorbrook Rec Area Vis Ctr

(ages 8-12)

Create Like Kids' Baking Championship

(ages 10-13)

Whether you're a fan of the show or just love to bake, throw on your apron and get ready for some hands-on baking! Each week we'll focus on different kinds of treats, as we perfect our skills. You'll practice techniques for proper measuring, mixing, following a recipe and more, all while creating a yummy treat to take home.

Four Sessions \$75.00 Per Child Fort Monmouth Rec Ctr Kitchen

Mon, Sep 20-Oct 11 4:30-6:30 PM M4014A Mon, Oct 25-Nov 15 4:30-6:30 AM M4114A Mon, Nov 29-Dec 20 4:30-6:30 PM M4214A Wed, Sep 22-Oct 13 4:30-6:30 PM M4814A Wed, Oct 27-Nov 17 4:30-6:30 PM M4914A

Let's Decorate Cupcakes!

(ages 9-12)

Let the creativity begin as you're shown how to decorate cupcakes like the pros! You'll practice basic techniques to create stars, shells, flowers and more using butter cream icing. Each student will leave with their own beautifully decorated cupcakes. Supplies are included. Instructor: Kimberly Megill

One Session \$50.00 Per Child Dorbrook Rec Area Vis Ctr

The Baking Lab

(ages 9-12)

Where food and science collide with delicious results! You know baking is chemistry, but do you know why and how the ingredients work? What if you use all-purpose flour instead of cake flour in your cupcakes? What happens if you substitute shortening for the butter in your cookies? Find out the answers to these and other questions as we go hands-on to experiment and bake test batches. Science never tasted so good!

The Perfect Chocolate Chip Cookie

The focus is on butter, sugar and flour. What happens when we substitute other ingredients for these? Make your guesses and see what we discover!

One Session \$39.00 Per Child Fort Monmouth Rec Ctr Kitchen

Sat, Oct 2 10:00 AM-12:00 PM. M5114A

Tween Chefs

(ages 10-12)

Cooking classes are a delicious activity for tweens! We'll expand our palates as we try different recipes for simple meals. We'll cover culinary basics and meal planning to give them the groundwork they need to be safe and creative in the kitchen. Class sizes are limited. Please bring an apron if you have one.

Four Sessions \$80.00 Per Person
Dorbrook Rec Area Vis Ctr

Wed, Sep 22-Oct 13 4:30-6:00 PM	.A1714A
Thu, Sep 23-Oct 14 4:30-6:00 PM	.A1814A
Sun, Nov 7-28 10:30 AM-12:00 PM	.A1914A
Sun, Nov 7-28 1:00-2:30 PM	.A2014A

Young Chefs

(ages 6-9)

A cooking class for older kids! We'll make a simple entree each week that your kids will enjoy. We'll also discuss kitchen safety and healthy eating habits. Class sizes are limited. Please bring an apron to class if you have one.

Four Sessions \$80.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, Sep 19-Oct 10 10:30 AM-12:00 PM	.A1314A
Sun, Sep 19-Oct 10 1:00-2:30 PM	.A1414A
Thu, Oct 21-Nov 18 4:30-6:00 PM	.A1614A
No class 11/11	
Wed, Nov 3-24 4:30-6:00 PM	.A1514A

EDUCATION & ENRICHMENT

Among Us® at Fort Monmouth

(ages 6-14)

Crewmate or Impostor? Beam aboard the Spaceship Fort Monmouth and complete tasks in different rooms. But watch out! - some participants are trying to sabotage your mission and eliminate Crewmates undetected. Can you guess who the Impostors are before it's too late? A real-life version of the popular social deduction mobile game with time for multiple rounds and Among Us® activities and crafts.

One Session \$28.00 Per Person Fort Monmouth Recreation Center

(ages 6-10)

Sat, Sep 18 11:00 AM-12:30 PM	. M9914A
Sat, Sep 18 1:00-2:30 PM	. MA014A
Sat, Oct 9 11:00 AM-12:30 PM	. MA214A
Sat, Oct 9 1:00-2:30 PM	. MA314A
(ages 11-14)	
Sat, Sep 18 3:00-4:30 PM	. MA114A
Sat, Oct 9 3:00-4:30 PM	. MA414A

Bricks 4 Kidz®: Amazing Animals

(grades 1-4)

Bring your curiosity and explore the animal kingdom. Build interesting and fantastic LEGO® models each session. Play with models and see how they move. Examples include a snake, seal, kangaroo, monkey, butterfly and caterpillar. Technic brick parts will be used to add movement to several models and others will use basic bricks. Materials provided by Bricks 4 Kidz® are clean and sanitized. Instructors provide technical support.

Bricks 4 Kidz[®]: Junior Builders Brick Club Season 2

(grades 1-3)

Join the weekend Brick Club this fall. You'll increase your technical brick building skills and learn early engineering each session. Our fun and challenging models include an electric car, a helicopter, a pirate ship and a satellite, just to name a few. Bring your curiosity and imagination to explore you own ideas and vision. Work individually with your own sanitized materials. We provide materials and technical support.

Three Sessions \$99.00 Per Person Thompson Pk Vis Ctr Beech Room

Sat, Oct 2-16 10:30 AM-12:00 PM Q6014A

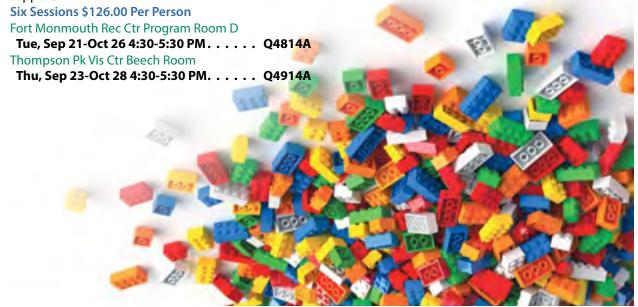
Bricks 4 Kidz[®]: Master Builders Season 2 ≥ NEW S

(grades 3-6)

Master Builders, it's time to take your young engineering skills to the next level. Each session you will learn how to use remote controls to control speed, close up and at a distance. You will learn how to securely attach a receiver to a mechanical build and most importantly where to set the color and number your model will need to operate. Bricks 4 Kidz® popular models will be used and several new ones will be introduced. And most importantly, you'll have a lot of fun on your way to the next level of engineering. We provide materials and technical support. Work individually with your own sanitized materials.

Three Sessions \$99.00 Per Person
Thompson Pk Vis Ctr Beech Room

Sat, Oct 2-16 12:30-2:00 PM Q6114A



Bricks 4 Kidz[®]: Mission to Space > NEW >



(grades 3-6)

Bring your curiosity and imagination and we'll take you on adventure to space. Build and explore the International Space Station, the Lunar Rover and the Shuttle, just to name a few. You'll operate a mini mission control station and use wireless remote controls. We provide materials and technical support. Work individually with your own sanitized materials.

One Session \$35.00 Per Person Thompson Pk Vis Ctr Tulip Room

Sat, Nov 13 12:30-2:00 PM Q6314A

Bricks 4 Kidz®: Space Adventures



(grades 1-3)

Inspired by NASA® this workshop is packed full of motorized models that make your imagination blast off! Learn about real-life space exploration and build models related to the NASA® space program. We provide materials and technical support. Work individually with your own sanitized materials.

One Session \$35.00 Per Person Thompson Pk Vis Ctr Tulip Room

Sat, Nov 13 10:30 AM-12:00 PM Q6214A

Bricks 4 Kidz®: Trains, Cars and Airplanes

(grades 1-4)

If you want to build trains, cars and planes and make them move, this class is for you. Each project uses LEGO® technic bricks and power functions to create movement. At the second session learn how to use wireless remote controls and receivers to manage speed. Whether you're a high-speed thrill-seeker or just curious about how things work, this class offers something for everyone. Sanitized wireless remote controls and materials are provided.

Six Sessions \$126.00 Per Person

Fort Monmouth Rec Ctr Program Room D

Tue, Nov 9-Dec 14 4:30-5:30 PM Q5014A

Thompson Pk Vis Ctr Beech Room

Thu, Nov 11-Dec 23 4:30-5:30 PM Q6514A No class 11/25

Child and Babysitting Safety

(ages 10-16)

Calling all teens! Have you ever been left in charge of your younger siblings? Or maybe you watch the children in your neighborhood? No matter the situation, prepare yourself and learn the essentials of child and babysitting safety. This course will build confidence and peace of mind by showing teens safe and effective methods to care for children. Topics covered include safety and injury prevention, conflict resolution, setting boundaries, age-appropriate play, and basic first aid. Taught in a relaxed and comfortable environment, participants will develop practical skills and strategies that will last a lifetime. Course includes manual.

One Session \$60.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Oct 16 10:00 AM-12:00 PM	Q4714A
Thompson Pk Vis Ctr Beech Room	
Sat, Sep 25 10:00 AM-12:00 PM	Q4514A
Sat, Nov 13 10:00 AM-12:00 PM	Q4614A

Developing Your College List

(entering grades 9-12)

Developing your college list is one of the most critical tasks in the college application process. Students will learn how to identify, research and construct a list of colleges. The class will clarify how to prioritize important factors to consider when evaluating colleges: academics/major, admission requirements, student body size, location, cost, athletics, resources, Greek life, etc. We will discuss the need to identify safety, target and reach schools, and will recommend the number of schools to apply to. We will also review resources (books, websites, Naviance) that are available to assist in research activities. We will identify the differences among the various decision dates (Early Decision I and II, Early Action and Regular Decision and Rolling Admissions), and look at the pros and cons of applying for each.

One Session \$35.00 Per Person Thompson Pk Vis Ctr Beech Room

Guide to Planning for Standardized Tests

(grades 9-12)

Determining which test to take, when, and how often can offer a strategic advantage in the application process. In this class, students will learn about the different types of standardized tests required for most college admissions including PSAT, SAT, ACT, Subject Tests, and AP tests. We will discuss how colleges factor test scores into their admission decisions. Test schedules and the process for test registration will be reviewed. Students will also learn where to find free on-line test preparation materials and practice exams. Additionally, we will discuss strategies for improving test scores such as tracking the questions answered incorrectly on practice exams. Finally, we will recommend study schedules with mock tests.

One Session \$35.00 Per Person Thompson Pk Vis Ctr Beech Room

Humane Education: It's Cool to Be Kind

(ages 9-14, with adult)

Animals have no voice, so they need you! Learn why it is important to speak up for animals, and what to do when you see an animal being mistreated. You will also learn the difference between a therapy and a service animal, what to consider when adopting or rescuing an animal, and how to properly meet an animal that you are unfamiliar with. You will also have the opportunity to interact with therapy animals. Presenter provided by the Monmouth County SPCA. Items to assist with the care of shelter animals will be accepted at the program. Visit the Monmouth County SPCA (monmouthcountyspca. org) website to view items on their wish list.

This is a free program; however, preregistration is required.

One Session FREE!

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Sep 18 11:00 AM-12:00 PM. PQ291A

TOASTMASTERS™ YLP comes to MCPS

(ages 13-17)

Do you get nervous speaking in front of people? Do you want to learn how to give powerful presentations? Are you preparing to apply for college and want to "nail" the interview? Toastmasters™ is an international organization that teaches you how to achieve all of your public speaking goals. Whether we like it or not, public speaking plays a vital role in school and in the business world today and could become a very big part of your life. Toastmasters™ is coming to MCPS to offer their Youth Leadership Program. In this program you will learn how to "organize and give speeches, control your voice, vocabulary and gestures and give impromptu talks" plus so much more. Participants will be instructed by Shelby Holliman Carley, Toastmasters™ Area 61 Director and Adjunct Professor at Rutgers University. Each participant will receive a Toastmaster™ Workbook and Evaluation Guide to keep. A presentation for parents/guardians will be the last day of the program.

Eight Sessions \$76.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Sep 22-Nov 10 6:30-8:00 PM Q2214A Henry Hudson Trail Act Ctr

Mon, Oct 18-Dec 6 6:30-8:00 PM Q2314A

OUTDOOR ADVENTURES

Archery & Pepperoni Pizza Social

(ages 9-11)

Deliver yourself to our archery range as we shoot our target faces into eight non-edible pieces on National Pepperoni Pizza Day. Learn the basic of archery from our experienced Outdoor Adventure Staff as you build your paper pizza with newly acquired friends. Take plenty of photos and share to our social media pages.

One Session \$21.00 Per Child

Thompson Pk Activity Barn

Mon, Sep 20 4:30-6:30 PM W1114A

Big Brook Park's Haunted Zip-Line

(ages 8-12)

Experience a family friendly, spooky themed zip-line adventure. Your senses will be heightened as you zip through the dark and brave the spooky creatures of Big Brook Park. A thrill for experienced and first time adventurers.

One Session \$27.50 Per Child Big Brook Pk Sunfield Pavilion

Thu, Oct 21 5:30-7:30 PM(approx). U1614A Thu, Oct 21 7:45-9:45 PM (approx). U2814A Sun, Oct 24 6:30-8:30 PM (approx). U1714A

Family Paper Turkey Hunt

(ages 9-12, with adult)

Spend the day outdoors searching for the perfect turkey for your holiday feast. Our turkey targets are not edible but, your family will enjoy using our hand held GPS units to locate them. After all of your turkeys have been found. Your family will work on their aim as you use our compound bows to shoot the paper turkey targets at our archery range. No turkeys are harmed during this event.

One Session \$20.00 Parent/Child \$13.00 Additional Person

Thompson Pk Activity Barn

Sat, Nov 20 10:00 AM-12:00 PM W0614X

Positive Encouragement, Goal Setting and **Support in an Ever Changing World**

(ages 12-15)

Experience the outdoors in an environment filled with support and encouragement. Set goals, ask for help and lend a hand to help others succeed on our adventure based challenge course. Climb 28' in the air and take a leap of faith as move beyond your fears and gain selfconfidence. Your adventure ends with a ride down our zip-line and into the support of new and old friends. Register a friend and receive a discount!

One Session \$33.00 Per Person \$27.00 Additional Person

Thompson Pk Old Orchard Picnic Shelter

Sat, Oct 2 1:30-5:30 PM W5514X



The world's greatest superhero archers are looking for sidekicks to help them in their fight for justice! Join the academy and learn all the same archery skills your heroes use to battle against their super villain rivals. All archery equipment will be provided.

One Session \$21.00 Per Person Thompson Pk Activity Barn

Wed, Sep 22 4:30-6:30 PM W6014A

Take a Shot: Archery Intro Series

(ages 9-17)

Whether you are a beginner or just need a refresher, our USA archery certified instructors will help you learn and develop your archery skills during this 3-day series. Please dress for the weather as the activity barn is not heated or air conditioned. All equipment is provided.

Three Sessions \$54.00 Per Person

Thompson Pk Activity Barn

Wed, Oct 6-20 4:30-6:30 PM W3214A

Take a Shot: Intro to Archery

(ages 9-17)

Learn the basics of the ancient sport of archery. Whether you are interested for recreation, competition or hunting, our staff will assist you in developing the skills necessary to pursue this timeless pastime. All equipment provided. Please dress for the weather.

One Session \$21.00 Per Person

Thompson Pk Activity Barn

Thu, Sep 9 4:30-6:30 PM	•	•	•	•	•	•	•	•	•	•	•	W0114A
Fri, Oct 8 4:30-6:30 PM .												W4614A
Tue, Nov 9 4:30-6:30 PM												W5714A

Youth Mountain Biking 1.0

(ages 9-11)

Hit the trails on your bike with our expert mountain bike guide! Practice various riding techniques, including body and pedal position, shifting, braking, climbing, descending, and navigating minor obstacles on the trail. We'll also go over important communication skills, trail etiquette, falls and recoveries. Finally, we'll practice these new skills on a beginner friendly trail ride! We recommend if you are unsure, stop by your local bike shop for a checkup. All riders must have a bicycle helmet that complies with U.S. CPSC Safety Standard for Bicycle Helmets (CPSC label inside helmet).

Instructor: Wally Tunison

Two Sessions \$45.00 Per Person

Thompson Pk Old Orchard Picnic Shelter

Sat, Oct 2-9 9:30-11:30 AM. W2414A

Zipping into the Moonlight

(ages 8 and up)

Experience a zip-line adventure where your senses are heightened, the line seems faster, and your eyes adjust to the night. Adventurers will get multiple opportunities to zip down a 175 foot line!

One Session \$27.50 Per Person

Big Brook Pk Sunfield Pavilion

Mon, Sep 20 6:30-8:30 PM	U1214A
Wed, Oct 20 6:30-8:30 PM	U1314A

Zombie Archery

(ages 8-12)

Zombies are everywhere! Use your new archery skills to defeat the zombie horde. Staff will provide archery instruction and then facilitate zombie games! Disclaimer: No zombies will be harmed in this program.

One Session \$19.00 Per Person

Big Brook Pk Sunfield Pavilion

Tue, Oct 19 4:30-6:30 PM	U2414A
Tue, Oct 19 6:30-8:30 PM	U2914A
Tue, Oct 26 5:00-7:00 PM	U2514A

PERFORMING ARTS

Beginner Acting - Youth Level 1

(ages 8-13)

In this class we will learn basic acting techniques such as improvisation, space objects, shape shifting and character building. We will also begin work on The Four Centers of Acting: The Center of Your Focus, The Center of Your Breath, The Center of Your Body and The Center of the Stage. Each class will begin with an actor's warm-up of voice, movement and imagination. A performance of story telling/monologue will be on the final day of class. Please wear closed-toe shoes/sneakers and bring a water bottle.

Four Sessions \$50.00 Per Person Clayton Pk Act Ctr Classroom 1

Tue, Oct 12-Nov 9 4:00-5:30 PM Q1914A *No class 11/2*

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Sep 13-Oct 4 4:00-5:30 PM Q0514A Mon, Oct 18-Nov 8 4:00-5:30 PM Q1014A

Beginner Acting - Youth Level II

(ages 8-13)

In this class we will continue with our actor's warm-ups and our work on The Four Centers of Acting but will begin scene work with a partner. A performance of monologues and scenes will be on the last day of class. Please wear closed-toe shoes and bring a water bottle to class.

Four Sessions \$50.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Wed, Oct 6-27 4:00-5:30 PM Q0714A



Elementary Dance 1

(ages 6-7)

A step up from the basics, Ms. Michele will build upon the skills learned and focus on challenging students and advancing their abilities. Muscle strength and flexibility will be developed along with learning several short dance routines. Ballet, tap, jazz & acro will be covered. Children will need proper jazz attire (black yoga pants) with black jazz and tap shoes.

Pre-requisite: Completion of Little Dancers (September-May) or teacher recommendation.

Ten Sessions \$140.00 Per Person
Tatum Pk Red Hill Act Ctr

Thu, Sep 23-Dec 2 3:30-4:30 PM AA814A No class 11/25

Elementary Dance 2

(ages 7-8)

In this more advanced class, Miss Michele will build upon skills learned and focus on advancing student's abilities. Children will improve strength, flexibility and stamina. This is a fast paced well-rounded class for the younger dancer that covers ballet, tap, jazz and acro. Children will need proper jazz attire with black jazz and tap shoes.

Pre-requisite: Completion of Little Dancers and Elementary 1 or teacher's recommendation.

Ten Sessions \$140.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Sep 23-Dec 2 4:30-5:30 PM AA914A No class 11/25

Freestyle Dance

(ages 6-9)

As a dancer, most just learn dance moves from choreography or from watching another person. That's okay, but if you want to master that move, you need to learn the history and original form of how that move came to be. You also need to learn how to not just move to the music, but let the music MOVE you. This class teaches you to master those basic grooves and rhythmic movement to make those moves your own. Instructor: Chontelle Gladys

Fort Monmouth Rec Ctr Program Room C

Eight Sessions \$79.00 Per Child

Mon, Sep 13-Nov 1 4:30-5:30 PM. M3814A Seven Sessions \$69.00 Per Child Mon, Nov 8-Dec 20 4:30-5:30 PM. M3914A

Hip Hop

(ages 5-7)

Breaking, crumping, the Slide Glide and more highenergy moves are introduced in this athletic class. We start with stretches and warm ups, and gradually combine moves into routines to present to parents at the end of the session. Learning cool moves, quick spins and the improvisational style that is a hallmark of this street dance form, kids will improve strength, flexibility and stamina while getting in the groove. Only age appropriate music is presented; students should wear comfortable clothes and sneakers, and bring a water bottle.

Instructor: Pam Rainey Rogers Six Sessions \$69.00 Per Child Fort Monmouth Rec Ctr Gym A

Tue, Sep 14-Oct 19 4:30-5:15 PM. M8214A Fort Monmouth Rec Ctr Program Room C Thu, Sep 16-Oct 21 4:30-5:15 PM. M8114A Thu, Sep 16-Oct 21 5:30-6:15 PM. M8414A Fort Monmouth Rec Ctr Program Room C Thu, Oct 28-Dec 16 4:30-5:15 PM. M8614A No class 11/4 & 11/25 Thu, Oct 28-Dec 16 5:30-6:15 PM. M8714A No class 11/4 & 11/25 Fort Monmouth Rec Ctr Gym A

Tue, Nov 9-Dec 14 4:30-5:15 PM M8514A

Little Dancers

(aaes 5-6)

Has your child successfully graduated from Tots in Tutus 1 & 2? This is the next step for them. Ms. Michele will build upon their beginning skills to expand into a more structured class. Ballet, jazz and tap skills will be covered with an emphasis on completing a short routine for each. Children must wear ballet or jazz attire and need ballet and tap shoes. Please also secure hair away from face.

Pre-requisite: Completion of 2 sessions of Tots in Tutus 2 or teacher recommendation.

Ten Sessions \$110.00 Per Child Tatum Pk Red Hill Act Ctr

Thu, Sep 23-Dec 2 2:00-2:45 PM AA614A No class 11/25 Thu, Sep 23-Dec 2 2:45-3:30 PM AA714A *No class 11/25*

Musical Theatre Essentials Workshop

(ages 13-17)

Eager performers get a chance to develop their craft and take their talent to next level! In this workshop style class, each actor is required to bring a 16-bar cut of a song or a monologue of their choice. The fundamentals of musical theatre are explored as well as what it takes to be a professional working actor. Topics discussed include auditioning, being cast in a show, improv, acting and vocal techniques.

Instructor: Marina Colonna Two Sessions \$100.00 Per Person Thompson Pk Theater Barn

Sun, Sep 26-Oct 3 11:00 AM-2:00 PM A7214A

Rock to Bach- Guitar for Kids

(ages 8-16)

Move "learn to play guitar" from your wish list to your list of accomplishments in a relaxed, small-group setting. From classical to rock we will read music, strum through chords, and develop techniques to practice at home. All this in a fun, hands-on program designed to teach you the basics to play the songs you want to play. There is a required workbook that will be available for purchase at the first class. You bring the guitar, we'll bring the personalized instruction to each class. Nylon guitar strings are recommended for easier play.

Eight Sessions \$160.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Sep 13-Nov 1 6:30-7:30 PM. M9014A

Stop Motion Animation Creation



(ages 8-12)

Bring your ideas, stories, objects and figurines to this class as we collaborate to create your very own stop motion animation video to share with family and friends. We will be using the Stop Motion Animation free app. iPad, stand and lighting will be provided for use during class.

Four Sessions \$60.00 Per Person Bayshore Waterfront Pk Act Ctr

Fri, Sep 24-Oct 15 4:00-5:30 PM Q5214A

The Afternoon Puppet Show

(ages 5-7)

It's The Afternoon Puppet Show starring you and your puppet! In this class we will make our very own puppet. We will have an actor's warm-up of voice, movement, imagination and the playing of our favorite acting games. We will then bring our puppets to life and perform in our Afternoon Puppet Show.

Four Sessions \$45.00 Per Person Bayshore Waterfront Pk Act Ctr

Tue, Sep 14-Oct 5 4:00-5:30 PM. Q0614A Tue, Nov 16-Dec 7 4:00-5:30 PM Q2114A

Tots in Tutus I

(ages 3-5)

Your child will discover their inner ballerina/dancer as they explore the simple exercises of this graceful dance form. A professional instructor will present a dance studio curriculum in a beautiful park setting. Creativity and enjoyment is emphasized. Little dancers should be potty trained and wear leotard/tights and ballet shoes; no slippers please. Please also secure hair away from face.

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tots in Tutus II

(ages 4-5)

Your little ballerina/dancer pirouetted their way through their first year of ballet and is eager for more! Now, your teacher will focus on ballet terms, tap skills and even explore more creative movement. Little dancers should be potty trained and bring tap shoes in addition to ballet shoes and attire; no slippers please. Please also secure hair away from face.

Pre-requisite: Completion of Tots in Tutus I (September through May) or teacher's recommendation.

Ten Sessions \$110.00 Per Person
Tatum Pk Red Hill Act Ctr

Tue, Sep 21-Nov 30 11:30 AM-12:15 PM . AA114A No class 11/2

Tue, Sep 21-Nov 30 3:45-4:30 PM AA414A

No class 11/2

SPORTS & FITNESS

After School Tennis

(ages 6-11)

This is an ideal opportunity for your child to begin to develop coordination while learning the basic rules of the game. Participants receive expert instruction in a small class. Racquets are provided if needed.

Eight Sessions \$88.00 Per Child

Dorbrook Rec Area

(aaes 6-8)

Tue,Thu, Sep 14-Oct 7 4:30-5:25 PM....X9414A (ages 9-11)

Mon, Wed, Sep 13-Oct 6 4:30-5:25 PM. . . . X9014A

Baseball FUNdamentals

(ages 6-8)

Learn the fundamentals of baseball in this fun, noncompetitive program. Our instructors will cover batting, fielding and base running, as well as the rules of the game.

Four Sessions \$48.00 Per Person

Dorbrook Rec Area

Basketball FUNdamentals

(ages 6-8)

Swish! Children will have fun while learning the fundamentals of basketball in a fun and noncompetitive environment. Our coaches will use age appropriate drills and games to teach shooting, dribbling, passing and defense, along with the rules of the game.

Four Sessions \$48.00 Per Person

Dorbrook Rec Area

Cool Runners Fitness Run for Fun

(entering grades K-8)

Build your child's self-confidence and stamina as we hit the trails and run for fun! Designed to meet every skill level, this action-packed program is taught in a relaxed, positive and supportive environment. Participants will build a foundation for healthy living as they learn proper running fundamentals including technique, form and nutrition. Exciting games, races and training activities will keep your child moving and motivated to reach all of their goals!

