



MONMOUTH
COUNTY
**PARK
SYSTEM**

Yours to Discover

PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

Guide



WINTER 2021

REGISTRATION BEGINS NOVEMBER 4!

WWW.MONMOUTHCOUNTYPARKS.COM

Winter heats up in the parks...

The weather outside may be frightful, but there's always something for the entire family in your Monmouth County parks! Here are some of the exciting winter activities available in your parks:



Sledding

When the snow falls, pack up the sleds and head to the sledding hill at Holmdel Park, Holmdel. The supervised sledding area is open when snow conditions are favorable on the

hill. Hours are 8:00 AM-7:00 PM on Sunday-Thursday, and 8:00 AM-9:00 PM on Friday-Saturday (conditions permitting). For current sledding conditions, call 732-946-9562.

Drop a Line...

The fish are still biting! When the ice reaches desired thickness, ice fishing is available at:

- Manasquan Reservoir, Howell
- Thompson Park, Lincroft
- Turkey Swamp Park, Freehold

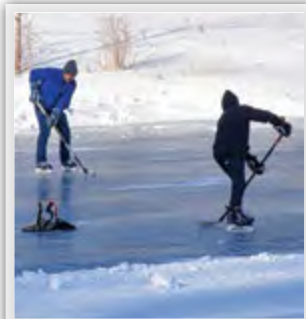
See Park Rangers for designated ice fishing areas and times in each park.

Lace Up Your Skates

When the conditions are right, lace up your skates and hit the ice at the following parks from 8:00 AM-7:00 PM on Sunday-Thursday, and 8:00 AM-7:00 PM on Friday-Saturday:

- Holmdel Park, Holmdel
- Shark River Park, Wall
- Turkey Swamp Park, Freehold

Remember, skate only when the "Skating Today" signs are posted. Updates will be posted on our website



Hit the Trails...

Cross-Country Skiing and Snowshoeing

Don't let the snow stop you from having fun on the trails. Cross-country ski equipment is available for rent on a first come, first served basis at the Thompson Park Ski Hut, Lincroft, when snow conditions are favorable. Check our website for current conditions and modified hours.

December 15, 2020 through March 15, 2021
Equipment must be returned by 5:00 PM.
Closed December 25, 2020.

Rental costs are as follows:

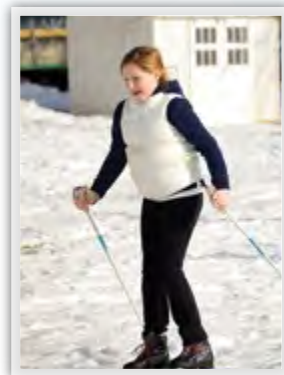
Ski Equipment - \$20.00 per set (children 8 & under: \$15.00)
Snowshoes - \$15.00 per person
(cash or check only)

For more information, call 732-842-4000, ext. 4312.

Cross-country skiers will love the groomed trails at Thompson Park, Lincroft!

Marked, ungroomed trails are available for both cross-country skiing and snowshoeing at:

- Clayton Park, Upper Freehold
- Hartshorne Woods Park, Middletown
- Holmdel Park, Holmdel
- Huber Woods Park, Middletown
- Shark River Park, Wall
- Tatum Park, Middletown
- Turkey Swamp Park, Freehold



For more information on winter activities in the parks, contact us at 732-842-4000, ext. 4312, or visit us online at www.MonmouthCountyParks.com.

TABLE OF CONTENTS

Park System Spotlight 2-3

Calendar of Events 4-5

Historic Happenings 6-8

Families 9-16

Arts & Crafts.....	10-11
Family Fun	11-12
Horticulture	12
Nature	12-15
Outdoor Adventures.....	16

Parent & Child 17-23

Arts & Crafts.....	17
Culinary Arts	18
Education & Enrichment	18-19
Horticulture	19
Nature	19-20
Outdoor Adventures.....	20-21
Play Groups	21-22
Sports & Fitness	22-23

Kids & Teens 24-33

Arts & Crafts.....	24-27
Culinary Arts	27-28
Education & Enrichment	28-30
Horticulture	31
Outdoor Adventures.....	31
Performing Arts	31-32
Sports & Fitness	32-33

Adults 34-62

Active Adults 55+.....	34
Arts & Crafts.	35-40
Culinary Arts	41-43
Education & Enrichment	44-46
Health & Wellness	46-47
Horticulture	47-50
Nature	51-53
Outdoor Adventures.....	53-54
Performing Arts	54-55
Sports & Fitness	55-62

Equestrian 62

Park Locations 63-65

Registration Information 66-67

Park Partners 68

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

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

Icon Key



New Program



Free Program

Find us on Social Media:





Huber Woods Park

25 Brown's Dock Road, Middletown

In 1883, Joseph Huber arrived in New York City from Munich, Germany, to sell dry color pigments which were most commonly used to produce inks. Within four years he had established the J.M. Huber Corporation to manufacture and distribute pigments, and soon after married his wife Anna.

Joseph and Anna came to New Jersey in 1904 by steam boat from Manhattan, renting an old farmhouse on the property of Andrew Brown in Navesink as their summer residence. They enjoyed the hilly pastures, peach orchards and river views so much that they purchased the farm in 1915 and built an Alpine-style house on the Navesink River.

In 1927, their oldest son Hans and his wife Catherine built a larger house on additional property owned by the Hubers farther up Brown's Dock Road. They spent their summers in the home with their six children. Used as farmland, they produced hay and corn for their horses, cows, chickens and pigs, and produced milk, butter and eggs for their family as well as their neighbors.

After Hans and Catherine passed away, family members remembered how much they both enjoyed the property and wanted to see it preserved. A cousin recalled Catherine writing to him that "she would love to see the farm used as a place where city kids could come and learn about nature."



Hans & Catherine Huber's House circa 1950

In 1974, 119 acres of woodland on the north end of the farm were donated to the Monmouth County Park System, excluding the roads, playgrounds, recreational facilities and vehicles. That same year the Park System expanded the park with the acquisition of 29 adjacent acres, as well as a donation of three acres across Brown's Dock Road from Steven and Bonnie Wood. With the assistance of the NJ Conservation Foundation and a Green Acres matching grant, the Park System added an additional 52 acres in 1979.



In 1985, the Huber family made an even more generous donation. The core of the farm estate, consisting of 48 acres and including the Hans and Catherine Huber House, a barn and stable complex, and agricultural fields and woods that sloped down to Navesink River Road. The family had considered the development potential of the land, but decided they would rather see the farm preserved for light agricultural use and nature study.

The Park System made good use of the Huber Farm stables when they moved Special People United to Ride (SPUR), a therapeutic riding program, there in 1987 from Thompson Park where space had become inadequate. The Huber House was turned into an Environmental Center with hands-on and live animal exhibits, and in 1994 an activity building was built to hold educational programs and meetings.



The park continued to grow with continued acquisitions, including 99 acres of the Timolat Farm with the help of the Monmouth Conservation Foundation in 2006. James Timolat was the President of the Oakland Chemical Company and purchased the property for a country estate. The acquired land consisted of a farm with a farm house, barns and manmade ponds surrounded by forest land.

Today, Huber Woods Park has grown to 381 permanently preserved acres of open space. The wooded areas are home to pileated woodpeckers, great horned owls, scarlet tanagers, red-tailed hawks and more. The ponds of the park provide habitats for several water birds, as well as wood frogs and spring peepers.

The Environmental Center is open throughout the year and offers displays on the Lenape Indians and a variety of nature topics, and the recently renovated Reptile House is home to snakes and turtles that call our area home. Walkers, hikers, bicyclists and equestrians enjoy the park's 8.5 miles of wooded trails that vary in difficulty from easy to challenging.

To find out more about Huber Woods Park, visit our website at www.monmouthcountyparks.com, or call 732-842-4000, ext. 4312, to request a brochure.

DECEMBER 2020

Tuesday, December 1

- *The Casual Birder* (p. 13)

Wednesday, December 2

- *Wondrous Winter Walks* (p. 51)

Saturday, December 5

- *Yarn Bee* (p. 6)

Sunday, December 13

- *The Sounds of Christmas* (p. 6)

Tuesday, December 15

- *The Casual Birder* (p. 13)

Wednesday, December 16

- *Winter Beach Walk* (p. 13)
- *Wondrous Winter Walks* (p. 51)

Thursday, December 17

- *Local Nature Lecture Series* (p. 51)

Saturday, December 19

- *Visit with Santa** (p. 6)

Sunday, December 20

- *Visit with Santa** (p. 6)

Thursday, December 24

- *"Clear the House" Stroll* (p. 12)

JANUARY 2021

Friday, January 1

- *Winter Family Fun* (p. 13)

Saturday, January 2

- *Yarn Bee* (p. 6)

Sunday, January 3

- *Open Ceramics** (p. 10)

Friday, January 8

- *Winter Beach Walk* (p. 13)

Saturday, January 9

- *Cutting, Splitting and Hewing* (p. 6)

Sunday, January 10

- *Seashore Open House* (p. 14)

Wednesday, January 13

- *Wondrous Winter Walks* (p. 51)

Tuesday, January 19

- *The Casual Birder* (p. 13)

Thursday, January 21

- *Local Nature Lecture Series* (p. 51)

Tuesday, January 26

- *The Casual Birder* (p. 13)

Wednesday, January 27

- *Wondrous Winter Walks* (p. 51)

Saturday, January 30

- *National Seed Swap Day* (p. 50)

**Pre-registration required*

FEBRUARY 2021

Saturday, February 6

- Winter Family Fun (p. 13)
- Yarn Bee (p. 6)

Sunday, February 7

- Open Ceramics* (p. 10)
- Winter Family Fun (p. 13)

Tuesday, February 9

- The Casual Birder (p. 13)

Wednesday, February 10

- Wondrous Winter Walks (p. 51)

Saturday, February 13

- Cutting, Splitting and Hewing (p. 6)

Tuesday, February 16

- Winter Beach Walk (p. 13)

Thursday, February 18

- Local Nature Lecture Series (p. 51)

Saturday, February 20

- Open Shoot Archery (p. 16)
- Stitches in Time (p. 7)

Tuesday, February 23

- The Casual Birder (p. 13)

Wednesday, February 24

- Wondrous Winter Walks (p. 51)

Sunday, February 28

- Seashell Sunday (p. 14)
- Starting Your Spring Garden (p. 7)

**Pre-registration required*



Historic Longstreet Farm, Holmdel, takes you back in time by recreating the sights, sounds and smells of rural Monmouth County in the 1890s. The site is maintained as a living historical farm with the purpose of interpreting the agricultural activities of Monmouth County's rural past. Interpreters in period dress portray both daily and seasonal agricultural and domestic activities. This interpretation includes the breeds of animals and crops raised at this site in the 1890s.

For your safety, as well as the safety of the animals, we ask that visitors do not touch or feed the animals.

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 on-hand to assist those needing a little extra help. Bring your own supplies.

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

Saturday, December 5, 12:00-2:30 PM

Saturday, January 2, 12:00-2:30 PM

Saturday, February 6, 12:00-2:30 PM

The Sounds of Christmas

Celebrate the holidays taking a stroll on Longstreet Farm with the backdrop of wistful music as Larry Moser and Mary Nagin play Christmas carols on the hammered dulcimer and fiddle.

Sunday, December 13, 1:00-3:00 PM

Visit with Santa

Father Christmas will be coming to Longstreet Farm. He invites young visitors and their families to join him and welcomes them to bring their letters for him to read. Pictures are encouraged.

Cost: \$15.00 Per Group of Six

Saturday & Sunday, December 19 & 20

Pre-registration is currently required for this program; limit of 6 people per reservation.

Visit www.MonmouthCountyParks.com to register.

Cutting, Splitting and Hewing

(adults)

Wood heated the farmer three times- once when they gathered the wood, once when they split the wood, and final time when they burned the wood. Come out to Longstreet Farm and get warmed up using a two-man saw and splitting wedge; learn how farmers used a froe to rive shingles or a broad ax to hew beams.

Saturday, January 9, 12:00-2:30 PM

Saturday, February 13, 12:00-2:30 PM

Stitches in Time *(ages 8 and up, under 18 with adult)*

Join Longstreet Farm staff for an informal session on hand-sewing basics - learn five simple stitches for quick repairs, or bring a project with you to work on as we converse. You can borrow our sundries or bring your own. This is a great chance to try a new hobby or get started on those mending projects that have been lying around!

Saturday, February 20, 12:00-2:30 PM

Starting Your Spring Garden *(ages 4 and up)*

Few things are better at beating the winter blues than preparing for spring planting. Learn what cool weather vegetables can be started indoors and transplanted into your garden when the weather warms. With help from our gardeners, you will make newspaper pots and start collection of seeds that you will be able to transplant into your garden.

Please Note: Children age 12 and under must be supervised by an adult at all times.

One Session \$5.00 Per Person

Longstreet Farm Vis Ctr

Sunday, February 28, 12:00-2:30 PM. F7711A

Needlework for Novices *(ages 12 and up, under 18 with adult)*

This introduction to embroidery will feature basic stitches every sewist should know. We'll create a "sampler" to help practice stitches, and start a project using your new skills! Please bring a sharp pair of scissors; all other supplies are provided and are yours to keep.

One Session \$30.00 Per Person

Longstreet Farm Vis Ctr

Sat, Jan 16 12:30-3:30 PM. RF131A

Parent/Child Morning Chores*(ages 4 and up, under 18 with adult)*

Rise and shine! Help the farm staff with morning chores the first Saturday of each month. 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: Children under 14 years of age must be accompanied by a paying and participating adult.

One Session \$5.00 Per Person

Longstreet Farm

Sat, Dec 5 8:00-9:30 AM F7611A

Sat, Jan 2 8:00-9:30 AM F8011A

Sat, Feb 6 8:00-9:30 AM. F8111A

Sewing Skills - Making Aprons *(ages 16 and up)*

This five-week session will start with an introduction to reading a simple sewing pattern (a farm-style half apron) and basic construction methods. Working at your speed each week, build your sewing skills while creating work aprons for the farm staff. For your final project, you will construct an apron for yourself from patterns in our collection. We supply the materials, you supply the talent! Beginners are encouraged and more experienced sewists are welcome. Bring your machine with you, or use one of ours.

Six Sessions \$40.00 Per Person

Longstreet Farm Vis Ctr

Thu, Jan 21-Feb 25 2:00-4:00 PM F7511A

Historic Skills Instruction

As part of our effort to preserve historic skills, Longstreet Farm now offers one-on-one instruction for cookstove lessons, butter/cheese making, knitting, crochet, embroidery, cross-stitch and hand-sewing.

Are you interested in learning a skill not listed here? Reach out to us!
For more information or to schedule a session, please call our office at 732-946-3758.

More Historic Spots in Your Monmouth County Parks...

Historic Walnford, Upper Freehold, is full of fascinating history throughout the year. Any day is a great time to visit this historic site and learn about the Waln family and the evolution of Walnford - from an 18th century industrial village and family farm to an elegant country estate.

At the heart of **Crosswicks Creek Park**, the site showcases over 200 years of social, technological and environmental history through the Waln family. The historic district features a 19th century gristmill, the elegant Waln family home (1773), a carriage house, and an assortment of outbuildings.

The historic buildings are open daily year round from 9:00 AM-4:00 PM.



The 224-acre **Navesink Military Reservation** sits in the hills of the Highlands within Hartshorne Woods Park. This section of the park hosted a number of different land and air-based military installations to defend New York Harbor and surrounding areas. During WWII, batteries for heavy artillery were built on the site to modernize coastal defense efforts, and during the Cold War Era the site served as a missile defense site and command center.

The Park System recently completed a four-year restoration of Battery Lewis which included repairs to the structure, an addition of a 16-inch gun barrel and an interpretive exhibit.

Check out our website for information on tours.



The Seabrook-Wilson House at **Bayshore Waterfront Park**, Port Monmouth, is one of the oldest surviving houses in the region, dating back to the early 1700s. Daniel Seabrook acquired 202 acres on the Bayshore from his stepfather in 1696, and he or his son built the oldest section of the home sometime before 1720. The property remained in the family for several generations. In 1842, William V. Wilson married into the Seabrook family and lived there until the turn of the century. After the Seabrook-Wilson family, several owners operated the house as an inn during the 20th century under names like the Bay Side Manor and White House Tavern. The Park System acquired the building from Middletown Township in 1998 and fully restored it. It now hosts nature and history programs throughout the year.





Thinking about bringing your

DOG

to the park?

Dogs are permitted in **most** Monmouth County Park System sites while they are leashed. Owners are responsible for clean-up of their pets at all times and waste should be removed and disposed of properly. Dogs **are not** allowed on- or off-leash in the following locations or at any other park location where signs are posted:

- Deep Cut Gardens
- Historic Longstreet Farm
- Dorbrook Recreation Area Sprayground
- Playgrounds
- Golf Courses
- Buildings
- Sunnyside Equestrian Center
- Visitor Centers
- Environmental Centers
- Seven Presidents Oceanfront Park (from April 1-October 31)

Be sure to check out our canine classes normally scheduled in spring, summer and fall.

Visit a Monmouth County Off-Leash Dog Area!

LOCATIONS

Thompson Park

805 Newman Springs Road, Lincroft

- Area for dogs over 35 lbs.
- Area for smaller dogs weighing 35 lbs. or less
- Water fountain available
- Pet waste bags and garbage cans
- Restrooms nearby

Wolf Hill Recreation Area

3 Crescent Place, Oceanport

- Area for dogs over 35 lbs.
- Area for smaller dogs weighing 35 lbs. or less
- Sheltered picnic tables
- Pet waste bags and garbage cans
- Portable toilets

IMPORTANT INFORMATION

- Off-leash dog areas are open 7 days a week from 8:00 AM to dusk
- Puppies must be at least 4 months old, and dogs 6 months or older must be spayed or neutered
- All dogs must be up to date with vaccinations and wear a collar with a license
- Each owner may bring up to two dogs, must remain with the dogs, and must carry a leash for each
- Children under the age of 8 years old are not permitted in off-leash dog areas
- There is a limit of 20 dogs and 25 owners inside each fenced area at any one time in the Thompson Park facility
- There is a limit of 25 dogs and 25 owners inside each fenced area at any one time in the Wolf Hill Recreation Area facility

ARTS & CRAFTS

Chicka Chicka Boom Boom *(ages 2-5, with adult)*

Let's learn the alphabet! *Chicka Chicka Boom Boom* by Bill Martin 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. 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!"

One Session \$15.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Jan 14 1:30-2:30 PM A2211A**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!). Make memories with your little one as we read the story together, learn a little bit about color theory and create a unique art project. We can't wait to see the colors you create!

One Session \$15.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Jan 28 1:30-2:30 PM A2111A**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.

One Session \$15.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Feb 4 1:30-2:30 PM A2311A**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. We'll read the famous children's book and create a themed art project together. Maybe you will find a new friend, too!