Instructor: Robert Cavanaugh, Road Runners Club of America Certified Coach

Six Sessions \$109.00 Per Person

Thompson Pk Old Orchard Parking Lot

Tue, Sep 14-Oct 19 5:30-6:30 PM. XAK14A Thu, Sep 16-Oct 21 5:30-6:30 PM. XAM14A Sat, Sep 18-Oct 23 9:30-10:30 AM XAP14A

Wolf Hill Recreation Area

Fri, Sep 17-Oct 22 5:30-6:30 PM XAN14A

Flag Football

(ages 7-12)

Ready! Set! Hike! Enjoy the fun of playing football without the tackling. Participants will learn fundamental skills including passing, receiving, positions and rules of the game, in a fun and safe environment. Parents have the opportunity to gauge their child's interest in football before signing up for a Pop Warner league. Each session will end with a non-contact game of flag football.

Four Sessions \$48.00 Per Person

Dorbrook Rec Area

(ages 7-9)

Wed, Sep 15-Oct 6 5:00-5:55 PM X3614A

Girls Basketball FUNdamentals

(ages 6-9)

Designed for girls to learn the fundamentals of basketball in a noncompetitive, non-intimidating environment. Our coaches will use age appropriate drills and games to teach shooting, dribbling, passing and defense, along with the rules of the game.

Four Sessions \$48.00 Per Person

Dorbrook Rec Area

Hat Trick Hockey - Floor

(ages 4-6)

Hit the rink. No skates, pads or experience necessary. Wear sneakers while you learn to shoot, pass and control the puck in a noncompetitive setting. Develop basic hockey skills, the importance of team play, help strengthen hand-eye coordination and build self confidence.

Five Sessions \$60.00 Per Person

Dorbrook Rec Area

Junior Hoopsters

(ages 8-11)

Develop fundamental basketball skills in this fun introduction to the sport. Our coaches will help children develop essential basketball skills including shooting, passing, rebounding, ball handling and defense.

Four Sessions \$48.00 Per Person

Dorbrook Rec Area

Kids Kixx Soccer: Ladybugs

(ages 4-6

She shoots-she scores! In addition to our co-ed Kids Kixx classes we offer classes for girls only. Start your little girl off on the right foot.

Four Sessions \$56.00 Per Person

Fall Season 1

Dorbrook Rec Area

Sat, Sep 25-Oct 16 11:00-11:55 AM MAW14A Sun, Sep 26-Oct 17 10:30-11:25 AM MAX14A

Fall Season 2

Dorbrook Rec Area

Wed, Oct 20-Nov 10 5:00-5:55 PM MAY14A Sat, Oct 23-Nov 13 11:00-11:55 AM MAZ14A

Fort Monmouth Rec Ctr Outdoor Area

Sun, Oct 24-Nov 14 11:00-11:55 AM. . . . MB014A

Indoor Season

Dorbrook Rec Area Act Ctr

Thu, Nov 18-Dec 16 5:00-5:55 PM MB114A No class 11/25

Fort Monmouth Rec Ctr Gym A

Sun, Nov 21-Dec 19 12:30-1:25 PM MB214A *No class 11/28*

Kids Kixx Soccer

(ages 4-5)

Soccer made simple! Skills including dribbling, passing and shooting will be taught by encouraging instructors using age appropriate games, demonstrations and drills to teach the basics of soccer. Please see Kids Kixx Soccer: Nexxt Step (this page) for classes for older children.

Four Sessions \$56.00 Per Person

Fall Season 1

Dorbrook Rec Area

Wed, Sep 15-Oct 6 5:00-5:55 PM MA514A
Thu, Sep 16-Oct 7 5:30-6:25 PM MA614A
Sat, Sep 25-Oct 16 9:00-9:55 AM MA914A
Sat, Sep 25-Oct 16 10:00-10:55 AM MAA14A
Fort Monmouth Rec Ctr Outdoor Area
Mon, Sep 13-Oct 4 4:30-5:25 PM M8314A
Holmdel Pk Hilltop Area
Fri, Sep 17-Oct 8 5:00-5:55 PM MA714A
Sat, Sep 25-Oct 16 12:00-12:55 PM MA814A
Fall Season 2
Dorbrook Rec Area

Wed, Oct 20-Nov 10 4:00-4:55 PM MAC14A
Sat, Oct 23-Nov 13 9:00-9:55 AM MAE14A
Sat, Oct 23-Nov 13 10:00-10:55 AM MAF14A
Sun, Oct 24-Nov 14 9:30-10:25 AM MAG14A
Sun, Oct 24-Nov 14 10:30-11:25 AM MAH14A
Fort Monmouth Rec Ctr Outdoor Area

Mon, Oct 18-Nov 8 4:30-5:25 PM MAB14A Holmdel Pk Hilltop Area

Fri, Oct 22-Nov 12 5:00-5:55 PM MAD14A

Indoor Season

Dorbrook Rec Area Act Ctr

Thu, Nov 18-Dec 16 4:00-4:55 PM MAK14A *No class 11/25*

Fort Monmouth Rec Ctr Gym A

Sun, Nov 21-Dec 19 10:30-11:25 AM . . . MAM14A No class 11/28

Sun, Nov 21-Dec 19 11:30 AM-12:25 PM . MAN14A No class 11/28

Mon, Nov 22-Dec 13 5:30-6:25 PM MAJ14A

Kids Kixx Soccer: Nexxt Step

(ages 5-7)

Take a step forward preparing your child for a successful start to soccer league play. Our favorite soccer games including Red Light, Green Light and Sharks and Minnows will advance into mini-scrimmages. Coaches will teach soccer terms, positions, teamwork, and rules to help players get a feel for a real game. This class is designed for players familiar with soccer skills and ready to tackle more advanced skills and game play.

Four Sessions \$56.00 Per Person

Fall Season 1

Fort Monmouth Rec Ctr Outdoor Area

Mon, Sep 13-Oct 4 5:30-6:25 PM MAP14A Sun, Sep 26-Oct 17 11:00-11:55 AM MAQ14A

Fall Season 2

Fort Monmouth Rec Ctr Outdoor Area

Mon, Oct 18-Nov 8 5:30-6:25 PM MAR14A Dorbrook Rec Area

Sun, Oct 24-Nov 14 11:30 AM-12:25 PM . . . MAS14A

T-Ball

(aaes 4-5)

Children have fun while learning the fundamental skills of America's pastime in this noncompetitive program. There's no better introduction to the sports of baseball or softball! Instructors will utilize fun games and activities as players learn the skills of hitting, throwing, base running and fielding. At the end of the program participants may apply these skills into realistic mini game situations.

Four Sessions \$50.00 Per Person

Dorbrook Rec Area

T-Ball 2

(ages 4-5)

Do you love t-ball and want to improve your skills? You've found the perfect program! Ball players will continue developing their fielding, throwing and hitting skills in a fun and encouraging environment. Prior participation in T-Ball (above) or T-Ball with Me & Dad/Mom (page 29) is suggested.

Four Sessions \$50.00 Per Person

Dorbrook Rec Area

Sat, Oct 16-Nov 6 11:00-11:55 AM X7914A Sun, Oct 17-Nov 7 10:00-10:55 AM X8614A

ACTIVE ADULTS 55+

Balanced Fitness

(ages 55 and up)

The four building blocks of fitness will be used to create a new, fitter you! Cardio endurance, strength/power training, flexibility and balance will be emphasized as we encourage you to begin or continue exercising. See what the benefits of exercising will do for you!

Six Sessions \$72.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Sep 14-Oct 19 11:30 AM-12:30 PM . M6414A Fri, Sep 17-Oct 22 11:30 AM-12:30 PM . . M6614A Tue, Nov 2-Dec 7 11:30 AM-12:30 PM . . . M6514A Fri, Nov 5-Dec 17 11:30 AM-12:30 PM. . . M6714A *No class 11/26*

Coffee & Canvas

(adults)

Add some color to your day with a paint party! Relax and socialize as you create a guided work of art, just like those evening paint and sip classes. No art experience needed; the artist will give step-by-step instruction. Bring your own coffee or tea and watch your beautiful work of art emerge.

One Session \$25.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Sat, Oct 16 10:00 AM-12:00 PM M2514A Mon, Oct 18 9:30-11:30 AM M2714A Sat, Nov 6 10:00 AM-12:00 PM M2614A Mon, Nov 8 9:30-11:30 AM. M2814A

Fall Senior Hikers

(ages 55 and up)

Enjoy weekly hikes at a relaxed pace in beautiful parks in Monmouth County on wooded trails. Hiking boots and walking poles are recommended. A schedule of locations and dates will be included with your receipt. Location Varies Week to Week

Looking to start out or slow down with hiking? These hikes are at a comfortable pace and go from 1 ½-2 miles in 1 hour. Level .75 is a shorter distance and slower pace than Level 1 of the Senior Hiker program.

Fifteen Sessions \$75.00 Per Person

Tue, Sep 7-Dec 14 11:30 AM-12:30 PM . . D1014A (continued...)

Fall Senior Hikers continued...

Level 1

Hikes cover 3-3 ½ miles in 1 ½ hours. Level 1 is a slower pace and shorter distance than Level 2, but is more brisk than Level .75.

Fifteen Sessions \$75.00 Per Person

Tue, Sep 7-Dec 14 9:30-11:00 AM D1114A Thu, Sep 2-Dec 16 9:30-11:00 AM D1314A

Hikes cover 4 1/2-5 miles in 2 hours. Level 2 hikes are at a more comfortable pace than Level 3 or 4, but more brisk than Level 1.

Sixteen Sessions \$80.00 Per Person

Fri, Sep 3-Dec 17 9:30-11:30 AM D1414A Wed, Sep 8-Dec 15 9:30-11:30 AM D1214A

Level 3

These hikes are at a moderate pace and go from 5-5 ½ miles in 2 hours. Level 3 is a much brisker paced hike than Level 2, but easier than Level 4.

Fifteen Sessions \$75.00 Per Person

Tue, Sep 7-Dec 14 9:30-11:30 AM D0914A

These hikes are at a brisk pace and go from 5 1/2-6 miles in 2 hours. Level 4 is the most difficult of the Senior Hiker programs.

Fourteen Sessions \$70.00 Per Person

Mon, Sep 13-Dec 13 9:30-11:30 AM D0814A

Stronger for Longer

(ages 55 and up)

The time has come to improve your muscle tone, flexibility and coordination through light strength training. Enjoy a fun and social environment with other active adults. The class will utilize a variety of equipment such as dumbbells and rubber resistance. No prior weight training experience is necessary.

Six Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Mon, Sep 20-Nov 1 12:00-1:00 PM D1914A No class 10/11

Mon, Nov 8-Dec 13 12:00-1:00 PM D2014A

ARTS & CRAFTS

CERAMICS & POTTERY

Advanced Wheel-Thrown Pottery

(adults)

These classes are for students who have experience on the potter's wheel and are looking to further develop their throwing skills. Advanced techniques and indepth forms will be presented. Fee includes glazes, firings and 25 lbs. of stoneware clay. Please be advised that there will be no opportunities to make up missed classes.

Please Note: Due to the popularity of this program, participants may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove you from duplicate classes to provide an opportunity for someone on the wait list.

Seven Sessions \$175.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

Tue, Sep 7-Oct 19 7:00-10:00 PM..... ZA714A

Instructor: Pete MacConnell

Tue, Oct 26-Dec 14 7:00-10:00 PM ZA814A

No class 11/23

Instructor: Don Bradford

Thu, Sep 9-Oct 21 6:30-9:30 PM ZA914A Thu, Oct 28-Dec 16 6:30-9:30 PM ZAA14A

No class 11/25

All Level Pottery - Extended

(adults)

This pottery class has an added hour for beginner and advanced students to learn or refine their pottery skills. Knowledgeable instructors will provide demonstrations and instruction in all aspects of wheel-throwing and hand-building. Class includes 25 lbs. of clay, glazes and firing. Tools can be purchased at the studio. Please be advised that there will be no opportunities to make up missed classes.

Please Note: Due to the popularity of this program, participants may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove you from duplicate classes to provide an opportunity for someone on the wait list.

Instructor: Sue Johnson

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 7-Oct 19 9:00 AM-1:00 PM ZAK14A Tue, Oct 26-Dec 14 9:00 AM-1:00 PM . . . ZAM14A

No class 11/23

All Level Pottery Classes

(adults)

This course will introduce the fundamental skills necessary to center clay and produce basic pottery forms on and off the potter's wheel. This is a great opportunity for students of all levels to explore clay in a fun and creative atmosphere. Students with previous experience will strengthen their techniques with guidance and critique from one of our knowledgeable instructors. Class includes 25 lbs of stoneware clay, glazes, and firings. Tools may be purchased at the studio. Please be advised that there will be no opportunities to make up missed classes.

Please Note: Due to the popularity of this program, participants may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove you from duplicate classes to provide an opportunity for someone on the wait list.

Seven Sessions \$180.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Sue Johnson

No class 11/23

Instructor: Joanne Traskiewicz

Wed, Sep 8-Oct 20 9:00 AM-12:00 PM. . . . Z6814A Wed, Oct 27-Dec 15 9:00 AM-12:00 PM . . . Z6914A

No class 11/24

Ved, Oct 27-Dec 15 1:00-4:00 PM . . . No class 11/24

Instructor: TBD

No class 11/24

Instructor: Joyce Nokes

Fri, Sep 10-Oct 22 9:00 AM-12:00 PM Z8514A Fri, Oct 29-Dec 17 9:00 AM-12:00 PM Z8614A

No class 11/26

Fri, Sep 10-Oct 22 1:00-4:00 PM Z8714A

Fri, Oct 29-Dec 17 1:00-4:00 PM Z8814A

No class 11/26

Instructor: John Fossa

Sat, Sep 11-Oct 23 11:30 AM-2:30 PM. . . . Z8914A Sat, Oct 30-Dec 18 11:30 AM-2:30 PM. . . . Z9014A

No class 11/27

Instructor: Laura Copeland

Mon, Sep 13-Oct 25 9:00 AM-12:00 PM . . . Z9114A Mon, Nov 1-Dec 13 9:00 AM-12:00 PM . . . Z9214A

Instructor: Helen Cole

Instructor: TBD

Monmouth County Park System

Craft Show

Saturday, November 13 9 a.m. – 2 p.m.

Fort Monmouth Recreation Center 2566 Guam Lane, Cinton Falls



Shop for that special gift from 50+ unique, quality craft vendors just in time for the holidays!



For more information, please call 848-456-4268, ext. 3#, or email James.Butler@monmouthcountyparks.com.

Ceramic Arts

(adults)

If you like the idea of painting your own pottery, wait until you see what we have to offer! Select from a variety of pre-cast ceramic items and we will help you transform them into your own work of art. Traditional and contemporary ceramic techniques will be demonstrated. Our large selection of glazes and underglazes will not disappoint! Beginners will gain knowledge about greenware, bisque, underglazes and glaze. Advanced students can work independently. Precast items and tools can be purchased at the Creative Arts Center. Fee includes instruction, firings, glazes, and underglazes.

Instructor, Shelley Ziegler

Seven Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 9-Oct 21 9:00 AM-12:00 PM ZBE14A Thu, Oct 28-Dec 16 9:00 AM-12:00 PM . . ZBG14A No class 11/25

Thu, Sep 9-Oct 21 12:30-3:30 PM. ZBH14A Thu, Oct 28-Dec 16 12:30-3:30 PM. ZBJ14A No class 11/25

Foundations of Clay Hand-Building

(adults)

Beautiful sculptural forms will be the focus of this pottery class. The instructor will share techniques for building, supporting and firing your own handbuilt creations. Class includes 25 lbs. of clay, glazes and firings.

Instructor: Helen Cole

Seven Sessions \$175.00 Per Person Thompson Pk Creative Arts Center

Wed, Sep 8-Oct 20 1:00-4:00 PM ZAS14A Wed, Oct 27-Dec 15 1:00-4:00 PM ZAU14A No class 11/24

Wed, Sep 8-Oct 20 6:30-9:30 PM ZAV14A Wed, Oct 27-Dec 15 6:30-9:30 PM ZAW14A No class 11/24



Raku Pottery

(adults)

This class will focus on the ancient art of Raku, a rapid firing process that produces rich metallic and smoky hues. Students must be proficient enough to work independently. This is not a beginner program. Class includes 25 lbs. of clay, glazes and bisque firing. Students will be charged per piece for Raku firing at the rate of \$0.10 per cubic inch. Please be advised that there will be no opportunities to make up missed classes.

Please Note: Due to the popularity of this program, participants may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove you from duplicate classes to provide an opportunity for someone on the wait list.

Instructor: Christina Carlson

Seven Sessions \$175.00 Per Person
Thompson Pk Creative Arts Center

Thu, Sep 9-Oct 21 9:30 AM-12:30 PM . . . ZAH14A Thu, Oct 28-Dec 16 9:30 AM-12:30 PM . . . ZAJ14A No class 11/25

DRAWING & PAINTING

A Day with the Impressionists

(adults)

Using acrylic paints and canvas, students recreate a famous Impressionist masterpiece using Aspiring Artists step-by-step painting method. Students will learn the specific brushstrokes and layering techniques of Impressionism. No painting experience is necessary. All materials provided.

Instructor: Debra Stasiak

One Session \$36.00 Per Person

Thompson Pk Creative Arts Center

van Gogh's Three Sunflowers in a Vase

Botanical Illustration

(adults)

Join us for this fun new two part workshop, exploring and drawing the native vegetation of Monmouth County. We'll journey onto the trails with a Park System Naturalist to learn about our native plants; including their medicinal properties, uses and unique features. The second part of the workshop, we'll get up close with the plants and learn how to draw them through examining what features are important to botanical illustration, how to draw plants from life, and introducing color to your botanical works. Be sure to dress for the weather and wear sturdy shoes. Supply list will be emailed upon registration.

Naturalist: Blake Beyer; Artist/Instructor: Katie Stone

One Session \$38.00 Per Person
Thompson Pk Creative Arts Center

Thu, Sep 9 10:00 AM-1:00 PM ZAX14A

Color Pencil Basics Workshop

(adults)

Color pencil drawing can yield some beautiful finished works and is the perfect medium to introduce color into your drawings. This workshop will focus on how to use color pencil to its fullest potential. All participants will leave with a finished still life drawing. Basic drawing skills are suggested, however, not required.

Artist/Instructor: Katie Stone
One Session \$30.00 Per Person
Thompson Pk Creative Arts Center

Contemporary Watercolor Painting

(adults)

Watercolor is a relaxing and creative medium. From strong vibrant colors to transparent washes; beginner and advanced students will enjoy learning cutting edge techniques as well as traditional watercolor methods. A supply list will be sent upon registration.

Instructor: MaryAnn Goodwin
Six Sessions \$84.00 Per Person
Thompson Pk Creative Arts Center

Tue, Sep 14-Oct 19 6:30-8:30 PM.......ZB814A Tue, Oct 26-Dec 7 6:30-8:30 PM......ZB914A No class 11/23

Thu, Sep 16-Oct 21 6:30-8:30 PM. ZBA14A Thu, Oct 28-Dec 9 6:30-8:30 PM ZBB14A

No class 11/25

Fri, Sep 17-Oct 22 10:00 AM-12:00 PM . . . ZBC14A Fri, Oct 29-Dec 10 10:00 AM-12:00 PM . . ZBD14A

No class 11/26

Drawing Sampler

(adults)

Nervous about committing to a six-week drawing class, but always wanted to learn some of the basics of drawing? Come to our one day drawing workshop and explore the medium. It's the perfect opportunity to decide if a drawing class is a good fit for you. This class will address the basics of some drawing principles including drawing from observation, understanding shadow and highlights, as well as foundational concepts, such as negative space and breaking forms down into simplified shapes. All supplies including drawing papers, charcoals, and a range of pencils will be provided so you can decide if you enjoy the medium before making a more serious investment.

Artist/Instructor: Katie Stone

One Session \$25.00 Per Person
Thompson Pk Creative Arts Center

Wed, Sep 22 1:00-3:30 PM ZAY14A Wed, Oct 13 1:00-3:30 PM ZAZ14A

Great Impressionism Workshop™

(adults)

No painting experience necessary to take this step-bystep approach to Impressionism. Using Aspiring Artists exclusive Interpretive Impressionism method, students will learn the specific brushstrokes, layering techniques, color mixing and unique styles of these painters. Acrylic paints and cardstock paper are included, however if you prefer to paint on canvas, bring your own 11"x14" canvas to class.

Artist/Instructor: Debra Stasiak
Four Sessions \$94.00 Per Person
Thompson Pk Creative Arts Center

Monet's Poppy Field

Giverny Pissarro's Apple Picking at Eragny

Fri, Oct 1-22 10:00 AM-12:00 PM ZAB14A Cezanne's Pot of Primroses and Fruit,

Monet's Water Lilies and Agapanthus

Fri, Oct 29-Nov 19 10:00 AM-12:00 PM . . ZAC14A

Great Originals Workshop NEW

(adults)

Using acrylic paints on canvas, the instructor will bring in prints of seasonal images, and students will create their own impressionistic or modern version of them using Aspiring Artists step-by-step approach to painting. All supplies included.

Instructor: Debra Stasiak

Apple Tree, Autumn Flowers, Autumn Leaves

Three Sessions \$75.00 Per Person
Thompson Pk Creative Arts Center

Fri, Sep 10-24 10:00 AM-12:00 PM ZAN14A

Inspired Painting

(adults)

This fall, find your creative pulse in an eight-week painting class with instructor Shari Epstein. Working independently, you can complete a painting with an understanding of composition, proportion and color mixing. All levels of experience are welcomed. Supply list will be mailed upon registration. To the first class, bring images you love preferably in print rather than your cellphone.

Eight Sessions \$96.00 Per Person Henry Hudson Trail Act Ctr

Intermediate Drawing

(adults)

This course is designed for students who have basic drawing experience and would like to develop their skills. Join us as we work to perfect your ability by introducing some different techniques that will focus on line, value and shadow to bring your drawings to the next level. A supply list will be provided upon registration.

Artist/Instructor: Katie Stone
Six Sessions \$84.00 Per Person
Thompson Pk Creative Arts Center

No class 11/11 & 11/25

Intro to Traditional Painting

(adults)

Designed specifically for the novice painter, students will explore traditional painting techniques such as use of color, line and medium, as well as painting from observation. A supply list will be provided upon registration.

Artist/Instructor: Katie Stone
Six Sessions \$84.00 Per Person
Thompson Pk Creative Arts Center

Intuitive Painting

(adults)

Let's create several layers on our canvas using paints, inks, stamps and stencils. We'll complete these original works of art by blocking out a focal point and adding a phrase and/or embellishments if desired. All supplies are included for a large format canvas 16"x20" or larger. Instructor: Monique Topp

One Session \$55.00 Per Person Henry Hudson Trail Act Ctr

Oil Painting Techniques

(adults)

Confidence is taught by proper structure of technique and application of the materials. Through this handson-course, students will learn diverse painting styles, as well as various master techniques. We will cover concepts such as: working lean to fat, impasto, Alla Prima and under painting specific for each image and subject within the image. Finished paintings will be 5x7 or 8 x10 in size with references provided by your instructor in the step by step structured class. All levels are always welcomed. A supply list is provided on your registration receipt.

Instructor: Gina Torello, Professional Artist, MFA

LightScapes Studio LLC

Six Sessions \$120.00 Per Person
Thompson Pk Creative Arts Center

Wed, Sep 15-Oct 20 2:00-4:30 PM ZA114A Wed, Nov 3-Dec 15 2:00-4:30 PM ZA214A No class 11/24



Painting: All-Level

(adults)

If you are ready to perfect your painting skills, this course is geared toward you. Designed for painters with some experience, the focus of this class will be finetuning and developing technique. Come ready with ideas the first day to start painting.

Artist/Instructor: Katie Stone
Six Sessions \$84.00 Per Person
Thompson Pk Creative Arts Center

Pastel Impressionism

(adults)

Explore the forgiving and simple media of soft pastels. References will be provided varying in subject matter and style. Working together as a class in a step by step manner you discover how a professional artist begins, creates and finishes a work of art. This method of teaching gives you confidence and allows you freedom to develop your own style. Color theory, application methods and diverse techniques are used to teach you use of texture and dimension in your paintings. All levels are always welcome. A supply list is provided on your registration receipt.

Instructor: Gina Torello, MFA Professional Artist,

LightScapes Studio LLC

Six Sessions \$120.00 Per Person

Fisherman's Cove Act Ctr

Tue, Sep 14-Oct 19 2:00-4:30 PM...... Z9914A Tue, Nov 2-Dec 14 2:00-4:30 PM..... ZA014A No class 11/23

Plein Air by the Sea

(adults)

Learn how to paint and draw from life not from a photo. The impressionists painted this way "Alla Prima" with a limited palette, dynamic compositions and dramatic lighting from the sun. See why learning to make art from nature will teach you to see true color and intern you will learn how to mix those colors first hand. Indoor and outdoor options at the Manasquan Inlet. Our indoor facility has amazing vistas so bring your own media of choice and all your supplies you will need to create your art. Lessons will be well structured with demonstrations weekly. New techniques will be introduced on composition, values, color theory and applications of media. All levels always welcomed. Please bring your own supplies.

Instructor: Gina Torello, MFA Professional Artist,

LightScapes Studio LLC.

Six Sessions \$120.00 Per Person Fisherman's Cove Outdoor Area

Thu, Sep 16-Oct 21 2:00-4:30 PM. ZA314A Thu, Nov 4-Dec 16 2:00-4:30 PM ZA414A No class 11/25

Portrait Painting Workshop

(adults)

Portrait painting and drawing is probably one of the hardest but most inspiring subject matters of art. There is nothing like a fine art portrait of someone you know and love. We will begin the class by composing the model in the correct light and wardrobe. The first session or 2 of the class will focus on drawing. Accuracy in proportion, shape, line, value, and anatomical structure in the features are fundamental to capturing a likeness. The instructor will discuss these principles in depth using demos and critiques. Following the drawing portion of class students will be encouraged to paint. Paintings will be done with their drawing transferred to canvas. A range of traditional techniques will be utilized to best serve the painting including underpainting (ebouche) and form painting. The properties of value and color in regards to beautiful flesh tones will be explored.

Artist/Instructor: Kristin Künc

Six Sessions \$138.00 Per Person
Thompson Pk Creative Arts Center

Wed, Sep 29-Nov 3 9:30 AM-12:00 PM . . . ZC914A

Renaissance Drawing

(adults)

Learn how to draw from a college professor and develop the confidence in mastery of perspective, values, proper shading techniques and proportion. Learn a simple new approach on how to correct your own artwork while exploring the media of charcoal, pencil and ink all in black and white imagery. Still lifes will be set up on site in order to allow students the opportunity to practice vital drawing skills along with B/W photos that are given to you as reference to increase your success with value studies. This approach to learning is step by step adding new skills weekly: beginner, intermediate and advanced students will master and excel always with self confidence. All levels are always welcome. A supply list is provided on your registration receipt.

Instructor: Gina Torello MFA professional artist,

Lightscapes Studio LLC.

Six Sessions \$120.00 Per Person Thompson Pk Creative Arts Center

Studio Time with Gina

(adults)

This class is designed as a group art studio class with a professional artist instructing each student individually. Students bring their own supplies in their specific media of preference, all media welcomed. Instruction consists of color mixing through reinforcement of color theory, educating dynamic use of composition and various techniques of application of material in all mediums. Perspective lessons along with personal one on one constructive critiques. All level artists both professional and beginners are always welcome.

Instructor: Gina Torello, MFA Professional Artist, LightScapes Studio LLC

Thompson Pk Creative Arts Center Five Sessions \$100.00 Per Person

Fri, Sep 17-Oct 22 2:00-4:30 PM ZA514A No class 10/1

Six Sessions \$120.00 Per Person

Fri, Nov 5-Dec 17 2:00-4:30 PM ZA614A No class 11/26

The Foundations of Oil Painting

(adults)

This class is dedicated to learning the art of oil painting. Students will acquire a strong understanding of the skills needed to begin their journey into the world of oils. Class will start with an introduction to the basics, such as value and color, and graduate into more complex painting techniques, learning techniques to better handling of the medium, as well as developing the artist eye of painting from life. Supply list will be provided upon registration.

Artist/Instructor: Melissa Bronwen Pyle

Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Mon, Sep 13-Oct 18 10:00 AM-12:00 PM . .Z2814A Mon, Nov 8-Dec 13 10:00 AM-12:00 PM . .Z2914A

Watercolor Adventures

(adults)

If you admire the beauty of watercolor painting and want to learn how to use the medium to make your own unique works, this course is perfect for you! Your instructor will highlight and teach different watercolor techniques to allow participants to create stunning and distinctive works. A list of supplies (not included) will be provided upon registration.

Instructor: Jane Lux

Ten Sessions \$190.00 Per Person
Fort Monmouth Rec Ctr Program Room C

Fri, Sep 24-Dec 3 10:00 AM-12:30 PM Z6514A No class 11/26



JEWELRY

Precious Metal Clay Basics

(adults)

Precious Metal Clay (PMC) is made up of metal particles, such as fine silver or copper, suspended in an organic binder. This versatile medium is very user friendly. Even beginners can create beautiful artisan jewelry! Our certified instructor will introduce beginners to the fundamentals and assist more advanced students with their independent projects. Students will have the option of working with fine silver or copper metal clay. A materials fee of \$15.00 (cash only) is payable to the instructor on the first day of class (this is for materials other than the metal clay). The cost of the metal clay will depend on the type of metal and project of your choosing. Upon registration, please refer to the fact sheet for more pricing information.

Instructor: Pamela Williams

Thompson Pk Creative Arts Center Five Sessions \$123.00 Per Person

Sat, Sep 11-Oct 9 10:00 AM-1:00 PM ZBZ14A Sat, Oct 23-Nov 20 10:00 AM-1:00 PM ZC014A

Six Sessions \$148.00 Per Person

Tue, Sep 14-Oct 19 10:00 AM-1:00 PM . . . ZC114A Tue, Oct 26-Nov 30 10:00 AM-1:00 PM . . . ZC214A

KNITTING & SEWING

Embroidery 101

(adults)

Learn the art of embroidery in this step-by-step workshop. Participants will learn all the basics; from how to transfer a design to a diversity of stitches, as well as how to split the thread and thread a needle with ease. This workshop is both a great way to start your journey into the world of embroidery in addition to reviewing some basics of the craft form. All skill levels are welcome. A \$5.00 fee for supplies the day of the workshop will be paid to the instructor.

Artist/Instructor: Jennifer Santa Maria
One Session \$28.00 Per Person

Thompson Pk Creative Arts Center

Hooks and Needles Club

(adults)

Do you crochet, knit or weave? Join the Deep Cut Gardens "Hooks and Needles" club. Every Thursday afternoon, knitters, hookers and weavers come to Deep Cut to relax, work on projects and socialize with other fiber crafters. Enjoy the companionship of others while finishing that afghan or shawl you have been struggling to complete. This might be just the structure you need to get that larger piece done. Or, you might make a quick hat or scarf in just one session. Bring your supplies and your companionship and we'll provide the space.

Thirteen Sessions FREE!

Deep Cut Gardens Horticultural Center

Thu, Sep 30-Nov 18 1:00-3:00 PM PH081A

Knit or Crochet Your Choice

(ages 15 and up)

An opportunity to learn both knitting and/or crocheting. Learn the basics or improve your skills. Instructor will be available to assist individuals with any project they may choose.

Instructor: Shelley Ziegler

Six Sessions \$68.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 14-Oct 19 6:30-8:30 PM.......Z4214A Tue, Oct 26-Dec 7 6:30-8:30 PM......Z4314A

No class 11/23

Knitting 101 and Beyond

(ages 15 and up)

Learn to knit or learn new knitting skills. Beginners will master all the basics: reading a pattern, casting on, casting off, and the stitches knit and purl. Work on a pair of slippers, scarf or hat while acquiring skills needed to knit projects on your own. More advanced students will work on projects of their choice.

Instructor: Karen Stein

Five Sessions \$60.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Sat, Sep 25-Oct 30 10:30 AM-12:30 PM...ZBF14A No class 10/16

Sat, Nov 6-Dec 11 10:30 AM-12:30 PM . . ZBK14A

No class 11/27

MISCELLANEOUS

Art Journaling, Beginners

(adults)

Whether you are a novice or an artist, discover the many joys of Art Journaling. In this course, you will learn the basics and more. Allow your art journal to become your diary, scrapbook or art portfolio. Art journaling is a way of documenting your daily life incorporating "pieces" of your day into your pages, a place to experiment with different art mediums, it's inexpensive and therapeutic. A list of supplies will be sent upon registration.

Instructor: Tara Collins

Four Sessions \$140.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Oct 18-Nov 8 7:00-9:00 PM AAC14A

Basket Making Workshops

(adults)

Basket weaving is an ancient craft that uses natural materials to make practical things. Today's baskets while still useful, have evolved into a serious art form. Fees for materials (listed below) are to be paid the day of class.

Instructor: Martha Costain
One Session \$38.00 Per Person
Thompson Pk Creative Arts Center

Tote Basket with Shaker Tape Shoulder Handle

Woven in plain reed, color will be optional; simple start & stop weaving. Suitable for beginners. Materials fee of \$20.00 payable to instructor.

Finished size: 12 ½" long x 5 1/2"wide x 10" tall at top **Sat, Sep 18 10:00 AM-4:00 PMZC414A**

Herb Gathering Basket

A shallow basket woven of reed with both flat and round reed with a 10" square hoop handle. Suitable for beginners. Materials fee of \$26.00 payable to instructor. Finished size: 10"x18"x4" deep

Sat, Oct 2 10:00 AM-4:00 PM ZC514A

Door or Wall Basket

Sturdy basket with a wood base, flat and round reed, and finished with an ash bushel handle. Suitable for beginners. Materials fee of \$26.00 payable to instructor. Finished size: 5"x10"x10" tall

Sat, Nov 6 10:00 AM-4:00 PM ZC614A

Beginner Mosaics

(adults)

Discover the fabulous art of mosaics. Arranging beautifully colored tiles into uniquely personal works of art is a rewarding and relaxing art form. The instructor will guide you through layout, design, tile cutting, surface adhesion and grouting. No experience necessary. All materials provided by instructor for a \$45.00 fee payable the first day of class.

Instructor: Harry Belkowitz
Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Broken China Mosaics

(adults)

China mosaics are a fun and addictive art form. Let us show you how to cut and assemble china to decorate a wall hanging and seal it with grout. Once you made one you'll never want to stop. A \$45.00 materials fee (cash or check only) is due to instructor Harry Belkowitz the first day of class.

Six Sessions \$78.00 Per PersonBig Brook Pk Elsas Lodge

Tue, Sep 14-Oct 19 10:00 AM-12:00 PM . . . Z2214A Tue, Nov 2-Dec 7 10:00 AM-12:00 PM Z2314A



Creative Card Making

(adults)

Create beautiful, 3D, handmade cards worth sending. You'll experiment with a variety of paper-crafting techniques, including heat and dry embossing, stamping, paper folding, die cuts, punches and more. Each class will focus on a theme, such as anniversary or seasonal, with 12 cards being completed by the end of the program.

Six Sessions \$50.00 Per Person
Fort Monmouth Rec Ctr Program Room A

Framing Can Be Easier and Cheaper Than You Think!

(adults)

This information packed class will help you gain the confidence to frame your own art and photos. At the same time, you will learn how to save money in the process. During these two hours you will learn: 1) how to frame various types of art and photos using readymade frames along with the appropriate tools and materials for each media; 2) how to correctly wire your work to hang safely and securely; 3) how to create a "Basic Framing Tool Kit"; and 4) lots of helpful money saving tips so you can frame your art and photos beautifully and economically.

Instructor: Hillary Binder-Klein
One Session \$38.00 Per Person
Thompson Pk Creative Arts Center

Wed, Oct 6 10:00 AM-12:00 PM ZC814A

Gelli® Printing Plate Mixed Media Creations

(adults)

In the first week, the Gelli® printing plate will be introduced. We will create unique papers in similar color schemes using the Gelli® plate, paint, patterns and a brayer. In the second week, we will use the papers we created to design and make a series of greeting cards using die cuts and stamps. In the last week, we will use our papers to collage and embellish a home decor item. Students are required to purchase their own 8″x10″ Gelli® plate. All other supplies are included.

Instructor: Monique Topp

Three Sessions \$95.00 Per Person Henry Hudson Trail Act Ctr

Harvest Pysanky

(adults)

Join us for an autumn themed twist on the art of pysansky. Pysanky, the ancient art of Ukrainian egg decorating, is a process of layering beeswax and natural dyes to create stunning patterns. In this one day class, you will learn this fun, intricate technique and have the chance to create your very own eggs, decorated with some fall inspired images in honor of the autumn season. A \$10.00 materials fee is payable to the instructor. Please bring an apron.

Artist/Instructor: Jennifer Santa Maria

One Session \$30.00 Per Person
Thompson Pk Creative Arts Center

Intermediate Mosaics

(adults)

For those who have taken the beginner's Mosaic Art class. Students will learn more advanced tile cutting techniques to create exciting images in tile. Grouted and non-grouted projects will be worked on. All materials provided by instructor for a \$45.00 fee payable during the first class.

Instructor: Harry Belkowitz

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Sep 11-Oct 16 10:00 AM-12:00 PM . . .Z1514A Sat, Oct 30-Dec 11 10:00 AM-12:00 PM . . .Z1614A

No class 11/27

Mixed Media - More than Paint

(adults)

Create beautiful, original art pieces to decorate your home or to give as gifts. Experiment with paint, paper, ink, fabric, modeling paste, found objects, etc. The possibilities are endless. A materials fee of \$10.00 is payable to the instructor the first day of class.

Four Sessions \$36.00 Per Person

Fort Monmouth Rec Ctr Program Room A

NJ Mixed Media Canvas > NEW S

(adults)

Create a unique piece of art for your home with your city name, exit number, zip code or NJ phrase. In this class, we paint the background of a 10"x20" or 16"x20" canvas. Then we will cut out each county from unique papers, collage them to a template and then onto our canvas. We will finish the canvas with a phrase and heart to reference your city's location. All supplies are included.

Instructor: Monique Topp One Session \$45.00 Per Person Henry Hudson Trail Act Ctr

Printmaking: Cyanotype

(adults)

Participants will learn how to harness the power of the sun to create gorgeous blue cyanotype prints on paper and fabric. All levels welcome! All materials included. Please bring images for inspiration, bring kitchen gloves, wear studio clothes, and bring \$10.00 (cash) material fee payable to instructor Kate Eggleston the day of class.

One Session \$32.00 Per Person Thompson Pk Creative Arts Center

Tue, Sep 21 9:00 AM-12:00 PM ZBV14A

Printmaking: Kitchen Lithography

(adults)

Participants will learn how to print lithographic images on paper using common household items and create a small edition of original prints. All levels welcome! All materials included. Please bring images for inspiration, bring kitchen gloves, wear studio clothes, and bring a \$10.00 materials fee (cash only) payable to instructor Kate Eggleston the day of class.

One Session \$32.00 Per Person Thompson Pk Creative Arts Center

Wed, Oct 20 6:00-9:00 PM ZBY14A

Printmaking: Relief/Block Printing

(adults)

Participants will learn how to carve designs into rubber blocks, techniques for printing on paper without a press, and create a small edition of original prints. All levels welcome! All materials included. Please bring images for inspiration, wear studio clothes, and bring a \$10.00 materials fee (cash only) payable to instructor Kate Eggleston the day of class.

One Session \$32.00 Per Person Thompson Pk Creative Arts Center

Wed, Sep 29 6:00-9:00 PM ZBX14A

Printmaking: Textile Design > NEW

(adults)

Participants will learn techniques for printing on fabric using rubber blocks they will carve in class. All levels welcome! All materials included. Please bring images for inspiration, wear studio clothes, and bring a \$10.00 materials fee (cash only) payable to instructor Kate Eggleston the day of class.

One Session \$32.00 Per Person Thompson Pk Creative Arts Center

Wed, Oct 6 6:00-9:00 PM ZBQ14A

Rug Hooking Gathering

(adults)

Calling all rug hookers! Now is the time to gather with other rug hookers or come and learn techniques from experienced rug hookers. Bring an existing project or come for inspiration and get help with a new one. Be sure to bring your lunch.

Ten Sessions \$40.00 Per Person Longstreet Farm Vis Ctr

Tue, Sep 7-Nov 9 10:00 AM-3:00 PM. F0314A

Snow Buddies NEW

(adults)

Get ready for winter the artist's way! We'll start by painting our canvas background and then cut out a focal point, choosing from a penguin, moose, snowman or a combination of the three. We'll then decorate our wintry characters and add them to our canvas using collage methods. To complete our masterpieces, we'll finish with a sweet phrase and embellishments. The end result is a fun winter decoration for your home. All supplies are included.

Instructor: Monique Topp One Session \$45.00 Per Person Henry Hudson Trail Act Ctr

Stained Glass Garden Ornament



(adults)

Create a delightful piece of stained glass and copper garden and lawn ornament mounted on a metal rod suitable for indoor and outdoor use. This ornament can also be displayed as a window sun catcher. All materials provided by instructor. A materials fee of \$50.00 (cash or check) is payable to instructor Harvey Altman.

Six Sessions \$75.00 Per Person Big Brook Pk Elsas Lodge

Wed, Sep 29-Nov 3 10:00 AM-12:00 PM . .ZC314A

Stained Glass Mosaic

(adults)

Create a decorative mosaic using stained glass in this hands on workshop. Learn how to design, cut, grind and grout a stained glass mosaic. Craft a one-of-a-kind project to take home. All materials provided by instructor. A materials fee of \$50.00 (cash or check) is payable to instructor Harvey Altman.

Six Sessions \$75.00 Per PersonBig Brook Pk Elsas Lodge

To Dye For: Indigo Shibori Stitch Resist

(adults)

Create unique Japanese inspired designs using only a needle and thread! Participants will hand stitch and dye fabric in synthetic indigo using the Japanese technique of nui shibori (stitch resist). All levels welcome - previous sewing experience not required. All materials included. Please wear studio clothes, bring kitchen gloves, and bring a \$10.00 materials fee payable to instructor Kate Eggleston the day of class.

One Session \$45.00 Per Person Thompson Pk Creative Arts Center

Tue, Oct 26 9:00 AM-1:00 PM ZBU14A

To Dye For: Indigo Shibori Workshop (adults)

Discover the beauty of shibori, a series of Japanese resist dye techniques, which create unique patterns on fabric by folding and binding. Students will produce an array of designs dyed in synthetic indigo. Please bring 10-15 small/medium pre-washed, light-colored, 100% natural fiber items (scarves, t-shirts, napkins, etc.) to dye. Please also wear studio clothes, bring kitchen gloves, and bring a \$10.00 material fee (cash only) payable to instructor Kate Eggleston the day of class.

One Session \$45.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 28 9:00 AM-1:00 PM					.ZBT14A
Tue, Oct 12 9:00 AM-1:00 PM					.ZBS14A

PHOTOGRAPHY

Photography - Meet Your Digital SLR*

(adults)

Are you ready to see what your Digital SLR can really do? This class will solve the mystery of controls such as Aperture, Shutter Speed, ISO, White Balance, and more. Learn how to shoot in "manual" mode with confidence in real-world shooting situations. Please Note: This class requires a Digital SLR; point and shoot cameras are not covered.*If you have one of the newer mirrorless cameras by Fuji, Sony, Olympus, Nikon, or the Canon EOS-M, please check with the instructor at gary@garydatesphotos.com.

Instructor: Gary Dates

Six Sessions \$75.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 30-Nov 4 10:00 AM-12:00 PM . . ZBW14A

CANINE CLASSES

Dog Obedience: Basic Obedience

(ages 17 and up)

Sit! Heel! Come! Stay! This class covers the basic foundation skills necessary for your dog to become a well-mannered canine companion. Open to dogs six months and older.

Instructor: Loni Lucina

Seven Sessions \$84.00 Per Person

Thompson Pk Theater Barn

Sat, Sep 11-Oct 30 9:00-10:00 AM Q1214A

No class 10/16

Tue, Sep 14-Oct 26 7:15-8:15 PM Q1314A

Dog Obedience: Canine Good Citizen Class (CGC)

(ages 17 and up)

This class is designed to prepare your dog to take the American Kennel Club's Canine Good Citizen (CGC) test. The curriculum will review each AKC testing requirement while providing the opportunity for you to practice and strengthen your dog's skills. The CGC test will be offered to all dogs successfully completing this class. Prior completion of the Basic Obedience class is strongly encouraged.

Instructor: Loni Lucina

Seven Sessions \$84.00 Per Person

Thompson Pk Theater Barn

Sat, Sep 11-Oct 30 11:30 AM-12:30 PM. . Q1414A No class 10/16

Dog Obedience: Pint-Sized Pooches

(ages 17 and up)

Bouncing, barking and full of energy, small dogs can be well behaved. Taught in a safe, friendly environment where small dogs can successfully learn, this class covers the basic foundation skills necessary for your dog to become a well-mannered canine companion. Open to small dogs six months and older and weighing 35 lbs. or less.

Instructor: Loni Lucina

Seven Sessions \$84.00 Per Person Thompson Pk Theater Barn

Tue, Sep 14-Oct 26 6:00-7:00 PM..... Q1514A

Dog Obedience: Puppy Kindergarten

(ages 17 and up)

This class will focus on socialization of your puppy with other people and other puppies. Basic life skills such as sit, coming when called and walking politely on a leash will also be covered. Topics such as house training, chewing, jumping and nipping will be discussed. Open to puppies eight weeks to five months old at the time the class begins. Proof of age-appropriate vaccinations must be provided at the first class.

Instructor: Loni Lucina

Seven Sessions \$84.00 Per Person

Thompson Pk Theater Barn

Sat, Sep 11-Oct 30 10:15-11:15 AM Q1614A No class 10/16



CULINARY ARTS

American Home Cook Classics

(adults)

The best home cooks know how to create satisfying and delicious no-frills meals that warm the heart – and stomach – while creating lifelong memories of the comfort of home. It doesn't take a lot of time, or a box, to bring back some of those cherished meals you loved. Brush up on your home cooking skills as we recreate classic, comforting recipes that are quick, easy and ohso satisfying.

Today's Menu: Chef Stephen's Sloppy Joes and Creamy Stovetop Mac & Cheese

Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Nov 4 6:00-8:30 PM M4714A

Cast Iron Skillet Cooking

(adults)

The original non-stick pan! If you've got Grandma's hand-me-down, or have even bought your own and aren't sure how to use it, this is your opportunity to see how versatile this kitchen tool is. Learn about seasoning and properly cleaning your pan, then move on to creating some time-honored recipes with updated flavors. You'll be surprised at how much this pan can do! Today's Menu Ideas: Chicken & Dumplings and Upside Down Caramelized Banana Bread

Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$49.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Sep 28 6:00-8:30 PM. M2914A

Catch of the Day

(adults)

Are you afraid to cook fish? It's time to face your face your fears as the chef walks you through classic techniques for pan searing, baking and grilling fish the easy way. You'll have confidence with seafood and no more worries about dry or (unintentionally) blackened fish again.

Today's Menu: Salmon with Mango Citrus Salsa and Panko Parmesan Crusted Cod with Bruschetta

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person Fort Monmouth Rec Ctr Kitchen

Thu, Sep 30 6:00-8:30 PM M3014A

Chocolate Making Basics

(adults)

Calling all chocolate lovers! The basics of molding and decorating with chocolate will be shown and practiced in this hands-on class. Everyone will leave with beautifully decorated chocolates designed by you. All supplies included.

Instructor: Kimberly Megill
One Session \$60.00 Per Person
Dorbrook Rec Area Vis Ctr

Cooking Thyme

(adults)

Lunch and learn! Practice some basic skills hands-on, with a demo from the chef, culminating in a finished recipe for all to taste. While students nosh and visit, the chef will be available to chat.

Today's Menu: Chef Stephen's Broccoli & Cheddar Soup and Chicken Salad with Cran-Raisins, Apples & Pecans Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$49.00 Per Person Fort Monmouth Rec Ctr Kitchen

Thu, Nov 11 12:00-2:00 PM M3514A

Everyday Cooking for Digestive Health (adults)

This class complements my "Digestion Connection" lecture. I'll demonstrate some easy, weekday, healthy and delicious digestion dishes and drinks. Gain knowledge on how to shop, select and prepare foods best for digestive and liver support. Bring a friend to this healthy and tasty night out!

Presented by: Lisa Vento, CHHC CYT One Session \$45.00 Per Person

Dorbrook Rec Area Vis Ctr

Fall Harvest Desserts

(adults)

Pies may get the press, but these treats will steal the spotlight! Transform traditional seasonal ingredients into recipes everyone will love. Mrs. Chef will show you how to adorn your table and surprise your family with these fall harvest desserts.

Menu Ideas: Pumpkin Whoopie Pies with Homemade Cream Cheese Filling; Quick Easy Pumpkin Dip; Apple Tart in Puff Pastry; and, Cranberry Orange Loaf

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person Fort Monmouth Rec Ctr Kitchen

Sat, Nov 20 10:00 AM-12:30 PM M3614A

Fall Harvest Pies

(adults)

Surprise your family this holiday season with a delicious, traditional pie made from scratch. Yes, you can do it! Pumpkin and Apple are on the menu as we demystify the process and show you just how simple it is to make a crust, prepare the filling and bake it to golden perfection. Make this a holiday to remember!

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC
One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Nov 6 10:00 AM-2:00 PM M3714A

Food Trends: Sheet Pan Dinners

(adults)

This new food trend saves time, clean up and frustration for busy people everywhere. Imagine meat, vegetables and potatoes all cooking together happily on one pan. From pork to seafood, Mexican to Asian, these recipes make preparation and clean up a breeze!

Today's Menu: Chili Garlic Roasted Shrimp & Broccoli and Sheet Pan S'mores

Instructor: Chef Stephen Wolff, Culinary Creations, LLC
One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Oct 7 6:00-8:30 PM M3214A



Hearty Stews

(adults)

Stick to your ribs goodness for the busy family! With meat and vegetables in a nice thick broth, stews are versatile enough to be a side dish or a main course. Learn all you need to know about easy, make ahead prep, using seasoning and healthy ingredients as well as adding some international flair. Add some warmth to those crisp autumn nights with this time honored one pot meal.

Today's Menu: Easy North Carolina Brunswick Stew and Yucatan Pork Stew with Ancho Chilies & Lime Juice Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Nov 9 6:00-8:30 PM M3414A

How To: Pasta and Dessert

(adults)

How can you order an entree if you don't know what you'll have for dessert? Let's consider this question as you make a dessert and its accompanying entree. If you want delicious Affogato, you'll first make Cacio e Pepi. Coffee ice cream with thin almond cookies is the perfect ending to a savory entree of shallots, anchovies, and tomato. Zeppole will complete a dinner of Pasta Amatriciana. And lastly, a humble Apple Crostata will finish the Roman classic Pasta Gricia. Which ones will you make? Please bring a knife and apron to this hands-on class.

Instructor: Chef Peter De Celie
One Session \$50.00 Per Person
Dorbrook Rec Area Vis Ctr

Tue, Nov 9 6:00-9:30 PM AAG14A

How To: Sweet and Hot Shrimp

(adults)

Shrimp is the most popular seafood in America! As a recovering Texas shrimper, our chef can attest to the volume of shrimp caught in the US. The diversity of techniques and flavor profiles for preparing shrimp are as limited as your imagination. Tonight we'll make shrimp to treat all your taste buds: sweet, combining shrimp and vegetables in rice paper rolls; fragrant shrimp with noodles; two types of coconut shrimp - sautéed and fried; and finally spicy varieties with Sambal shrimp lettuce wraps, chili pepper shrimp and cashews, and shrimp jot oil dumplings. Vegetable bok choy with dried shiitakes will round out this fun supper. We'll end the night with coconut ice cream. Please bring a knife and apron to this hands-on class.

Instructor: Chef Peter De Celie
One Session \$50.00 Per Person
Dorbrook Rec Area Vis Ctr

Tue, Oct 19 6:00-9:30 PM AAF14A

Let's Wrap!

(adults)

Wrapping food is a fantastic and simple way to cook and present food to your guests. We will roll a Korean-style Beef Bulgogi in rice paper, pan fry pork and scallions in wonton skins, and beer batter shrimp to start the evening. Our entree is a sautéed potato wrapped halibut with asparagus wrapped "en papillote." For dessert we'll make two wraps - a puff pastry wrapped apple with caramel and phyllo wrapped pears and pistachio, which will pair deliciously with ice cream made by our chef. Please bring a knife and apron to this hands-on class.

Instructor: Peter De Celie
One Session \$50.00 Per Person
Dorbrook Rec Area Vis Ctr

Tue, Sep 28 6:00-9:30 PM. AAE14A

Oktoberfest

(adults)

Nothing says fall like this German-inspired festival. Skip the travel plans though, because you can create some of these traditional foods and have your own Oktoberfest. Along the way learn how to work with raw meat, techniques for pan frying, knife skills and more. Soon you'll be ready to add some Oom-Pah-Pah to your next celebration!