One Session \$15.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Jan 7 1:30-2:30 PM A2011A**Open Ceramics**

Looking for a relaxing and creative way to spend a Sunday? Choose from a large selection of bisque fired pottery pieces to glaze and make your own. Leave your piece with us and we will have it fired in about a week.

Thompson Park Creative Arts Center, Lincroft**Cost: \$6.00 Per Person****Pre-registration is required:****Sunday, January 3****11:00 AM-12:00 PM #Z9311A****12:30-1:30 PM #Z9411A • 2:00-3:00 PM #Z9511A****Sunday, February 7****11:00 AM-12:00 PM #Z9611A****12:30-1:30 PM #Z9711A • 2:00-3:00 PM #Z9811A**

Cost of bisqueware will be payable at time of program (cash or check only).

Children 12 and under must register with an adult to accompany them.

For further information, contact
Christina Carlson at 732-842-4000, ext. 3343, or
ccarlson@monmouthcountyparks.com.

Sticky Snowscape!

(ages 4 and up, under 18 with adult)

Build a wintry wonderland out of candy! Create marshmallow snowmen and surround them in a wintry world, with gum drop trees and graham cracker houses. All materials will be provided.

Please Note: Candy is for crafting purposes only and is not to be consumed.

One Session \$13.75 Per Child

Big Brook Pk Elsas Lodge

Thu, Dec 17 5:00-6:00 PM U0211A

Sun, Jan 10 11:00 AM-12:00 PM U0111A

Wed, Feb 3 4:30-5:30 PM U0311A

The Very Hungry Caterpillar

(ages 2-5, with adult)

Celebrate this beloved story with us at Dorbrook Recreation Area! *The Very Hungry Caterpillar*, by celebrated children's book author Eric Carle, is a colorful engaging story enjoyed by children and adults alike. We will read the book together and make a take-home craft.

One Session \$15.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Jan 21 1:30-2:30 PM A2411A

Winter Arts & Crafts Make and Take

NEW Free

(ages 2-5, with adult)

Parks are beautiful places to explore, especially in winter. Meet at our Program Building before heading out into the park to make a simple, self-led arts & crafts project! Arrive anytime between 1:00-2:00 PM. Projects are preselected and will change with each session.

This program is free; however, pre-registration is required.

One Session FREE!

Dorbrook Rec Area Prog Bldg

Mon, Feb 1 1:00-2:00 PM A2711A

Mon, Feb 8 1:00-2:00 PM A2811A

Mon, Feb 15 1:00-2:00 PM A2911A

Mon, Feb 22 1:00-2:00 PM A3011A

FAMILY FUN

Flashlight Candy Cane Hunt

(all ages, under 18 with adult)

Pull on your parka and mittens, bring a flashlight and be part of this festive night! Rumor has it that our park rangers spilled a case of candy canes, and Mr. C himself is coming to supervise the clean up. Help us collect all the candy canes, create a festive craft and enjoy a visit (safely, of course!) with the man himself.

One Session \$29.00 Per Family

Fort Monmouth Recreation Center

Fri, Dec 11 7:00-8:30 PM M2411A

Snuggies, S'mores & Science Experiments

(ages 4-7, with adult)

Grab your Snuggly® 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 toothpaste and Mentos® soda rockets. Then enjoy the warmth of the fire while sipping hot chocolate. Feel free to bring your own s'mores supplies and we will provide the roasting sticks. All participants have the option to bring their own Snuggly®!

One Session \$15.00 Parent/Child \$9.00 Additional Sibling

Shark River Pk Shelter Bldg

Sat, Jan 30 3:00-4:30 PM W0811X

Winter Beach Campfire

(all ages, under 18 with adult)

Get cozy around the campfire and invite new energy as we welcome the cooling seasons! Feel free to bring your own s'mores supplies and we will provide the roasting sticks.

One Session \$11.00 Per Person

Seven Presidents Pk Beach Campfire Area

Sun, Jan 3 3:00-4:00 PM U1211A

Sun, Jan 3 4:00-5:30 PM U0911A

Sun, Jan 3 5:00-6:00 PM U1311A

Bayshore Waterfront Park

Sun, Jan 10 3:00-4:00 PM U1411A

Sun, Jan 10 4:00-5:00 PM U1111A

Sun, Jan 10 5:00-6:00 PM U1511A

Winter Picnic

(all ages, under 18 with adult)

Cozy up to the fire and warm your heart at your local park! Bring your own dish and enjoy a meal around our fire. Feel free to bring your own s'mores supplies and we will provide the roasting sticks. Enjoy an afternoon outside with neighbors and friends. A variety of games will be available for kids and kids at heart too!

One Session \$15.00 2-4 Per Family

Big Brook Pk Sunfield Pavilion

Fri, Dec 4 4:30-6:00 PM U0411A

Seven Presidents Pk Beach Campfire Area

Fri, Jan 29 4:30-6:00 PM U0611A

Bayshore Waterfront Park

Sat, Feb 6 2:00-3:30 PM U0511A

HORTICULTURE

Carnivorous Plant Pets

(ages 10 and up, families, with adult)

Explore a variety of different carnivorous plants and learn about how these wondrous creatures evolved in a fun and engaging way. Create a mini terrarium and take home your own pet Venus flytrap.

One Session \$10.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Feb 21 10:30-11:30 AM H2411A

"Love Grows" DIY Gift

(all ages, under 14 with adult)

This Valentine's Day give your loved one a growing and lasting gift! We have exactly what you need: beautiful plants, soil and planters. In just one hour you will have the perfect green valentine!

One Session \$10.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Feb 13 2:30-3:30 PM H1311A

Sun, Feb 14 10:00-11:00 AM H1411A

"Clear the House" Stroll

Thursday, December 24, 10:00 AM

Deep Cut Gardens, Middletown

It is Christmas Eve and there is still so much to do.

To top it off, you have a house full of guests,
and we have the perfect solution!

Send them to Deep Cut Gardens for a one-hour stroll to explore the gardens with a park guide on this special holiday. This free stroll takes place on even paths and at a slow pace, perfect for enjoying Deep Cut's winter splendor.

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 \$2.00 Per Person

Freneau Wds Pk Vis Ctr Prog Room 1

Thu, Dec 17 4:15-5:15 PM IKD11A

Big Brook Pk Elsas Lodge

Thu, Jan 14 4:15-5:15 PM IKE11A

Thompson Pk Vis Ctr Beech Room

Thu, Feb 11 4:15-5:15 PM IKF11A

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

Freneau Wds Pk Vis Ctr Art Room

Thu, Jan 28 10:00-11:00 AM I1811A

Clayton Park Act Ctr Classroom 2

Tue, Feb 23 10:00-11:00 AM I1911A

From Sap to Maple Syrup

(all ages, under 18 with adult)

Winter is winding down and the sap is running in the trees which means its time to make maple syrup! Bring the whole family for some old-fashioned fun as we learn the history, technique and some of the science behind this delicious treat. Highlights include a tree tapping demonstration and instruction, and winter tree identification. Dress for the weather and wear sturdy shoes or boots.

One Session \$13.00 Per Person

Huber Wds Env Ctr

Sat, Feb 27 10:00 AM-12:00 PM IKH11A

Sat, Feb 27 1:00-3:00 PM IKJ11A

Sun, Feb 28 1:00-3:00 PM IKK11A

FAMILY NATURE WALKS

The Casual Birder

(all ages, under 18 with adult)

Join a Park System Naturalist for these laid-back morning bird walks. We'll meander through the parks for about an hour and a 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. We will go even with light rain or snow, so be sure to dress for the weather.

Hit the trails with us on the following Tuesday mornings at 9:00 AM:

December 1 at Fisherman's Cove Conservation Area Activity Center

December 15 at Thompson Park Marlu Lake Parking Area

January 19 at Manasquan Reservoir Visitor Center

January 26 at Seven Presidents Oceanfront Park Pavilion

February 9 at Dorbrook Recreation Area Soccer Field Parking Area

February 23 at Crosswicks Creek Park Province Line Rd Parking Area

Winter Beach Walk

11:00 AM-12:30 PM on Wednesday, December 16; Friday, January 8; and Tuesday, February 16

Fisherman's Cove Conservation Area

Just because it's winter doesn't mean you can't enjoy the beach! The winter months are some of the best times to go shell collecting. Take a Park System Naturalist guided walk along the beach collecting and identifying some of the ocean's natural treasures. Be sure to dress in warm clothing and bring along something to carry your beach finds.

Winter Family Fun

(ages 10 and up, families, with adult)

Freneau Woods Park

Located along the headwaters of Matawan Creek and Lake Lefferts, this 311-acre park is comprised mostly of woodland and protects critical wildlife habitat and bolsters water quality in the region. Both historically and environmentally significant, the park provides open space in a densely populated area of the county. Check out these free nature programs happening here this winter. Be sure to dress warmly.

Programs will cancel due to inclement weather or icy trails.

Poets in the Woods New Year's Day Walk

Friday, January 1, 1:00-2:00 PM

Step forward into the new year with insightful prose and a healthy stride. We will start off with wisdom from our park's namesake, the Revolutionary War poet Philip M. Freneau, and his connection to Freneau Woods Park and the surrounding area. Then we'll travel through the trails and relish stanzas regarding nature through the woods. Wear shoes/boots that are best for walking in the woods.

Stargazing and Nighttime Walk

Saturday, February 6, 7:00-8:00 PM

Step out for an evening of stargazing as we roam around the woods and wetlands to explore the night sky and the natural world. Discover some of the wildlife that call Freneau Woods Park home during the winter, and find out what our animals friends might do to survive the coldest season of the year.

Winter Nature Walk in the Woods

Sunday, February 7, 1:00-2:00 PM

Clubmoss, leaf litter and fallen logs. What do all these specimens have in common? You can find them all on a winter nature walk. Our leaf litter exploration will unveil some interesting invertebrates and their food sources. Put some muscle into helping us roll over a fallen log to find out what is going on underneath and what these natural specimens have in common. Wear boots and suitable clothing for walking outside.

Geminid Meteor Shower

(all ages, under 18 with adult)

Winter is the best time to view the night sky, and that includes during meteor showers! The Geminids are renowned for their high volume of shooting stars. Grab your winter gear and a chair, if you'd like, for an evening of sipping hot cocoa and watching the magic in the sky.

One Session \$10.00 Per Person

Turkey Swamp Pk Deer Trail Parking Area

Sun, Dec 13 8:30-9:30 PM IKC11A

Moonlight Meander

(ages 10 and up, families, with adult)

Tis' the season to enjoy the stars and a real full moon, not a virtual moon. A Park System Naturalist will guide us on an evening walk in the woods, wetlands and meadows of Freneau Woods Park under the light of a full moon. Along the way we will test our senses to look and listen for nighttime wildlife. This guided walk is not to be missed. Bring a friend, bring a date, or just bring yourself for a fun night in the dark. Please bring a flashlight, wear shoes that can get wet or muddy, and dress for the weather.

One Session \$7.50 Per Person

Freneau Wds Pk Vis Ctr

Sat, Feb 27 7:00-8:00 PM (approx) IK311A

Owl Prowl at Freneau Woods Park

(ages 8 and up, with adult)

Bundle up and head into the woods for an evening of fun learning about the owls of Monmouth County. We will start with a short PowerPoint presentation about the ecology of local owls and then head outside to search the woods and wetlands for these night raptors. Practice your owl calls now! While we never know if we'll actually get to hear or see an owl, participants will be sure to learn a lot and have a great night hike. Wear shoes that can get dirty and dress warmly. Trails can be muddy and wet. Bring a flashlight. The program will cancel due to inclement weather or icy trails.

One Session \$9.00 Per Person

Freneau Wds Pk Vis Ctr Prog Room 1

Sat, Dec 12 7:00-8:30 PM (approx) IK111A

Sat, Jan 23 7:00-8:30 PM (approx) IK211A

Pine Cone Bird Feeder Build

(ages 5 and up, families, with adult)

Bird feeders are a great way to attract local wildlife to your yard and help them get through the cold winter. Join us on a short hike down our bracken trail to find materials needed to create your own pine cone bird feeders.

One Session \$8.00 Per Child

Manasquan Res Env Ctr

Wed, Dec 2 2:00-3:00 PM I1411A

Fri, Feb 26 2:00-3:00 PM I1511A

The Full Moon - From the Lens to Your Eye

(all ages, under 18 with adult)

Bring out your inner night owl as we immerse ourselves in the night environment, under the light of the full moon. We'll have telescopes on hand to look at all the features of our celestial companion, plus hot cocoa! Please dress for the weather as we'll be outside.

One Session \$12.00 Per Person

Dorbrook Rec Area Courtside Shelter Bldg

Sat, Feb 27 9:00-10:00 PM IKG11A

Seashore Open House

(all ages, under 18 with adult)

Sunday, January 10, 1:00-4:00 PM

Seven Presidents Oceanfront Park

It may be winter, but you can still enjoy time at the beach. The Activity Center is a great place to bring back memories of summer or learn more about the seashore. Engaging hands-on activities will entertain and educate you and your family about the shore and the sea. Speak with a Park System Naturalist about your own shell collection or the aquatic animals on display. You can even create a beach keepsake to take home.

For more information, please call 732-872-2670.

Seashell Sunday

Sunday, February 28, 1:00-2:00 PM

Bayshore Waterfront Park Activity Center

Starting a shell collection this year?

It's the best way to get to know the Jersey shore. Want to know where shells come from? 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 harming the environment. Plus, we will feature an assortment of mollusks, crustaceans and other cool beach finds and artifacts to view.

NATURE WATCH



In December, a variety of birds flock to New Jersey, including the **HOODED MERGANSER** (*Lophodytes cucullatus*), a beautiful crested species of duck that can often be found in the winter on small ponds and rivers, including the Manasquan Reservoir, Howell.



HOW CAN YOU TELL MALES AND FEMALES APART?



Male adult hooded mergansers have sharp black and white patterns on their crests; their flanks are chestnut and their bills are black. Female adults are mostly gray and have a cinnamon streaked crest and orange bills.



WHAT DO HOODED MERGANSERS EAT?



They most commonly eat fish, crayfish, aquatic insects and more using their thin, serrated bills to catch their meals.



HOW DO THEY FIND THEIR FOOD?



By diving and swimming underwater propelled by their feet. It's also very helpful that their eyes are adapted for terrific underwater vision.

DID YOU KNOW...

HOODED MERGANSERS ARE STRONG SWIMMERS, BUT AWKWARD ON LAND BECAUSE THEIR LEGS ARE SITUATED FAR BACK ON THEIR BODIES.

OUTDOOR ADVENTURES

National Rubber Duckie Day!

(ages 6-9, with adult)

You make bath time lots of fun and playtime too! You'll quack up during this fun packed day of rubber duckie related activities such as duck pluck, steal-a-duck and a ducky scavenger hunt. Afterwards, bring your own s'more supplies and fill your bill with a sticky treat! Roasting sticks provided.

One Session \$12.00 Parent/Child \$9.00 Additional Sibling

Thompson Pk Activity Barn

Wed, Jan 13 4:30-6:30 PM.....W1011X

Open Shoot Archery

(ages 10 and up, under 18 with adult)

Saturday, February 20, 10:00 AM-2:00 PM

Thompson Park Activity Barn, Lincroft

Take a shot at archery!

Stop in anytime during open shoot archery to improve your archery skills at our indoor range at the Thompson Park Activity Barn.

Please Note: This is not a beginner instructional program. Participants should have some experience shooting a bow.

Dress for the weather as the Activity Barn is not heated. All equipment is provided.

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

For more information, please 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 Prog Room B

Thu, Jan 21-Feb 25 9:30-10:30 AM.....M0211X

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 Prog Room B

One Session \$19.00 Parent/Child \$15.00 Additional Sibling

Sat, Dec 12 9:30-10:15 AM M4611X

Sat, Jan 23 9:30-10:15 AM M4711X

Sat, Feb 20 9:30-10:15 AM M4811X

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

Wed, Jan 20-Feb 10 9:30-10:15 AM M2011X

Wed, Feb 24-Mar 17 9:30-10:15 AM.....M2111X

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

Tue, Jan 19-Feb 23 10:00-10:45 AM..... A4111A

Wed, Jan 20-Feb 24 11:00-11:45 AM..... A4211A

Thu, Jan 21-Feb 25 10:00-10:45 AM..... A4311A

Fri, Jan 22-Feb 26 10:00-10:45 AM..... A4411A

Henry Hudson Trail Act Ctr

Mon, Jan 18-Feb 22 10:00-10:45 AM..... A3911A

Messy Art Sampler - Outside Adventure!*(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, squirt guns, balloons 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 Prog Room B

Wed, Jan 20-Feb 10 10:30-11:15 AM M4911X

Wed, Feb 24-Mar 17 10:30-11:15 AM M5011X

CULINARY ARTS

Kids Holiday Cookie Classics*(ages 8-12, with adult)*

Mix, roll, bake and laugh as you create warm, lasting memories and delicious treats for all to enjoy during the holidays. Revisit some of your favorite holiday baking while introducing the kids to some old-fashioned fun and new traditions. Finish with a taste test (of course!), a tray of beautiful cookies for your holiday table, and recipes to take home and make again.

Cookie Plate Ideas: Chocolate Chips and Traditional Decorated Butter Cookies

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$59.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 5 10:00 AM-12:30 PM. M2911A

Kids' Cupcakes: Winter Edition*(ages 8-12, with adult)*

Tasty flavor combinations, fun fillings and fancy toppings are all part of the experience as Chef prepares you to enter your own cupcake competition. First, the cake batter as you learn to enhance your vanilla batter with flavors or candy fillings. Top it off with a variety of flavored icings or an array of toppings. You'll also create themed designs as you sharpen your baking and decorating skills and leave ready for a cupcake battle.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Sat, Jan 30 10:00 AM-12:30 PM. M3711A



EDUCATION & ENRICHMENT

Bricks 4 Kidz® Winter Fun Workshop*(ages 3-4, with adult)*

We guide you and your children to build cold weather creations: snowman and igloo out of LEGO® bricks. Create a spin art craft to add warmth to your home. Learn, build and play during this special winter program.

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

Thompson Pk Vis Ctr Beech Room

Sat, Jan 9 12:00-1:00 PM. Q2211X

Bricks 4 Kidz® Valentine's Workshop *(ages 3-4, with adult)*

We love to build hearts out of LEGO® bricks. We'll guide you to build your own that you can take home. You will also create a colorful spin art craft to display on your door. Learn, build and play for Valentine's Day.

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

Thompson Pk Vis Ctr Beech Room

Sat, Feb 13 12:00-1:00 PM. Q2311X

Keyboard Beginnings Music*(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 that 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 \$15 is payable to the instructor on the first day of class. Children will receive a music booklet, crayons, lesson outlines and a rhythm instrument.

Seven Sessions \$130.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Jan 25-Mar 15 4:00-4:45 PM. A6211A

No class 2/15

Keyboard Beginnings - Level 2

(ages 4-7, with adult)

This class is a continuation of Keyboard Beginnings Music. 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 to class. A materials fee of \$15 is payable to the instructor on the first day of class. Children will receive music booklet two, flash cards and a concentration game.