Today's Menu: Pork Schnitzel with Dill Sauce, Red Cabbage and Easy Apple Strudel

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person Fort Monmouth Rec Ctr Kitchen

Thu, Oct 21 6:00-8:30 PM. M4614A

Pizza! Pizza! Pizza!

(adults)

Everyone loves pizza! But, who wants to deal with mixing, kneading and rolling out the dough? Not me! You'll learn a variety of pizza "crusts" without all the work and topped with all sorts of delightful, delicious and healthy ingredients. Your instructor will demonstrate how to make the "wrap" pizza, portabella pizza, and spinach, roasted garlic, artichoke white pizza.

Instructor: Merrall Freund, HHC, AADP
One Session \$45.00 Per Person

Dorbrook Rec Area Vis Ctr

Pizza: Beyond Italian

(adults)

If you've mastered the homemade pizza, it's time to step out of your comfort zone and try some daring topping variations. Many adventurous cooks have experimented to produce styles which are still popular today, such as Hawaiian, Californian and even bagel pizzas! Working with fresh dough, you'll learn the techniques of rolling it to make delicious non-traditional pizza. Along the way you'll also reinforce measuring, baking and knife skills.

Today's Menu: Greek Veggie Pizza and Shrimp Pesto Pizza

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person Fort Monmouth Rec Ctr Kitchen

Tue, Oct 19 6:00-8:30 PM M4514A

Sensational Seafood

(adults)

Go beyond grilling and searing to learn creative ways you can cook fish, as Chef demonstrates and discusses techniques to make the perfect seafood dinner at home. You'll discover how to pair your main course with complimentary side dishes and a fabulous dessert to satisfy your cravings.

Today's Menu: Salmon Pesto Pinwheels with a Lemon Herb Rice Pilaf and Classic Bananas Foster

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person Fort Monmouth Rec Ctr Kitchen

Tue, Oct 5 6:00-8:30 PM. M4414A

Soup's On!

(adults)

The iconic cool weather comfort food is also easy to throw together on a busy night. Learn all you need to know about adding flavor and nutrition to those crisp autumn days and nights, as well as techniques for adding international restaurant flair. Grab some crackers and warm up with this fall favorite!

Today's Menu: Butternut Squash with Apples and Loaded Potato with Bacon & Cheddar

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person Fort Monmouth Rec Ctr Kitchen

Tue, Nov 2 6:00-8:30 PM M3314A

EDUCATION & ENRICHMENT

About Boating Safely

(ages 13 and up)

Prepare yourself for a safe and exciting summer on the beautiful Jersey Shore! Join us for a comprehensive one-day course and receive the New Jersey State Police Certificate which is required for all power watercraft operators. Taught in a relaxed and comfortable environment, certified instructors will cover general information about boats and maintenance, navigation rules and regulations, and state-specific laws. You will feel confident as you learn about boating safety, preparing for an enjoyable outing, and what to do in the event of an emergency. Please bring lunch and snacks.

Instructed by: US Coast Guard Auxiliary Flotilla 16-07

One Session \$75.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Sep 11 8:30 AM-5:00 PM Q1814A

Beginner Mahjong

(adults)

Shuffle your tiles and build your walls as you learn how to play this ancient, fast-paced Asian game. American rules will be followed. This program is for beginner's only.

Seven Sessions \$39.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Sep 7-Oct 19 11:30 AM-1:30 PM . . . M5514A Tue, Nov 2-Dec 14 11:30 AM-1:30 PM . . . M5614A

Coffee Club Mahjong

(adults)

Shuffle your tiles and build your walls as you play this ancient, fast-paced Asian game. American rules will be followed. For players who have experience. Please Note: At the time of this publication, we are currently unable to provide refreshments.

Seven Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Tue, Sep 7-Oct 19 9:30-11:30 AM. M1214A Thu, Sep 9-Oct 21 9:30-11:30 AM M1414A Tue, Nov 2-Dec 14 9:30-11:30 AM M1514A Thu, Nov 4-Dec 23 9:30-11:30 AM M1714A

No class 11/25

Genealogy 101

(ages 14 and up)

(ages 14 and up)

You've gotten your DNA results back, now what? Learn basic genealogy techniques to get started in researching your family history. You will also learn how to use online resources to help you research your DNA matches and build your family tree. Presenter is from the Monmouth County Genealogy Society.

One Session \$20.00 Per Person Thompson Pk Vis Ctr Beech Room

Sat, Nov 13 2:00-4:00 PM. Q2614A

Genealogy: Cemetery Research 🗲



Cemetery research is an invaluable source of information to assist you in discovering your family history. It is about more than just finding where your ancestors are buried; it can also reveal a lot of previously unknown information about your ancestor and their family. Explore the different types of cemeteries, what records they keep, and how to find those records. You will also learn how to plan your visit, including safety tips, how to read and enhance what is written on tombstones, and abstracting and documenting that information. Presenter is from the Monmouth County Genealogy Society.

One Session \$20.00 Per Person Thompson Pk Vis Ctr Beech Room

Sat, Sep 18 2:00-4:00 PM Q2714A

Getting Paid to Talk

(adults)

This upbeat and realistic introduction to the field of Voice Acting is appropriate for anyone who is in any way curious about the voice over field or has been told they have a good voice. Students have the opportunity to record a script under the direction of a producer and have it played back at the end of the session.

One Session \$25.00 Per Person Thompson Pk Vis Ctr Walnut Room

Tue, Nov 16 6:30-9:00 PM AAH14A

Holiday Season Make-Up

(adults)

Let's celebrate this year's holiday season. Professional make up artist Anna Olech of AKO Artistry will teach us the latest colors and trends in make-up for the holiday season. You will learn how to recreate this look at home so you are ready for all your holiday celebrations. Please bring your own make-up bag and mirror.

One Session \$40.00 Per Person Henry Hudson Trail Act Ctr

Fri, Nov 5 6:00-7:30 PM Q3114A

I Am Speaking - Public Speaking for Women

(adults)

How we feel when we communicate with others plays a big part in our everyday lives whether at home or at work. This public speaking course for women will focus on communication challenges women often experience in professional, volunteer and interpersonal settings. Instructor Shelby Holliman Carley, Adjunct Professor Rutgers University and Toastmasters Area 61 Director will lead us through exercises in communication, impromptu speaking and professional presentations so that we may learn to truly enjoy our moments of public speaking. Please bring a notebook and pen to class.

Five Sessions \$65.00 Per Person Henry Hudson Trail Act Ctr

Fri, Sep 24-Oct 22 6:30-8:00 PM Q1714A

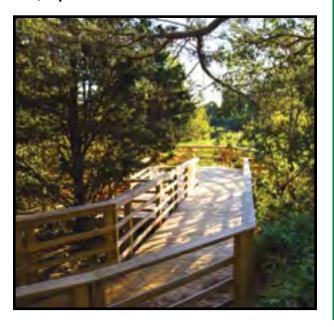
Inspired by the Outdoors: Nature Poetry and Walk

(adults)

As some may not know, being active clears the mind and opens up the creative centers. Many writers have used the woods, nature and the outdoors to inspire their writing. We will take a meditative walk through one of the parks quietly observing our surroundings through use of the five senses. We will then write and share poetry in the woods inspired by our journey. Bring notebook or journal and a writing implement and wear comfortable walking clothes and shoes.

One Session \$35.00 Per Person Huber Wds Env Ctr Parking Lot

Sat, Sep 18 10:00 AM-12:00 PM. AAB14A



Lantern Tour of the Historic Seabrook-Wilson House

(adults)

Curious about what's inside that old white wooden house sitting out-of-the-way along Sandy Hook Bay? Tour the historic Seabrook-Wilson House, one of the oldest buildings along the Jersey shore, dating back to 1720, and the oldest house along Sandy Hook Bay. We will walk by lantern light and peek into the lives of how people lived many years ago. We will discover the role the house played from before the American Revolution through the early twentieth century. We will also discover some of the legends and lore of the house as well as uncover some facts often overlooked about the early history of Monmouth County. Reserve your spot today on a lantern-lit journey though time. The house inside can get very dark at night, feel free to bring your own flashlight or use a cell phone to light the way.

One Session \$10.00 Per Person Bayshore Waterfront Pk Act Ctr

Fri, Oct 29 7:30-8:30 PM IKA14A Fri, Oct 29 8:45-9:45 PM IKB14A

Music & Piano Class

(adults)

"I wish I knew how to play the piano!" It's never too late, and the best way to learn is with a fun, experienced instructor. Learn to read music to play songs for fun, improve memory, and develop creativity. Space is limited in this co-ed program to ensure personalized instruction. There is a required workbook that will be available for purchase at the first class. Certificate included upon completion. A small, portable keyboard with at least four octaves is needed; consult instructor for keyboard information at gloriajunef@hotmail.com. Presented by: Gloria Fowler AA; BA; Julliard School trained

Part 1 - Beginners

Eight Sessions \$112.00 Per Person Fort Monmouth Rec Ctr Program Room D

Tue, Oct 5-Nov 23 6:30-7:30 PM M8814A

Right:Left Brain Balance Workshop® NEW



(adults)

Have you ever felt as though you're dominated by either your right or your left brain and wish you had a bit more balance between the two? Then this highly interactive, fun four session workshop is for you! Through discussion, self-exploration, games, movement, meditation, art, music, diet and nutrition tips, and more, we will explore and work toward opening and freeing up both hemispheres toward greater self-realization, fulfillment, and enjoyment in your life.

Presented by: Kate Cauley

Four Sessions \$110.00 Per Person Thompson Pk Vis Ctr Walnut Room

Save a Life! Basic Life Support (BLS) for the Healthcare Provider

(adults)

Designed for healthcare professionals, this extensive hands-on course will prepare you to recognize and confidently respond to several life-threatening emergencies. Participants will actively engage in simulated clinical scenarios mastering CPR, use of an AED, and relieving choking in a safe, timely and effective manner. Certified instructors will guide you through various learning stations to test ability and ensure proficiency in performing these life-saving skills. Upon the conclusion of skills testing, participants must also complete a written exam. Participants will receive a BLS for the Healthcare Provider Completion Card that is valid for two years.

One Session \$75.00 Per Person Thompson Pk Vis Ctr Beech Room

Mon, Sep 13 6:30-10:00 PM Q4114A Wed, Oct 13 6:30-10:00 PM Q4214A Mon, Nov 15 6:30-10:00 PM Q4314A

Save a Life! CPR AED Certification

(ages 14 and up)

Did you know that four out of five cardiac arrests happen at home? If called on to administer CPR in an emergency, the life you save is likely to be that of a child, spouse, parent or friend. Prepare yourself! Learn life-saving CPR and AED use, as well as how to relieve choking in adults, children and infants. This handson course is taught in a relaxed and comfortable environment by certified instructors and is designed for anyone with limited or no medical training. Upon completion, participants will receive a CPR AED Course Completion Card that is valid for two years.

One Session \$60.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Sep 11 10:00 AM-12:30 PM. Q3614A Sat, Nov 6 10:00 AM-12:30 PM Q3714A

Thompson Pk Vis Ctr Beech Room

Mon, Sep 27 7:00-9:30 PM Q3814A Wed, Oct 27 7:00-9:30 PM Q3914A Mon, Nov 29 7:00-9:30 PM Q4014A

Save a Life! Pediatric CPR and First Aid

(ages 14 and up)

Have you ever wondered what you would do if faced with an emergency? Don't wait until it's too late take action now! Join us as we master life-saving first aid, CPR and AED skills specifically for children and infants. This hands-on course is designed to meet the regulatory and credentialed training requirements for child-care workers in all 50 states. Taught in a relaxed and comfortable environment, certified instructors will leave you feeling confident and prepared as you respond to various scenarios including medical, injury and environmental emergencies. Upon completion, participants will receive a Pediatric First Aid Course Completion Card that is valid for two years.

One Session \$65.00 Per Person Thompson Pk Vis Ctr Beech Room

Sat, Sep 18 10:00 AM-12:30 PM. Q4414A

Writing Poetry from the Soul

(adults)

Learn how to open your mind to writing poetry that comes from within. You will use daily inspiration and nature to get in touch with your inner muse to write poetry that is stream of consciousness and free verse. Bring a notebook and a writing utensil to class.

Instructor: Nicole Becktel

One Session \$35.00 Per Person

Dorbrook Rec Area Vis Ctr

HEALTH & WELLNESS

Build Your Own Meditation Practice

(adults)

Meditation is a practice. It must be developed and strengthened. It is also unique unto you. In this class we will learn exercises in breath control, imagery meditation and basic Reiki techniques to help you develop your own daily meditation practice so you may learn to redirect your emotions, bring calm and grounding to your being and deflect the stresses of the outside world. Please bring a notebook and pen to class for your journal.

Four Sessions \$50.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Nov 13-Dec 11 1:30-3:00 PM. Q2414A No class 11/27

Chakra Bowls Meditation



(adults)

In each one of us there are houses of energy that spin like wheels. In Sanskrit, Chakra means wheel. In this program we will learn about 7 of the wheel houses (Chakras), their individual sound and how to focus in on them as part of our daily meditation so that we may keep them strong and healthy. At the end of each class, we will use the sound healing of the crystal Chakra bowls to pull it all together. Feel free to bring your own voga mat. Chairs will be provided.

Four Sessions \$40.00 Per Person Freneau Wds Pk Vis Ctr Program Room 1

Thu, Oct 7-28 7:00-8:00 PM Q0414A

Detoxification to Improve Your Health

(adults)

The liver can hold the secret to optimal health! Learn all about this organ and its many functions that support overall well-being. Learn 10 ways you can upregulate your liver function to improve chronic health conditions such as high blood pressure, high cholesterol, diabetes, autoimmune conditions, eczema, psoriasis and many

Presented by: Lisa Vento, CHHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Digestion Connection

(adults)

Ancient Greek physician Hippocrates said "health begins in the gut." Discover how and why a healthy digestive health is essential to a healthy mind and body. Learn how to eat, cleanse and de-stress to improve gut function thereby improving overall well-being. You CAN improve chronic health conditions, prevent disease and age beautifully.

Presented by: Lisa Vento, CHHC CYT One Session \$20.00 Per Person Thompson Pk Vis Ctr Walnut Room

Discover the Five Elements Healing Sounds: Qigong NEW

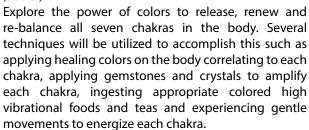
(adults)

Flowing with the Tao. Learn to move in the state of "wu wei", ("effortless action"), doing only what is necessary with the least amount of effort. Powerful surprises in relaxation and energy are manifested. Moving meditation allows your body to integrate natural healing responses in the body.

Instructor: Melinda Applegate Three Sessions \$55.00 Per Person Tatum Pk Red Hill Act Ctr

Express Your True Colors





Presented by: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$30.00 Per Person Thompson Pk Theater Barn

Programs for Caregivers & Individuals with Memory Loss

Caregiver Workshop Series **3**

Caring for a loved one with Alzheimer's or other related Dementia's? Find comfort, camaraderie and support with others on a similar journey. This is a free program; however, registration is required.

Four Sessions FREE! • Dorbrook Rec Area Act Ctr

Tue, Sep 14-Dec 14 7:00-8:00 PM #D1814A (Program Meets 9/14, 10/12, 11/9 & 12/14)

Memory Cafe (2000)

Providing a comfortable, safe environment for people with memory loss and their care partners to laugh, learn and remain socially engaged with others traveling the same journey. This is a free program; however, registration is required. Please contact Anne Simon for more information at 732-460-1167, ext. 24.

Four Sessions FREE! • Fort Monmouth Rec Ctr Atrium Room

Tue, Sep 28-Dec 28 1:00-2:30 PM #PD031A

Memory Cafe - Walks the Parks

Discover the seasonal beauty of our county parks. Each month we will visit a new park, see what's in bloom and look for the wildlife! We'll gather on the second Tuesday of month at a different Park System sites.

Four Sessions \$10.00 Per Pair

9/14 - Dorbrook Rec Area Act Ctr Parking Lot • 10/12 - Deep Cut Gardens Parking Lot

11/9 - Thompson Pk 3 Barns Parking Lot • 12/14 - Manasquan Res Env Ctr Parking Lot

Tue, Sep 14-Dec 14 1:00-2:30 PM #D1514A

Functional Medicine

(adults)

Looking for a more natural way to feel better mentally and physically? Prevent illness and infection? Improve chronic conditions? Let's talk about functional medicine - a new old approach to health. Using functional medicine principles, you can learn more about your body and understand how lifestyle choices either support good health or create disease. You'll learn how to nourish properly, how to support cleansing, sleep better, improve eating hygiene and reduce stress.

Presented by: Lisa Vento, CHHC CYT

One Session \$20.00 Per Person Thompson Pk Vis Ctr Walnut Room

Highlighting and Contouring Make-Up (adults)

Contouring and highlighting is a technique of applying make-up to enhance and sculpt the structure of the face. In this program professional make-up artist Anna Olech will teach you how to apply shadow to contour and highlighters to bring out your true glow and radiance. Bring your own make-up bag to class. This is a hands-on program.

One Session \$40.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Tue, Oct 19 6:00-7:30 PM Q3014A

Intro to T'ai Chi Yang Style



Flowing with the Tao. Learn to move in the state of "wu wei", ("effortless action"), doing only what is necessary with the least amount of effort. Powerful surprises in relaxation and energy are manifested. Moving meditation allows your body to integrate natural healing responses in the body.

Instructor: Melinda Applegate Six Sessions \$120.00 Per Person

Tatum Pk Red Hill Act Ctr

Meal Planning Made Easy on a Plant Based Diet

(adults)

Certified Nutrition Coach Amanda Mancini will teach how to food shop and stock your pantry for the month on a plant based diet, how to plan plant based meals for you and your family and dining out on a plant based diet made easy. Please bring a pen and notebook.

One Session \$35.00 Per Person Henry Hudson Trail Act Ctr

Sun, Oct 24 2:00-3:30 PM	Q3414A
Clayton Pk Act Ctr Classroom 1	
Sun, Nov 14 2:00-3:30 PM	Q3514A

Morning Meditation on the Waterfront

(adults)

How many of us get out of bed with our minds racing? This class will teach you exercises to help calm your mind and put your best foot forward as you begin each day. Each class will begin with a meditation warm-up on the beach (weather permitting) then we will move inside to practice exercises in breath control, focus, imagery and basic Reiki techniques. You are welcome to bring a light breakfast to enjoy on the waterfront after class.

Four Sessions \$50.00 Per Person Bayshore Waterfront Pk Act Ctr

Sat, Nov 13-Dec 11 8:00-9:30 AM Q2514A No class 11/27

T'ai Chi Chih® Advanced Form: Seijaku

Explore this advanced form of T'ai Chi Chih® with trainer Daniel Pienciak. These sessions are for those students who have completed at least one session of "Ongoing/ Intermediate" lessons and are ready to experience the movements on a deeper level with some meditative applications.

Three Sessions \$95.00 Per Person Tatum Pk Red Hill Act Ctr

Fri, Nov 19-Dec 10 10:00 AM-12:30 PM . . . A5314A No class 11/26

Tai Chi Chih® Discipline - Joy Through Movement

(adults)

Experience this ancient art of "moving meditation" in a series of simple movements that are joyous and easy to learn. Discover the wonders of this gentle stress-reliever and physical conditioner.

Four Sessions \$90.00 Per PersonClayton Pk Act Ctr Classroom 2

Begin or Review!

Appropriate as an introduction for beginners and as a review for returning students

Dorbrook Rec Area Act Ctr

T'ai Chi Chih® Joy Through Movement® Discipline

(adults)

The Chih method teaches the ancient art of "moving meditation" in a series of 20 simple movements that are uplifting and easy to learn. Discover the wonders of this gentle stress-reliever and physical conditioner.

Six Sessions \$90.00 Per Person

Tatum Pk Red Hill Act Ctr

Ongoing

More intermediate level instruction for returning students.

Beginner

The simpler movements will be taught in this class

Fri, Sep 10-Oct 15 11:30 AM-12:50 PM . . . A5714A Mon, Oct 18-Nov 22 11:30 AM-12:50 PM . . . A5814A



T'ai Chi Chih® Twilight Outdoors

(adults)

Join us on the patio with a calming view of the reservoir under the evening sky. We will experience this ancient art of "moving meditation" in a series of 20 simple movements that are joyous and easy to learn. Discover the wonders of this gentle stress-reliever and physical conditioner. Class will meet indoors during inclement weather.

Six Sessions \$118.00 Per Person

Manasquan Res Vis Ctr Program Room 1

Teaching Your Kids to Make Healthier Choices with Plant Based Nutrition

(adults)

Certified nutritionist Amanda Mancini will teach you how to implement ways to encourage your child or teen to make healthy plant based food choices all on their own whether they are at home or out with their friends. She will give tips on how to deal with "picky eaters" as well as how to make wholesome plant foods more desirable. A handout will be provided.

One Session \$35.00 Per Person Clayton Pk Act Ctr Classroom 1

Sun, Sep 26 2:00-3:30 PM	Q3214A
Henry Hudson Trail Act Ctr	
Sun, Oct 10 2:00-3:30 PM	Q3314A

The Smokey Eye Look

(adults)

Learn to create that evening smoky eye look with professional makeup artist Anna Olech. Apply your makeup for the evening under the guidance of the instructor in class then head out with your friends for a night out on the town. This is a hands-on step by step interactive class. Bring your own makeup bag so you can learn to re-create this look at home.

One Session \$40.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

The Stress Solution Series

(adults)

Stress manifests differently in each person. The effects of chronic stress can lead to high blood pressure, heart disease, diabetes, insomnia, pain, fatigue, mental illness, anxiety, depression, autoimmune, Alzheimer's, digestive illness, hormonal dysfunction, cancer and many other ailments. Take control of your mental and physical well-being by learning what to eat, how to cleanse, exercise and breathe. Most importantly, cultivate a self-care practice to become calmer, happier and healthier. Small changes will make a big difference. Led by: Lisa Vento, CHHC CYT

Two Sessions \$40.00 Per Person Thompson Pk Vis Ctr Walnut Room

Welcome Fall Spa Retreat Day for Women (adults)

Fall brings a change in air, a change in earth and a change in spirit. Let's gather together today to rejuvenate our spirits and prepare for the beautiful fall season ahead. We will begin our day with morning meditation and beginner OM chanting in the Visitor Center. Next, our certified yoga instructor Melanie Mascola will teach us yoga to help us cultivate a deeper capacity for everyday movement. After our lunch, professional make up artist Anna Olech of AKO Artistry will teach us how to create a beautiful fall look with our make up. We will conclude our day with beginner Chakra and self Reiki meditation. Please bring your lunch, make up bag and make up mirror. Pre-packaged snacks and beverages will be provided.

One Session \$95.00 Per Person Freneau Wds Pk Vis Ctr Program Room 1

Sat, Oct 2 9:00 AM-4:00 PM Q1114A

What Are You Hungry For?

(adults)

Emotional eating is more common than you may realize. It can lead to a variety of physical and mental health issues. You can free yourself of food cravings, overeating and binge eating. Awareness is the solution! We'll talk about the physiological, mental and spiritual causes and discuss seven steps to overcoming them. Is it what you're eating or what's eating you?

Presented by: Lisa Vento, CHHC CYT One Session \$20.00 Per Person Thompson Pk Vis Ctr Walnut Room

Mon, Nov 8 6:00-7:30 PM. AAD14A

HORTICULTURE

Brighten Your Winter Garden



(adults)

Attend this classroom session to learn about amazing plants that you can incorporate into your landscape to brighten up the winter appearance of your garden. We will showcase our favorites and will share a list of plants suitable to our growing zone for you to reference and utilize while shopping and researching plants for your landscape next spring.

One Session \$17.50 Per Person

Deep Cut Gardens Horticultural Center

Fri, Nov 5 4:00-5:15 PM H2514A

Clay-Loving Plants for Your Landscape NEW S

(adults)

Many homeowners in our area are dealing with clay soil and we are here to help. Join us and learn the ways of having a beautiful yard and landscape despite the clay soil challenges.

One Session \$17.50 Per Person

Deep Cut Gardens Horticultural Center

Sat, Nov 20 9:30-10:45 AM. H2714A

Composting Indoors for the **Home Gardener** NEW

(adults)

Composting at home provides free food for your plants while reducing waste in your home or apartment and in local landfills. But did you know that you can get the same benefits of an outdoor compost pile through indoor composting? Find out why indoor composting is such a desirable option for homeowners and renters, then take the next step and start a healthy indoor compost bin of your own.

One Session \$17.00 Per Person Deep Cut Gardens Horticultural Center

Sat, Sep 25 12:00-1:15 PM H1114A Fri, Oct 15 5:00-6:15 PM H1214A

Cool, Easy Care Perennials You Probably Don't Grow NEW

(adults)

We are always on the lookout for new, more colorful, more resilient plants and with current technological advancement, the ornamental plants have a makeover all the time. Join us if you want to get the scoop on all the cool and easy perennials available for your growing needs. We will share our select favorites and give you a list of possible selections suited for your garden.

One Session \$17.50 Per Person

Deep Cut Gardens Horticultural Center

Sat, Nov 13 9:30-10:45 AM. H2814A

Cornucopia Grapevine Wreath a Glorious Display of Fruits of the Harvest

(adults)

Creating a cheerful organic ambiance anywhere, grapevine garlands are sustainable and a perfect base for an homage to the fall harvest bounty gifted by the garden. They can be left in their natural state or delicately embellished for upcoming festivities. Interweaving raw materials found right on our garden's doorstep with ornamental components including burlap, bows and baubles juxtapose rustic and whimsy. When cared for properly, these keepsakes can give pleasure season after season. Adorn a front door, window, or chimney in your own home, or arrange it as a festive and original holiday gift for a special someone!

One Session \$22.50 Per Person

Deep Cut Gardens Horticultural Center

Sun, Nov 7 1:00-2:15 PM H1714A

Eco-Friendly Home and Garden NEW



(adults)

Want to start incorporating green elements into your everyday routine? Be more conscious about the environment and natural resources around you? How to do your part? This program will share eco-friendly topics including green living and provide specific examples and organic alternatives that you can implement in your home and garden today.

One Session \$8.50 Per Person

Deep Cut Gardens Horticultural Center

Sun, Sep 26 11:00 AM-12:15 PM H1814A

Floral Design Club

(adults)

Expressing yourself through flowers can be a personal passion and a very relaxing activity. Designing arrangements increases your focus and creates mindfulness. Our hands-on classes will help you get started with this beautiful and rewarding art. Each month we will feature a different design that you will master. All supplies are provided and the arrangement is yours to keep and enjoy. Sign up for fun, share it with friends and family.

Three Sessions \$82.50 Per Series

Deep Cut Gardens Horticultural Center

Fri, Sep 24-Nov 19 4:30-5:45 PM H0814A

Program meets 9/26, 10/29 & 11/19

Upcoming Horticultural Events in the Parks



Sunday, September 12, 12:00-4:00 PM

Deep Cut Gardens, Middletown

The Monmouth County Park System and the Deep Cut Bonsai Society present Bonsai Day. Experience this intricate and ancient art through demonstrations and displays, with experts on hand to answer your questions. Admission and parking are free.



Saturday, September 18

Plant Intake: 8:30-10:00 AM • Plant Selection: 10:00 AM-11:30 AM

Tatum Park, Middletown

Bring well-established perennials in one-quart, one-gallon, or two-gallon containers and take home the same size and number of plants. Please label all plants and limit your contribution to a maximum of 15 plants. Houseplants may also be exchanged, but no annuals, please. Check the website for a list of plants that will not be accepted. For more information, call 732-671-6050.

Four Seasons of Colorful Shrubs in Your Landscape

(adults)

Participants will learn about specific shrubs suited for our zone that provide interesting colors throughout the year. We will have a list of recommendations that work well with our soil and climate for you to reference while shopping and designing your new and amazing landscape.

One Session \$17.50 Per Person

Deep Cut Gardens Horticultural Center

Fri, Nov 12 4:00-5:15 PM H2614A

Garden Wind Chime

(adults)

Bring the soothing sound of serenity to your home and garden with this mellow bamboo wind chime. Piece by piece we will assemble an original wind chime with your personal touches of glass beads and natural adornments. Bring your work gloves and let your creativity lead the way.

One Session \$22.50 Per Person

Deep Cut Gardens Horticultural Center

Sun, Sep 19 10:45 AM-12:00 PM H1614A

Gorgeous Grasses

(adults)

Ornamental grasses are a great way to incorporate texture, movement and color into your landscape. In this class we will introduce you to some of our favorites and give you suggestions on their growth and care so you can begin to incorporate ornamental grasses into your landscape and enjoy all of their benefits.

One Session \$17.50 Per Person

Deep Cut Gardens Horticultural Center

Sat, Oct 9 9:30-10:45 AM H2914A

Grow Your Own Mushrooms

(adults)

Join us for a mushroom growing workshop. We will introduce you to the art of growing and cultivating mushrooms in your own garden. The demonstration will take place outside in our garden with an opportunity to get your hands in the action. Lastly, we will help you get a head start by making your own oyster mushroom growing kit to take home.

One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Oct 24 10:30 AM-12:00 PM H1914A



Deep Cut 2022 Photography Exhibit Call for Entries

This year we are challenging all photographers to connect with the amazing shapes displayed by plants all around the gardens.

Exhibit Theme: The Fractal Geometry of Nature in the Garden

Divisions: Youth or Amateur

Categories: General Photography & Fractal Geometry of Nature Each photographer may enter up to 2 photographs for each category per season.

Seasonal Entry Deadlines

Summer: September 26, 2021

Fall: November 28, 2021

The photographs will be on exhibit at the Deep Cut Gardens Horticultural Center from January 3-31, 2022.

"Study the science of art. Study the art of science. Develop your senses – especially learn how to see. Realize that everything connects to everything else." - Leonardo da Vinci

Garden Corner

Seaside Goldenrod (Solidago sempervirens)

This native perennial flowers in late summer into early fall with tight clumps of yellow flowers a top tall green leafy stalks. In the parks,

at Bayshore Waterfront Park, Port Monmouth and Fisherman's Cove Conservation Area,

you'll often find them

Manasquan.



The stalks of this seaside favorite can reach up to eight feet tall!

Planting

Ideal in gardens with dry, sandy soil, Seaside Goldenrod is low maintenance and is extremely tolerant to salt water conditions as well as drought. It's a perfect addition to your pollinator garden or ornamental flower beds. After flowering, dried flower heads provide winter interest in the garden, even for hibernating bees.

Pollinators

Seaside Goldenrod is known to attract a variety of pollinators from butterflies to bees, but attracts many songbirds as well.



Many see these tall flowering perennials and think they're the cause of their itchy noses, watering eyes and sneezing. However, goldenrod is merely a cousin of ragweed and does not cause hay fever symptoms.

Learn more about what's happening with nature and horticulture in the parks by clicking "Nature Now" or "In the Garden" at www.MonmouthCountyParks.com.

Harvest Deco Mesh Wreath

(adults)

A unique statement piece for your home has never been easier! Embrace the brightness and symmetry of decorative mesh blending wired ribbons and eyecatching embellishments in a modern symbol of welcome and hospitality. Join us as we give step-bystep instructions, original design, and a fun atmosphere all while dressing up your home's entrance for the season.

One Session \$22.50 Per Person
Deep Cut Gardens Horticultural Center

Sat, Oct 23 2:00-3:15 PM H0914A

House Plants 101

(adults)

Are you someone who has trouble keeping that gifted plant alive? Perhaps your favorite houseplant is suffering from an unknown disorder. Please join us in the Display Greenhouse at Deep Cut Gardens to discuss tips and techniques for growing beautiful houseplants. Proper light requirements, watering, fertilizing, transplanting, and common pest problems will be covered.

One Session \$10.50 Per Person
Deep Cut Gardens Outdoor Area

Sun, Nov 14 10:00-11:00 AM H2214A

Landscaping with Native Plants - The Fall Beauties

(adults)

Landscaping with native plants can help you achieve an environmentally friendly yard and create a beautiful, low maintenance flower bed. Our discussion will focus on the plants that look beautiful late summer/fall and explore how they can be used effectively in your garden design.

One Session \$10.50 Per Person
Deep Cut Gardens Horticultural Center

Thu, Sep 9 4:30-5:30 PM H2114A

Manage Your Garbage Sustainably: Composting & Recycling Workshop

(adults)

Composting is a great way to produce a valuable soil enhancer for your garden and a great way to reduce the amount of garbage you send to the landfill. Combine that with good recycling habits and you're one big step closer to living sustainably. This workshop will cover several methods of composting as well as the inside scoop from one of Monmouth County's Recycling Coordinators on what can and cannot recycled.

One Session \$10.50 Per Person

Deep Cut Gardens Horticultural Center

Thu, Sep 23 5:00-7:00 PM H2414A Thu, Oct 21 5:00-7:00 PM H5112A

Native Plants That Thrive in NJ



(adults

Are you looking for ways to support the environment, help save the pollinators and save money on maintenance costs at the same time? This session is going to provide you with specific native plant examples that you can incorporate in your home garden and start to build biodiversity in your yard while saving costs on plant maintenance, feeding and replacement. We are here to help guide you on your native plant selection, care and transition.

One Session \$17.50 Per Person
Deep Cut Gardens Horticultural Center

Sat, Oct 30 9:30-10:45 AM H3114A

Natural Gourd Birdhouse DIY



(adults)

Creating a gourd birdhouse is a fun and simple project that is well worth the time and effort. Gourds make excellent homes for birds and they are naturally attracted to them. We will have all the necessary supplies ready, all you need to do is show up and create. The final product is yours to keep.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Oct 16 10:00-11:15 AM H0514A

Plants That Give You the Most Bang for Your Buck = NEW =

(adults)

Discover which plants are tried-and-true workhorses, many of them are multiple award winners. Learn all the plant choices that will surely be a success in your garden, too!

One Session \$17.50 Per Person

Deep Cut Gardens Horticultural Center

Sat, Oct 23 9:30-10:45 AM H3014A

Preparing Your Garden for Winter – The Sustainable Way

(adults)

Soon it will be time to start putting your garden to bed for the winter. Join us to learn sustainable techniques for winter cleanup in your yard. As the leaves fall, let's take a fresh look at this valuable resource. Sustainable methods can reduce your workload and provide valuable habitat for wildlife that will get them through the winter.

One Session \$10.50 Per Person

Deep Cut Gardens Horticultural Center

Thu, Oct 7 4:30-5:30 PM H2314A

Scents and Sensibility - Herbs for the Modern Household

(adults)

From culinary to aromatherapy, come explore the diverse applications and many health properties of numerous fragrant herbs produced from seeds, barks, roots and fruit of these hardy plants. Possibilities are endless when used for seasonal and savory flavoring of foods, natural household cleaners, versatile cosmetic applications, as well as stimulating and uplifting scents filtering out negative energy. Learn to formulate recipes, tinctures, and techniques with our array of delicious, fragrant, edible herbs.

One Session \$22.50 Per Person

Deep Cut Gardens Horticultural Center

Sun, Oct 3 10:00-11:15 AM. H0414A

The Garden Glow Experience for Couples NEW

(adults)

An irreplaceable experience that is filled with charm and delight. Visitors can take a leisurely stroll through our Rose Partier and soak up the tropical, sweet-scented notes of night. Find peace and harmony, bring your loved one and a cozy blanket, snuggle up and enjoy the simple power of the natural world. The garden will be filled with colorful and soft lighting to enhance and showcase our mesmerizing plant collection and the beautiful historic landmark that surrounds it. Enjoy this new way to experience our amazing landscape and provide feelings of inspiration, peace, and calmness during these unprecedented times.

One Session \$25.00 Per Couple Deep Cut Gardens Outdoor Area

Fri, Sep 3 7:00-9:00 PM .	•	•	•	•	•	•	•	•	•	•	•	H1314A
Fri, Sep 10 7:00-9:00 PM												H1414A
Fri, Sep 17 7:00-9:00 PM												H1514A

Triple Garden Tour of Huber Woods



(all ages, under 18 with adult)

Are you looking to landscape with more native plants? Utilizing native species can boost the aesthetics of a yard while also providing valuable ecological benefits. Here at Huber Woods we offer numerous exhibits showcasing various plant compositions. Everyone will leave this garden tour with a better understanding of native ecology!

One Session \$5.00 Per Person Huber Wds Env Ctr Parking Lot

Sat, Sep 11 10:30-11:30 AM IKT14A



NATURE

Forest Eats and Wild Treats

(adults)

Explore what's on the menu in Monmouth County as we forage for a variety of native and edible plants. Join a Park System Naturalist as we learn to identify common wild edibles, their medicinal properties, and the uses of a number of other common plants that can be found right here in Monmouth County. Be sure to dress for the weather and wear sturdy shoes.

One Session \$10.00 Per Person
Big Brook Pk Parking Lot

Sat, Oct 2 11:00 AM-12:30 PM. I5214A

Thompson Pk Old Orchard Parking Lot
Fri, Oct 15 11:00 AM-12:30 PM I5314A

Huber Wds Env Ctr Parking Lot

Wed, Oct 20 11:00 AM-12:30 PM I4114A

Autumn After Work Bird Walk

(ages 14 and up, under 18 with adult)

Join a Park System Naturalist for a laid-back evening bird walk. We'll meander through the parks for an hour to see what birds we can find. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available to borrow if needed.

One Session \$5.00 Per Person

Autumn Birding Expedition

(ages 16 and up)

Join our search for interesting and unusual New Jersey birds: southbound hawks, elusive warblers, and rare shorebirds, among others. Autumn destinations can range from Cape May to Sussex County. Participants should bring binoculars and lunch. Transportation will be via mini-bus or mini-van.

One Session \$46.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Sep 8 8:00 AM-4:30 PM	I1814A
Wed, Sep 29 8:00 AM-4:30 PM	I1914A
Wed, Oct 13 8:00 AM-4:30 PM	I2014A
Wed, Oct 27 8:00 AM-4:30 PM	I2114A
Wed, Nov 10 8:00 AM-4:30 PM	I2214A

Autumn Wake Up Bird Walks

(ages 14 and up, under 18 with adult)

Wildlife is most active in the early morning hours. Join a naturalist for one of these early morning bird walks and discover which early bird is actually getting the worm. Fall is a great time to see a variety of species including some that are migrating through our area briefly.

One Session \$5.00 Per Person

Fisherman's Cove Outdoor Area

Wed, Sep 1 8:00-9:00 AM
Big Brook Pk Pond Wed, Sep 15 8:00-9:00 AM
Thompson Pk Marlu Lake Wed, Oct 6 8:00-9:00 AM 12514A
Huber Wds Env Ctr Parking Lot Wed, Oct 20 8:00-9:00 AM 12614A
Manasquan Res Env Ctr Parking Lot Wed, Nov 17 8:00-9:00 AM



Crabbing by Kayak - Fun, Easy and **Productive**

(adults)

Blue Claw Crabs are arguably one of the tastiest crustaceans found along our coast. We will have an easy, fun and, most importantly, productive method of catching these delicious crabs. Join our experienced fishing staff in the park system as we fish from sit-on-top kayaks in the Navesink River using hand lines and scoop nets. We will provide kayaks, bait and teach you how to provide a scrumptious dinner while enjoying yourself out on the water. Please dress to get at least the bottom half of your body wet. Please wear closed-toe shoes.

One Session \$30.00 Per Person Swimming River Park Boat Ramp

Wed, Sep 22 8:00 AM-12:00 PM I	K214A
Thu, Sep 23 8:00 AM-12:00 PM I	K314A
Fri, Sep 24 8:00 AM-12:00 PM I	K414A

Fall Bird Excursion

(all ages)

Spend the day with a naturalist on a full day fall excursion to birding hotspot around Cape May County. We will be on the lookout for fall birds and migrants such as warblers, hawks and shorebirds. Participants should bring binoculars, a drink, lunch and dress for the weather. Limited numbers of binoculars will be available to borrow if needed. Transport Via minibus.

One Session \$50.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Cape May

Sun, S	ер 1	2 8:00 AM-	5:30 PM		11514A
Edwin	B.	Forsythe	National	Wildlife	Refuge
Wildlife	e Dr	ive			

Sun, Sep 19 8:00 AM-5:30 PM 13614A

Fall Wildflower Hike Free Free





(adults)

Take advantage of beautiful fall days seeking out the late season wildflowers. Trails are unpaved and uneven. Please dress appropriately and wear sturdy shoes. Bring a camera, leave the flowers! Program may be cancelled due to rain. Program is free; however, registration is required.

Please call 732-751-9453 for more information.

One Session FREE!

Manasquan Res Env Ctr Parking Lot

Wed, Sep 22 10:30-11:30 AM		•			PI55	51A
Clayton Pk Emley's Hill Lot						

Wed, Sep 29 10:30-11:30 AM PI561A Tatum Pk Holland Act Ctr Parking Area

Wed, Oct 6 10:30-11:30 AM PI571A

Gentle Walks for Gentle Souls

(adults)

Are you the type of person who prefers music from birds overhead than from headphones? Do you enjoy stopping to smell the roses? Would you rather feel the breeze on your face than breeze by other walkers? If you answered "yes" to any or all of these questions then this activity is for you! On our naturalist-led walks we will wander old farm roads and wide garden paths, avoiding steep or narrow forest trails. Some trail sections may be uneven, rocky or sandy. Please wear sturdy shoes.

One Session \$6.00 Per Person

Tatum Pk Holland Act Ctr Parking Area

Thu, Sep 9 4:00-5:15 PM (approx) IN	314A
Thu, Sep 23 10:00-11:15 AM (approx) IN	414A
Big Brook Pk Parking Lot	
Tue, Nov 2 10:00-11:15 AM (approx) IN	514A

Thu, Nov 18 3:00-4:15 PM (approx) IN614A

Half Day Hike and Paddle

(adults)

Join a Park System Naturalist for a challenging half-day experience full of hiking and kayaking. We will hike a mile through Huber Woods Park towards Claypit Creek. Along the way we will discuss the plants and animals that live in our park. Upon arrival at Claypit Creek, we will use sit-on-top kayaks and paddle into the Navesink River to observe an active bald eagle nest, osprey flying overhead and search for herons, egrets and a host of other critters that depend on our waterways. We will return to Claypit Creek, where participants will be bussed back to the Huber Woods Environmental Center. Be sure to bring water and a snack, dress to get wet, and wear comfortable shoes!

One Session \$45.00 Per Person

Huber Wds Env Ctr Parking Lot

Sun, Sep 12 12:00-4:00 PM.						I3714A
Tue, Sep 28 1:00-5:00 PM						I3814A

Hawk Mountain Sanctuary

(adults)

We will travel to Kempton, PA to visit the world's first refuge for birds of prey established in 1934. View golden eagles, bald eagles, red-tailed hawks, goshawks and many other raptors as they soar south for the winter. Be prepared for a short hike on a well-maintained trail. Wear hiking boots, dress in layers, pack a lunch and bring water. Bring your own binoculars or use ours. An additional \$10.00 entrance fee is required at the sanctuary.

One Session \$58.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Sep 11 8:00 AM-5:30 PM					I1214A
Sat, Oct 16 8:00 AM-5:30 PM					I1314A
Sat, Nov 13 8:00 AM-5:30 PM					I1414A

Monarchs and Milkweed

(adults)

Whether you are just learning about Monarch Butterflies or a long-time Monarch enthusiast this program offers something for you. We will discuss monarch butterflies complex life cycle, their migration, up to date information about this years population, milkweed propagation, and more. Program includes a walk.

One Session \$7.50 Per Person Thompson Pk Old Orchard Picnic Shelter

Fri, Sep 24 11:00 AM-12:00 PM I3114A Fri, Oct 1 11:00 AM-12:00 PM 10714A

Morning Bird & Wildlife Walks in **Monmouth County**

(adults)

Monmouth County hosts a wide variety of wildlife yearround and is also home to some important "stopover" sites for migratory birds in eastern North America. Join us on this casual walk as we look for birds and other unique wildlife. From woodlands and freshwater wetlands to salt marshes and an ocean beach, the walks cover diverse natural communities to offer diverse wildlife sightings. These walks are a great introduction to birding and appropriate for birders and wildlife watchers of all levels. Dress for the weather and wear comfortable walking shoes. Bring binoculars if you have them. Please arrive and check-in ten minutes before the start of the program.

One Session \$5.00 Per Person

Big Brook Pk Pond

Sun, Sep 19 9:00-10:00 AM (approx) IK614A Freneau Wds Pk Vis Ctr Parking Area

Sun, Oct 3 9:00-10:00 AM (approx) IK714A Seven Presidents Pk

Sun, Nov 14 9:00-10:00 AM (approx) IK814A

HIT THE TRAILS WITH US!

Awesome Autumn Amble Trees



(all ages, under 18 with adult)

Autumn is the time of year our parks become a kaleidoscope of color! Explore our trails with a Park System Naturalist as we discuss all manners of plant and animal phenomenon.

Please Note: Sturdy footwear recommended, trails used may have inclines or tree roots to step over.

Meet on the following Mondays from 10:00-11:30 AM: September 13 at Huber Wds Pk Env Ctr Parking Lot

October 18 at Big Brook Pk Lower Pond Parking Lot

October 25 at Clayton Pk Emley's Hill Parking Lot

November 8 at Manasquan Reservoir Env Ctr Parking Lot

November 15 at Freneau Wds Pk Vis Ctr Parking Area

The Casual Birder **Free**



(ages 10 and up, under 18 with adult)

Head out with a Park System Naturalist for these laid-back morning bird walks. We'll meander through the parks for about an hour and half to see what birds we can find. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available to borrow if needed.

Join us on the following Tuesday mornings at 9:00 AM:

September 7 at Fisherman's Cove Main Parking Area

September 14 at Manasquan Res Vis Ctr Parking Area

September 28 at Dorbrook Rec Area Soccer Field Parking Area

October 5 at Shark River Pk Main Parking Area

October 12 at Manasquan Res Env Ctr Parking Area

October 26 at Thompson Pk Marlu Lake Parking Area

November 9 at Big Brook Pk Main Parking Area

November 23 at Crosswicks Creek Pk Province Line Rd Parking Area

Poets in the Woods Series: Sunday Walk at Freneau

(adults)

Discover poetry and local history with a park system naturalist for a gentle autumn walk around the woods. The beauty and the calmness of the season brings a reflective sense of our connection to the natural world. In this, the last edition of "Poets in the Woods" series we celebrate the seasons with poems by Philip Freneau (namesake of this park) and other poets. As we walk the trails, we will stop to hear prophetic words of love, loss, change and a sense of greater purpose. Join us as we embrace the fall season. Meet at the Magnolia Visitor Center at Freneau Woods Park.

One Session \$5.00 Per Person
Freneau Wds Pk Vis Ctr Parking Area

Sun, Nov 7 1:00-2:00 PM IK514A

Primitive Fire

(adults)

Early man's ability to make, control, and manipulate fire was a landmark catalyst in the development of the human species. Learn primitive fire making skills from both an anthropological as well as a wilderness survival perspective.

Instructor: Randall Chalnick, D.C.
One Session \$15.00 Per Person

Turkey Swamp Pk Oak Point Picnic Shelter

Sunrise Kayak Tour of the Manasquan Reservoir

(ages 10 and up, under 18 with adult)

Start your day off right with the sights and sounds of the early morning on a leisurely, naturalist guided paddle around the Manasquan Reservoir. As the sun rises in the east we will spot birds, turtles and other wildlife that call the reservoir home.

One Session \$25.00 Per Person
Manasquan Res Env Ctr

Wed, Sep 8 6:30-8:00 AM.						I5414A
Tue, Sep 14 6:30-8:00 AM						I5514A

Sunset Kayak Tour of the Manasquan Reservoir

(ages 10 and up, under 18 with adult)

Enjoy the sunset from the water on this relaxing, naturalist-guided kayak tour of the Manasquan Reservoir. We will meet at the Manasquan Reservoir Environmental Center and launch into the Reservoir in sit-on-top kayaks. While on the water we will keep an eye out for herons, eagles and osprey while discussing local history and ecology. Be sure to wear clothes that can get wet, and don't forget insect repellent and water! One Session \$25.00 Per Person

Manasquan Res Env Ctr

Wed, Sep 1 5:30-7:00 PM .	•	•	•	•	•	•	•	•	•	•	•	14314A
Thu, Sep 16 5:00-6:30 PM		•					•			•	•	14414A



Manasquan Reservoir 2022 Photography Exhibit Call for Entries

Calling all photographers!

Don't miss your opportunity to enter our exhibition!

Exhibit Theme: Memorable Adventures

Divisions: Youth or Amateur

Categories: General Photography & Wildlife Photography

Each photographer may enter within one division, but can enter one photo in each category per season.

Seasonal Entry Deadlines

Spring: June 20, 2021

Summer: September 26, 2021

Fall: November 28, 2021

The photographs will be on exhibit at the Manasquan Reservoir Environmental Center from February 5-28, 2022.

Youth submissions are free to enter; amateur are \$5.00 per photo.

Rules and entry form available on the Manasquan Reservoir Environmental Center page at www.MonmouthCountyParks.com.

Tales and Trails

(adults)

Welcome to the book club for those who have a passion for talking and walking on the wild side! Connect with others and the natural world by exchanging thoughts on our monthly reading selections and enjoying a guided hike. Participants must obtain their own book copies. Sign up for one session or all three.

One Session \$11.00 Per Person

How to Read Nature: Awaken Your Senses to the Outdoors You've Never Noticed by Tristan Gooley

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Sep 4 10:00-11:30 AM IMW14A

The Language of Butterflies: How Thieves, Hoarders, Scientists, and Other Obsessives Unlocked the Secrets of the World's Favorite Insect by Wendy Williams

Huber Wds Env Ctr

The Secret Wisdom of Nature by Peter Wohlleben Big Brook Pk Elsas Lodge

Sun, Nov 7 10:00-11:30 AM IMY14A

Wines and Pines

(ages 21 and up)

Come explore Monmouth County as we combine two activities which complement each other excellently, hiking and wine tasting! Take a 90-minute hike with a Park System Naturalist, where we will explore and learn about the nature around us. Then to celebrate our hard work, participants can drive a quick five minutes down the road and join us for an optional picnic and wine tasting (\$5 to \$10 pay on your own). Hike will take place as scheduled (weather permitting), but trip to winery is contingent on facility being open for business.

One Session \$12.00 Per Person Clayton Pk Emley's Hill Lot

Sun, Nov 7 1:00-2:30 PM (approx) IKR14A Sun, Nov 21 1:00-2:30 PM (approx) IKS14A

Drop-in Local Nature Lecture Series

(adults)

Join us for a series of eye-opening talks by Park System Naturalists to discover what's lurking in or near the waters and wetlands of Monmouth County. The presentations are designed to inform the public of current issues, ecology and science research, and to inspire appreciation for the local natural world.

Sea Turtles of Monmouth County

Thursday, September 16, 7:00-8:00 PM

Bayshore Waterfront Park Activity Center
Several species of adult and juvenile sea turtles
really do call the Jersey Shore home, especially
during the summer and early fall as they make
their way in the ocean seeking food. Find out
more as we discuss everything about sea turtles
including threats and ways to protect this ancient
aquatic reptile.

The Real Story of the Jersey Devil Thursday, October 28, 7:00-8:00 PM

Thursday, October 20, 7.00-8.00 FW

Bayshore Waterfront Park Activity Center
It hasn't been caught yet! We will have some
fun right before Halloween by discovering the
ecology of the Pine Barrens, which gave rise to
the history and folklore of the Jersey Devil. For
more than 250 years this mysterious creature is
said to prowl through the marshes of New Jersey
and emerge periodically to rampage through
towns and cities. We will discover the many
possible origins of the Jersey Devil legend, some
are actually real, and the devil's home in the Pine
Barrens.

Woodpeckers of Monmouth County

Thursday, November 18, 7:00-8:00 PM

Freneau Woods Park Visitor Center

There is more to woodpeckers than you might think. There are several species of woodpecker found in Monmouth County and all play a vital role in helping to control insect pests. With their long beaks and tongues, these colorful birds spend their day pecking trees and capturing insects. Let's get to know more about our local woodpecker population and their how they spend their lives.

OUTDOOR ADVENTURES

ARCHERY

Early Bird Archers

(adults)

Start your morning early with some target practice. This smaller sized archery class will have you learning archery before the day gets too busy. Please dress for the weather as the Activity Barn is not heated. All equipment is provided.

One Session \$19.00 Per Person Thompson Pk Activity Barn

Tue, Sep 14 6:30-8:00 AM W3714A

Take A Shot: Archery Intro Series

(adults)

Whether you are a beginner or just need a refresher, our USA archery certified instructors will help you learn and develop your archery skills during this three-day series. Please dress for the weather as the activity barn is not heated or air conditioned. All equipment is provided.