Instructor: Judy Kagel

Seven Sessions \$130.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Jan 25-Mar 15 5:00-5:45 PM A6311A

No class 2/15

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! Each session will offer a theme linked to each story and is taught by a NJ State Certified Teacher.

Six Sessions \$63.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Wed, Jan 20-Feb 24 9:30-10:15 AM A1911A

T'ai Chi Performance for Acting

(ages 8-12, with adult)

T'ai Chi will strengthen 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 space. Dr. Beys will teach us how to shape shift into the Shaolin five animals of snake, crane, leopard, tiger and dragon through the ancient healing movements of T'ai Chi/ Qigong. A final performance will be given on the last day of class.

Five Sessions \$100.00 Per Pair

Freneau Woods Pk Vis Ctr Program Room 1

Tue, Jan 19-Feb 16 6:30-8:00 PM A7211A

HORTICULTURE

Garden Fairy and Elf

(ages 1-5, with adult)

Bring your little fairy or elf and cozy up in our library for a story and an original garden fairy experience. Colorful plants, fragrant blooms, and different textures provide a perfect sensory experience for your young child. Let us introduce them to the beauty and richness of nature.

One Session \$8.00 Per Child

Deep Cut Gardens Horticultural Center

Wed, Jan 13 10:30-11:30 AM H2011A

Wed, Jan 20 10:30-11:30 AM H2111A

Wed, Jan 27 10:30-11:30 AM H2211A

NATURE

Bluebird House Build

(all ages, under 18 with adult)

Have you ever heard an eastern bluebird sing? Learn all about the beautiful eastern bluebird with a Park System Naturalist and leave this program with a completed build of your very own bluebird nest box to take home.

One Session \$25.00 Per Person

Clayton Park Act Ctr Classroom 1

Sat, Dec 5 2:00-3:00 PM I0311A

Sat, Jan 23 2:00-3:00 PM I0411A

Brown Bear, Brown Bear: A Playtime Celebration!

(ages 2-4, with adult)

Celebrate *Brown Bear, Brown Bear* with us! This classic children's book by Bill Martin Jr. and Eric Carle is a favorite of young children and parents. Using song, play and lots of imagination, we make this story come alive for your little one.

One Session \$9.50 Per Child

Clayton Park Act Ctr Classroom 1

Wed, Jan 20 1:00-1:45 PM I0711A

Freneau Wds Pk Vis Ctr Prog Room 2

Wed, Feb 3 1:00-1:45 PM I0811A

Little Birds *(ages 3-5, with adult)*

It's all about fun exploration as we discover how birds are different from other animals, examine nests up close and go on a fun bird scavenger hunt. Program also includes an awesome craft. You and your "little bird" will love these activities all about our avian friends!

One Session \$10.50 Per Child

Manasquan Res Env Ctr

Sat, Feb 20 11:00 AM-12:00 PM I1011A**Wed, Feb 24 11:00 AM-12:00 PM I1111A****Nature Story Time** *(ages 2-5, with adult)*

Something fun for your little ones! Enjoy some of our staff's favorite stories. Nature themed items related to each story will be presented at that just right level for your child. Program is free; however, space is limited so pre-registration is required.

One Session FREE!

Manasquan Res Env Ctr

Tue, Jan 19 11:00-11:30 AM PI041A**Tue, Jan 26 11:00-11:30 AM PI061A****Tue, Feb 2 11:00-11:30 AM PI081A****Tue, Feb 9 11:00-11:30 AM PI101A****Tue, Feb 16 11:00-11:30 AM PI121A****Tue, Feb 23 11:00-11:30 AM PI181A****OUTDOOR ADVENTURES****Hiking Adventures - A Toddler's Perspective***(ages 2-5, with adult)*

Enjoy a refreshing winter 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 additional charge.

One Session \$15.00 Parent/Child \$6.00 Additional Sibling

Holmdel Pk Shelter Bldg

Fri, Dec 11 10:00-11:30 AM W2511X

Turkey Swamp Pk Shelter Bldg

Sat, Dec 19 10:00-11:30 AM W2211X

Huber Wds Env Ctr

Thu, Jan 7 10:00-11:30 AM W2311X

Tatum Pk Red Hill Act Ctr Red Hill Parking Area

Sat, Jan 23 10:00-11:30 AM W2411X

Shark River Pk Shelter Bldg

Wed, Feb 10 10:00-11:30 AM W2611X

Manasquan Res Env Ctr

Sat, Feb 13 10:00-11:30 AM W2711X**Mini Ski Adventure** *(ages 3-8, with adult)*

Introduce your child to the fun of cross-country skiing. This small class will enable your child to build confidence, learn new skills, and make new friends. Parents will be asked to assist the instructor as necessary. Warm up afterwards at our cozy campfire. Feel free to bring your own s'mores supplies and we will provide the roasting sticks. All ski equipment is provided. If natural snow is not an option, the program will use our custom ski-mats to simulate snow.

One Session \$14.00 Per Child

Thompson Pk Ski Hut

Tue, Dec 29 10:00-11:30 AM W3311A**Sun, Jan 24 10:00-11:30 AM W3411A**

Snuggles & Sno Ball Games

(ages 5-7, with adult)

Grab your Snuggly® 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, age appropriate and smile enhancing winter themed games. Then enjoy the warmth of the fire while sipping hot chocolate. Feel free to bring your own s'mores supplies and we will provide the roasting sticks. All participants have the option to bring their own Snuggly®!

One Session \$14.00 Parent/Child \$8.00 Additional Sibling

Shark River Pk Shelter Bldg

Sat, Feb 27 5:30-7:00 PM.....W0211X

PLAY GROUP

Miss Melissa's Aardvarks

(ages 6 months-5 years, with adult)

Music for Aardvark classes were 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. A \$40 materials fee is due to the instructor on the first day of class. **Please Note: Registration for each session will close one week prior to the starting date.**

Eight Sessions \$140.00 Parent/Child \$90.00 2nd Child \$70.00 Additional Sibling

Instructor: Mr. Rob

Dorbrook Rec Area Vis Ctr

Mon, Jan 11-Mar 15 10:00-10:45 AM..... A4511X

No class 1/18 & 2/15

Mon, Jan 11-Mar 15 4:00-4:45 PM A4611X

No class 1/18 & 2/15

Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr

Mon, Jan 11-Mar 15 9:30-10:15 AM..... A4711X

No class 1/18 & 2/15

Mon, Jan 11-Mar 15 10:30-11:15 AM..... A4811X

No class 1/18 & 2/15

Tue, Jan 12-Mar 2 9:30-10:15 AM A4911X

Tue, Jan 12-Mar 2 10:30-11:15 AM..... A5011X

Fri, Jan 15-Mar 5 10:00-10:45 AM..... A7511X

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: Parent must stay present during the class. Drop-offs are not permitted.

Stage 2

(ages 18 months-2 years, with adult)

Five Sessions \$60.00 Parent/Child

Tatum Pk Holland Act Ctr

Wed, Dec 2-Jan 13 10:00-10:45 AM X4711A

No class 12/23 & 12/30

Fri, Dec 4-Jan 15 10:00-10:45 AM..... X5011A

No class 12/25 & 1/1

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 2-Jan 13 9:15-10:00 AM X6211A

No class 12/23 & 12/30

Wed, Jan 27-Feb 24 9:15-10:00 AM X6511A

Six Sessions \$72.00 Parent/Child

Tatum Pk Holland Act Ctr

Wed, Jan 20-Feb 24 10:00-10:45 AM X5311A

Fri, Jan 22-Feb 26 10:00-10:45 AM..... X5611A

Stage 3

(ages 2-3 years, with adult)

Five Sessions \$60.00 Parent/Child

Henry Hudson Trail Act Ctr

Tue, Dec 1-Jan 12 10:00-10:45 AM X5811A

No class 12/22 & 12/29

Tue, Jan 26-Feb 23 10:00-10:45 AM..... X6011A

Tatum Pk Holland Act Ctr

Wed, Dec 2-Jan 13 11:00-11:45 AM X4811A

No class 12/23 & 12/30

Fri, Dec 4-Jan 15 11:00-11:45 AM..... X5111A

No class 12/25 & 1/1

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 2-Jan 13 10:00-10:45 AM X6311A

No class 12/23 & 12/30

Wed, Jan 27-Feb 24 10:00-10:45 AM X6611A

Six Sessions \$72.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Jan 7-Feb 18 12:00-12:45 PM X3711A

No class 1/21

Tatum Pk Holland Act Ctr

Wed, Jan 20-Feb 24 11:00-11:45 AM X5411A

Fri, Jan 22-Feb 26 11:00-11:45 AM..... X5711A

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: Though parents/guardians may not be actively participating, they will be asked to monitor their child's behavior at all times.

Five Sessions \$60.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 2-Jan 13 11:00-11:45 AM X6411A

No class 12/23 & 12/30

Wed, Jan 27-Feb 24 11:00-11:45 AM X6711A

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: Parent must stay present during the class. Drop-offs are not permitted.

Tatum Pk Holland Act Ctr

Five Sessions \$75.00 Mom & 2 children

Wed, Dec 2-Jan 13 9:15-10:00 AM X4611A

No class 12/23 & 12/30

Six Sessions \$90.00 Mom & 2 children

Wed, Jan 20-Feb 24 9:15-10:00 AM X5211A



SPORTS & FITNESS

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 while meeting new people and having fun in a program designed for babies that are not yet walking.

Five Sessions \$60.00 Parent/Child

Henry Hudson Trail Act Ctr

Tue, Dec 1-Jan 12 11:00-11:45 AM X5911A

No class 12/22 & 12/29

Tue, Jan 26-Feb 23 11:00-11:45 AM X6111A

Tatum Pk Holland Act Ctr

Fri, Dec 4-Jan 15 9:15-10:00 AM X4911A

No class 12/25 & 1/1

Six Sessions \$72.00 Parent/Child

Tatum Pk Holland Act Ctr

Fri, Jan 22-Feb 26 9:15-10:00 AM X5511A

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.

Big Brook Pk Elsas Lodge

Three Sessions \$36.00 Parent/Child

Fri, Dec 4-18 9:30-10:15 AM X3811A

Fri, Dec 4-18 10:30-11:15 AM X3911A

Five Sessions \$60.00 Parent/Child

Fri, Jan 29-Feb 26 9:30-10:15 AM X4211A

Fri, Jan 29-Feb 26 10:30-11:15 AM X4311A

Gymnastics - Parent and Child

(ages 2-3, with adult)

Help your child improve their balance, listening skills, and much more while learning gymnastics! Parents will assist their little ones on a variety of apparatus in basic gymnastics training while we help develop coordination, flexibility and fine and gross motor skills.

Twelve Sessions \$165.00 Per Pair

Shrewsbury Gymnastics School Broad Street, Shrewsbury

Tue, Jan 5-Mar 23 9:00-9:45 AM M8311A

Tue, Jan 5-Mar 23 10:00-10:45 AM M8411A

Thu, Jan 7-Mar 25 9:00-9:45 AM M8511A

Thu, Jan 7-Mar 25 10:00-10:45 AM M8611A

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.

Four Sessions \$50.00 Parent/Child

Fort Monmouth Rec Ctr Gym A

Sat, Jan 9-30 11:00-11:45 AM X3111A

Sat, Feb 13-Mar 6 11:00-11:45 AM X3511A

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

Winter Season 1

Dorbrook Rec Area Act Ctr

Sat, Jan 9-30 12:00-12:45 PM M6011A

Fort Monmouth Rec Ctr Gym A

Sun, Jan 10-31 10:30-11:15 AM M6111A

Sun, Jan 10-31 11:30 AM-12:15 PM M6211A

Sun, Jan 10-31 12:30-1:15 PM M6311A

Winter Season 2

Dorbrook Rec Area Act Ctr

Sat, Feb 6-27 12:00-12:45 PM M6411A

Sat, Feb 6-27 2:00-2:45 PM M7511A

Fort Monmouth Rec Ctr Gym A

Sun, Feb 7-28 10:30-11:15 AM M6511A

Sun, Feb 7-28 11:30 AM-12:15 PM M6611A

Sun, Feb 7-28 12:30-1:15 PM M6711A

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 and there are no strict expectations. Come join yoga teacher Kim Buono on the mat for a joyful class.

Eight Sessions \$80.00 Per Person

Freneau Wds Pk Vis Ctr Prog Room 1

Sun, Jan 10-Feb 28 9:30-10:15 AM X2411A

Mommy & Me Yoga

(ages 9 months-2 years, with adult)

Mommy & Me Yoga provides moms the opportunity to regain strength and tone muscle while bonding, singing and playing with their babies. This class will allow both mom and baby to benefit from the practice of yoga while providing a comfortable, supportive environment where moms can meet other moms and create special memories with their babies. Please bring a baby blanket and your baby's favorite toy, preferably something you can hold between your toes like baby keys.

Instructor: Kimberly Buono

Six Sessions \$60.00 Parent/Child

Freneau Wds Pk Vis Ctr Prog Room 1

Mon, Jan 4-Feb 22 10:15-11:05 AM X2511A

No class 1/18 & 2/15

Sports FUNdamentals

(ages 3-5)

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, wiffleball, kickball, pillo polo and more.

Five Sessions \$60.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Jan 23-Feb 20 10:00-10:55 AM X6811A

Sat, Jan 23-Feb 20 11:00-11:55 AM X6911A

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. This program will make your dreams come true!

Big Brook Pk Elsas Lodge

Three Sessions \$36.00 Per Person

Fri, Dec 4-18 12:30-1:15 PM X4111A

Five Sessions \$60.00 Per Person

Fri, Jan 29-Feb 26 12:30-1:15 PM X4511A

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 \$19.00 Per Child

Fort Monmouth Rec Ctr Prog Room A

Holiday Treats

Create some festive faux foods for your doll to bring to her holiday celebration.

Sat, Dec 12 10:30-11:30 AM M4311A**Pet Accessories**

For the pampered pooch or kitty, create everything a pet could want.

Sat, Jan 23 10:30-11:30 AM M4411A**Spa Day**

Because every doll deserves to be pampered! Give her all the luxuries of the finest spas.

Sat, Feb 20 10:30-11:30 AM M4511A**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 \$78.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 13-Feb 17 6:00-8:00 PM..... Z2711A**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.

Instructor: Adrienne Spota

Seven Sessions \$84.00 Per Child

Thompson Pk Creative Arts Center

Sat, Jan 9-Feb 20 9:30-11:30 AM..... Z7011A**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 Person

Thompson Pk Creative Arts Center

Mon, Jan 4-Feb 8 4:30-6:00 PM Z8211A**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 are 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, Jan 7-Feb 18 4:00-6:00 PM Z6811A

Instructor: John Fossa

Sat, Jan 9-Feb 20 9:00-11:00 AM..... Z6911A**Christmas in the Park***(ages 5-10)*

Aspiring Artists is offering this three-week series devoted to the theme of Christmas and holiday fun as we create holiday cards and unique decorations for your home! Children will create three hand-painted holiday cards, two holiday reindeer, and a Christmas winter scene.

Instructor: Debra Stasiak

Three Sessions \$58.00 Per Child

Thompson Pk Creative Arts Center

*(ages 5-6)***Sat, Dec 5-19 11:00 AM-12:00 PM Z4511A***(ages 7-10)***Sat, Dec 5-19 1:00-2:00 PM..... Z4611A**

Christmas Tree Claytime

(ages 7-10)

Build a clay tree to celebrate the season. Students will sculpt a small Christmas tree, while learning some basic hand-building techniques. At the end of the class, participants will have a one of a kind craft created while enjoying their time working with their hands to build their tree. Pieces 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

Sun, Dec 6 1:00-2:30 PM Z4011A

Tue, Dec 8 4:30-6:00 PM Z4111A

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.

One Session \$15.00 Per Child

Dorbrook Rec Area Prog Bldg

Tue, Jan 5 4:00-5:15 PM A3111A

Tue, Jan 12 4:00-5:15 PM A3211A

Tue, Jan 19 4:00-5:15 PM A3311A

Tue, Jan 26 4:00-5:15 PM A3411A

Tue, Feb 2 4:00-5:15 PM A3511A

Tue, Feb 9 4:00-5:15 PM A3611A

Entire Series

Sign up for all six sessions and save!

Six Sessions \$80.00 Per Child

Tue, Jan 5-Feb 9 4:00-5:15 PM A3711A

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 be 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 Child

Thompson Pk Creative Arts Center

Fri, Jan 8-Feb 19 6:30-8:30 PM Z7211A

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. Young artists will paint an excerpt from famous paintings.: Acrylic paints can stain clothing, so "painting clothes" are recommended for class.

Four Sessions \$58.00 Per Person

Series 1

Monet's Iris Field at Giverny

Monet's Anemones in Pot

Pissarro's Sunset at Eragry

Cross' The Cypresses at Cagnes

Fort Monmouth Rec Ctr Prog Room A

Wed, Jan 6-27 1:00-2:00 PM Z6411A

Thompson Pk Creative Arts Center

Sat, Jan 9-30 9:30-10:30 AM Z9111A

Sat, Jan 9-30 11:00 AM-12:00 PM Z6511A

Series 2

Monet's The Coast of Varengeville

van Gogh's First Steps

Monet's Water Lilies

Monet's The Magpie

Fort Monmouth Rec Ctr Prog Room A

Wed, Feb 3-24 1:00-2:00 PM Z6611A

Thompson Pk Creative Arts Center

Sat, Feb 6-27 9:30-10:30 AM Z9211A

Sat, Feb 6-27 11:00 AM-12:00 PM Z6711A



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

Series 1

Monet's Iris Field at Giverny
Monet's Anemones in Pot
Pissarro's Sunset at Eragny
Monet's The Magpie

Fort Monmouth Rec Ctr Prog Room A

Wed, Jan 6-27 4:30-6:00 PM Z5111A

Thompson Pk Creative Arts Center

Fri, Jan 8-29 4:30-6:00 PM Z4811A

Series 2

Monet's The Coast of Varengeville
van Gogh's First Steps (excerpt only)
van Gogh Wheatfield with Cypressess
Cross' The Cypressess at Cagnes

Fort Monmouth Rec Ctr Prog Room A

Wed, Feb 3-24 4:30-6:00 PM Z5011A

Thompson Pk Creative Arts Center

Fri, Feb 5-26 4:30-6:00 PM Z4911A

Holiday Ornaments

(ages 6-10)

Make this year's Christmas tree more beautiful than ever with some handmade decorations. Participants will complete three ornaments and learn some fun techniques to make your ornaments this year extra special. Bring a smock since we will be working with materials that may stain clothing.

One Session \$21.00 Parent/Child

Thompson Pk Creative Arts Center

Thu, Dec 10 4:00-5:00 PM Z4211A

Wed, Dec 16 4:00-5:00 PM Z4311A

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 materials fee of \$8 is payable to instructor at first class.

Six Sessions \$90.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 7-Feb 11 4:15-5:15 PM Z8811A

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 problem-solving skills. KidzArt curriculum meets or exceeds the National Standards for Art Education.