Three Sessions \$54.00 Per Person

Thompson Pk Activity Barn

Wed, Oct 6-20 7:00-9:00 PM W3314A

Take a Shot: Intro to Archery

(adults)

Learn the basics of the ancient sport of archery. Whether you are interested for recreation, competition or hunting, our Outdoor Adventures staff will assist you in developing the skills necessary to pursue this timeless pastime. All equipment is provided. Please dress for the weather at the Activity Barn is not heated.

One Session \$21.00 Per Person Thompson Pk Activity Barn

Thu, Sep 9 7:00-9:00 PM W0214A Fri, Oct 8 7:00-9:00 PM W4714A Tue, Nov 9 7:00-9:00 PM W5914A

BICYCLING

Trail Riding for Women



(adults)

Ladies, let's explore the parks as we learn the basics of trail riding. Learn how and when to shift, how to position your body when going over a downed tree (or get off - it's okay), and how to prepare for a downhill ride. The basics of getting you comfortable on your bike begins here as we get a little dirt on the tires! Everyone must wear a properly fitted bicycle helmet that complies with U.S. CPSC Safety Standards for Bicycle Helmets (CPSC label inside helmet) and bring your own mountain bike, in good working order. We recommend taking your bike in for a tune up at a bike shop prior to this program.

Rating: Moderate, dirt trails, roots, mud. Miles: 5-8 approx.

Three Sessions \$75.00 Per Person

10/14 - Thompson Pk Activity Barn

10/21 - Shark River Pk Shelter Bldg

10/28 - Tatum Pk Holland Act Ctr Parking Lot

Thu, Oct 14-28 10:00 AM-12:30 PM (approx) .. W0414A

HIKING

Apshawa Preserve Hike



(adults)

Find yourself in a leaf peepers paradise in the mountains of West Milford, NJ. A scenic reservoir, oak forest, rock outcrops and overlooks will be ours to enjoy on this autumn hike. Expect rocky and possibly muddy trails with ascents and descents. Please Note: Hiking shoes required.

Rating: Moderate, rocky trail, some ascents and descents, Miles: 6

One Session \$51.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Oct 13 7:00 AM-3:30 PM. W5614A

CIRCLE OF FRIENDS HIKES

New to the trails? Tired of hiking solo?

Let us take you and your friends on a guided hike in one of your beautiful Monmouth County Parks. Get a small group of your friends together (2-6 people) and we'll do all the planning so you can enjoy some healthy, outdoor time.

Weekdays and some weekends available; must reserve at least three weeks in advance. To reserve your hike, call Jan at 732-842-4000, ext. 4238.



Early Riser Hikes

(adults)

Get your blood pumping early exploring the hiking trails at Huber and Hartshorne Woods Parks. These gentle yet hilly trails will provide challenging hiking as we work hard to go farther and faster each week. Hiking shoes are strongly recommended. Wear a small daypack with water and rain gear.

Rating: Moderate/quick pace, rooty, dirt and paved paths, fields and views. Miles: 3-5

Ten Sessions \$110.00 Per Person
9/11, 9/18, 9/25 - Huber Wds Pk Env Ctr Lot
10/2, 10/9, 10/16 & 10/23 - Hartshorne Wds Pk Claypit
Creek Lot

10/30, 11/6, 11/13 - Hartshorne Wds Pk Rocky Point Lot **Sat, Sep 11-Nov 13 7:00-9:00 AM W3814A**

Fall Walking/Hiking Series

(adults)

Need some motivation to get you moving? Be inspired by getting to know your beautiful county parks with this hiking mini-series. We'll explore the trails with an easy pace hike at a different park each week. Over the course of the six weeks we will observe changes in the season as well as in ourselves. The forest is good for the soul. All that is needed is a positive attitude and a good pair of walking shoes.

Six Sessions \$70.50 Per Person

9/10 - Thompson Pk 3 Barns Parking Lot

9/17 - Holmdel Pk Lake

9/24 - Huber Wds Env Ctr Parking Lot

10/1 - Shark River Pk Shelter Bldg Parking Lot

10/8 - Tatum Pk Red Hill Act Ctr Parking Lot

10/15 - Hartshorne Woods, Rocky Point Parking Lot

Fri, Sep 10-Oct 15 10:00 AM-12:00 PM (approx). W2514A

Haunted Night Hike at Big Brook (adults)



Dare to trek the trails of this daunting forest? Led by Park System staff, listen to some spooky stories and travel by headlamp as we brave the fields and forest of Big Brook Park at night. Hike is a looped trail, beginning and ending in the same location.

Rating: Moderate, paved trails, hills, dirt. Miles: 2-4 One Session \$15.00 Per Person

Big Brook Pk Lower Pond Lot

Tue, Oct 26 8:00-9:30 PM U2614A Tue, Oct 26 10:00-11:30 PM U2714A

Choosing the Right Hike For You

The Monmouth County Park System Outdoor Adventure division offers a variety of hiking opportunities of varying difficulty. Read the following before registering for a hike:

- Please read program descriptions carefully and choose which hike is comfortable for you as you work toward more challenging treks.
- Please realistically match your ability to the program descriptions. Outdoor Adventure hikes usually have a maximum of 12 participants. The group can move only as quickly as the slowest participant. Participants are disappointed when the pace is slowed or frequently paused, or if the route must be shortened to accommodate someone unprepared, ill-equipped, or poorly conditioned.
- Safety is our primary concern fatigue increases risk of accidents. Cold or wet weather can sap energy and impact ability, so moving at a steady pace is vital to maintain body heat. Bring appropriate layers, sufficient food, and plenty of water.
- Distance, elevation gain, and pace determine the difficulty rating. Participants on a hike designated quick-paced, strenuous, and requiring boots and poles should expect to move quickly over some difficult terrain, have good balance, and be able to use their hands for support.

Please know yourself and be prepared. If uncertain about a program, fitness requirements, or equipment, please contact Jan Galanti (732-842-4000, ext. 4238) for information, guidance and suggestions for self-evaluation by hiking local trails.



History Hike at Big Brook Park

(adults)

Learn the storied past of one of our interesting parks. Lead by Park System staff, we will explore the fields and forest of Big Brook Park. Hike is a looped trail, beginning and ending in the same location.

Rating: Moderate, paved trails, hills, dirt. Miles: 2-4

One Session \$15.00 Per Person Big Brook Pk Lower Pond Lot

Wed, Sep 15 5:30-7:00 PM U2214A Big Brook Pk Boundary Rd Parking Lot

Wed, Oct 27 1:30-3:00 PM U2314A

Indian Head Mountain Hike

(adults)

Enjoy spectacular views on this challenging/difficult Catskill loop hike that climbs nearly 2,000' to the summit of Indian Head Mountain. Please Note: Hiking boots are required.

Rating: Strenuous, quick pace, steep ascents/descents, rocky terrain. Miles: 6.5

Leader: Andrew Imperiale

One Session \$78.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Sep 25 6:30 AM-5:30 PM (approx) . . W3914A

Lake Sonoma Hike

(adults)

Let's get out on the trails! Rock formations, streams, views of Lake Sonoma and the Manhattan skyline are all part of this full-day hike in northwest NJ. Please Note: Hiking boots/shoes are required; trekking poles suggested.

Rating: Moderate-easy/moderate pace, rocky trails, some ascents/descents, stream crossing, views. Miles: 4.7

One Session \$54.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Sep 15 6:30 AM-3:30 PM (approx) . W5414A

Local Long Hikes

(adults)

Staying close to home during these times still allows us to get in some long hikes. Hit the local trails as we discover three different county parks. Come prepared for the weather: dress in non-cotton layers, wear hiking boots, and bring water, snacks and a day pack with room to take off layers as you warm up.

Rating: Moderate pace, dirt, sand, muddy, rooty, rocky trails, some ascents and descents. Miles: 6-9

One Session \$20.00 Per Person

Holmdel Pk Lake

Sat, Sep 18 9:00 AM-1:00 PM W4314A Turkey Swamp Pk Shelter Bldg

Sat, Oct 16 9:00 AM-1:00 PM W4414A

Hartshorne Wds Claypit Creek Parking Lot

Sat, Nov 20 8:00 AM-12:00 PM W4514A

Mount Taurus Summit Hike

(adults)

Enjoy spectacular views over the Hudson River, Cold Spring and West Point, and pass ruins of the Cornish estate as we steeply climb Mount Taurus.

Please Note: Hiking boots are required.

Rating: strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 6.5

Leader: Andrew Imperiale

One Session \$52.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Nov 13 7:00 AM-4:00 PM (approx) . . W4214A

Section Hikes on the Appalachian Trail

(adults)

SOUTH BOUNDERS WANTED! The "AT" is one of the oldest footpaths in the world, roughly 2,180 miles thru 14 states; Maine to Georgia. Join in year's journey to complete the 72 miles in NJ. We intend to hike a different section of the AT trail in NJ, 5-10 miles per trip. Hikers age 14 and up are welcome to register with an accompanying registered adult.

Please Note: Hiking boots are required; trekking poles highly suggested.

Rating: Moderate pace, challenging trails, steep ascents/descents, creek crossing, views, rocky.

One Session \$58.00 Per Person

Thompson Pk Estate Grounds Parking Lot

#1 - NY/NJ State Line South - 7 miles

Sun, Sep 12 6:15 AM-4:45 PM (approx).. W5114A Thompson Pk 3 Barns Parking Lot

#2 - Wawayanda State Park - 7 miles Sun, Oct 3 6:15 AM-4:45 PM (approx) . . . W5214A

#3 - Wallkill River Nat'l Wildlife Refuge - 5+ miles

Sun, Nov 14 6:15 AM-4:45 PM (approx). . W5314A

Sleepy Hollow Experience

(ages 14 and up, under 18 with adult)

The spectre is known, at all the country firesides, by the name of the Headless Horseman of Sleepy Hollow. The Adventure begins as we travel by minibus to Rockefeller State Park Preserve where we will hike to Spook Rock, a glacial erratic and see breathe taking views of Swan Lake. You will have a chance to visit on your own Washington Irving's final resting place and the town of Sleepy Hollow at night when all of the ghouls and goblins rise from the dead. Dinner is on your own. Approximate hiking distance is four miles on easy carriage road terrain.

One Session \$60.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Oct 23 11:30 AM-9:30 PM. W0914A

Thursday Nites in the Highlands > NEW S



Research suggests it's important to make time to get outdoors, since doing so is beneficial for human health. We will discover the hiking opportunities at three different parks in our Highlands area. Relax and let our leaders guide as you get your nature fix. Hiking footwear strongly recommend; bring a small day pack for water/snack, flashlight/headlamp, and rain gear.

Rating: moderate/easy, moderate pace, some hills, pavement, sandy, rocky trails. Miles: 2.5-4

Five Sessions \$62.50 Per Person

9/9 - HHT Popamora Point Section

9/16 - Huber Wds Pk Claypit Parking Lot

9/23 - Hartshorne Wds Pk Claypit Parking Lot

9/30 - Hartshorne Wds Pk Rocky Point Parking Lot

10/7 - HHT Atlantic Highlands Marina Lot (near Tennis Cts)

Thu, Sep 9-Oct 7 5:30-7:15 PM W0514A

Ladies Only Adventures in the Parks

Ladies Hiking Club

Enjoy the camaraderie of like-minded women as you hike in the great outdoors. Together, we will explore a new county park each week. Stay after the morning session or come early for the afternoon and enjoy your picnic lunch with our "club." Rating: Easy/moderate, sandy, rocky, roots, some hills, fields, muddy. Miles: 2-4+

Ten Sessions \$125.00 Per Person

9/7 - Thompson Pk 3 Barns Lot • 9/14 - Holmdel Pk Lake • 9/21 - Turkey Swamp Pk Shelter Bldg 9/28 - Huber Wds Pk Env Ctr Lot • 10/5 - Clayton Pk Act Ctr Lot • 10/12 - Shark River Pk Shelter Bldg Lot 10/19 - Tatum Pk Red Hill Act Ctr Lot • 10/26 - Hartshorne Wds Pk Claypit Creek Lot 11/2 - Thompson Pk Estate Lot • 11/9 - Hartshorne Wds Pk Rocky Point Lot

Tue, Sep 7-Nov 9 9:30-11:30 AM #W0314A • Tue, Sep 7-Nov 9 12:00-2:00 PM #W5014A

Women's Wilderness Empowerment Experience

Experience the outdoors in a environment supported by your fellow womankind. Choose from the adventures listed here to achieve your goals, move beyond your fears, gain self confidence and make new friends. Register a friend and receive a discount!

Zip-Lining

One Session \$33.00 Per Person \$27.00 Additional Person • Thompson Pk Old Orchard Picnic Shelter

Wed, Sep 15 9:30 AM-12:00 PM #W1414X

Canoe Experience

One Session \$21.00 Per Person \$15.00 Additional Person • Thompson Pk Marlu Lake

Wed, Sep 22 9:30 AM-12:00 PM #W1514X

Climbing Wall & Vertical Ladders

Ready, Set, Climb! A set of vertical ladders and try to ring the bell that is suspended 30' in the air and take a shot at our portable climbing wall.

One Session \$30.00 Per Person \$24.00 Additional Person • Thompson Pk Old Orchard Picnic Shelter

Wed, Sep 29 9:30 AM-12:00 PM #W1614X

Tuesday Evening Twilight Walk/Hikes

(adults)

Enjoy autumn evenings by hiking in three different parks while sneaking in some nature, exercise and learning some history of your parks. This series will begin in the light and end in the dark so please carry a daypack with a flashlight/headlamp, gloves, hat and rain jacket.

Rating: Moderate/easy pace, trail surfaces will vary from between dirt, cinder and paved, Miles: 2.5-4

Six Sessions \$70.50 Per Person

9/21 - Holmdel Pk Lake Parking Lot

9/28 - Holmdel Pk Ramanessin Parking Lot

10/5 - Tatum Pk Red Hill Act Ctr Parking Lot

10/12 - Tatum Pk Holland Act Ctr Parking Lot

10/19 - Thompson Pk 3 Barns Parking Lot

10/26 - Thompson Pk Estate Parking Lot

Tue, Sep 21-Oct 26 5:30-7:15 PM.... W4814A

Two Great Parks Hike

(adults)

Enjoy expansive views from Bear Mountain and Harriman State Park in one hike as we climb West and Black Mountain. Please Note: Hiking boots are required.

Rating: Strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 8

Leader: Andrew Imperiale
One Session \$51.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Oct 16 7:30 AM-4:00 PM (approx) . . W4014A

Two State Hike

(adults)

Hike to Bearfort Ridge with its unusual puddingstone conglomerate rock and pitch pines, pass two beautiful secluded lakes and hike to Prospect Rock, the highest point on the NY Appalachian Trail. Please Note: Hiking boots are required.

Rating: Moderately strenuous, quick pace, steep ascents/descents, rocky terrain. Miles: 6

Leader: Andrew Imperiale
One Session \$51.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, Oct 29 7:30 AM-4:00 PM (approx)... W4114A

Urban Hiking

(adults)

Leave the parks and explore the cityscapes of Monmouth County on this urban exploration. You will hit the asphalt with a park system employee as we turn sidewalks into hiking trails and watch for bikes as opposed to bears! Wear sturdy hiking shoes and dress appropriately for the weather.

Rating: moderate pace, uneven pavement, railroad crossings, some hills. Miles: 4-5

One Session \$15.00 Per Person

Coastal Activity Center, Asbury Park (on street parking only)

Sun, Sep 12 9:00-11:00 AM U1014A
Seven Presidents Pk North Picnic Tent
Sun, Oct 17 12:00-2:00 PM U1114A

PERFORMING ARTS

Adult Tap - Beginner Level 1

(adults)

Have you ever wanted to try tap dancing? Want to feel like a Broadway tap star? Maybe you tapped as a child and really loved it? Then, this class is for you! Calling all beginner or better tap dancers for a fun adult only class with Ms. Michele. Learn a complete routine in the 10 week session. Wear black yoga pants or other comfy clothes and the tap shoes of your choice.

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 21-Nov 30 3:00-3:45 PM AA214A *No class 11/2*

Tue, Sep 21-Nov 30 5:00-5:45 PM AA314A No class 11/2

Adult Tap - Beginner Level 2

(adults)

Do you know the difference between a cramp roll and a ball change? Ready to challenge your "Shuffle to Buffalo"? This class is for the student that enjoys tap dancing and already knows the basics. We're going to explore rhythms with new combinations and really get your feet moving! Please wear comfortable clothes and the tap shoes of your choice. Bottle of water recommended. Pre-requisite: 2-3 sessions of Adult Tap-Beginner Level 1 or similar experience.

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 21-Nov 30 5:45-6:30 PM AA514A No class 11/2

Beginner Acting - Adult Level I

(adults)

In this class we will learn basic acting techniques such as improvisation, space objects, shape shifting and character building. We will also begin work on The Four Centers of Acting: The Center of Your Focus, The Center of Your Breath, The Center of Your Body and The Center of the Stage. Each class will begin with an actor's warm-up of voice, movement and imagination. A performance of story telling/monologue will be on the final day of class. Please wear closed-toe shoes/sneakers and bring a water bottle.

Four Sessions \$50.00 Per Person Clayton Pk Act Ctr Classroom 1

Tue, Oct 12-Nov 9 7:00-8:30 PM Q2014A *No class 11/2*

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Oct 18-Nov 8 7:00-8:30 PM Q0914A

Beginner Acting - Adult Level II

(adults)

In this class we will continue with our actor's warm-ups and our work on The Four Centers of Acting but will begin scene work with a partner. A performance of monologues and scenes will be on the last day of class. Please wear closed-toe shoes and bring a water bottle to class.

Four Sessions \$50.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Wed, Oct 6-27 7:00-8:30 PM Q0814A

Beginner Ballroom Dance

(adults)

Planning to hit the dance floor at an upcoming wedding or event? Looking to connect with your partner through a new activity? If you've ever desired to learn the foundational basics of social dancing, this 6-week beginner workshop is designed with you in mind! We will cover basic steps of a few ballroom and Latin dance styles, and teach you how to move and groove on any dance floor together with confidence. No prior experience is required. All dancers must register and participate with a partner. Please dress comfortably with shoes that won't easily slip off, and let's dance! Instructed by: Sing and Sway, LLC

Six Sessions \$180.00 Per Couple

Tatum Pk Red Hill Act Ctr

Open Mic Poetry (adults) Emotional or humorous, storytelling or intense, poetry can evoke a variety of thoughts and emotions. Explore or recite literary works during an evening of alliteration, rhythm and verse. All are welcome to read your work aloud or read a work from your favorite poet(s). Themes are suggested and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Pre-registration is recommended for readers, though drop-ins will be welcome as time permits. Contact Rachel Cohen to be added to list of readers at 732-542-1642, ext. 29, or rachel.cohen@monmouthcountyparks.com. Thompson Park Theater Barn September - Nature Sun, Sep 19 3:00-4:30 PM. PE101A October - Edgar Allen Poe Wed, Oct 13 7:00-8:30 PM. PE111A

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Rock to Bach - Guitar

(adults)

Move "learn to play guitar" from your wish list to your list of accomplishments in a relaxed, small-group setting. From classical to rock we will read music, strum through chords, and develop techniques to practice at home. All this in a fun, hands-on program designed to teach you the basics to play the songs you want to play. There is a required workbook that will be available for purchase at the first class. You bring the guitar, we'll bring the personalized instruction to each class. Nylon guitar strings are recommended for easier play.

Eight Sessions \$160.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Sep 13-Nov 1 5:00-6:00 PM. M8914A

Square Dancing Level 1

(adults)

Find out why so many people have fun being "squares." No prior experience needed. Taught by Larry Sherwood and members of the Middletown Ramblers. Feel free to join us for an Open House Barn Dance to check out the fun before registering (page 11).

Twelve Sessions \$50.00 Per Person Henry Hudson Trail Act Ctr

SPORTS & FITNESS

BASKETBALL

Basketball at the Rec Center

Fort Monmouth Recreation Center, Tinton Falls

Looking for a place to play some hoops, but don't want the commitment of a structured league? Our drop-in basketball times are offered in our climate-controlled gymnasium. Questions? Call 848-456-4278, ext. 2#.

Cost: \$5.00 Per Person, Per Session

Adult Basketball

Sundays from 8:00-10:00 AM Mondays from 7:00-9:00 PM Thursdays from 6:30-8:30 PM

Men 40 & Up - Gym A; Women - Gym B

Open Gym

(all ages, under 16 with adult)

Schedule varies; please visit the Fort Monmouth Recreation Area page for the current schedule at www.MonmouthCountyParks.com

FITNESS

Aerostep

(adults)

Burn mega calories and build lean muscle mass in this fun and easy to follow fitness program! Through a combination of cardiovascular and strength training, you will increase your stamina and condition your entire body. Our instructor will keep you moving and motivated as a variety of equipment will be used to keep those muscles guessing. Break through to a new level of fitness as we alternate between different step combinations, plyometric drills, and weighted exercises. All levels of fitness are welcome as modifications are shown accordingly throughout class.

Instructor: Laurie Vuksanovich

Tatum Pk Red Hill Act Ctr

Twelve Sessions \$144.00 Per Person

Thu, Tue, Sep 2-Oct 12 5:30-6:30 PM. X2414A Ten Sessions \$120.00 Per Person

Beyond Basic Belly Dance

(adults)

Take your belly dancing to the next level! Taught in the same relaxed, friendly and supportive environment our instructor will inspire you as we continue to improve flexibility, coordination, and strength in this total body workout. Learn new movements and techniques as we progress into more advanced patterns, hip movements, and combinations. Continue to explore exciting styles of belly dance as we have fun and get fit! Please dress comfortably and be prepared to dance barefoot, in socks or in dance shoes.

Instructor: Eryka Andrex

Thirteen Sessions \$228.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Sep 21-Dec 21 7:25-8:55 PM. XA514A No class 11/2

Gentle Aerobics

(all ages)

For the active senior looking to increase their strength and improve balance. Class will begin with some light cardio mixed in with weight training exercises and balance. Exercises can be modified to accommodate all levels.

Six Sessions \$72.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Sep 16-Oct 21 10:30-11:15 AM M6814A Thu, Nov 4-Dec 16 10:30-11:15 AM M6914A No class 11/25

Intro to Belly Dancing

(adults)

Join us for this fun and gentle introduction to Middle Eastern Dance! Learn the fluid movements of Middle Eastern Dance in a relaxed, friendly, and supportive environment. A variety of movements and techniques will be explored as we enjoy exciting styles of Belly Dance including Egyptian, American Cabaret, Turkish, American Fusion and more! Improve flexibility, coordination, and strength as we engage the arms, legs, hips and core for a total body workout. Low impact and gentle on the knees. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes. Instructor: Eryka Andrex

Six Sessions \$72.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Sep 30-Nov 4 7:40-8:40 PM XA814A

Morning Stretch

(adults)

Relax, unwind, and clear your mind as we start the day off right! Ease tension and stress in the body as we gently stretch and restore the natural mobility of joints. Experience increased circulation and improved flexibility along with enhanced body awareness and control. You will lengthen muscles and strengthen the body as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona
Ten Sessions \$140.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Sep 23-Dec 2 10:00-11:00 AM XB314A No class 11/25

Pickleball Stretch and Strengthen

(adults)

Tired of muscle pulls and strains keeping you off the pickleball court? Learn proper stretching techniques to increase flexibility, strengthen muscles, and reduce injuries. This program is designed for pickleball players, but a great way for anyone returning to sport and fitness to enjoy safer, longer play. Please Note: This is a stretch and strengthening class. For instructional pickleball play programs please visit our website.

Six Sessions \$72.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Sep 14-Oct 19 10:30-11:15 AM M7814A Tue, Nov 2-Dec 7 10:30-11:15 AM M7914A

Sit and Get Fit

(adults)

You don't have to get up to get fit. Seated exercises for people with limited mobility will strengthen muscles, burn calories, increase flexibility, and improve balance. No equipment needed, just wear comfortable clothes.

Six Sessions \$72.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Sep 14-Oct 19 12:45-1:40 PM M7414A Fri, Sep 17-Oct 22 12:45-1:40 PM M7614A Tue, Nov 2-Dec 7 12:45-1:40 PM M7514A Fri, Nov 5-Dec 17 12:45-1:40 PM M7714A No class 11/26

Total Body

(adults)

Blast your body back into shape! Scorch calories as we sculpt and tone muscles for a healthier, stronger and revitalized body. Improve your fitness level as we increase flexibility, strength and self-esteem. This motivating class will incorporate a warm-up, stretch and cool down into a toning and firming program that uses balls, bands and hand weights. Please bring a water bottle; wear comfortable clothing and cross training sneakers.

Instructor: Jodi Kondracki

Twelve Sessions \$144.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon,Wed, Sep 13-Oct 20 8:00-9:00 AM. . M5714A Mon,Wed, Sep 13-Oct 20 9:15-10:15 AM . M6014A Mon,Wed, Nov 1-Dec 8 8:00-9:00 AM . . . M5814A Mon,Wed, Nov 1-Dec 8 9:15-10:15 AM . . M6114A

Total Body Circuit Blast

(adults)

Empower yourself with this revved up workout to blast calories! We will start the class with a dynamic warm-up to prevent injuries; then you will be coached through a total body circuit class that will be set up in stations. You will perform each exercise for a certain amount of time, then move onto the next. The circuits will include a combination of cardio drills and weighted exercises to fire up your metabolism. We will end the class with some stretches on the foam roller, to decrease muscle soreness. All levels are welcome!

Instructor: Laurie Vuksanovich

Tatum Pk Red Hill Act Ctr

Seven Sessions \$91.00 Per Person

Sat, Nov 13-Dec 18 8:00-9:00 AM X3014A

PILATES

Pilates Fusion

(adults)

Make the most of your workout through a combination of Pilates and total body conditioning. Strengthen your core muscles and improve posture while toning arms and sculpting legs. Increase flexibility and build stamina in a fun and supportive environment. You will utilize your own body weight as resistance and small hand weights to build muscle.

Twelve Sessions \$228.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon,Wed, Sep 13-Oct 20 10:30-11:30 AM M6214A Mon,Wed, Nov 1-Dec 8 10:30-11:30 AM . M6314A

Pilates Mat Workout

(adults)

Class will focus on your powerhouse which is the abdominals, lower back, hips and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals.

Instructor: Ellen Slattery Dorbrook Rec Area Act Ctr

Twelve Sessions \$144.00 Per Person

Wed, Mon, Sep 8-Oct 20 7:15-8:15 PM. X0714A No class 10/11

Sixteen Sessions \$192.00 Per Person

Mon, Wed, Nov 1-Dec 22 7:15-8:15 PM . . . X0914A

Tatum Pk Holland Act Ctr

Fourteen Sessions \$168.00 Per Person

Thirteen Sessions \$156.00 Per Person

Thu, Tue, Nov 4-Dec 23 6:30-7:30 PM X1014A

No class 11/11 & 11/25

Pilates Mat Workout - Fort Monmouth

(adults)

Focus on your "powerhouse" - the abdominals, lower back, hips, and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals. Please bring a water bottle; wear comfortable clothing, and cross-training sneakers.

Instructor: Jodi Kondracki

Six Sessions \$72.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Sep 16-Oct 21 9:15-10:15 AM. M7014A Fri, Sep 17-Oct 22 10:15-11:15 AM. M7214A Thu, Nov 4-Dec 16 9:15-10:15 AM M7114A

No class 11/25
Fri, Nov 5-Dec 17 10:15-11:15 AM M7314A

No class 11/26

TENNIS

Adult Advanced Beginner Tennis

(adults)

For those who have taken a beginner class and are looking for a more advanced lesson but are not ready for an intermediate class. Class size is limited to allow for individual attention.

Eight Sessions \$88.00 Per Person

Thompson Pk

Mon, Wed, Sep 13-Oct 6 5:00-5:55 PM. . . . X8014A

Adult Intermediate Tennis

(adults)

Seeking to improve your current level of play? Drills and match play will help you further your technical and mental approach to the game! Class size is limited so that our tennis pro can focus on individual attention. Prerequisite: All players must have received instruction on forehand, backhand, volleys, and serve prior to class starting date.

Eight Sessions \$88.00 Per Person

Dorbrook Rec Area

Mon, Wed, Sep 13-Oct 6 5:30-6:25 PM. X9214A Tue, Thu, Sep 14-Oct 7 5:30-6:25 PM. X9514A Thompson Pk

VOLLEYBALL

Indoor Fall Volleyball League

(ages 17 and up)

Come join the fun as teams exercise and compete in our indoor volleyball league. Teams must have at least six players on the roster and at least two women on the court at all times. No previous volleyball league experience necessary. Teams will play at either 6:30 PM or 7:30 PM each week. Schedules will be handed out the first night of the league. The top two teams will receive awards. Captains sign up for the team. Pre-registration is required. Organizational and rules meeting held at 6:15 PM on first night of league.

Eleven Sessions \$198.00 Per Team Fort Monmouth Rec Ctr Gym A

Wed, Sep 8-Nov 17 6:30-9:00 PM. X2314A

YOGA

Brand New to Yoga Series!

(adults)

Think yoga isn't for you? Think again! Come and discover yoga at your own pace in a fun, relaxed and positive atmosphere. Enjoy all the benefits of yoga while learning proper breathing techniques, alignment and safety. Designed for beginners, this program will teach foundational yoga postures with each class building on the previous. You will reduce stress as you gain confidence, flexibility, strength and focus. Our certified instructor will help you develop an understanding of yoga while paving the way to enhanced health and vitality. Please bring a yoga mat, two yoga blocks and a towel or blanket.

Instructor: Melanie Mascola
Six Sessions \$84.00 Per Person
Freneau Wds Pk Vis Ctr Program Room 2

Sun, Sep 12-Oct 17 10:30-11:30 AM. XB914A Sun, Nov 7-Dec 12 10:30-11:30 AM XBA14A

Instructor: Talena Ward Tatum Pk Red Hill Act Ctr

Six Sessions \$84.00 Per Person

Eight Sessions \$112.00 Per Person

Instructor: Lisa Mandragona
Ten Sessions \$140.00 Per Person
Tatum Pk Holland Act Ctr

Thu, Sep 23-Dec 2 11:00 AM-12:00 PM . . .XB414A No class 11/25

Level 2

Instructor: Melanie Mascola

Freneau Wds Pk Vis Ctr Program Room 2
Seven Sessions \$98.00 Per Person

Wed, Sep 1-Oct 13 6:15-7:15 PM XB514A

Six Sessions \$84.00 Per Person

Wed, Oct 27-Dec 1 6:15-7:15 PM XB614A

Instructor: Talena Ward
Tatum Pk Holland Act Ctr Parlor

Six Sessions \$84.00 Per Person

Thu, Sep 16-Oct 21 6:00-7:00 PM. XA314A

Five Sessions \$70.00 Per Person

Thu, Nov 4-Dec 16 6:00-7:00 PM XA414A

No class 11/11 & 11/25

Calm Body and Mind

(adults)

Meditation is a proven method for calming the mind and body. However, many people find meditation difficult. In this class, we will move through a short yoga sequence, appropriate for any skill level, to prepare our bodies for meditation. Then proceed into a meditation, learning skills that you can take into a home meditation practice. There is no prior yoga or meditation experience necessary and all levels of movement are welcome. Instructor: Tiffany McCann

Thompson Pk Vis Ctr Tulip Room
Eight Sessions \$112.00 Per Person

Fri, Sep 10-Oct 29 9:30-10:30 AM XAU14A Fri, Sep 10-Oct 29 11:00 AM-12:00 PM . . XAV14A Six Sessions \$84.00 Per Person

Fri, Nov 5-Dec 17 9:30-10:30 AM XAX14A No class 11/26

Fri, Nov 5-Dec 17 11:00 AM-12:00 PM. . . XAW14A No class 11/26

Chair Yoga

(adults)

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Class includes yogic breathing, poses and relaxation. No previous yoga experience necessary. This class is great for those with limited mobility, strength and/or flexibility. Using the chair as a prop, you have the confidence of stability with no fear of falling or worrying about getting up and down from the floor. The techniques taught are great for those who work behind a desk and need a little yoga break in their day as well.

Instructor: Eryka Andrex
Six Sessions \$84.00 Per Person
Dorbrook Rec Area Act Ctr

Wed, Oct 6-Nov 10 5:00-6:00 PM XA914A Wed, Nov 17-Dec 22 5:00-6:00 PM XAA14A



Codes of Creation in Movement™

(adults)

Codes of Creation in Movement™ is a yoga practice devised by Mary Jane Kasliner. Yoga classes consist of a fixed sequence of 35 postures, practiced in a room with a view of the constellations. Each yoga pose is held for period of time to activate the powerful vibrations of the platonic solids described by Plato. The class begins with a specific pranayama (breathwork), to clear the energy channels in the body, and progresses through the set sequence of postures that align to a specific frequency of sound (music) that invoke the codes of creation while simultaneously shifting your physical, emotional, mental, and spiritual fields. Bring yoga mat and water. Some yoga experience is recommended.

Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including, Yin, Anusara, Lotus Flow, Chakras and Hatha

Six Sessions \$98.00 Per Person Thompson Pk Vis Ctr Tulip Room

Wed, Sep 15-Oct 20 7:00-8:15 PM X1414A

Easy Evening Yoga

(adults)

Restore and renew your body, mind, and spirit as you tune into the body's natural ability to heal itself. A blissful blend of gentle stretching to open the body, guided meditation to calm the mind, combined with Restorative and Yoga Nidra will completely unwind the mind, body, breath and nervous system. Start the week off right as we reduce stress and experience total body relaxation. All levels are welcome. Please bring a yoga mat and a towel or blanket.

Instructor: Talena Ward
Tatum Pk Red Hill Act Ctr
Six Sessions \$84.00 Per Person

Mon, Nov 1-Dec 20 7:00-8:00 PM. XA014A

Easy Morning Yoga

(adults)

Experience the benefits of waking up to yoga by taking your morning stretch one step further. This class will take you through a variety of asanas (postures) that help develop strength, flexibility and balance, and is designed for all body types, ages and fitness levels. Bring a yoga mat if you have one.

Instructor: Talena Ward, Certified Kripalu Yoga Instructor

Tatum Pk Red Hill Act Ctr

Six Sessions \$84.00 Per Person

Thu, Sep 16-Oct 21 9:30-10:30 AM. XA114A Five Sessions \$70.00 Per Person

Thu, Nov 4-Dec 16 9:30-10:30 AM XA214A

No class 11/11 & 11/25

Gentle Yoga

(adults)

The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieving stiffness, taking pressure off of joints and increasing range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and to strengthen bones that become weak with the aging process. It can also assist you in balance, which becomes more difficult as we get older. Poses can be done safely using props such as being seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breath control.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Tatum Pk Holland Act Ctr

Six Sessions \$84.00 Per Person

Mon, Nov 8-Dec 13 12:00-1:00 PM XAF14A

Henry Hudson Trail Act Ctr

Seven Sessions \$98.00 Per Person

Fri, Sep 17-Oct 29 12:00-1:00 PM. XAH14A

Five Sessions \$70.00 Per Person

Fri, Nov 12-Dec 17 12:00-1:00 PM XAG14A

No class 11/26

Hatha Yoga

(adults)

Embrace the essential practices of yoga as you experience the profound benefits of increased strength, flexibility, and balance. Flow smoothly through Yoga postures with proper alignment and safety. Discover reduced stress and increased harmony for mind, breath, body, and spirit. You'll leave this class feeling strong, flexible, calm, and renewed. A well balanced yoga practice for all ability levels. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona Ten Sessions \$140.00 Per Person Tatum Pk Holland Act Ctr

Mon, Sep 20-Nov 22 10:00-11:00 AM XB014A

Tatum Pk Red Hill Act Ctr

Thu, Sep 23-Dec 2 6:45-7:45 PM XB114A

No class 11/25

Quiet Connection – Healing Sounds & Yin Yoga

(adults)

Join Mary Jane, as she guides you through a restorative yin practice, accompanied by the healing sound frequencies through the use of gentle music, Koshi chime and harmonic Hapi drum. Sound is a vibration that touches every part of our physical being that increases the function of the energy body, reduces anxiety and eases the m

ind so you can experience deep relaxation and expansive consciousness. Yin yoga engages the parasympathetic nervous system for deep relaxation that targets connective tissues, fascia, ligaments and tendons. Postures are held for a longer duration of time to increase circulation and balance the internal organs of the body. Yin is the perfect complement to other forms of yoga and exercise that are more rigorous, involving mostly muscular engagement. All levels are welcome to this class. Just come with a willingness to surrender to the poses and a desire to create mindfulness and self-awareness. Bring yoga mat and water.

Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including, Yin, Anusara, Lotus Flow, Chakras and Hatha

Six Sessions \$98.00 Per Person
Thompson Pk Vis Ctr Walnut Room

Tue, Sep 14-Oct 19 9:00-10:15 AM X1214A

Spiritual Gym Yoga

(adults)

The Spiritual Gym yoga class covers all things yoga. Perfect for beginners that want a practice or for those that are simply curious. Each week we cover a different aspect of yoga; the body, the breath, the mind, the flow, and finish with rest and restore.

Instructor: Melanie Mascola 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Mediation instructor Six Sessions \$84.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sun, Sep 12-Oct 17 11:45 AM-12:45 PM . . .XBB14X Sun, Nov 7-Dec 12 11:45 AM-12:45 PM . . .XBC14X

Vinyasa Yoga

(adults)

Vinyasa, is a breath-synchronized practice, that connects every action of our life with the intention of moving towards what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. This class offers a variety of postures as an invitation for the student to explore, be there for a while, and then move on, as Vinyasa Yoga recognizes the temporary nature of all things. This class focuses on the "sequence of consciousness," or how life unfolds from the creative pulse of life. Some yoga experience is suggested but not mandatory. Bring yoga mat and water.

Nationally Certified Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including the Chakras, Meditation, Yin, Anusura and Lotus Flow Six Sessions \$98.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Mon, Sep 13-Oct 25 7:00-8:15 PM X1114X No class 10/11

Yin Yoga

(adults)

Break through to a new level of health and vitality through Yin Yoga! This passive practice of holding postures gently stretches and restores the natural mobility of joints. It targets our deeper connective tissues, ligaments and fascia. Experience increased circulation, improved flexibility, and enhanced concentration. Strengthen your heart and mind as you improve energy flow and organ health. Calm your nervous system and feel more balanced as our certified instructor guides you through mindful movements and breathing. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona
Ten Sessions \$140.00 Per Person
Tatum Pk Holland Act Ctr

Mon, Sep 20-Nov 22 11:00 AM-12:00 PM. .XB214A

Yin/Yang Fusion

(adults)

The Taoist concepts of Yin and Yang describe the two qualities or energies present in everything; from our food and our bodies, to the seasons and the world around us. Yin qualities can be thought of as more internal, passive, cooling and downward while Yang is more external, dynamic, warming and upward.We can also think of our bodies and our yoga practice in terms of Yin and Yang. In this class, instructor Mary Jane Kasliner, will guide students through dynamic flowing postures that work on the yang tissues for building strength and fitness while the second part of the class focuses on soothing, grounding poses that turn off the overdrive switch. The supported holds in the Yin portion of the class helps the body and mind to relax and release tension, both mentally and physically while creating gentle traction and compression that helps to flush out toxins and lubricate the joints while releasing tension in the surrounding connective tissues. This class ends with relaxing meditation and foot massage. Some yoga experience is recommended. Bring Yoga mat and water.

Nationally Certified Instructor: Mary Jane Kasliner – ERYT200+ with over 500 hours of training including the Chakras, Meditation, YIn, Anusura, and Lotus Flow Six Sessions \$98.00 Per Person

Wed, Sep 15-Oct 20 9:30-10:45 AM X1314A

Yoga

(adults)

Looking for a way to feel strong and grounded through the fall and early winter? Treat yourself to a yoga practice to accomplish both. We begin the class with slow sun salutations, then move poses to build strength. Our practice will focus on feeling grounded through the Fall season as we prepare our bodies for winter weather. Weather permitting we will practice outdoors. The class is appropriate for all levels. Bring a mat and water.

Instructor: Tiffany McCann Thompson Pk Vis Ctr Tulip Room

Eight Sessions \$156.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Sep 7-Oct 26 9:15-10:45 AM. XAS14A Six Sessions \$117.00 Per Person

Tue, Nov 9-Dec 14 9:15-10:45 AM XAT14A

Yoga at the Shore

(adults)

Yoga can help increase breath control and capacity thereby improving the overall health and function of body and mind, which prepares the student for meditation. Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress. Weather permitting, yoga is on the boardwalk or beach. In case of cold or inclement weather, class is in the Activity Center. Please bring a yoga mat, a towel or blanket, and water. In warmer weather bring a hat and sun screen. Instructor: Barbara Sager, 1200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

Fourteen Sessions \$273.00 Per Person Seven Presidents Pk Act Ctr

Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50's,60's & up, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and has been shown to be beneficial for those dealing with arthritis, reducing stiffness that accompanies aging, and for women in the menopausal or post-menopausal years as a way to maintain bone density and reduce various menopausal symptoms. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness.**Note: Sun Salutation portion of class is modified using a chair, so that flowing movements can be done safely, without doing lunges on ground or full downward facing dog poses which require more hip openness and arm strength. However, you must be able to get up and down off the floor independently in this class. Please bring a yoga mat, blanket/large beach towel and bottled water for hydration.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Tatum Pk Red Hill Act Ctr

Seven Sessions \$136.00 Per Person

Tue, Sep 14-Oct 26 10:30 AM-12:00 PM . XAB14A Six Sessions \$117.00 Per Person

Tue, Nov 9-Dec 14 10:30 AM-12:00 PM . . XAD14A

Henry Hudson Trail Act Ctr

Seven Sessions \$136.00 Per Person

Fri, Sep 17-Oct 29 10:30 AM-12:00 PM . . XAC14A Five Sessions \$70.00 Per Person

Fri, Nov 12-Dec 17 10:30 AM-12:00 PM . . . XAJ14A No class 11/26

Yoga Flow

(adults)

"Your calm mind is the ultimate weapon against your challenges," Bryant McGill. This classic vinyasa flow class will challenge not only your body, but also your mind. The practice will lead you through a series of poses, that are connected to the breath and end with a blissful meditation. Your experience will leave you with a happy heart and a peaceful mind! All levels are welcome and modifications are shown.

Instructor: Laurie Vuksanovich, YogaWorks certified

Tatum Pk Red Hill Act Ctr

Seven Sessions \$91.00 Per Person

Six Sessions \$80.00 Per Person

Sat, Nov 13-Dec 18 9:00-10:00 AM. X3214A



(adults)

Yoga Pop is designed to get the blood flowing and body stretching, moving anything that might be stuck or tight, in 45 minutes. We will end with a restful savasana (included in the 45 minutes!). All poses and movement can be adjusted for limited mobility. Bring a mat and water.

Instructor: Tiffany McCann
Thompson Pk Vis Ctr Tulip Room
Eight Sessions \$84.00 Per Person

Six Sessions \$63.00 Per Person

Thu, Nov 4-Dec 16 9:15-10:00 AM XAZ14A

No class 11/25

ZUMBA

Zumba Fitness

(adults)

Ditch the workout, join the party! Zumba Fitness combines Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness experience. In one exciting hour of cardio dance, participants will tone and sculpt their bodies, burn calories and reenergize while having FUN! All you need are sneakers, comfortable clothing, water and a ready-to-move attitude!

Instructor: Eryka Andrex

Thirteen Sessions \$156.00 Per Person

Dorbrook Rec Area Act Ctr

No class 11/2

Zumba Toning

(adults)

Zumba Toning combines targeted body-sculpting exercises using light weights with a fun dance cardio work-out! Latin-infused ZUMBA® moves create a fun, follow along, strength-training dance fitness party. Students learn how to use light weights as part of their dance routines, to enhance rhythm while toning muscles. Class is suitable for beginners and experienced Zumba dancers alike. Please wear comfortable shoes and clothes you can move in.

Instructor: Eryka Andrex

Six Sessions \$72.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Oct 6-Nov 10 6:00-7:00 PM XAQ14X Wed, Nov 17-Dec 22 6:00-7:00 PM XAR14X

Zumba: Morning Low Impact

(adults)

Join us for a fun Sunday morning Zumba Fitness class! This class is a great workout to a wide variety of Latin and World music. Designed to be lower impact than a regular Zumba class! The instructor will provide break downs of the basic moves and combos, and each dance routine will be different than the last! In this 1 hour, low impact cardio dance class, participants will tone and sculpt their bodies, burn calories and re-energize while having FUN! All you need are sneakers, comfortable clothing, water, and a ready-to-move attitude! Beginners welcome!

Instructor: Eryka Andrex

Four Sessions \$48.00 Per Person

Class will be held outdoors.

Dorbrook Rec Area Barnview Shelter Bldg

Fri, Sep 10-Oct 8 9:00-10:00 AM XA714A

No class 9/24

Six Sessions \$72.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Sep 30-Nov 4 6:30-7:30 PM XA614A

Sunnyside Equestrian Center is located on Middletown-Lincroft Road in Middletown and is home to Special People United to Ride (SPUR). This program, which is offered through the Monmouth County Park System and sponsored by SPUR, is designed primarily to serve individuals with disabilities.

Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14. For information on horseback riding lessons for individuals with disabilities or about volunteering with the program, please call 732-224-1367.

Beginner Youth Horseback Riding Lessons

(ages 6-10)

Find out if horseback riding is right for your child during this introductory program. Children will learn the basics of grooming/tacking and leading a horse. Basic beginning riding skills will be taught with focus on safety, balance and control. Please note: This is a beginner program focused on offering a general understanding of horseback riding. Repeat enrollment is allowed, but each session's lessons will remain the same.

Eight Sessions \$450.00 Per Person Sunnyside Rec Area

Equine Psychology, Behavior & Communication

(ages 14 and up)

Explore a variety of equine behaviors that will offer you a more well-rounded understanding of these amazing animals that will assist in your success in working with them.

Sunnyside Rec Area

One Session \$35.00 Per Person

Session 101

Through classroom discussion and active observation of the horses, discover the basic psychology and physiology of the horse, equine body language, and instinctive behaviors. Through the knowledge you gain from this experience, you will learn the requirements horses need to thrive mentally and physically.

Equine Psychology, Behavior & Communication cont...

Session 102

Explore the individual personalities of the Sunnyside herd. Each class focuses on a specific horse's characteristics and responses to his/her environment as well as tools and tactics for working successfully with the type of horse you experience.

Prerequisite: Session 101

Meet the Left Brain (Confident) Horse

Session 103

Put your knowledge of horses to the test and work hands on with a variety of horses. Find out what each horse is trying to communicate and how different "horsenalities" interact with us as individuals. Discover your own personality type and which horse type will be the best match for you. The horses will provide instant feedback as you put into practice all you learned!

Prerequisite: Equine Psychology 101 and 102

Full Seminar Series

Enjoy all four of our Equine Psychology, Behavior & Communication programs at a discounted price. The series includes: Equine Psychology 101, Equine Psychology 102 (Left Brain/Confident Horse), Equine Psychology 102 (Right Brain/Emotional Horse), and Equine Psychology 103 (see full details in the individual program descriptions listed on this page).

Four Sessions \$125.00 Per Person

Mon, Sep 13-Oct 4 11:00 AM-1:00 PM. V0714X

SPUR Horseback Riding Lessons for Individuals with Disabilities

(adults)

Offered in affiliation with Special People United to Ride, Inc. (SPUR), these programs provide therapeutic horsemanship to children and adults with disabilities. Mounted and non-mounted activities are customized to each participant's individual needs and abilities. Riders must be at least four years old to participate. All lessons are taught by PATH certified therapeutic riding instructors. For more information visit www.spuronline.org or call 732-224-1367, ext 3#.



Beginner Golf

(ages 6 and up)

A clinic tailored to give the beginning golfer an introduction to the game, this class stresses the importance of the fundamentals. It covers the key areas of grip, stance, balance, and swing. If you've wanted to start learning how to golf and are looking for the best way to go about it, this class is for you! Golf clubs provided if needed.

Bel-Aire GC

Children

(ages 6-10)

Four Sessions \$75.00 Per Person

Fri, Sep 3-24 5:00-6:00 PM	/1914A
Sun, Sep 5-26 9:00-10:00 AM	10414A
Sat, Oct 2-23 9:00-10:00 AM	1514A
Sat, Oct 2-23 9:00-10:00 AM	/4414A
Sun, Oct 10-31 10:00-11:00 AM	Y3414A

Junior

(ages 11-14)

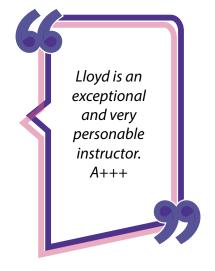
Four Sessions \$75.00 Per Person

Wed, Sep 1-22 4:30-5:30 PM	.Y1714A
Sat, Sep 11-Oct 2 10:00-11:00 AM	.Y2314A
Sun, Sep 12-Oct 3 9:30-10:30 AM	.Y2514A
Sun, Oct 3-24 9:00-10:00 AM	.Y4514A

Adults

Four Sessions \$80.00 Per Person

Tue, Aug 31-Sep 21 10:00-11:00 AM Y8613A
Fri, Sep 10-Oct 1 10:00-11:00 AM
Mon, Sep 13-Oct 4 6:15-7:15 PM
Tue, Oct 5-26 10:00-11:00 AM
Fri, Oct 8-29 10:00-11:00 AM



Intermediate Golf

(adults)

Clinic will focus on refining the fundamentals of your swing learned in the beginner clinic. Emphasis will be on exploring putting/chipping, pitch shots, bunker shots and full swing shots. Instruction includes time on the practice area and time on the course. Basic golf knowledge or previous experience is preferred as this is an intermediate level class.

Juniors

(ages 11-14)

Four Sessions \$95.00 Per Person

Bel-Aire GC

Wed, Sep 1-22 6:00-7:30 PM		•	•	.Y1814A
Sat, Sep 11-Oct 2 2:00-3:30 PM				.Y2414A
Sat, Oct 9-30 12:30-2:00 PM				.Y3314A

Women

(adults)

Four Sessions \$120.00 Per Person

Bel-Aire GC

Adults

Four Sessions \$120.00 Per Person

Bel-Aire GC

Tue, Aug 31-Sep 21 11:00 AM-1:00 PM Y8713A
Sun, Sep 5-26 10:15 AM-12:15 PM
Sun, Sep 5-26 12:30-2:30 PM
Tue, Sep 7-28 9:00-11:00 AM
Tue, Sep 28-Oct 19 10:00 AM-12:00 PM Y0714A
Sat, Oct 2-23 10:15 AM-12:15 PM
Howell Pk GC
Thu, Sep 2-23 5:00-7:00 PM J0214A

Advanced Golf

(adults)

At this level it is vital to spend time learning the game where it is played, on the golf course. This hybrid instructional clinic shares time between the range and the golf course. The practice range portion of instruction aims to teach you proper warm up techniques. While on the course you will receive real time coaching. Students should be able to consistently hit the ball as well as exhibit an understanding of golf etiquette and course responsibility.

Four Sessions \$165.00 Per Person Charleston Springs GC

60 Minute - Chipping/Pitching

(adults)

Learn how to turn three shots into two shots and lower your golf scores. Two-thirds of your golf game is played from 75 yards and in, so this clinic is all about the short game. Improve your chipping and pitching to help lower your scores. We all miss a few greens, so learn how to recover and make more pars on the golf course. If your chipping needs help, let us improve your motion to ensure that you are having fun out on the course. Open to all levels and abilities.

One Session \$25.00 Per Person Bel-Aire GC

Fri, Sep 3 4:00-5:00 PM	Y1014A
Sat, Sep 11 12:00-1:00 PM	Y2914A
Mon, Sep 13 3:00-4:00 PM	Y0614A
Sat, Oct 9 11:00 AM-12:00 PM	Y3214A
Charleston Springs GC	

60 Minute Clinic - Driver

(adults)

Develop more consistency and power for all level of golfers and swing types in this full swing clinic. Students will start learning the proper techniques of the full golf swing in order to develop a solid ball strike and tempo. This clinic will focus on what factors into generating more power with less effort in order to enhance your golf swing. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention.

One Session \$25.00 Per Person Bel-Aire GC

20.7
Tue, Sep 7 11:15 AM-12:15 PM
Thu, Sep 9 10:45-11:45 AM
Fri, Sep 10 2:00-3:00 PM
Tue, Oct 5 11:15 AM-12:15 PM
Sat, Oct 16 11:00 AM-12:00 PM
Charleston Springs GC
Sat, Sep 11 1:30-2:30 PM
Howell Pk GC
Wed, Sep 22 4:00-5:00 PM J0514A
Howell Pk GC
Wed, Sep 8 4:00-5:00 PM J0414A

60 Minute Putting

(adults)

Improving your putter stroke is one of the fastest ways to lower your score. This clinic focuses on the putting stroke, green reading, and the all important, lag putting. This clinic also focuses on pre-putt routine, putting etiquette and rules. Low student-to-teacher ratios ensure that students are given maximum individual attention. Players of all skill levels welcome.