Six Sessions \$90.00 Per Child

Thompson Pk Vis Ctr Tulip Room

Tue, Jan 5-Feb 9 1:00-2:00 PM Z8611A

Henry Hudson Trail Act Ctr

Wed, Jan 6-Feb 10 1:00-2:00 PM Z8711A

KidzArt Holiday Workshop: Clay Gingerbread House

(ages 7-12)

Create a clay gingerbread house to have as a keepsake year after year!

One Session \$36.00 Per Child

Thompson Pk Creative Arts Center

Fri, Dec 4 4:30-6:30 PM Z0211A

Sat, Dec 12 1:00-3:00 PM Z0311A

KidzArt Painting Workshop

(ages 7-12)

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 \$24.00 Per Child

Thompson Pk Creative Arts Center

Fox in Snow

Sat, Dec 5 1:30-3:00 PM..... Z0111A

Animals under a Snowy Sky

Sat, Jan 23 1:30-3:00 PM..... Z8311A

Valentine Cats

Sat, Feb 13 1:30-3:00 PM..... Z8411A

Santa's Cookie Plate

(ages 7-10)

The night before Christmas put Santa's cookies on a special plate of your own design. Class includes ceramic plate, glazes and firings. Plate will be kiln fired and ready for pick-up the following week.

One Session \$28.00 Per Person

Thompson Pk Creative Arts Center

Sat, Dec 12 12:30-2:00 PM Z3011A

Santa's Workshop

(ages 7-10)

People love receiving handmade gifts, so why not make your own presents this year? We've got several projects planned that would be great for anyone on your list, plus you'll get to decorate a few gift bags to wrap them up for holiday giving. Our workshop is open and our "elves" are ready to help you make it a great holiday!

One Session \$39.00 Per Person

Fort Monmouth Rec Ctr Prog Room C

Sat, Dec 12 10:00 AM-12:00 PM M5911A

Sculpt a Snowman

(ages 7-12)

In spirit of the snowy, winter weather, join us inside the warmth of the Creative Arts Center. We'll construct a snowman sculpture to cherish long after the snow melts. Participants will learn some fun hand-building techniques, as well as painting and decorating these clay snowman. Projects will be kiln fired and ready for pick up two weeks after workshop.

One Session \$30.00 Parent/Child

Thompson Pk Creative Arts Center

Tue, Jan 12 4:30-6:00 PM Z2911A

Sun, Jan 24 1:00-2:30 PM Z2811A

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 materials fee of \$8 is payable to instructor at first class.

Six Sessions \$90.00 Per Child

Thompson Pk Creative Arts Center

Thu, Jan 7-Feb 11 5:30-6:45 PM Z8911A

Valentine's Plate

(ages 7-12)

With Valentine's Day right around the corner, create the perfect gift this year for someone special! Paint a pre-cast ceramic plate with a special Valentine's day twist, while learning some fun ceramic painting techniques. Class includes ceramic plate, glazes, instructions and firings. Pieces will be glaze fired and ready to pick up in about a week.

One Session \$28.00 Parent/Child

Thompson Pk Creative Arts Center

Sat, Jan 30 12:00-1:30 PM..... Z1011A

Mon, Feb 1 5:00-6:30 PM..... Z1111A

CULINARY ARTS

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 sweets, 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, Nov 30-Dec 21 4:30-6:30 PM.....M6104A

Mon, Jan 11-Feb 1 4:30-6:30 PM.....M2211A

Mon, Feb 22-Mar 15 4:30-6:30 PM.....M2311A

Mrs. Claus's Bake Shoppe*(ages 8-12)*

Spend some quality kitchen time with that famous North Pole baker as you create adorable, delicious treats to give as gifts or enjoy at your holiday meal. Roll up your sleeves, tie on your apron and get your hands scrumptiously gooey while you whip up Christmas Tree Brownies, M&M Cookie Dough Stuffed Fudge and Oreo Truffles. You'll have the best Christmas goodies - "Santa approved"!

One Session \$45.00 Per Child

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 19 10:00 AM-1:00 PM.....M5811A**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

Thu, Jan 21-Feb 11 4:30-6:00 PM A7311A**Sun, Jan 24-Feb 14 1:00-2:30 PM A7411A****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

Wed, Jan 20-Feb 10 4:30-6:00 PM..... A2511A**Sun, Jan 24-Feb 14 10:30 AM-12:00 PM ... A2611A****EDUCATION & ENRICHMENT****Bricks 4 Kidz® Make it Move: Robotics***(grades 3-6)*

Each session build motorized vehicles, amusement park rides and gadgets. Wireless Lego WEDO 2.0 software is used to influence speed, direction and sound. Campers use technic components to better learn and identify what gears do, understand "gear ratio" and how friction and non-friction influence movement. Wireless remote controls, basic brick and games add to the fun.

Three Sessions \$108.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Sat, Jan 16-30 12:30-2:00 PM.....Q2111A**Bricks 4 Kidz® Superhero Academy***(grades 1-3)*

Build popular caped crusaders and villains and their known gadgets and vehicles using LEGO® bricks. Explore their super powers and even create a lab or secret hideaway. Each week bring your creativity and explore more ways to design and build. We provide materials and technical support. Work individually with your own sanitized materials.

Three Sessions \$108.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Sat, Jan 16-30 10:30 AM-12:00 PM.....Q2011A**Bricks 4 Kidz®: Junior Builders Brick Club***(grades 1-3)*

Increase your brick building skills each week with fun and challenging models from our popular collection. Technic examples: carousel swing, horse and buggy, ferris wheel, helicopter, sailboat, pirate ship or satellite. Brick build examples: Empire State Building, Eiffel Tower, suspension bridge, or explore your own vision. We provide materials and technical support. Work individually with your own sanitized materials.

Three Sessions \$108.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Dec 5-19 10:30 AM-12:00 PM Q1711A

Winter Break Fun

BRICKS 4 KIDZ® WINTER BREAK

(grades 1-4)

Each day at Bricks 4 Kidz® children learn, build and play while exploring the principals of S.T.E.M (science, technology, engineering and mathematics). These hands-on building programs support collaboration, teamwork and individual creativity utilizing LEGO® Technic bricks and motors functionality.

Instructors and all camp supplies provided by Bricks 4 Kidz®.

Four Sessions \$148.00 Per Person

Thompson Pk Vis Ctr Beech Room

Model Designer

Does your child wonder how LEGO® brick model designers come up with inventive ideas, and how do their ideas go from concept to completion? This camp explores the creative process of model design. Campers learn the functions of different LEGO® components and discover how those components work together to create all kinds of solid structures and moving parts. Toward the end of the week, each child has the opportunity to present his or her own design.

Mon-Thu, Dec 28-31 9:00 AM-12:00 PM #Q2411A

Incredible Inventions

So many things we use every day are someone's invention. Find out the origins of the wheel, windshield wipers, conveyor belt and motor and then build a mini motorized model. Take a time travel tour of early inventions and learn how these helped to solve a problem. Investigate simple machines such as levers, ramps, wheels and pulleys that are still used today. Children learn the difference between an invention and a discovery in a supportive environment.

Mon-Thu, Dec 28-31 1:00-4:00 PM #Q2511A

Full Day Option

Price includes both camps plus a supervised lunch break where children will have a chance to eat their lunch and play with LEGO® bricks.

Four Sessions \$288.00 Per Person

Mon-Thu, Dec 28-31 9:00 AM-4:00 PM #Q2611A

YOUNG INNOVATORS WINTER BREAK: DEVELOPED IN PARTNERSHIP WITH NASA®

(grades 1-4)

Think and act like NASA® innovators during this hands-on program inspired by the NASA® OPTIMUS PRIME® Spin-off Promotion and Research Challenge (NASA® OPSPARC). Use creative and collaborative skills to design a mission patch, train like an astronaut, and solve real-world engineering problems. How might space suit cooling tubes be used to solve a problem here on Earth?

Instructors are provided by Mad Science of West New Jersey.

Four Sessions \$172.00 Per Person • Thompson Pk Vis Ctr Tulip Room

Mon-Thu, Dec 28-31 9:30 AM-12:30 PM #Q2711A

WINTERTIME FUN AT THE FORT

(ages 6-12)

Schools may have winter break, but kids still need to have fun. Games, art, concoctions, experiments, sports- the Fort has it all. With activity rooms, a lobby of table games, and a full gymnasium we'll bring the variety and excitement of our summer camps to winter; all you need to bring is a snack and lunch.

Four Sessions \$180.00 Per Person • Fort Monmouth Recreation Center

Mon-Thu, Dec 28-31 9:00 AM-4:00 PM #M7811A

Daily Options

One Session \$50.00 Per Person

Mon, Dec 28 9:00 AM-4:00 PM #M7911A • Tue, Dec 29 9:00 AM-4:00 PM #M8011A

Wed, Dec 30 9:00 AM-4:00 PM #M8111A • Thu, Dec 31 9:00 AM-4:00 PM #M8211A

Bricks 4 Kidz®: Transportation Timeline

(ages 5-10)

Explore the history of transportation building technic models of boats, planes and automobiles, the Bricks 4 Kidz® way! Each week explore gears and axles for each model and learn how to use motors and power packs to make them move. Instructor will review terminology for each mode of transportation. Children learn, build, play and have a ton of fun. S.T.E.M. concepts will be covered.

Six Sessions \$125.00 Per Person

Fort Monmouth Recr Ctr Prog Room D

Tue, Jan 5-Feb 9 4:30-5:30 PM.....Q1511A

Thompson Pk Vis Ctr Tulip Room

Thu, Jan 7-Feb 11 4:30-5:30 PM Q1611A

Child and Babysitting Safety

(ages 10 and up)

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 \$55.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Feb 6 10:00 AM-12:00 PM.....Q1011A

Master Builders Presented by Bricks 4 Kidz®

(grades 3-6)

Modeled after the popular TV show LEGO® Masters, we'll make amazing creations, large and small, with interesting details. Use a combination of technic and basic brick elements to make castles, houses, skyscrapers, bridges, animals, vehicles and aliens. Work individually with your own sanitized materials. Instructors provide technical support.

Three Sessions \$108.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Dec 5-19 12:30-2:00 PM Q1911A

The Art of Storytelling

(ages 8-11)

Sharing her own creative process of illustrated fiction writing, painting and drawing, award winning children's author Janine Kimmel will engage children with the art of storytelling and imagery. In this imaginative workshop, Janine will lead students through a magic door, followed by the creation of their own illustrated fiction story. A \$10 supply fee payable to instructor at the beginning of class. Participants may need to bring simple supplies from home like crayons or scissors, a list will be supplied prior to the program start date.

One Session \$30.00 Per Person

Dorbrook Rec Area Prog Bldg

Sun, Feb 7 1:00-3:30 PM A1811A

TOASTMASTERS™ YLP

(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. In this Youth Leadership 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, President of Shore Speaker Toastmasters™ 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 \$60.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Jan 14-Mar 4 6:30-8:00 PM A1311A

Whodunit? Mystery Writing

(ages 13-18)

How do the great mystery writers do it? With our detective hats on, they keep us on our seats, perched in suspense, page after page looking for clues to solve their mysteries. Explore with us what makes a great mystery, and work on your own enigma to tantalize readers. We'll focus on plot, characters, description and more. Students should bring a notebook and pen or laptop to write with.

Four Sessions \$59.00 Per Person

Fort Monmouth Rec Ctr Atrium

Sat, Feb 27-Mar 20 10:00-11:30 AM.....M5711A

HORTICULTURE

Fairy Tales with a Nutrition Twist the Garden Way

(ages 5-8)

Once upon a time, there was an enchanted school cafeteria where the princess ate her peas, the porridge was always "just right", a vegetarian wolf never bothered the three little pigs and the breakfast eggs were laid by a prized golden goose. A fun program focused on teaching nutrition to kids that use popular children's tales and wisdom from our garden.

Three Sessions \$36.00 Per Child

Deep Cut Gardens Horticultural Center

Sat, Dec 5-19 10:00-10:45 AM H0111A

Tue, Feb 9-23 11:00-11:45 AM H0811A

OUTDOOR ADVENTURES

Tropical Paradise Archery Getaway!

(ages 8-11)

This tropical paradise is close to home, no airfare needed and located on our indoor archery range. Use your newly acquired archery skills to gather the material and create your winter getaway. Afterwards, bring your own s'mores supplies and celebrate with a sticky treat! Roasting sticks and archery equipment will be provided.

One Session \$19.00 Per Child

Thompson Pk Activity Barn

Sat, Feb 27 12:30-2:30 PM W0311A

PERFORMING ARTS

Hip Hop

(ages 5-7)

Breaking, crumping, the Slide Glide and more high-energy 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 B

Thu, Jan 21-Feb 25 4:30-5:15 PM M2511A

Thu, Jan 21-Feb 25 5:30-6:15 PM M2611A

Kids on Stage: The Monologues

(ages 8-13)

Participants will begin each class with an actor's warm-up of voice, movement, imagination and acting games. We will then take to the stage individually to begin the creative processes of character development and performance through storytelling/monologues. There will be a final performance of monologues on the last day of class.

Four Sessions \$70.00 Per Person

Tatum Pk Red Hill Act Ctr

(ages 8-10)

Mon, Jan 11-Feb 1 4:00-5:30 PM A0711A

Mon, Feb 15-Mar 8 4:00-5:30 PM A1011A

(ages 11-13)

Wed, Jan 13-Feb 3 4:00-5:30 PM A0811A

Wed, Feb 17-Mar 10 4:00-5:30 PM A1111A

Little Dancers 1

(ages 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.

Ten Sessions \$110.00 Per Child

Tatum Pk Red Hill Act Ctr

Thu, Jan 14-Mar 18 3:45-4:30 PM A5711A

Little Dancers 2

(ages 6-7)

In this more advanced class, Ms. Michele will build upon the skills learned and focus on challenging students and advancing their abilities. Muscle strength and flexibility will be developed as well as grace and confidence. Children will need proper jazz attire (black yoga pants) with black jazz and tap shoes.

Pre-requisite: Completion of Little Dancers 1 (September through May) or teacher's recommendation.

Ten Sessions \$140.00 Per Child

Tatum Pk Red Hill Act Ctr

Tue, Jan 12-Mar 16 4:00-5:00 PM A5811A

Thu, Jan 14-Mar 18 4:30-5:30 PM A5911A

Little Dancers 3

(ages 7-8)

With a good dance foundation, these preteens will continue to advance their skills and abilities. Jazz, ballet, and tap dance technique will be added with emphasis on combinations. New rhythms and styles will be introduced. Ms. Michele expects students to build ability and memorization skills. Students please wear black jazz shoes, black yoga pants, leotard and black low heel jazz style tap shoes.

Pre-requisite: Completion of Little Dancers 2 (September through May) or teacher's recommendation.

Ten Sessions \$140.00 Per Child

Tatum Pk Red Hill Act Ctr

Tue, Jan 12-Mar 16 5:00-6:00 PM A6011A

Teens on Stage: The Monologues

(ages 14-17)

Participants will begin each class with an actor's warm-up of voice, movement, imagination and acting games. We will then take to the stage individually to begin the creative processes of character development and performance through storytelling/monologues. There will be a final performance of monologues on the last day of class. Please pack lunch/snack and water bottle.

Four Sessions \$115.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Jan 16-Feb 6 11:00 AM-2:00 PM A0911A

Sat, Feb 20-Mar 13 11:00 AM-2:00 PM A1211A

Tots in Tutus I

(ages 3-5)

Your child will discover her inner ballerina as she explores the simple exercises of this graceful dance form. Professional instructor Michele Neiberlien 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

Tue, Jan 12-Mar 16 9:15-10:00 AM A5211A

Tue, Jan 12-Mar 16 10:00-10:45 AM A5311A

Tue, Jan 12-Mar 16 3:15-4:00 PM A5411A

Tots in Tutus II

(ages 4-5)

Your little ballerina pirouetted her way through her first year of ballet and is eager for more! Now, Ms. Michele 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, Jan 12-Mar 16 10:45-11:30 AM A5511A

Thu, Jan 14-Mar 18 3:00-3:45 PM A5611A

SPORTS & FITNESS

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

Fort Monmouth Rec Ctr Gym A

Sat, Jan 9-30 10:00-10:55 AM X3011A

Future Stars of Tomorrow

(ages 3-5)

Start 'em young! Your future stars will have fun playing familiar classics, as well as new creative games. We use music, imagination, and fun equipment to engage your child. These activities will enhance eye-hand coordination, gross motor skills, and most importantly teamwork and socialization with others. This is a great drop off experience for your child to meet and play with other children of similar age. Parents welcome at the first session. After the first session children will be on their own; however, parent must stay on site.

Big Brook Pk Elsas Lodge

Three Sessions \$36.00 Per Child

Fri, Dec 4-18 11:30 AM-12:15 PM X4011A

Five Sessions \$60.00 Per Child

Fri, Jan 29-Feb 26 11:30 AM-12:15 PM X4411A

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

Fort Monmouth Rec Ctr Gym A

Sat, Feb 13-Mar 6 10:00-10:55 AM X3411A

Gymnastics - Kids

(ages 3-10)

Few activities can help your child develop their speed, strength, flexibility, and balance like gymnastics. Let us help your child improve their coordination, endurance, and self-confidence. Classes will use gymnastics apparatus including mats and trampoline.

Twelve Sessions \$165.00 Per Person

Shrewsbury Gymnastics School Broad Street, Shrewsbury

(ages 3-4)

Sat, Jan 9-Mar 27 9:00-9:45 AM M8711A

(ages 5-6)

Sat, Jan 9-Mar 27 9:00-9:45 AM M8811A

(ages 7-10)

Sat, Jan 9-Mar 27 9:00-9:45 AM M8911A

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.

Four Sessions \$52.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Jan 9-30 12:00-12:55 PM X3211A

Sat, Feb 13-Mar 6 12:00-12:55 PM X3611A

T-Ball

(ages 4-5)

Children 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.

Four Sessions \$50.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Jan 9-30 9:00-9:55 AM X2911A

Sat, Feb 13-Mar 6 9:00-9:55 AM X3311A

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 Pee Wee (p. 23) for parent/child classes for younger players, or Kids Kixx: Nexxt Step (below) for older children.

Four Sessions \$56.00 Per Person

Winter Season 1

Dorbrook Rec Area Act Ctr

Sat, Jan 9-30 1:00-1:55 PM M6811A

Fort Monmouth Rec Ctr Gym B

Sun, Jan 10-31 11:00-11:55 AM M6911A

Winter Season 2

Dorbrook Rec Area Act Ctr

Sat, Feb 6-27 1:00-1:55 PM M7011A

Fort Monmouth Rec Ctr Gym B

Sun, Feb 7-28 11:00-11:55 AM M7111A

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

Winter Season 1

Dorbrook Rec Area Act Ctr

Sat, Jan 9-30 2:00-2:55 PM M7211A

Fort Monmouth Rec Ctr Gym B

Sun, Jan 10-31 12:00-12:55 PM M7311A

Winter Season 2

Fort Monmouth Rec Ctr Gym B

Sun, Feb 7-28 12:00-12:55 PM M7411A

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

Fort Monmouth Rec Ctr Gym B

Winter Season 1

Sun, Jan 10-31 1:00-1:55 PM M7611A

Winter Season 2

Sun, Feb 7-28 1:00-1:55 PM M7711A

ACTIVE ADULTS 55+

2021 Winter Senior Hikers*(ages 55 and up)*

Looking to start out or slow down with hiking? Enjoy weekly hikes through various parks in Monmouth County. Due to varying terrain, sturdy hiking boots and walking sticks are recommended. A schedule of locations and dates will be provided upon registration.