One Session \$25.00 Per Person Bel-Aire GC

Tue, Sep 14 11:15 AM-12:15 PM				.Y4214A
Thu, Sep 16 10:45-11:45 AM				.Y2714A

60 Minute Sand Bunker

(adults)

Learn the best strategy to get the ball out of the sand and onto the green or fairway in this interactive bunker clinic. This clinic focuses on the proper techniques and rules of sand play from the greenside and fairway bunkers. Low student-to-teacher ratios ensure that students are given maximum individual attention. Open to all levels and abilities.

One Session \$25.00 Per Person

Bel-Aire GC

Wed, Sep 1 12:00-1:00 PM	′0914A
Fri, Sep 3 2:00-3:00 PM	/2014A
Tue, Sep 21 11:15 AM-12:15 PM	/4314A
Sat, Oct 23 11:00 AM-12:00 PM	/3614A

Breaking 100

(adults)

Improve your scoring skills out on the course. Learn how to make the most out of your game by improving your course management and mental skills. Knowing how to manage your game and playing with your strengths can produce lower scores out on the course. This one day 3 hour clinic combines both on range and on course instruction. The low student to instructor ratio allows for individual instruction on a personal level.

Instructor: Dave Laudien

One Session \$135.00 Per Person

Charleston Springs GC

Sat, Sep 18 1:00-4:00 PM .	•	•	•	•	•	•	•	•	•	.T0614A
Sat, Oct 16 1:00-4:00 PM.										.T1114A

Couples Golf

(adults)

Looking for a great way to spend more time with your significant other? Consider taking this couples golf clinic. Enjoy your time together while learning how to golf. Our instructors will cover the key fundamentals of the golf swing and review the areas of grip, stance, balance, and swing. Golf clubs provided if needed.

Four Sessions \$120.00 Per CoupleBel-Aire GC

Sat, Sep 4-25 10:00-11:00 AM)114A
Fri, Oct 8-29 10:00-11:00 AM	1814A
Sun, Oct 10-31 11:00 AM-12:00 PM Y	3714A

Full Swing Clinic

(adults)

No matter what your level of play, discover the simple basics of long iron shots and driver that all golfers must master. Learn to develop a pre-shot routine, aim each shot, and consistently hit fairways. Gain distance with greater consistency, confidence and feel whether off the tee or off the fairway. Sessions include individual instruction in a group setting so each student learns new skills based on his/her current golf level.

One Session \$87.00 Per Person

Charleston Springs GC	
Sat, Sep 18 10:00 AM-12:00 PM	.T0714A
Howell Pk GC	
Sat, Sep 4 12:00-2:00 PM	. J0314A
Sat. Oct 9 12:00-2:00 PM	. J0614A



Golf 101 for Parent and Child

(ages 6-17)

Let's conquer golf together! Golf has long been a bonding experience between parents and children. Perhaps it is the joy that is felt by sharing a game both a parent and child love or you're simply looking to take on a new sport. In either case this clinic is tailored to give both the parent and child an introduction to the game; it covers the key areas of grip, stance, balance, and swing. Golf clubs provided if needed.

Four Sessions \$105.00 Parent/Child \$45.00 Additional Sibling

Bel-Aire GC

Sat, Sep 4-25 11:30 AM-12:30 PM	Y0214X
Sun, Sep 12-Oct 3 11:30 AM-12:30 PM	Y2614X
Sat, Oct 2-23 12:30-1:30 PM	Y1314X
Sat. Oct 9-30 9:30-10:30 AM	Y3114X

Golf for High School Players

(entering grades 8-12)

This program is for boys and girls in 8th-12th grades who aspire to play golf on the high school team, or who want to continue with the sport even if they do not play on a team. The program includes instruction on full swing, short game, bunker play, improvement drills, etiquette & rules, and course management. Participants must have the ability, maturity and self-discipline to play safely at an appropriate pace.

Four Sessions \$115.00 Per Person Charleston Springs GC

Sat, Sep 4-25 3:00-6:00 PM					.T0814A
Sat. Oct 2-23 1:00-4:00 PM.	_		_		.T1314A

Let's Play Golf

(ages 6-14)

The Let's Play Golf program provides an opportunity for experienced junior golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. Program fee includes: hand carts, on-course observation and coaching, and scoring. Participants must have the ability, maturity, and self-discipline to play safely at an appropriate pace. Participants must have own set of clubs and be able to be on the course with little supervision. Must have some previous golf instruction before signing up for this class.

Four Sessions \$105.00 Per PersonBel-Aire GC

Short Game Clinic

(adults)

Discover the simple basics of chipping, putting and sand play that all golfers must master. Learn how to lag put, chip close to the hole, and hit an approach shot. We will give you tips on how to control distance, trajectory and spin, so you can create shots for any situation. Sessions include individual instruction in a group setting so each student learns new skills based on his/her current golf level - whether just starting, an accomplished player or somewhere in between.

One Session \$125.00 Per Person Charleston Springs GC

Sun, Sep 12 12:00-3:00 PM.	•	•		•	•	.T0514A
Sun, Oct 10 12:00-3:00 PM.						.T1014A

Stroke Saver Golf for Seniors

(ages 55 and up)

Want to improve your skills, lower your scores, and enjoy golf with friends and new acquaintances? Join us for Stroke Saver Golf for Seniors. This program combines a one hour instructional clinic with organized recreational play. Program fee includes PGA Instructor, reserved starting times on the red and blue courses, hand carts, on course observation and coaching.

Instructor: Lloyd Monroe

Four Sessions \$100.00 Per Person Bel-Aire GC

Women's Players Club & Clinic

(adults)

A perfect opportunity for experienced female golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. A one-hour instructional clinic covering swing mechanics and skills is also included. Program fee includes: instructional clinic, reserved starting times on the red and blue courses, hand carts, on-course observation/coaching, and scoring.

Instructor: Stan Bryck

Six Sessions \$175.00 Per Person Bel-Aire GC

Thu, Sep 9-Oct 14 9:30 AM-1:00 PM Y0514A

INCLUSION SERVICES

It is the philosophy of the Monmouth County Park System to provide modifications for individuals with disabilities (who meet minimum eligibility requirements - with or without a modification documented for the specific program_ to participate in Park System programs with their non-disabled peers. It is our intent to provide a safe, successful and enjoyable experience for all.

For more information, contact Justin at 732-460-1167, ext. 22.

Art Club

(ages 16 and up, with special needs)

This club offers time for socialization, creative stimulation and building self confidence through the use of color and form with support and positive feedback. Participants have the opportunity to utilize skills and techniques introduced in previous sessions. From printmaking to sculpture, mixed media and found art, the club members will explore many avenues of creative expression. Participants must be able to work in a 1:4 ratio of instructor to participant.

Four Sessions \$60.00 Per Person
Dorbrook Rec Area Act Ctr

Sat, Sep 18-Oct 30 10:00 AM-12:00 PM. . D1614A Class meets 9/18, 10/2, 10/16 & 10/30

Sat, Nov 6-Dec 18 10:00 AM-12:00 PM . . D1714AClass meets 11/6, 11/20, 12/4 & 12/18

Drama Troupe

(ages 13 and up, with special needs)

Expand your horizons! Are you a budding actor or actress? Come join us! We will be singing, acting out skits, and putting on our own performance for family and friends to see. Performance will take place during the final session. Participants may be able to utilize their DDD Supports or CCP Budgets to register for the program. Please contact Justin at 732-460-1167, ext. 22, for more information.

Fourteen Sessions \$182.00 Per Person
Tatum Pk Holland Act Ctr

Wed, Sep 22-Dec 22 6:00-7:00 PM D0214A

MCRAC Adult Day Program

(ages 21 and up, w/cognitive & neurological impairments) Our adult day program is designed to provide comprehensive individual plans for adults with I/DD in our community. The focus is to provide activities that are designed to foster the acquisition of skills, build positive social behavior, develop interpersonal confidence, increase independence, promote personal choice, and to maintain and enhance physical health and well-being. MCRAC is an approved Day Habilitation Program in the DDD Supports and CCP Programs, and runs Mondays, Wednesdays, and Fridays from September-June each year. Please call Anne at 732-460-1167, ext. 24, for more information.

Night Out

(ages 16 and up, with special needs)

Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff to participant ratio. You may be able to register with your DDD Supports or CCP Budgets. Please call Justin at 732-460-1167, ext. 22, for more information.

Eat, Putt, and Leave Room for Ice Cream!

Indulge your appetite and test your putting skills by meeting us for dinner at Juanito's II Mexican Restaurant and a round of mini golf at Swingtime Golf Center on Route 9 in Howell. Afterwards we will stop next door for dessert and pick up at Ice Cream on 9! You will need to bring at least \$40 to cover the cost of dinner, mini golf and ice cream. Limited transportation (up to 6 spots) is available from Dorbrook on a first-come, first-serve basis; please contact Justin after registering.

One Session \$35.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Fri, Sep 17 5:00-9:30 PM D0614A

Dinner and a Movie - Eatontown

A delicious meal at Friday's in Eatontown, followed by a movie. Sounds like a great night! Drop-off will be at the Friday's at the Monmouth Mall and pick-up will be from the AMC Movie Theater. You will be contacted with specific times and movie choices at least two days prior to the event; the start and end time of the program will be affected by the movie choices. Please bring at least \$40.00 to cover the cost of your meal and movie ticket.

One Session \$35.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Fri, Oct 8 5:00-9:30 PM D0714A

Special Trip

(ages 16 and up, with special needs)

Come join us as we travel to exciting events and destinations in and out of Monmouth County throughout the year. Drop-offs and pick-ups will be at the Dorbrook Recreation Area unless otherwise noted. Participants must be able to function in at least a 1:3 staff to participant ratio. Individuals may also be able to register for these programs using their DDD Supports or CCP budgets. Please call Justin at 732-460-1167, ext. 22, for more information.

Liberty Science Center

Looking to take a break from you holiday shopping and planning? Join us as we travel to the Liberty Science Center in Jersey City. You can spend the day checking out the many fun exhibits, animals, and activities that they have to offer. Enhance your love of learning and adventure! Registration fee covers transportation, supervision, and admission. Please bring at least \$20 for lunch at the Skyline Café on the premises.

One Session \$79.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Sat, Nov 20 9:30 AM-4:00 PM D0114A

TRIPS

Lighthouse Lovers Cruise

(ages 10 and up, under 18 with adult)

Hop aboard a classic 54-foot wooden boat for a beautiful cruise of both Sandy Hook Bay and Lower New York Bay that includes views of several historic lighthouses, including Sandy Hook, the Romer Shoal Light, Twin Lights and more if time allows. Narration is given along the way. Each lighthouse is unique and you'll enjoy getting a close look and learning about each during this scenic boat tour, for lighthouse lovers and those who simply enjoy a nice time on the water. Come aboard, take in the salt air and spectacular sights! All sights subject to change based on weather and sea conditions. Bring binoculars and a camera. The trip will leave on time. We will depart from the Atlantic Highlands Marina, Pier 1, slip 5, on The Mariner, a 40 passenger wooden boat. Make sure to bring something warm to wear, as it can be chilly on the open water. Feel free to bring snacks or drinks to enjoy. A park system staff person will be checking people in for the tour at the beginning of Pier 1. Please make sure you get checked in before boarding. For more information about our tour boat and captain, please check out www.ClassicBoatRides.com.

\$55.00 Per Person

Atlantic Highlands Municipal Marina Parking Lot



Monmouth County Park Locations

PARKS/HISTORIC SITES

Baysholm Tract[†], Burlington Road, Freehold 732-431-4664

Sayshore Waterfront Park, Port Monmouth Road, Port Monmouth 732-787-3033

Big Brook Park*, Route 520, Marlboro 732-834-9607

Clayton Park*, Emley's Hill Road, Upper Freehold 609-259-5794 Crosswicks Creek Park*, Upper Freehold 609-259-5794

DeBois Creek Recreation Area[†], Highway 33, Freehold 732-842-4000

Deep Cut Gardens, Red Hill Road, Middletown 732-671-6050

East Freehold Showgrounds, Kozloski Road, Freehold 732-842-4000, 732-431-4664 **Dorbrook Recreation Area, Route 537, Colts Neck 732-542-1642 or 1643**

Fisherman's Cove Conservation Area*, Third Avenue, Manasquan 732-922-4080 or 3868 Fort Monmouth Recreation Area, Guam Lane, Tinton Falls 848-456-4278

F**reneau Woods Park,** Monastery Lane, Marlboro & Aberdeen 732-842-4000

Hartshorne Woods Park, Navesink Avenue, Locust 732-872-0336 or 2670

Henry Hudson Trail, Highlands to Aberdeen to Freehold 732-787-3033

Holmdel Park, Longstreet Road, Holmdel 732-946-9562

Huber Woods Park, Browns Dock Road, Locust 732-872-2670 or 0336 Historic Longstreet Farm, Longstreet Road, Holmdel 732-946-3758

Manasquan River Greenway*, Freehold to Howell 732-462-7286 or 732-919-0996 Manasquan Reservoir, Windeler Road, Howell 732-751-9453, 732-919-0996 Metedeconk River Greenway[†], Freehold to Howell 732-462-7286 or 9265

Mount Mitchill Scenic Overlook, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670 Monmouth Cove Marina, Port Monmouth Road, Port Monmouth 732-495-9440

Perrineville Lake Park*, Sweetmans Lane, Millstone 609-259-5794

Seven Presidents Oceanfront Park, Ocean Avenue, Long Branch 732-229-7025 Shark River Park, Schoolhouse Road, Neptune 732-922-4080 or 3868

Sunnyside Equestrian Center, Middletown-Lincroft Road, Lincroft 732-224-1367 Swimming River Park, West Front Street, Middletown 732-741-9676

Thompson Park, Newman Springs Road, Lincroft 732-842-4000 **Tatum Park,** Red Hill Road, Middletown 732-671-6050 or 1987

Turkey Swamp Park, Georgia Road, Freehold 732-462-7286 or 9265 Union Transportation Trail*, Upper Freehold 609-259-5794

Historic Walnford, Walnford Road, Upper Freehold 609-259-6275

Wickatunk Recreation Area[†], Rt. 79, Marlboro 732-946-9562 Weltz Park*, West Park Avenue, Ocean 732-229-7025

Nolf Hill Recreation Area, Eatontown Boulevard, Oceanport 732-229-7025 **′ellow Brook Tract**[†], Highway 33, Howell 732-751-9453 or 732-919-0996

GOLF COURSES

Bel-Aire Golf Course, Allaire Road, Wall 732-449-6024

Pine Brook Golf Course, Covered Bridge Boulevard, Manalapan 732-536-7272 Charleston Springs Golf Course, Smithburg Road, Millstone 732-409-7227 Shark River Golf Course, Old Corlies Avenue, Neptune 732-922-4141 Howell Park Golf Course, Preventorium Road, Howell 732-938-4771 Hominy Hill Golf Course, Mercer Road, Colts Neck 732-462-9222

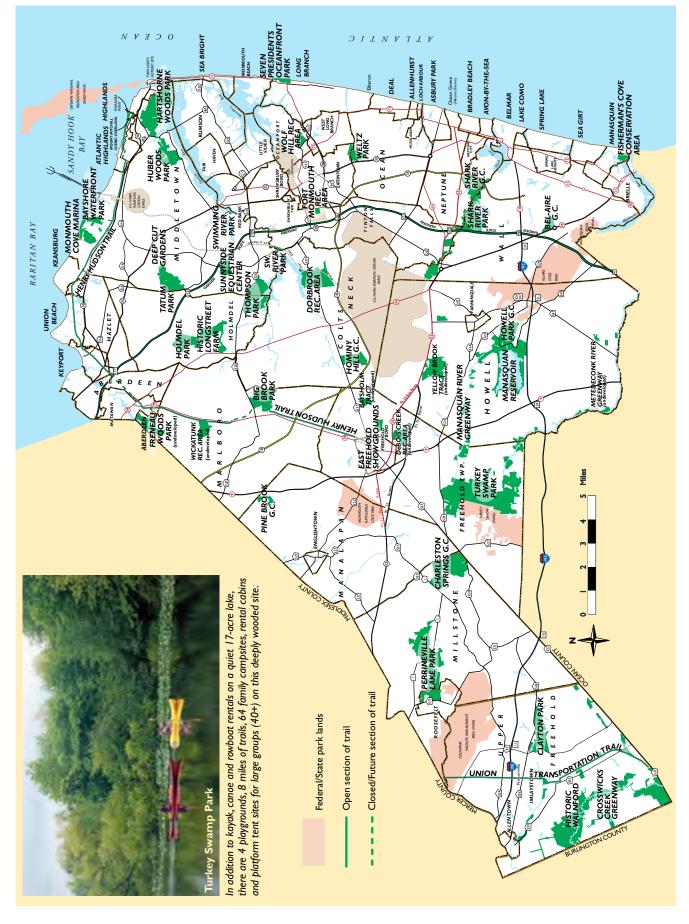


Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.



and their natural resources is a Protecting the Jersey Shore's rapidly diminishing open spaces priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs. * Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.

Tonmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



Important Notice

Any use of equipment, trade names, or personnel by the Monmouth County Park System does not necessarily represent an expressed or implied endorsement of said products or persons. The Monmouth County Park system will not be responsible for errors concerning information or prices in this publication. It is understood and agreed that park visitors and participants in Monmouth County Park System program, activities, and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

Participants, Please Note

Due to the strenuous nature of some activities, the participant is urged to consult a physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant is urged to consider and which the participant assumes.

Weather Cancellation Number

The Monmouth County Park System has a phone number which you may call 1 ½ hours prior to a program's starting time to find out whether it has been cancelled due to BAD WEATHER. The message includes only programs cancelled due to bad weather. Call 732-842-4000, ext. 6.

Americans with Disabilities Act

The County of Monmouth does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities. Joseph Sardonia, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4264, has been designated by the Board of Recreation Commissioners to be the Park System's Compliance Officer, to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice Regulations. Information concerning the provisions of the Americans with Disabilities Act, and the rights provided thereunder are available from the above named coordinator. If you require any modifications because of a disability, please indicate at time of registration.

Please Register Early

Due to limited space, there may be times when a program cannot accommodate all who want to register. Park System programs and events are promoted in many different ways. Due to the necessity of printing far in advance of circulation, there may be times when a program included in this publication will be sold out prior to general circulation.

Programs that do not meet minimum enrollment may be cancelled. Please provide accurate contact information when you register so that we may notify you in the event that a program is cancelled.

Program Refunds/Fees

In planning trips and programs, the Monmouth County Park System incurs many non-recoverable expenses on behalf of the participant.

Refund Policy

1. A full refund will be given when a program or trip is cancelled by the Monmouth County Park System.2. No refunds or credits will be given for any sessions missed by the participant.3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.

- General program or one-day trip: full refund with at least 10 days advance notice, less \$5 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
- Multi-day bus/van trip or ticketed day trip: full refund with at least 45 days advance notice, less a \$25 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
- Camps: full refund with at least 30 calendar days advance notice, less a \$25 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.); 50% refund with 14 to 29 calendar days notice, less a \$25 processing fee and any nonrecoverable expenses; no refund within 13 calendar days of the start of camp.

If adequate advance notice is not provided, and your space can not be filled, all fees are forfeited.

Vacation Insurance

Travelers on overnight tour packages are encouraged to secure travel insurance. For additional information, contact Rachel Cohen at 732-542-1642, ext. 29.

Registration Information

Unless otherwise stated, all programs require pre-registration. Registrations are on a first-come, first-served basis.

Fees

Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to "Board of Recreation Commissioners".

Registration

You may register:

Online 24/7 beginning at 8:00 AM on Wednesday, August 11. Click "Register for Programs" at www.MonmouthCountyParks.com.

By Phone: beginning at 8:00 AM on August 11. Call 732-842-4000, ext. 1, Monday through Friday between 8:00 AM-4:30 PM. Persons with hearing/speech impairment: TTY/TDD# is 711.

By Mail beginning at 8:00 AM on August 11 using the Registration Form on the next page and sending with your payment to:

Registrations Monmouth County Park System 805 Newman Springs Road Lincroft, NJ 07738-1695

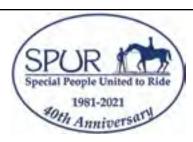
Mail registrations are processed as received.

REGISTRATION FORM

Patron Name						
Address						
City/State/Zip						
Day Dhana						
Day Phone			Evening Pho	ne		
Payment Method:	Check	Visa	MasterCard	Discover		
Card Number	Card Number Expiration Date				CVV (last 3 digi	ts in
					signature strip	on
					back of card)	
Do you require any sp	ecial accommo	ndations to	narticinate in this n	ogram/activity	ŕ	No
Do you require any sp	cciai accommi	Jaations to	participate in this pr	ogram, activity	. 103	110

If yes, please specify

PROGRAM	PROGRAM TITLE	FEE/PERSON	PARTICIPANT(S) NAME(S) (MUST LIST EACH INDIVIDUAL)	DATE OF BIRTH (UNDER 18)	CHILD'S AGE/GRADE



Special People United to Ride (SPUR) is a non-profit organization of local citizens established in 1981. Members assist the Park System in serving individuals

with physical and mental disabilities through horseback riding lessons. Students work to improve self-esteem, social skills, balance, muscle tone, and posture as well as to process sensory messages.

A dedicated group of individuals works together to staff the Equestrian Center year round. Instructors are certified by the PATH International, the governing body of therapeutic horseback riding. In addition to the staff, over 100 volunteers help with programs every year. Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For more information about SPUR, please call 732-224-1367, email spur@monmouthcountyparks.com, or visit www.spuronline.org.

FRIENDS of the Monmouth County Park System, Inc.

Formed in 1991, the Friends of the Parks is a non-profit charitable organization comprised of area citizens and businesses committed to the support of the Monmouth County Park System. In this day and age, when recreation funding must be stretched to meet the needs of a burgeoning population, membership dues, donations, and proceeds from special fundraisers furnish the financial assistance necessary to achieve a number of worthwhile goals.

Throughout beautiful Monmouth County, the Park System manages more than 30 parks, golf courses, recreation areas, historic sites, and stream valleys for your recreation and enjoyment. The Friends realize how important it is to protect and preserve the more than 15,000 acres of county parks and open space maintained by the Park System.

In events during the year, Friends meet and work with Park System staff and are able to share their views about the ways county parks can be improved and new programs developed. The Friends can provide a new outlet for your creativity. Do you have special talents? Do you enjoy giving talks about your travels or areas of interest? With the contacts you make at the Friends of the Parks, you can find ways to share your interests with others. You can help the Friends support programs for the disadvantaged and encourage development of innovative activities.

Friends members receive publications such as the Park System Parks & Programs Guide and Green Heritage and enjoy borrowing privileges at the Deep Cut Gardens Horticultural Library. Members also receive discounts on many Friends events.

Join a circle of friends who share your interest in making Monmouth County a better place to live through the preservation of open space and the enhancement of county park facilities. Become a Friend of the Parks today. For an application form, call the Friends office at 732-975-9735 or download one at www.friendsofmonmouthcountyparks.com.



Monmouth Conservation Foundation (MCF) is the only county land trust dedicated to saving open space, creating parks, preserving farmland, FOUNDATION protecting wildlife, and safeguarding waterways exclusively in Monmouth.

Since its founding in 1977, MCF has worked closely and collaboratively with the Monmouth County Park System and other municipalities to acquire and expand park lands and natural areas for the benefit public recreation and water quality.

As more farmland and open space are developed into residential communities or commercial properties, the unique character of our community may become compromised, and water quality and natural habitats will become threatened.

In response, MCF works with willing landowners to determine preservation options that best meet their needs and that of the community. Many options are available to both private landowners and municipalities in rural, suburban and urban areas to assist them in meeting their park, open space, farmland, and green space goals.

At the heart of MCF's mission is connecting people with nature, in the lands preserved and parks created, by offering programs and events. Kids for Conservation, Project Pollinator and other programs offer opportunities to families to be part of our work. We continually seek volunteers to assist us with our program offerings.

Donation and event proceeds are dedicated to the preservation of additional lands, and education and advocacy efforts to protect the environment. MCF is an integral nonprofit member of the NJ Keep It Green Campaign which insures plentiful state funding to continue land preservation and stewardship.

To learn more about our work and volunteer opportunities, please visit our website at www.monmouthconservation.org. MCF can also be reached by calling 732-671-7000 or emailing info@monmouthconservation.org.



THOMPSON PARK CREATIVE ARTS CENTER



- Saturday, December 4-Saturday,
 December 11 from 11:00 AM-4:00 PM
 Thompson Park Creative Arts Center,
 Lincroft
- Kick off your holiday shopping or find the perfect piece for your home made by local artists.
- Each year we are proud to showcase the work of our talented students and instructors.

The Creative Arts Center is host to a variety of fine arts and craft classes suitable for all levels in:

- Drawing
- Acrylic
- Oil and Watercolor Painting
- Jewelry making
- Knitting

- Sewing
- Basket Weaving
- Photography
- Hand-built, Raku & Wheel-thrown Pottery







DATED MATERIAL - PLEASE DELIVER BY 7/23/2021

MARK YOUR CALENDARS

SEPTEMBER 2021

Fall Plant Swap

Saturday, September 18 8:30-11:30 AM Tatum Park, Middletown

Wind & Sea Festival

Saturday, September 18 11:00 AM-5:00 PM Bayshore Waterfront Park, Port Monmouth

Harvest Home Festival

Sunday, September 26 11:00 AM-5:00 PM Historic Longstreet Farm, Holmdel

OCTOBER 2021

Thompson Park Day

Sunday, October 17 11:00 AM-5:00 PM Thompson Park, Lincroft

NOVEMBER 2021

Fall Craft Show

Saturday, November 13 9:00 AM-2:00 PM Fort Monmouth Recreation Center, Tinton Falls

Info: 732-842-4000, ext. 4312 • MonmouthCountyParks.com







Board of County Commissioners: Thomas A. Arnone, Director • Susan M. Kiley, Deputy Director

Lillian G. Burry • Dominick "Nick" DiRocco • Ross F. Licitra

Board of Recreation Commissioners: Kevin Mandeville, Chairman • Michael G. Harmon, Vice Chairman

Thomas E. Hennessy, Jr. • David W. Horsnall • Mark E. Zelina

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