Location Varies Week to Week

Level .75 - Tuesdays

Level .75 is a shorter distance and slower pace than Level 1.

Mileage: 1 ½-2 miles

Twelve Sessions \$60.00 Per Person

Tue, Jan 5-Mar 23 11:30 AM-12:30 PM D1311A

Level 1 - Tuesdays

Level 1 is the shortest distance and slowest-paced Senior Hiking program.

Mileage: 3-3 ½ miles

Twelve Sessions \$60.00 Per Person

Tue, Jan 5-Mar 23 9:30-11:00 AM D0811A

Level 1 - Thursdays

Level 1 is the shortest distance and slowest-paced Senior Hiking program.

Mileage: 3-3 ½ miles

Twelve Sessions \$60.00 Per Person

Thu, Jan 7-Mar 25 9:30-11:00 AM D1011A

Level 2 - Fridays

Level 2 hikes are at a more comfortable pace than Level 3 or 4, but more brisk than Level 1.

Mileage: 4 ½-5 miles

Twelve Sessions \$60.00 Per Person

Fri, Jan 8-Mar 26 9:30-11:30 AM D1111A

Level 2 - Wednesdays

Level 2 hikes are at a more comfortable pace than Level 3 or 4, but more brisk than Level 1.

Mileage: 4 ½-5 miles

Twelve Sessions \$60.00 Per Person

Wed, Jan 6-Mar 24 9:30-11:30 AM D0911A

Level 3 - Tuesdays

Level 3 is a much brisker paced hike than Level 2, but easier than Level 4.

Mileage: 5-5 ½ miles

Thirteen Sessions \$65.00 Per Person

Tue, Jan 5-Mar 30 9:30-11:30 AM D0711A

Level 4 - Mondays

Level 4 is the most difficult of the Senior Hiking programs.

Mileage: 5 ½-6 miles

Thirteen Sessions \$65.00 Per Person

Mon, Jan 4-Mar 29 9:30-11:30 AM D0611A

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 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: Kimberly Buono

Six Sessions \$78.00 Per Person

Freneau Wds Pk Vis Ctr Prog Room 1

Mon, Jan 4-Feb 22 9:00-10:00 AM X1611X

No class 1/18 & 2/15

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. Sip coffee (or tea!), nibble on a tasty treat, and watch your beautiful work of art emerge.

One Session \$25.00 Per Person

Fort Monmouth Rec Ctr Prog Room A

Sat, Dec 5 10:00 AM-12:00 PM M0711A

Mon, Dec 7 9:30-11:30 AM M0611A

Sat, Jan 9 10:00 AM-12:00 PM M0811A

Mon, Jan 11 9:30-11:30 AM M0911A

Sat, Feb 6 10:00 AM-12:00 PM M1111A

Mon, Feb 8 9:30-11:30 AM M1011A

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, RYT Yoga Alliance Certified

Six Sessions \$78.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Jan 11-Mar 1 1:00-2:00 PM X1711A

No class 1/18 & 2/15

Eight Sessions \$104.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Jan 15-Mar 5 12:00-1:00 PM XB601A

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 in-depth 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.

Seven Sessions \$175.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

Tue, Jan 5-Feb 16 7:00-10:00 PM Z3811A

Instructor: Christina Carlson

Thu, Jan 7-Feb 18 9:30 AM-12:30 PM Z4411A

Instructor: Don Bradford

Thu, Jan 7-Feb 18 6:30-9:30 PM Z3911A

All Level Pottery Classes

(adults)

Beginner and advanced students will learn or refine their pottery skills. Knowledgeable instructors will provide demonstrations and personal 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.

Seven Sessions \$175.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Laura Copeland

Mon, Jan 4-Feb 15 9:00 AM-12:00 PM Z1911A

Instructor: Helen Cole

Mon, Jan 4-Feb 15 1:00-4:00 PM Z2011A**Mon, Jan 4-Feb 15 6:00-9:00 PM Z2111A**

Instructor: Sue Johnson

Tue, Jan 5-Feb 16 4:00-7:00 PM Z2211A

Instructor: Joanne Traskiewicz

Wed, Jan 6-Feb 17 9:00 AM-12:00 PM Z2311A**Wed, Jan 6-Feb 17 1:00-4:00 PM Z2411A**

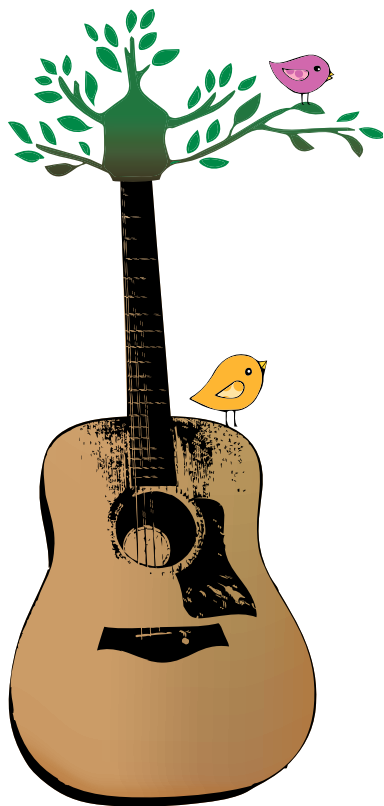
Instructor: Mary Leather

Wed, Jan 6-Feb 17 6:30-9:30 PM Z2511A

Instructor: Joyce Nokes

Fri, Jan 8-Feb 19 9:00 AM-12:00 PM Z3511A**Fri, Jan 8-Feb 19 1:00-4:00 PM Z3611A**

Instructor: John Fossa

Sat, Jan 9-Feb 20 11:30 AM-2:30 PM Z3411A

Call for Entries

All Mediums Welcome!

for the

Creative Arts & Music Festival

Saturday, May 1, 10:00 AM-4:00 PM

Thompson Park, Lincroft

This celebration of the arts will feature fine art vendors, live music, creative activities and food vendors.

The Creative Arts & Music Festival is a juried event open to artists of all mediums.

For more information and for an application, visit www.MonmouthCountyParks.com or contact Christina Carlson at Christina.Carlson@monmouthcountyparks.com or 732-842-4000, ext. 3343.

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 personal 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.

Instructor: Sue Johnson

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 5-Feb 16 9:00 AM-1:00 PM Z3711A

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. Pre-cast items and tools can be purchased at the Creative Arts Center. Fee includes instruction, firings, glazes and underglazes.

Seven Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 7-Feb 18 9:00 AM-12:00 PM Z7111A

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 hand-built creations. Class includes 25 lbs. of clay, glazes and firings.

Seven Sessions \$175.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Helen Cole

Wed, Jan 6-Feb 17 1:00-4:00 PM Z4711A

Instructor: Stephanie Camp

Wed, Jan 6-Feb 17 6:30-9:30 PM Z5911A

DRAWING & PAINTING

A Day with the Impressionists

(adults)

Using acrylic paints and canvas, students recreate a famous Impressionist masterpiece using the 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 \$35.00 Per Person

Thompson Pk Creative Arts Center

Monet's The Magpie

Sat, Dec 5 2:00-5:00 PM Z5311A

van Gogh's Wheatfield with Cypresses

Sun, Dec 13 2:00-5:00 PM Z5411A

Monet's Iris Field at Giverny

Sat, Jan 9 2:00-5:00 PM Z5511A

van Gogh's Sower with the Setting Sun

Sat, Jan 23 2:00-5:00 PM Z5611A

Monet's View of Antibes from the Plateau Notre-Dame

Sat, Feb 6 2:00-5:00 PM Z5711A

Monet's Anemones in pot

Sat, Feb 20 2:00-5:00 PM Z5811A

Colored Pencil Exploration

(adults)

Colored pencils can yield beautiful finished works of art. This three part workshop will cover everything from the basics of using color within the context of color theory, improving and honing observational drawing skills, and using the medium of colored pencil to its fullest potential. We will discuss some key techniques and pointers specific to the medium. Classes will start with demonstrations and then allow for the opportunity to explore learned techniques independently. Basic drawing skills are suggested, but not required.

Artist/Instructor: Katie Stone

Three Sessions \$55.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 14-28 3:30-5:30 PM Z1211A

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, Jan 5-Feb 9 6:30-8:30 PM Z6011A

Fri, Jan 8-Feb 12 10:00 AM-12:00 PM Z6111A

Figure Drawing 101

(adults)

Explore the art of figure drawing. This one-day workshop will give you access to a live model and the opportunity to learn some of the basics of drawing the human figure from life. Whether novice or experienced, this workshop is for all levels of artists. A fee of \$20 (cash only) is payable during class for our model. All supplies will be provided by the teacher.

Artist/Instructor: Jennifer Santa Maria

One Session \$25.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 13 5:00-8:00 PM Z7311A

Tue, Feb 9 5:00-8:00 PM Z7411A

Great Impressionism Workshop™

(adults)

No painting experience is necessary to take this step-by-step approach to Impressionism. Using the 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. Returning students may bring in a print of their own painting choice if they have completed the painting selections.

Artist/Instructor: Debra Stasiak

Four Sessions \$94.00 Per Person

Thompson Pk Creative Arts Center

Monet's Iris Field at Giverny

Monet's View of Antibes from the Plateau Notre-Dame

Fri, Jan 8-29 10:00 AM-12:00 PM Z6211A

Monet's Anemones in Pot

Monet's The Riverbank of Gennevilliers

Fri, Feb 5-26 10:00 AM-12:00 PM Z6311A

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

Thu, Jan 14-Feb 18 1:00-3:00 PM Z0911A

Intro to Drawing

(adults)

Ever wanted to learn to draw? In this beginner class, we will cover the fundamentals of drawing including shading, composition and line. No prior experience is necessary. A supply list will be provided upon registration.

Artist/Instructor: MaryAnn Goodwin

Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 7-Feb 11 6:30-8:30 PM Z5211A

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

Tue, Jan 12-Feb 16 9:00-11:00 AM Z0411A

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 fine-tuning and developing technique. Come ready with ideas the first day to start painting.

Artist/Instructor: Katie Stone

Six Sessions \$84.00 Per Person

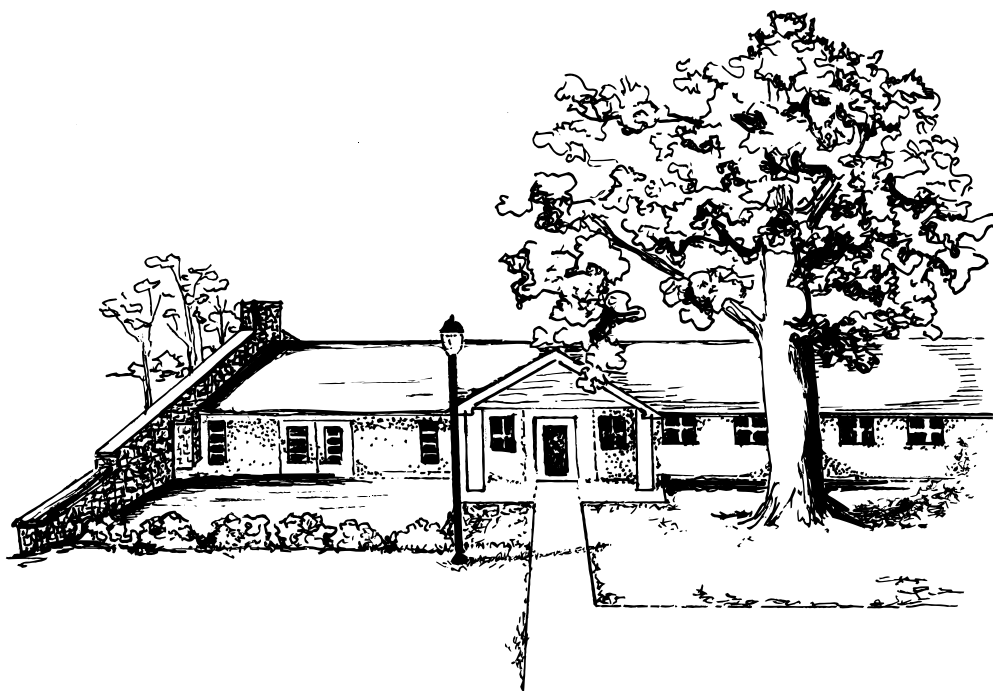
Thompson Pk Creative Arts Center

Tue, Jan 12-Feb 16 11:30 AM-1:30 PM Z0511A

Tue, Jan 12-Feb 16 2:00-4:00 PM Z0611A

THE **G**ALLERY

at the Thompson Park Creative Arts Center



805 Newman Springs Road, Lincroft, NJ 07738

*HOSTING EXHIBITS FEATURING LOCAL ARTISTS
THROUGHOUT THE YEAR.*



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. A supply list will be provided upon registration.

Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 11-Feb 15 10:00 AM-12:00 PM .. Z8511A

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 cash 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. Please refer to the fact sheet for more pricing information.

Instructor: Pamela Williams

Six Sessions \$148.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 5-Feb 9 11:00 AM-2:00 PM Z3111A

Thu, Jan 7-Feb 11 11:00 AM-2:00 PM Z3211A

Sat, Jan 9-Feb 13 11:00 AM-2:00 PM Z3311A

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 materials fee of \$5 is payable to the instructor on the day of the workshop.

Instructor: Jennifer Santa Maria

One Session \$28.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 20 5:00-7:00 PM..... Z2611A

Knit or Crochet Your Choice

(ages 15 and up)

Here is an opportunity to learn both knitting and/or crocheting. Learn the basics or improve your skills. The 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

Thu, Jan 7-Feb 11 6:30-8:30 PM Z1811A

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

Six Sessions \$68.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Jan 9-Feb 13 10:30 AM-12:30 PM Z1311A

Creative Card Making

(adults)

Create beautiful, 3-D, 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 Prog Room A

Tue, Jan 12-Feb 16 4:00-5:15 PM A1611A

MISCELLANEOUS

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 \$40 fee payable on the first day of class.

Instructor: Harry Belkowitz

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Jan 9-Feb 13 1:00-3:00 PM Z1511A

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 \$40 materials fee (cash or check only) is due to the instructor on the first day of class.

Instructor: Harry Belkowitz

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Tue, Jan 5-Feb 9 10:00 AM-12:00 PM Z1711A

Intermediate Mosaics

(adults)

For those who have taken the Beginner Mosaic 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 \$40 fee payable during the first class.

Instructor: Harry Belkowitz

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Jan 9-Feb 13 10:00 AM-12:00 PM Z1611A

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.

Four Sessions \$36.00 Per Person

Fort Monmouth Rec Ctr Prog Room A

Tue, Feb 16-Mar 9 5:45-7:15 PM A1711A

Winter Pysanky



(adults)

Join us for the season themed twist on the art of pysanky. Pysanky, the ancient art of Ukrainian egg decorating, is a process of layering beeswax and natural dyes to create stunning patterns. You will learn this fun, intricate technique and have the chance to create your very own eggs, decorated with poinsettias and snowflakes in spirit of the winter season. A \$10.00 materials fee is payable to the instructor. Please bring an apron.

Artist/Instructor: Jennifer Santa Maria

One Session \$27.00 Per Person

Thompson Pk Creative Arts Center

Wed, Dec 9 5:00-7:00 PM Z1411A

CULINARY ARTS

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! Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$49.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jan 28 6:00-8:30 PM M3511A

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.

Menu Ideas: Crab Stuffed Flounder and Panko Herb Crusted Cod

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Feb 25 6:00-8:30 PM M4111A

Classic Holiday Cookies

(adults)

Whether you're looking to change up your usual recipes or you've never really baked holiday cookies before, enjoy this time to relax and create in the kitchen with the chef. Get a refresher on measuring, mixing and baking techniques, while you try out new recipes to adorn your holiday dessert table.

Cookie Plate Ideas: Orange Chocolate Ricotta Cookies and Grandmom Consiglio's Sicilian Confetti Swirl Cookies

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 12 10:00 AM-12:30 PM M3011A

Cooking International

(adults)

Create the flavors of your favorite ethnic foods. It's easy once you understand the standard spices and herbs that underpin each culinary style.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$45.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Flavors of the Orient

When one thinks of Asian food, many ideas come to mind. Some people go right to Chinese while others may think Japan and Sushi, Thai or Southeast Asia. In today's class, we will focus on Southeast Asia, where the flavors are more tropical – think lemongrass, pineapple, coconut, sweet & spicy sauces – and our focus will be on freshness!

Menu Ideas: Veggie Spring Rolls and Thai Chicken Curry

Thu, Feb 4 6:00-8:30 PM M3811A

Latin Flavors

Travel past Tacos and Burritos to some of the more authentic South American dishes. We'll explore delicious fresh dishes and introduce your palate to a whole new world of flavors to accompany chicken, fish or pork. Your friends will be singing your praises after tasting these exciting flavor combinations.

Menu Ideas: Roasted Shrimp and Peppers with Chimichurri Sauce; Chicken in Mole Sauce, served with Crispy Tostones.

Thu, Feb 11 6:00-8:30 PM M3911A

Flavors of the Mediterranean

Greece and Northern Italy are the culinary destinations as you continue your flavor journey. While you may think of garlic, olive oil and cheese, we'll journey beyond the stereotype to introduce your palate to new spices and a new perspective on these cuisines.

Menu Ideas: Greece – Spanakopita Triangles; Northern Italy: Chef Stephen's Pasta alla Carbonara (light version, full flavor)

Thu, Feb 18 6:00-8:30 PM M4011A



CREATE!*(adults)*

In this new concept for cooking classes, the focus each time will be on a different culinary building block, such as sauces, stuffings, how to make a recipe your own and much more. Build your repertoire and your skills as you create in the kitchen with us!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

The Perfect Stuffing for Your Meat, Chicken & Fish

Study and practice the proper techniques for various "stuffed" dishes. Chef will discuss flavor profiles ("The perception of flavors through all of the senses when we eat, but particularly through taste, aroma and food textures") and how to use them. From spinach to feta to sun dried tomatoes and beyond, this is not just about breadcrumbs anymore!

Menu Ideas: various stuffings for chicken and fish; recipes provided in class.

Sat, Jan 23 10:00 AM-12:30 PM.....M5111A

Holiday Open House Appetizers*(adults)*

A happy and successful holiday open house needs bite-sized pass arounds to keep guests happy. Good thing Chef Stephen is here to take you step-by-step through restaurant-style foods that can be made easily in your home. Soon you'll be creating tasty appetizers and hors d'oeuvres sure to make your party a hit!

Menu Ideas: Savory Palmiers, Phyllo Cups with fruit & nut Chicken Salad (Chef Stephen's take on a Waldorf Salad), Red Raspberry Goat Cheese Crostini and Seasonal Pinwheels.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Dec 17 6:00-8:30 PM.....M2811A

Homemade Holiday Food Gifts*(adults)*

Why do people love homemade gifts? Because homemade says "I care enough to put my heart into this gift". What better way to show family and friends your love, than to make a tasty, edible gift? Let Chef help you create the recipes, while Mrs. Chef shows you how to wrap it up with some holiday flair. Your gift may not last long, but it will definitely be remembered!

Menu Ideas: Chef Stephen's Cranberry Bacon Chutney, Mrs. Chef's Luscious Lemon Bars, and Chili Infused Pecans

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Dec 3 6:00-8:30 PM M2711A

Homemade Pierogi*(adults)*

Love pierogi? Ditch the box and learn how easy it is to whip up a dozen homemade. Chef and Mrs. Chef lay out the steps to make the perfect pierogi, just like her Grandmother taught her. Learn how to create the dough, mix a traditional, home-style potato filling and practice the technique for rolling, cutting and stuffing the pierogi. And of course, enjoy a taste when you're done!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Jan 9 10:00 AM-2:00 PM M3611A

Group Cooking Classes

Now you can book a private class for your family or friends!

You'll have more time with the chef to absorb skills and techniques, as well as engage in culinary discussions. Create your own theme or menu with the chef, making this perfect for couples, Girls' Night Out, teen groups and more.

Class Length: 2 ½ hours

Location: Fort Monmouth Recreation Center

Cost: \$325.00, 4-10 people, ages 13-adult

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

Info & scheduling: Contact Ann Sage at 848-456-4278, ext. 4, or Ann.Sage@monmouthcountyparks.com.



Homemade Pizza, Stromboli & Zeppole

(adults)

Working with fresh dough, you'll learn the techniques of rolling it to make these delish Italian favorites. Practice hands-on with the chef, as he demonstrates the skills of creating different foods from the same basic dough. Along the way you'll also reinforce measuring, baking and knife skills.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Feb 6 10:00 AM-2:00 PM M4211A

Snow Day Baking

(adults)

What is it about softly falling snow that evokes the urge to bake? One thing is sure, the magnificent aroma of home baked delights always brings a smile. Next snow day, take a break from shoveling to create some sweet recipes to treat your loved ones.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Part 1

When you're stuck indoors, it may seem like your options are few; never fear, we've got recipes you can easily make to turn a snow day into a celebration.

Menu: Sonia's Bermuda Banana Bread, Valerie Bertinelli's Love Cake

Sat, Feb 20 10:00 AM-1:00 PM M5211A

Part 2

Continuing our baking experience from Part 1, we'll up the ante, for those who like to plan ahead. The next time you hear the forecast in inches, head to the store so you'll be ready for these tasty treats!

Menu: Homemade Brownies and Carrot Cake with Homemade Cream Cheese Icing

Sat, Feb 27 10:00 AM-1:00 PM M5411A

Entire Series

Sign up for both sessions and save!

Two Sessions \$89.00 Per Person

Sat, Feb 20-27 10:00 AM-1:00 PM M5511A

United Plates of America

(adults)

Journey through iconic American recipes, practicing new skills for everything from soups and salads to sandwiches, meats and more. Immerse yourself in the distinctive flavors and styles of different regions of the USA, created by ingenious cooks from sea to shining sea. Start up the culinary RV as we hit the road for a foodie adventure!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$45.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Creole

Famous for its fabulous mixture of French, Spanish, West African, Haitian and more, this distinctive cuisine has become iconic around the country. Created by Louisiana's French founders, its signature is an emphasis on rich, flavorful sauces and slow cooking.

Menu Ideas: Shrimp Creole and Red Beans & Rice

Thu, Jan 7 6:00-8:30 PM M3111A

Southwest Tex-Mex

Southwestern cooking is defined by this derivative cuisine inspired by the Tejano people of Texas. Relying on recipes built around cheese, meat, beans, peppers and flour tortillas, it also adds heat by borrowing spices from other cuisines. Try your hand at this fusion of Mexican and American cuisine – and don't forget your water bottle!

Menu Ideas: Sheet Pan Fajitas with all the "fixins" and Chicken Enchilada Bake

Thu, Jan 14 6:00-8:30 PM M3211A

The Far West - California Cuisine

California cuisine is a chef driven "food movement" that focuses on dishes that are guided by locally grown and sustainable ingredients with attention to seasonality. Emphasizing the bounty of its many regions, the dishes focus on recipes low in saturated fats and high in fresh veggies and fruits, while combining lean meats or seafood from the California coast.

Menu Ideas: Shrimp Salad Stuffed Avocado and Napa Valley Cabernet Burgers

Thu, Jan 21 6:00-8:30 PM M3311A

Entire Series

Sign up for the full series and save!

Three Sessions \$105.00 Per Person

Thu, Jan 7-21 6:00-8:30 PM M3411A

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, Feb 20 8:00 AM-4:30 PM Q1111A

Beginner Mahjong

(adults)

Beginners~ shuffle your tiles and build your walls as you play this ancient, fast-paced Asian game. American rules will be followed. Instructional, for Beginners Only.

Seven Sessions \$25.00 Per Person

Fort Monmouth Rec Ctr Prog Room C

Tue, Dec 22-Feb 2 11:30 AM-1:30 PM M0311A

Tue, Feb 16-Mar 30 11:30 AM-1:30 PM M0411A

Thu, Jan 7-Feb 18 11:30 AM-1:30 PM M0511A

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. NOTE: Facial coverings and gloves are strongly encouraged.

Seven Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Atrium

Tue, Dec 22-Feb 2 9:30-11:30 AM M1211A

Tue, Feb 16-Mar 30 9:30-11:30 AM M1311A

Thu, Dec 31-Feb 11 9:30-11:30 AM M1611A

Thu, Feb 25-Apr 8 9:30-11:30 AM M1711A

Thu, Dec 31-Feb 11 11:45 AM-1:45 PM M1811A

Thu, Feb 25-Apr 8 11:45 AM-1:45 PM M1911A

Creative Nonfiction and the Personal Essay

(adults)

If you've ever had a story to tell, and believe that truth is stranger than fiction, than the creative nonfiction, personal essay is the genre for you. Grounded in reality and expressed with the tools of the fiction writer, this type of writing blends your personal experiences with creative flair for an engaging and entertaining piece. The year 2020 has certainly provided a lot of fodder for writing a piece in this genre! With some examples for guidance and a focused topic, you'll transcribe your story through description and reflection to find your voice and shape an enjoyable narrative. Please bring a laptop or notebook to class.

Four Sessions \$55.00 Per Person

Fort Monmouth Rec Ctr Atrium

Sat, Jan 23-Feb 13 9:30-11:00 AM M5611A

Genealogy: Naturalization Records

(ages 14 and up)

Naturalization records are a great source of information to assist you in discovering your family history. You will learn various terms as well as where to find the records. We will also cover the evolving steps required to become naturalized from the 1700s to 1940s. Photos and name changes can also be found in these valuable records.

One Session \$19.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jan 9 2:00-3:30 PM Q1211A

Investigate Your Career Path

(adults)

This course will be a discovery of yourself. Pinpoint your top skills and what you would love to gain from a new career, or rejuvenate your current path. With open and group discussions, you'll be able to talk through career paths and explore your best options. A recent participant of the program said, "Reviewing your career through the lens of pros and cons, provided a way to examine strengths in the workplace and ultimately provided a clear direction or path for each participant."

Six Sessions \$120.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Wed, Jan 20-Feb 24 6:30-8:00 PM A3811A

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 through time. The house inside can get 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 Park Act Ctr

Fri, Dec 11 8:00-9:00 PM IK511A

Save a Life! Basic First Aid

(ages 14 and up)

Attention all parents, coaches, teachers and caretakers, this course is for you! Learn the critical first aid skills needed to respond to and manage an emergency when it arises. Participants will learn techniques such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. You will feel confident as you master these life-saving techniques in this hands-on course taught by certified instructors from the American Safety and Health Institute. Upon completion, participants will receive an ASHI Basic First Aid Completion Card that is valid for two years.

One Session \$55.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Feb 27 10:00 AM-1:00 PM Q0811A

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

Freneau Wds Pk Vis Ctr Prog Room 2

Mon, Jan 25 6:30-10:00 PM Q1311A

Thompson Pk Vis Ctr Beech Room

Mon, Dec 7 6:30-10:00 PM Q0211A

Thu, Jan 7 6:30-10:00 PM Q0311A

Thu, Feb 11 6:30-10:00 PM Q0411A

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 hands-on 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 \$55.00 Per Person

Freneau Wds Pk Vis Ctr Prog Room 2

Thu, Dec 3 7:00-9:30 PM Q1411A

Thompson Pk Vis Ctr Beech Room

Tue, Dec 15 7:00-9:30 PM Q0511A

Thu, Jan 21 7:00-9:30 PM Q0611A

Thu, Feb 25 7:00-9:30 PM Q0711A

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, Jan 16 10:00 AM-12:30 PM.....Q0911A

HEALTH & WELLNESS

Caregiver Workshop Series

(adults)

Caring for a loved one with Alzheimer's or other related Dementia's? Find comfort, camaraderie and support with others on a similar journey.

Program is free, but registration is requested.

Three Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Jan 12-Mar 9 7:00-8:00 PM D1211A

Program meets 1/12, 2/9 & 3/9

Holistic Beauty Workshop:

Hand & Nail Care

(adults)

Our hands do SO much for us! Let's show them some loving! During this workshop, led by Gina Zalewski, you will learn some basics about essential oils, which ones support hand and nail health and also learn how to make and take home a healing salve and a sugar scrub. And, we will show some gratitude for our hands by doing a blessing of the hands and some easy hand yoga techniques. All recipes and supplies are included.

One Session \$25.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Feb 27 10:00-11:15 AM.....A6511A

T'ai 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.

Instructor: Dan Pieniak, International Teacher Trainer

Beginner

The simpler movements will be taught in this class.

Six Sessions \$90.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jan 8-Feb 12 11:30 AM-12:50 PM A6811A

Begin or Review

Appropriate as an introduction for beginners or as a review for returning students.

Manasquan Res Vis Ctr Prog Room 1

Two Sessions \$36.00 Per Person

Tue, Jan 12-19 5:30-7:00 PM A6911A

Four Sessions \$90.00 Per Person

Tue, Feb 2-23 5:30-7:30 PM A6611A

Ongoing

More intermediate level instruction for returning students.

Six Sessions \$90.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jan 8-Feb 12 10:00-11:20 AM.....A6711A

T'ai Chi Performance

(adults)

T'ai Chi will help us find and strengthen our four centers: the center of our focus, the center of our breath, the center of our body and the center of our space in which we move through. Dr. Beys will teach us how to shape shift into the Shaolin five animals of snake, crane, leopard, tiger and dragon through the ancient healing movements of T'ai Chi/Qigong. A final performance will be given on the last day of class.

Five Sessions \$85.00 Per Person

Freneau Woods Pk Vis Ctr Program Room 1

Sat, Jan 23-Feb 20 8:00-9:30 AM.....A7111A

Winter Wellness DIY Toolbox with Essential Oils

(adults)

Yes, winter is coming! Fear of germs and sick days are in the air. Join Gina Zalewski for this hands-on workshop where you'll learn easy and effective ways to help you and your family stay well during the winter months using the plant power of essential oils. Learn how easy it is to make three DIY products that what help you support your wellness naturally! All supplies and recipes will be provided.

One Session \$25.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Jan 23 10:00-11:15 AM A6411A

HORTICULTURE

Carnivorous Plant Terrarium Build

(all ages, 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 materials, and two carnivorous plants.

One Session \$37.00 Per Person

Freneau Wds Pk Vis Ctr Art Room

Mon, Jan 18 10:00-11:00 AM I1611A

Clayton Park Act Ctr Classroom 2

Wed, Feb 10 10:00-11:00 AM I1711A

Essential Garden Skills

(adults)

Are you ready to start your dream garden, but need some pointers and advice to get you going? Join us each season as we cover the essential garden skills necessary to grow a healthy and sustainable garden. Whether you are passionate about fragrant florals, enchanting herbs, or fresh veggies, we have you covered. Let's grow together!

Four Sessions \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Dec 12-Feb 20 11:00 AM-12:15 PM ... H0411A

Program meets 12/12, 1/9, 1/30 & 2/20

Floral Design Club NEW

(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.

One Session \$23.50 Per Session

Deep Cut Gardens Horticultural Center

Fri, Dec 4 4:30-5:45 PM H2611A

Fri, Jan 8 4:30-5:45 PM H2711A

Fri, Feb 12 4:30-5:45 PM H2811A

Entire Series

Register for all three sessions and save!

Three Sessions \$65.00 Per Person

Fri, Dec 4-Feb 12 4:30-5:45 PM H0511A

Foraged Holiday Wreath DIY NEW

(adults)

Join us for this hands-on wreath-making workshop and make one-of-a-kind decor for your house through easy to follow instructions. All necessary materials (foraged greens, twigs, and other natural findings; greenery wire and ribbon) will be provided. Please bring your own clippers.

One Session \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Dec 12 3:30-5:00 PM H1711A

Sun, Dec 13 9:30-11:00 AM H1511A

Sun, Dec 13 1:00-2:30 PM H1611A



Gardening with Wildlife NEW

(adults)

Seemingly a contradiction, gardening with wildlife is actually an ethical and eye-opening concept that will forever change your perspective. Squirrels, birds, snakes, frogs, insects, chipmunks and deer are common garden visitors. Learn how to attract, channel and embrace their presence. We will share success stories and answer all of your questions so you can enjoy your garden in new ways.

One Session \$6.50 Per Person

Deep Cut Gardens Horticultural Center

Sun, Dec 6 10:00-11:15 AM H0211A**Sat, Feb 20 2:00-3:15 PM..... H0911A****Greenhouse Tour from an Evolutionary Perspective** NEW

(adults)

Take a tour with a plant expert and get a more intimate look at the Deep Cut Gardens display greenhouse. Learn about the evolutionary journey plants took as they evolved from their aquatic ancestors and diversified to inhabit even the driest places on the planet. The collection will be used to demonstrate adaptations plants developed that allow them to thrive and establish the vast variety of habitats found across the globe.

One Session \$7.50 Per Person

Deep Cut Gardens Outdoor Area

Sun, Jan 17 10:30-11:30 AM..... H2311A**Herbal Vinegar, Infusions and More** NEW

(adults)

Growing your own herbs is only the first step to a world of possibilities. In this session, we will open the door to the use of herbs in creating piquant, tantalizing tastes, colors and fragrances to elevate the flavor of your salads, soups, vegetables and main courses. Simple and rewarding, flavoring vinegars is the easiest of gardening crafts. Together we will create several different kinds for you to take home and we will share recipes and material for your future creations.

One Session \$12.00 Per Person

Deep Cut Gardens Horticultural Center

Tue, Dec 1 4:30-5:45 PM H0611A**Sat, Dec 5 1:00-2:15 PM..... H0711A****Holly Highlights and Winter Greenery Tour** NEW

(adults)

The garden is whimsical and elegant during the winter months. This tour will help you connect with nature's vitality and discover our collection of hollies and other broadleaf evergreens that enliven the winter landscape. Learn about their care and how you can incorporate them into your landscape.

One Session \$5.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Jan 10 10:30-11:30 AM..... H1911A**Sat, Jan 23 10:30-11:30 AM H1811A****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

Winter: March 21, 2021

Spring: June 20, 2021

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

Hellebore

(Helleborus)

If you're looking to create a four-season garden that offers color and beauty throughout the year, check out the hellebore. These evergreens produce many low clusters of flowers in winter ranging in color from pale pink to burgundy and cream to green.



Beautiful Year-Round

These evergreens have wonderful speckled lobed leaves that offer nice visual interest no matter what time of year it is. Around mid-February to early March clusters of flowers bloom in their rich colors, sometimes visible even under light snow cover, and often last until late May.



No Petals?

Unlike other flowers, hellebores do not have petals, but instead have sepals which serve to protect the flower. After the flower has been pollinated, the sepals of the hellebore actually change color.

How to Plant

Hellebores are shade garden plants that prefer partial to full shade and prefer well-drained soil that is rich with organic matter (be sure to fertilize when planting) and is only slightly alkaline, pairing well with snowdrops and squill. They like some moisture, but do not fare well in soil that is too wet for long periods of time.

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.

Introduction to Seed Propagation *(all ages, under 18 with adult)*

Growing annuals and vegetables from seed can save you a significant amount of money as well as give you access to a vast variety of plants that are not available for sale in the spring. Join us for a hands-on seed germination workshop. We will cover techniques and tools that will help you successfully germinate seeds in your own home. After the workshop, bring your own seeds across the street to Tatum Park to celebrate National Seed Swap Day *(right)*.

One Session \$8.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jan 30 9:15-10:15 PM.....H2511A**Pruning Basics***(adults)*

Winter is the best time to prune in zone 7. Take this class to learn best practices for pruning your woody trees and shrubs. Pruning techniques for both health and beauty will be discussed. You will also learn which plants you should avoid pruning in this season.

One Session \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Feb 11 4:30-6:00 PM.....H1211A**Sat, Feb 13 9:30-11:00 AM.....H1111A****Using Herbs in the Landscape** *(adults)*

Learn how to embrace the special richness and quality of herbs. Textures, foliage colors and softly beautiful flowers with rich historical legacy are ready to enliven your outdoor living spaces. We will cover a range of design environments, plant needs, and selection, and share practical knowledge.

One Session \$11.00 Per Person

Deep Cut Gardens Horticultural Center

How to design and grow gardens of herbal annuals, perennials and shrubs

Sun, Jan 31 10:00-11:15 AM.....H0311A**Sat, Feb 27 10:00-11:15 AM.....H1011A****National Seed Swap Day****Saturday, January 30, 10:30 AM-12:00 PM**

Tatum Park Red Hill Activity Center

Do you find yourself getting excited to start up the garden again, or maybe you have some leftover seeds that you don't need anymore?

Bring those seeds and join us at the Park System's first ever Seed Swap! Vegetable, annual, perennial and native seeds are all welcome; please no invasive species.

Bring your seeds in sealed envelopes or Ziploc bags, labeled with their plant name as well as if the seeds were store bought (with the year) or hand collected (source location and year).

A minimum of five seeds are required per item. All seed swappers will take home a native flower seed freebie. Upon arrival you'll receive one ticket per swap item that you bring, then feel free to exchange the ticket(s) for other seeds present.

For more information, call 732-872-2670.

NATURE

Intro to Fly Tying*(ages 17 and up)*

Fly tying is an art dating back to the early 1500s, combining a fisherman's knowledge and an artist's touch. Learn the basic methods and techniques used in tying these functional pieces of art. No prior fishing or tying experience is required; we will provide the tools, instruction and supplies.

One Session \$17.50 Per Person

Manasquan Res Env Ctr

Sun, Dec 6 10:00 AM-12:00 PM I1211A**Wed, Jan 13 10:00 AM-12:00 PM I1311A***Wondrous Winter Walks**(all ages, under 18 with adult)*

Nature walks are like snowflakes, each one is unique in its own way. Toss on your winter gear and tag along with a Park Naturalist as you explore the serenity that is nature in the wintertime. Please Note: Sturdy footwear recommended, trails used may have inclines or tree roots to step over.

**Join us on the following Wednesdays
from 10:00-11:30 AM:**

December 2 - Huber Wds Env Ctr Parking Lot

December 16 - Manasquan Res Env Ctr Parking Lot

January 13 - Freneau Wds Pk Vis Ctr Parking Area

January 27 - Thompson Pk Old Orchard Parking Lot

February 10 - Clayton Pk Parking Lot

February 24 - Big Brook Pk Parking Lot

*I've loved this
place since I
was 9. The trails
are fun and the
landscape is
beautiful.*

-Google Review
of Manasquan
Reservoir

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.

Knobbed Whelks of the Jersey Shore**Thursday, December 17, 7:00-8:00 PM**

Bayshore Waterfront Park Activity Center

Did you know that whelks are not only really interesting spiral shells to find, but the official state shell of New Jersey? Discover more about this large interesting sea creature of the Jersey Shore as we dive into everything about marine gastropods.

Red-Tailed Hawks in Monmouth County**Thursday, January 21, 7:00-8:00 PM**

Freneau Woods Park Visitor Center

Red-tailed hawks are one of our largest and most common hawk in New Jersey, often seen soaring in the sky. Yet many people today do not know a thing about this beautiful bird other than it has a red tail. Join us for an interesting talk about hawks and raptors and why does a red-tailed hawk have a red tail. It promises to be an interesting evening.

Captain Kidd and His Buried Treasure**Thursday, February 18, 7:00-8:00 PM**

Bayshore Waterfront Park Activity Center

While you may know a thing or two about pirates and Captain Kidd, many people are unaware of the role New Jersey, and especially Raritan Bay, played in the lives of many pirate legends in the late 17th and early 18th centuries, including Captain Kidd and his crew. Batten Down The Hatches and join us for a fun and interesting talk about pirates and their treasure along the shores of Monmouth County.

Morning Bird Walks in Monmouth County NEW

(adults)

Experience the best of morning bird activity with a Park System Naturalist. Monmouth County hosts a wide variety of wildlife year-round 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. Please dress for the weather and wear comfortable walking shoes. Bring binoculars if you have them. Please arrive and check-in 10 minutes before the start of the program.

One Session \$2.00 Per Person

Big Brook Pk Parking Lot

Sat, Feb 27 9:00-10:00 AM (approx).....IKR11A

Freneau Wds Pk Vis Ctr Parking Area

Sat, Dec 5 9:00-10:00 AM (approx).....IKM11A

Sat, Jan 23 9:00-10:00 AM (approx).....IKP11A

Sat, Feb 20 9:00-10:00 AM (approx).....IKQ11A

Seven Presidents Pk Pavilion

Sat, Jan 9 9:00-10:00 AM (approx).....IKN11A

Wildlife Trivia Night Free

(ages 14 and up, with adult)

Join the Monmouth County Park System's naturalist staff for an afternoon of wildlife trivia at the Manasquan Reservoir Environmental Center. Get down with your animal self and test your animal instincts with our wildlife trivia. For best results each team should consist of 3-5 players. Free! Pre-registration required. Questions will be based on local NJ wildlife, flora and fauna. This is a free program; however, pre-registration is required.

One Session FREE!

Manasquan Res Env Ctr

Sat, Dec 19 2:00-3:00 PM PI011A

Sat, Jan 16 2:00-3:00 PM PI021A

Sat, Feb 20 2:00-3:00 PM PI031A

Wines and Pines

(ages 21 and up)

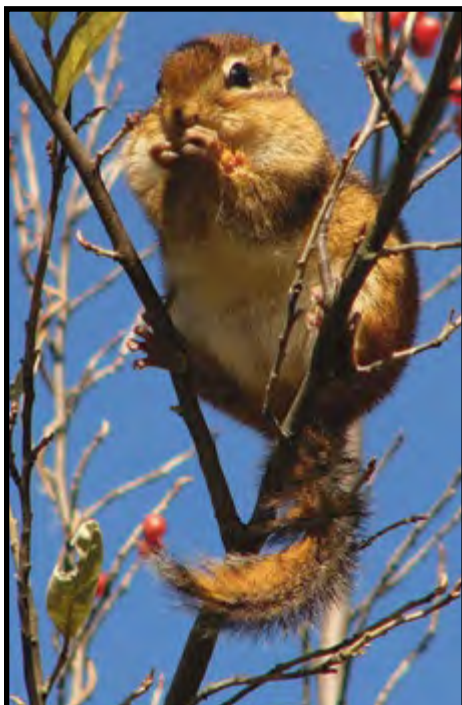
Explore Monmouth County as we combine two activities which complement each other excellently: hiking and wine tasting! Take a 90-minute hike with a Park System Naturalist, where we will explore and learn about the nature around us. Then, to celebrate our hard work, participants can drive a quick five minutes to Cream Ridge Winery and join us for an optional picnic and wine tasting (\$5-\$10; pay on your own). Trip to the winery is contingent on facility being open for business.

One Session \$10.00 Per Person

Clayton Park

Sun, Dec 6 1:00-2:30 PM (approx) IKA11A

Sat, Feb 13 1:00-2:30 PM (approx) IKB11A



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

Winter: March 21, 2021

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.

Winter Wildlife Expedition - Sandy Hook Gateway National Recreation Area

(ages 14 and up, with adult)

Discuss winter wildlife with a Park System Naturalist as we venture to observe what wildlife Sandy Hook National Park has to offer in the winter. With a robust population of harbor seals that spend their winters on the Jersey shore as well as many migrating waterfowl we expect to see lots of wildlife. A spotting scope and binoculars will be available to borrow, or bring your own. Be sure to dress for the weather.

One Session \$15.00 Per Person

Sandy Hook Parking Lot C

Sat, Feb 27 1:00-4:00 PM.....I0111A

Cross-Country Ski Experience

(adults)

Get outside this winter and experience the Olympic sport of cross-country skiing. Our Outdoor Adventures staff will guide you through everything you need to know to get you gliding on the snow like a pro. This program will run with or without snow. In the event of no snow, we will use our custom ski-mats to simulate snow. All ski equipment is provided.

One Session \$27.00 Per Person

Thompson Pk Ski Hut

Sat, Dec 19 9:00-11:00 AM W2811A

Sun, Jan 3 1:00-3:00 PM W2911A

Sat, Jan 23 9:00-11:00 AM W3011A

Sun, Feb 7 1:00-3:00 PM W3111A

OUTDOOR ADVENTURES

Choosing the Right Hike for You

Monmouth County Park System's Outdoor Adventures division offers a variety of hiking opportunities of varying difficulty. 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, contact Jan Galanti (732-842-4000, ext. 4238) for information, guidance and suggestions for self-evaluation by hiking local trails.

Evening Night Hike

(adults)

No need to be afraid of the dark on this hike. The full Wolf Moon will help light our way as we discover the beauty of a winter hike at Thompson Park. After our hike we will enjoy sitting around the campfire ring. Please feel free to bring your own s'mores supplies for an extra treat. Hiking boots are required, and headlamps/flashlights are encouraged. Dress in warm layers as this is an outside program. Snowshoes will be provided if we have snow.

Rating: Easy; icy, snowy, muddy trails, flat. Miles: 2-4

One Session \$15.00 Per Person

Thompson Pk 3 Barns Parking Lot

Fri, Jan 29 4:30-7:00 PM W1811A

Ladies Winter Hiking Club

(adults)

Don't let the cold temperatures of winter keep you indoors! Join us as we tackle the trails during one of the most beautiful seasons outdoors. We will meet you at a different park each week for this winter adventure. Hiking boots required, trekking poles and yak tracks recommended.

Rating: Easy/moderate, sandy, rocky, some hills, fields, muddy, icy, or snowy trails. Miles: 2-4

Eight Sessions \$86.00 Per Person

1/6 - Thompson Pk Estate Grounds Parking Lot

1/13 - Shark River Pk Shelter Bldg

1/20 - Huber Wds Env Ctr Parking Lot

1/27 - Holmdel Pk Lake

2/3 - Thompson Pk 3 Barns Parking Lot

2/10 - Tatum Pk Holland Act Ctr Parking Area

2/17 - Clayton Pk Parking Lot

2/24 - Hartshorne Wds Rocky Point Parking Lot

Wed, Jan 6-Feb 24 10:00 AM-12:00 PM...W0911A

Snow Moon Cross-Country Ski *(adults)*

Experience a new adventure as we ski under February's Full Snow Moon at Thompson Park, home to over 10 miles of groomed trails. This program is for our more seasoned cross-country skiers and is snow dependent. Participants are welcome to bring their own warm drinks and s'mores ingredients to finish off the evening. Cross-country ski equipment can be provided; please provide shoe size and height at registration. Be sure to wear non-cotton layers to keep warm during this outdoor program; headlamps are recommended.

Rating: Easy/moderate. Miles: 2-5

One Session \$25.00 Per Person

Thompson Pk 3 Barns Parking Lot

Fri, Feb 26 5:30-8:00 PM W2011A

Women's Wilderness Empowerment Winter Experience

(adults)

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. Stick around after each adventure for coffee and a snack provided by the Monmouth County Park System. Register a friend and receive a discount!

One Session \$30.00 Per Person \$25.00 Additional Person

Cross-Country Skiing

If there is no snow we will learn on our ski mats.

Thompson Pk Ski Hut

Wed, Feb 3 10:00 AM-12:30 PM. W0611X

Intro to Archery

Thompson Pk Activity Barn

Wed, Feb 10 10:00 AM-12:30 PM W0511X

Winter Hiking & Survival Skills

Hartshorne Wds Claypit Creek Parking Lot

Wed, Feb 17 10:00 AM-12:30 PM W0711X

PERFORMING ARTS

Adult Tap

(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, Jan 12-Mar 16 6:15-7:00 PM A6111A

Scene Study for Non-Actors

(adults)

Do you like to dream, create, write and read stories? In this class we will work with a partner to choose a scene from our favorite play, movie or TV show to bring to life. There will be no pressure as we take to the stage to read/perform our scenes. We will learn how to work together, build our stage confidence and simply have fun as we bring our scenes to life. Choose your own scene or ask us to choose one for you.

Four Sessions \$50.00 Per Person

Freneau Wds Pk Vis Ctr Prog Room 1

Fri, Feb 5-26 6:30-8:00 PM A1411A

Square Dancing - Level 1

(adults)

Find out why so many people have so much fun being "squares". No prior experience needed. Taught by Larry Sherwood and members of the Middletown Ramblers.

Twelve Sessions \$50.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Jan 12-Mar 30 7:15-9:15 PM A5111A

Cross-Country Ski & Snowshoe Rentals

Cross-country ski and snowshoe equipment are available for rent on a first come, first served basis at the Thompson Park Ski Hut, when conditions permit.

Visit our website for conditions and modified hours.

December 15, 2020-March 15, 2021, 9:00 AM-5:00 PM

(closed December 25, 2020)

Equipment must be returned by 5:00 PM.

Ski Equipment: \$20.00 per person (Children 8 & Under: \$15.00)

Snowshoes: \$15.00 per person

For more information, call 732-842-4000, ext. 4312.

Table Read: Bus Stop by William Inge

(adults)

A snowstorm hits and strands bus passengers in a rural Kansas City diner over night. See what unfolds overnight in this Tony Award nominated 1955 William Inge play as we gather around the table to bring this story to life. Parts will be distributed one week prior to the read.

One Session \$25.00 Per Person

Freneau Wds Pk Vis Ctr Prog Room 1

Sun, Feb 28 1:00-4:00 PM A1511A

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? Contact us at 848-456-4278, ext. 2#.

Cost: \$5.00 Per Person, Per Session

Co-ed Basketball 20 & Up

(ages 20 and up)

Mondays, January 4-February 22, 8:00-10:00 PM

Men's Basketball

Sundays, January 10-February 28, 8:00-10:00 AM

Open Gym

(all ages, under 16 with adult)

Schedule varies. Please visit the Fort Monmouth Recreation Area page of our website 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

Six Sessions \$72.00 Per Person

Thu, Tue, Dec 3-22 5:30-6:30 PM X7511X

Twelve Sessions \$144.00 Per Person

Tue, Thu, Jan 12-Feb 18 5:30-6:30 PM X7611X

Belly Dancing: Fun & Fitness

(adults)

By request, this is Belly Dance for students that love Belly Dance and want to keep moving and dancing instead of repeating the beginner class! In this hour-long class, we will continue to practice our belly dance, work on combos, traveling, and dancing with props, such as veils and zills. Improve flexibility, coordination, and strength as we engage the arms, legs, hips, and core for a total body workout. Low Pressure, friendly, supportive dance class for those that love to dance - some belly dance experience recommended, this is not an intro class! Instructor will take requests from students on skills they wish to improve. Please dress comfortably and be prepared to dance barefoot, in socks or in dance shoes.

Nine Sessions \$108.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Jan 21-Mar 18 7:35-8:45 PM X9111X

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

Eleven Sessions \$132.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 5-Mar 16 7:30-9:00 PM X8911X

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.

Instructor: Jodi Kondracki

Eight Sessions \$72.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Jan 7-Feb 25 10:45-11:30 AM X8311A

Juggling Fun

(ages 12 and up)

Are you looking to learn how to juggle, or improve your juggling skills? Look no further! Learn how to juggle from an ex-Ringling Brothers Circus Pro! Juggling is a great way to exercise and improve your hand/eye coordination. This program is designed for people with little or no juggling experience. Learn basic juggling skills, including the three-ball cascade. You will also craft your own juggling balls, which are yours to keep.

One Session \$24.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Jan 5 6:00-7:30 PM Q0111A

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

Eight Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 4-Mar 8 9:30-10:30 AM X8111X

No class 1/18 & 2/15

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

Seven Sessions \$91.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Jan 9-Feb 20 8:00-9:00 AM X7711X

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.

Instructor: Jodi Kondracki

Eight Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 4-Mar 8 10:30-11:30 AM X8411X

No class 1/18 & 2/15

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: Jodi Kondracki

Eight Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Jan 7-Feb 25 9:30-10:30 AM X8211X

Instructor: Ellen Slattery

Twelve Sessions \$144.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Wed, Jan 4-Feb 10 7:15-8:15 PM X7911X

Mon, Wed, Feb 22-Mar 31 7:15-8:15 PM ... X8511X

Tatum Pk Holland Act Ctr

Tue, Thu, Jan 5-Feb 11 6:30-7:30 PM X8011X

Tue, Thu, Feb 23-Apr 1 6:30-7:30 PM X8611X

TENNIS

Indoor Tennis

(adults)

Don't let your skills get rusty in the off season! Focus on positioning and shot selection, as well as improving technique and ball control through drills and games. Class size is limited to allow for individual attention.

Five Sessions \$140.00 Per Person

Intermediate

Colts Neck Racquet Club

Wed, Jan 6-Feb 3 5:00-5:55 PM X7111A

Wed, Jan 6-Feb 3 6:00-6:55 PM X7211A

Wed, Feb 10-Mar 10 5:00-5:55 PM X7311A

Wed, Feb 10-Mar 10 6:00-6:55 PM X7411A

VOLLEYBALL

Indoor Winter 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 team will receive t-shirts. 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, Jan 6-Mar 17 6:30-9:00 PM X7011A

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 and a towel or blanket.

Eight Sessions \$104.00 Per Person

Instructor: Talena Ward

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 4-Mar 8 6:00-7:00 PM X1011X

No class 1/18 & 2/15

Thu, Jan 7-Feb 25 6:00-7:00 PM X0911X

Instructor: Kimberly Buono

Freneau Wds Pk Vis Ctr Prog Room 1

Sun, Jan 10-Feb 28 10:30-11:30 AM X2711X

Instructor: Lisa Mandragona

Ten Sessions \$130.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Jan 7-Mar 11 11:00 AM-12:00 PM X0311X

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

Eight Sessions \$104.00 Per Person

Thompson Pk Vis Ctr Beech Room

Fri, Jan 8-Feb 26 9:30-10:30 AM X1111X

Candlelit Yoga

(adults)

Dissolve into deep relaxation and muscle relief through the use of props, bolsters and blankets. Poses will move slowly and be held for minutes at a time, to penetrate deep connective tissue and energy centers of the body (nadis). Listen to the sound of ocean waves, as we visit the poses completely supported under candlelight and allow the nervous system to unwind. Weather permitting, yoga is on the boardwalk or beach. In case of cold or inclement weather, class is in the Activity Center.

Instructor: Shannon Nelson, 200hr Certified Yoga Teacher & Owner of Seeking Self Yoga & Meditation

Eight Sessions \$104.00 Per Person

Seven Presidents Pk Act Ctr

Thu, Jan 7-Feb 25 7:45-8:45 PM X9211X

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

Eight Sessions \$104.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Jan 6-Feb 24 7:00-8:15 PM X1411X

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, Certified Kripalu Yoga Instructor

Eight Sessions \$104.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 4-Mar 8 7:00-8:00 PM. X0711X

No class 1/18 & 2/15

Easy Morning Yoga

(adults)

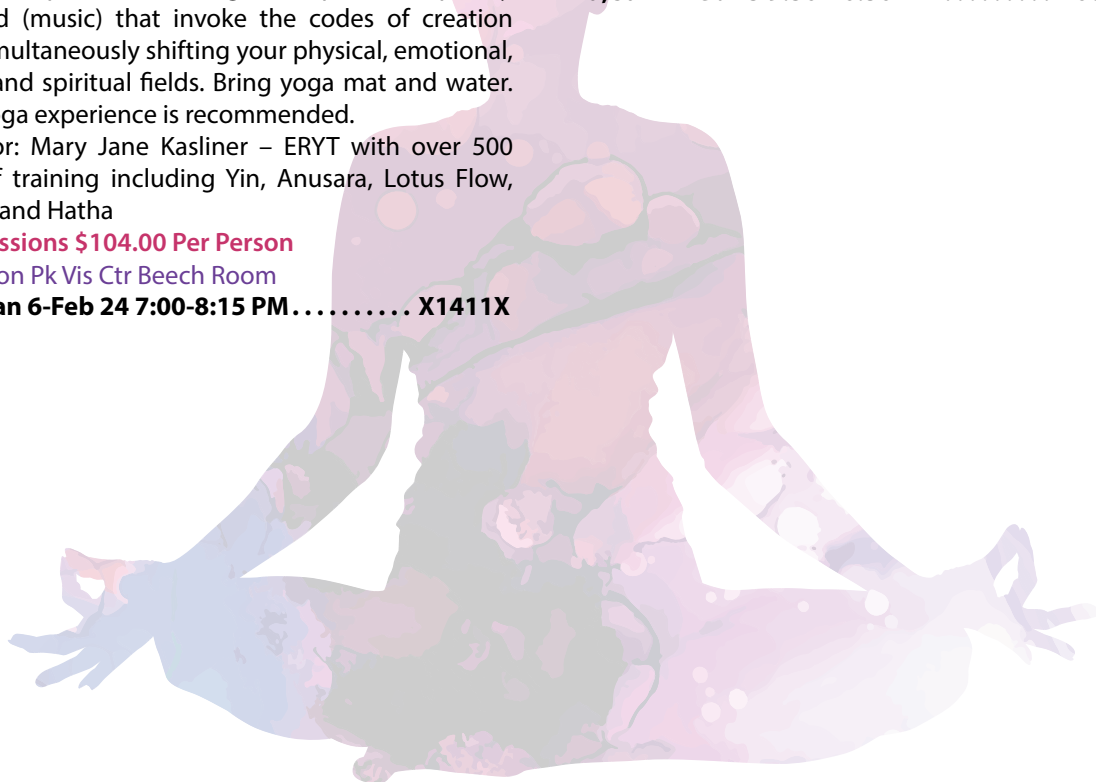
Experience the benefits of waking up to yoga by taking your morning stretch one step further. This class will take you through a variety of asanas (postures) that help develop strength, flexibility and balance, and is designed for all body types, ages and fitness levels. Bring a yoga mat if you have one.

Instructor: Talena Ward, Certified Kripalu Yoga Instructor

Eight Sessions \$104.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Jan 7-Feb 25 9:30-10:30 AM X0811X



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

Tue, Jan 5-Mar 9 10:00-11:00 AM X0511X

Tatum Pk Red Hill Act Ctr

Thu, Jan 7-Mar 11 6:45-7:45 PM X0411X

Meditation for Sleep

(adults)

According to the Centers for Disease Control (CDC), more than one third of American adults are not getting enough sleep leading to physical and mental health problems. Meditation can help relax the mind to prepare for restorative and restful sleep. In this class, learn and practice meditation techniques to aid an improved sleep routine.

Instructor: Tiffany McCann

Eight Sessions \$104.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Jan 4-Mar 8 7:30-8:30 PM. X1511X

No class 11/18 & 2/15

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 \$130.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Jan 7-Mar 11 10:00-11:00 AM X2611A

Ocean Oracle Yoga

(adults)

Join us on Mondays to move into your week with grace and intention. This class begins with a slow yoga flow to open up our bodies, followed by poses that intensify our yin, or reflective, energy. In the second half of class, you'll learn how to connect to your spirit guides and allow them to reveal which oracle, or message, you are most in need of hearing each particular week. Through journaling, we will delve deeper into our reading and ourselves. Class culminates with relaxing yoga nidra or guided meditation. (Please bring own journal).

Instructor: Shannon Nelson

Six Sessions \$81.00 Per Person

Seven Presidents Pk Act Ctr

Mon, Jan 11-Mar 1 6:15-7:30 PM X2811A

No class 1/18 & 2/15

Prana Flow Yoga - Activating Flow

(adults)

Wake up the core as we cultivate strength and stability in the seat of our physical, mental and spiritual self. We will strive for poses that challenge and help us break through to a new level in this fun and engaging core workout. Yoga is a practice that meets you where you are, whether new to yoga or a seasoned practitioner. Please bring a yoga mat and water.

Instructor: Tiffany McCann, certified in Prana Flow Yoga (developed by Shiva Rea)

Eight Sessions \$104.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Jan 5-Feb 23 9:15-10:45 AM X1211X



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 mind 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

Eight Sessions \$108.00 Per Person

Seven Presidents Pk Act Ctr

Tue, Jan 5-Feb 23 6:30-7:45 PM..... X2211X

Seeking Self Yoga

(adults)

Seeking Self Yoga aims to expand our awareness of who we are in our deepest layers of self through philosophical inquiry and movement. Shannon will guide you through a breath-oriented yoga flow and meditation, beginning and ending each session with Eastern philosophy. If you are interested in deepening your connection with your body, thoughts, and heart space, this is the class for you.

Instructor: Shannon Nelson, 200hr Certified Yoga Teacher & Owner of Seeking Self Yoga & Meditation

Six Sessions \$81.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 13-Feb 17 6:15-7:30 PM..... X2011X

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.

Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including the Chakras, Meditation, Yin, Anusara and Lotus Flow.

Six Sessions \$81.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Jan 4-Feb 22 7:00-8:15 PM..... X2111X

No class 1/18 & 2/15

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 \$130.00 Per Person

Tatum Pk Holland Act Ctr

Tue, Jan 5-Mar 9 11:00 AM-12:00 PM X0611X

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.

Instructor: Mary Jane Kasliner – ERYT200+ with over 500 hours of training including the Chakras, Meditation, Yin, Anusara, and Lotus Flow

Eight Sessions \$108.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Jan 6-Feb 24 9:30-10:45 AM X2311X

Yoga 4 Anxiety

(adults)

Anxiety is a unique and individual experience based on how we perceive and react to stress or any given situation. In this six week series, learn simple practices and routines to assist in managing your anxiety. Through breathwork, meditation, journaling, yoga nidra, and slow movement you will be guided through a weekly practice that you can take home with you.

Instructor: Shannon Nelson, Clinical Mental Health graduate student, 200hr Certified Yoga Teacher, + 500 hrs of ancient Himalayan Hatha yoga tradition, & Owner of Seeking Self Yoga & Meditation

One Session \$78.00 Per Person

Seven Presidents Pk Act Ctr

Mon, Jan 4-Feb 22 10:00-11:00 AM X9311A

No class 1/18 & 2/15

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. Please bring a yoga mat, a towel or blanket, and water.

Instructor: Barbara Sager, 1,200-hour Certified Yoga Therapist, registered with the International Association of Yoga Therapists

Twelve Sessions \$156.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Jan 9-Mar 27 8:00-9:30 AM X1311X

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. Please bring a yoga mat, blanket/large beach towel and bottled water for hydration.

Please 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.

Instructor: Sonya Burke, RYT Yoga Alliance Certified

Eight Sessions \$108.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Jan 15-Mar 5 10:00-11:30 AM X1911A

Tatum Pk Red Hill Act Ctr

Tue, Jan 12-Mar 2 10:30 AM-12:00 PM X1811A

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)

Seven Sessions \$91.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Jan 9-Feb 20 9:00-10:00 AM. X7811X

ZUMBA**Brand New to Zumba***(adults)*

Zumba class specifically designed for people brand new to Zumba Fitness. In this introductory class, the instructor will break down some of the most common steps and movements used in Zumba. We will then practice the moves to build muscle memory and physical fitness, and then learn and practice Zumba routines using the moves we have learned. This is a moderate, low-impact beginner class, perfect for people that have always wanted to try Zumba, and for people that love to dance but have no experience with dance fitness classes. Dress in comfortable exercise clothes and sneakers.

Instructor: Eryka Andrex

Seven Sessions \$84.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Jan 13-Feb 24 6:00-7:00 PM. X9011A

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 re-energize while having FUN! All you need are sneakers, comfortable clothing, water and a ready-to-move attitude!

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Nine Sessions \$108.00 Per Person

Thu, Jan 21-Mar 18 6:30-7:30 PM. X8811X

Eleven Sessions \$132.00 Per Person

Tue, Jan 5-Mar 16 6:15-7:15 PM. X8711X

EQUESTRIAN

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

Fri, Nov 20-Jan 29 3:00-4:00 PM. V1104A

No class 11/27, 12/25 & 1/1

Fri, Nov 20-Jan 29 4:30-5:30 PM. V1204A

No class 11/27, 12/25 & 1/1

Fri, Feb 19-Apr 9 3:00-4:00 PM. V0111A

Fri, Feb 19-Apr 9 4:30-5:30 PM. V0211A

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#.

Check out the variety of amenities available in your local Monmouth County parks!

	Campground (Apr-Nov)	Canoe/Kayak Access	Disc Golf	Environmental Center	Facility/Picnic Rentals	Fishing Access	FootGolf	Golf	Historic Site Location	Off-Leash Dog Area	Playground	Trails (easy)	Trails (moderate)	Trails (challenging)	Trails (fitness)	Trails (nature)
Bayshore Waterfront Park		x			x	x			x							
Bel-Aire Golf Course							x	x								
Big Brook Park											x	x				
Charleston Springs Golf Course								x					x			
Clayton Park											x	x				
Crosswicks Creek Park		x				x							x			
Deep Cut Gardens					x						x					
Dorbrook Recreation Area					x					x	x					
Fisherman's Cove		x			x	x										
Fort Monmouth Rec Center					x											
Freneau Woods Park						x					x	x				
Hartshorne Woods Park						x			x							
Henry Hudson Trail																
Holmdel Park					x	x					x	x	x	x	x	x
Hominy Hill Golf Course								x				x				
Howell Park Golf Course		x						x								
Huber Woods Park				x	x						x	x	x			x
Historic Longstreet Farm					x				x							
Manasquan Reservoir		x		x	x	x					x	x	x			x
Manasquan River Greenway		x				x							x			
Mount Mitchill Scenic Overlook											x					
Perrineville Lake Park		x			x	x							x			
Pine Brook Golf Course							x	x								
Seven Presidents		x			x	x					x					
Shark River Golf Course								x								
Shark River Park		x			x	x					x	x	x	x	x	
Sunnyside Equestrian Center												x				
Swimming River Park		x														
Tatum Park					x						x	x	x			
Thompson Park		x			x	x				x	x	x	x			
Turkey Swamp Park	x	x			x	x					x	x	x		x	
Union Transportation Trail												x				
Historic Walnford					x	x			x							
Weltz Park												x				
Wickatunk Recreation Area																
Wolf Hill Recreation Area			x							x						

For more information about these and other activities and facilities available in your Monmouth County parks, visit us at www.MonmouthCountyParks.com.

Monmouth County Park Locations

PARKS/HISTORIC SITES

- Baysholm Tract†**, Burlington Road, Freehold 732-431-4664
- Bayshore 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
- Dorbrook Recreation Area**, Route 537, Colts Neck 732-542-1642 or 1643
- East Freehold Showgrounds**, Kozloski Road, Freehold 732-842-4000, 732-431-4664
- Fisherman's Cove Conservation Area***, Third Avenue, Manasquan 732-922-4080 or 3868
- Fort Monmouth Recreation Area**, Guam Lane, Tinton Falls 848-456-4278
- Freneau Woods Park†**, 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 Reservoir**, Windeler Road, Howell 732-751-9453, 732-919-0996
- Manasquan River Greenway***, Freehold to Howell 732-462-7286 or 732-919-0996
- Metedeconk River Greenway†**, Freehold to Howell 732-462-7286 or 9265
- Monmouth Cove Marina**, Port Monmouth Road, Port Monmouth 732-495-9440
- Mount Mitchell Scenic Overlook**, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670
- 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
- Tatum Park**, Red Hill Road, Middletown 732-671-6050 or 1987
- Thompson Park**, Newman Springs Road, Lincroft 732-842-4000
- Turkey Swamp Park**, Georgia Road, Freehold 732-462-7286 or 9265
- Union Transportation Trail***, Upper Freehold 609-259-5794
- Historic Wainford**, Wainford Road, Upper Freehold 609-259-6275
- Weltz Park***, West Park Avenue, Ocean 732-229-7025
- Wickatunk Recreation Area†**, Rt. 79, Marlboro 732-946-9562
- Wolf Hill Recreation Area**, Eatontown Boulevard, Oceanport 732-229-7025
- Yellow Brook Tract†**, Highway 33, Howell 732-751-9453 or 732-919-0996

* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.
† Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.

GOLF COURSES

- Bel-Aire Golf Course**, Allaire Road, Wall 732-449-6024
- Charleston Springs Golf Course**, Smithburg Road, Millstone 732-409-7227
- Hominy Hill Golf Course**, Mercer Road, Colts Neck 732-462-9222
- Howell Park Golf Course**, Preventorium Road, Howell 732-938-4771
- Pine Brook Golf Course**, Covered Bridge Boulevard, Manalapan 732-536-7272
- Shark River Golf Course**, Old Corlies Avenue, Neptune 732-922-4141



Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.

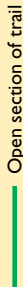
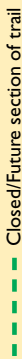


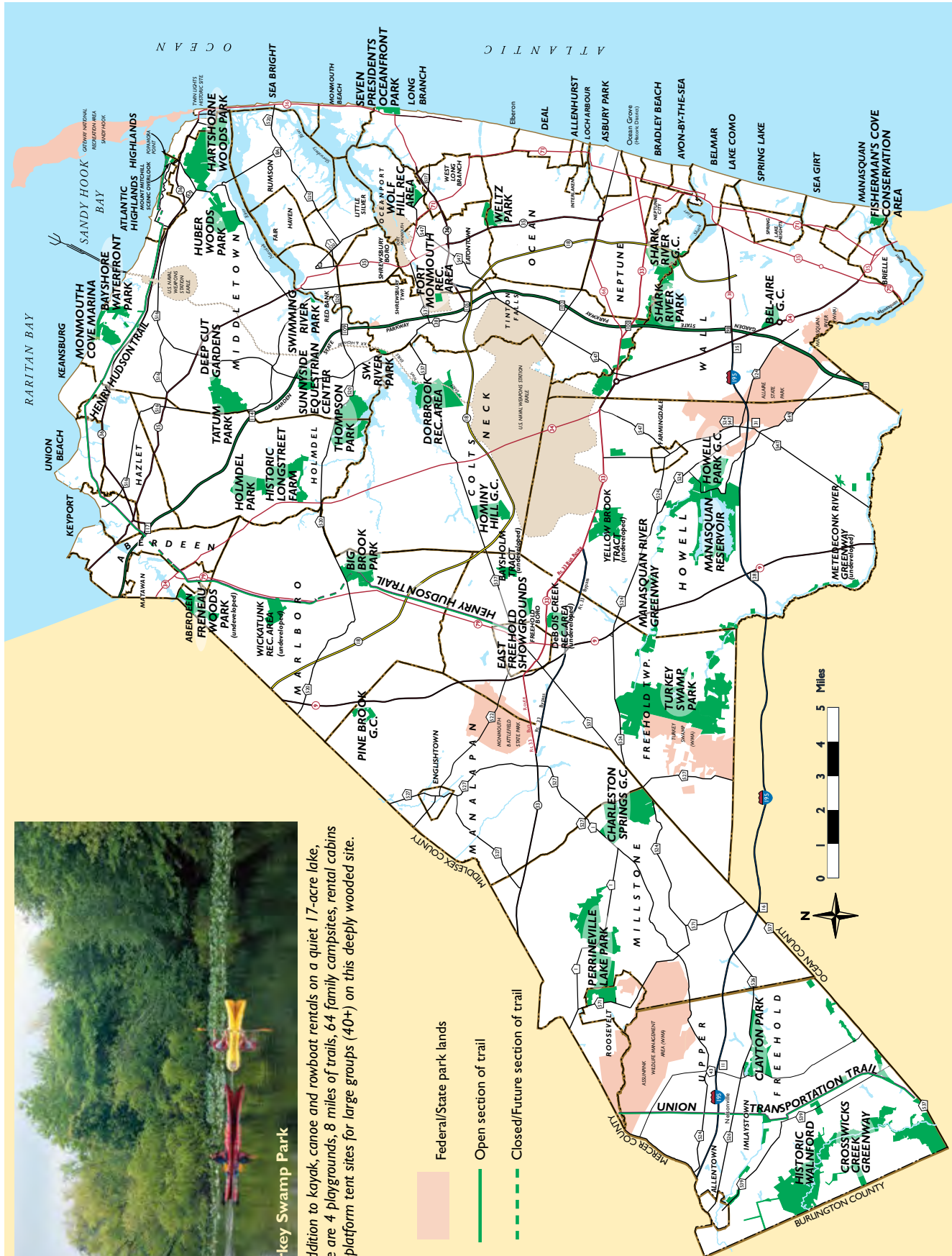
Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.



Turkey Swamp Park

In addition to kayak, canoe and rowboat rentals on a quiet 17-acre lake, there are 4 playgrounds, 8 miles of trails, 64 family campsites, rental cabins and platform tent sites for large groups (40+) on this deeply wooded site.

-  Federal/State park lands
-  Open section of trail
-  Closed/Future section of trail



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 45 days advance notice, less a \$25 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)

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 November 4. Visit the "Program Registration" page at www.MonmouthCountyParks.com to become a registered user.
- **By Phone** beginning at 8:00 AM on November 4. Call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM. Persons with hearing/speech impairment: TTY/TDD# is 711.
- **By Mail** beginning at 8:00 AM on November 4. Send the Registration Form (next page) with 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 Phone

Evening Phone

Payment Method: ☐ Check ☐ Visa ☐ MasterCard ☐ Discover

Card Number

Expiration Date

CVV (last 3 digits in
signature strip on
back of card)

Do you require any special accommodations to participate in this program/activity? ☐ Yes ☐ No

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

SPUR



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, 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 & Sunday, December 5 & 6, 11:00 AM-4:00 PM
Thompson Park Creative Arts Center, Lincroft
- Each year we are proud to showcase the work of our talented students and instructors.
- Kick off your holiday shopping or find the perfect piece for your home made by local artists.
- Exhibit will remain open with limited hours through Sunday, December 12.

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-building, raku and wheel-thrown pottery



For more information contact Barbara Zarella at
bzarella@monmouthcountyparks.com or
732-842-4000, ext. 4253





Monmouth County Park System
805 Newman Springs Road
Lincroft, NJ 07738

DECEMBER 2020

Creative Arts Center Student & Instructor Exhibit & Sale

Saturday & Sunday, December 5 & 6
11:00 AM-4:00 PM
Thompson Park Creative Arts
Center, Lincroft

Visit with Santa

Saturday & Sunday,
December 19 & 20
(pre-registration required)
Historic Longstreet Farm, Holmdel

JANUARY 2021

Photography Exhibit

January 1-31
10:00 AM-4:00 PM
Deep Cut Gardens, Middletown

Seashore Open House

Sunday, January 20
1:00-4:00 PM
Seven Presidents Oceanfront Park,
Long Branch

FEBRUARY 2021

Photography Exhibit

February 1-28
10:00 AM-4:00 PM
Manasquan Reservoir
Environmental Center, Howell



INFO: 732-842-4000, ext. 4312 • MONMOUTHCOUNTYPARKS.COM



Board of County Commissioners:

Thomas A. Arnone, Director • Susan M. Kiley, Deputy Director
Lillian G. Burry • Patrick Impreveduto • Dominick "Nick" DiRocco

Board of Recreation Commissioners:

Kevin Mandeville, Chairman • Michael G. Harmon, Vice Chairman
Violeta Peters • Thomas E. Hennessy, Jr. • David W. Horsnall
Mark E. Zelina • Patricia M. Butch • Thomas Adcock
Glen Mendez • James J. Truncer, Secretary-Director

