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*To register for programs starting November 10 at 8 a.m., call 732-842-4000, ext. 1,
Monday-Friday from 8:00 AM-4:30 PM.*

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

Find us on Social Media:



Icon Key



New Program



Free Program



Beachcombing on a Winter Day

The following appeared in the Winter 2014 issue of our Green Heritage Newsletter.

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

Winter and spring are actually two of the best seasons to go beachcombing. The coastline from Raritan Bay to the Manasquan Inlet is full of potential if you are looking for natural treasures in the sand.

Cold weather means there are fewer beach visitors to take home interesting finds. Plus, the machines that rake or clean the sand (and inadvertently remove shells and artifacts) don't operate during the winter.

Most importantly, winter storms and nor'easters help scour the beach. This will expose older shells underneath the sand and wash up the remains of unseen life including fish bones, empty egg cases, and vacant dwellings from sea urchins, snails, clams and coral.

Coastal remains that are washed ashore by high tides and churning waves are vestiges of an underwater environment that is often unseen. Here are some curious finds discovered by naturalists during winter and early spring at Bayshore Waterfront Park, Seven Presidents Oceanfront Park, Fisherman's Cove Conservation Area, and other nearby beaches.

Bodies of Seahorses and Pipefish

Northern lined seahorses live in the shallow coastal waters of Monmouth County. Since seahorses are poor swimmers, you may find a few carcasses washed up after a particularly harsh storm.



Northern pipefish are stretched out, slender fish related to seahorses. Just like their cousins, pipefish live in shallow waters and their remains might also wash up after a storm.



Outer Skeletons of Sea Urchins, Sea Stars, Sponges and Coral



Purple sea urchins are small, round creatures with a hard exoskeleton that resembles a pin cushion. When alive, it is covered with spines that help to hold the urchin in place during strong waves. The spines often break off soon after the urchin dies, leaving rows of bumps and pin-sized holes.

Sand dollars are small disc-shaped animals closely related to sea urchins. Tiny dark hairs cover sand dollars when alive. After being tossed around in the surf and bleached by the sun, these grayish-white skeletal remains are all that is left on the beach.



Moon snails get their name because their shell is round, smooth and shaped just like a moon. Unlike whelks, moon snails do not make long egg cases, but delicate sand collars. Millions of grains of sand are cemented together with mucous from the snail to form a sand collar egg case. Onto this several thousands of eggs are laid.



Common sea stars, formerly known as starfish, are spiny-skinned sea creatures with five pointed arms. They are commonly found after storms, washed up on the beach near shallow, pebbly areas and jetties, pilings, and shellfish beds.

The red beard is the most common sponge along the coastline in Monmouth County. When alive, its body is bright red or orange. After it dies, this sponge dries to a brownish-gray color.



Skates are wide, flattish, non-bony fish, similar in appearance to rays. Their decomposing bodies are common finds on a beach. Unlike rays which give birth to living young, skates lay small, black leathery egg cases during reproduction. Similar to a chicken's egg, there is only one little skate inside each egg case. Some people refer to the empty case as a "mermaid's purse."



Fish Bones and Skulls

Mysterious looking skulls, bones and vertebra are often found washed up on the beach from recently deceased fish. Sometimes the bones are easy to identify by looking at what local fishermen are catching, such as striped bass or winter flounder. Other times, the skeletal remains are peculiar and strange looking; evidence that there is more going on in the sea than most people know.



Northern star coral is a cold water coral and the only native coral found off the coast of New Jersey. It does not form reefs as many tropical species do, rather this type of coral attaches itself to stones, shipwrecks, and other smooth objects. Soon after it dies, bits and pieces of skeletal remains are found on beaches.

Empty Egg Cases

The next time you find an empty whelk shell on the beach, try holding it to your ear. What you hear is not the sound of the ocean, but the hum of air moving around and in the shell. Whelk egg cases are produced by females during reproduction. They squeeze out a long, rubbery case called a whelk egg case, which looks like a series of disks attached to a string. Each disk contains 20-100 eggs; though when found, the eggs have often hatched.



Beachcombing Tips for Winter & Spring

Bring a seashore field guide book to identify what you find.

Go beachcombing during low tide when there's more beach to explore.

Dress in layers, and be prepared for cold temperatures and wind. Bring a thermos of hot chocolate or tea to keep warm.

Use an old cloth bag or pail to collect your finds. Never bring a plastic bag, as the wind will easily blow it away.

Try to visit the same beach every winter so you get to know its profile and where many of the best finds wash up.

DECEMBER 2021

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Wondrous Winter Walks (p. 55)

Saturday, December 4

19th Century Christmas Ballads (p. 6)

Yarn Bee (p. 6)

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Casual Birder (p. 55)

Winter Beach Walk (p. 12)

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Edible History: Coffee Cake (p. 7)

Sunday, December 12

The Sounds of Christmas (p. 6)

Thursday, December 16

Seals of the Jersey Shore (p. 56)

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Stockings Hung with Care (p. 7)

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Nature on the Move (p. 11)

JANUARY 2022

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Cutting, Splitting and Hewing (p. 6)

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Casual Birder (p. 55)

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Chickadees of Monmouth County (p. 56)

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Wallpaper in Early America (p. 7)

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National Seed Swap Day (p. 54)

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Seashore Open House (p. 12)

FEBRUARY 2022

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Historical Valentines (p. 7)

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Brook Trout - The State Fish of New Jersey
(p. 56)

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Backyard Bird County (p. 55)

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Backyard Bird County (p. 55)

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Backyard Bird County (p. 55)

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Wednesday, February 3

Wondrous Winter Walks (p. 55)

Saturday, February 26

Open Shoot Archery (p. 13)

Sunday, February 27

Cutting, Splitting and Hewing (p. 6)



Located within Holmdel Park, **Historic Longstreet Farm** recreates the sights, sounds and smells of rural Monmouth County in the 1890s. Interpreters in period dress show both daily and seasonal agricultural and domestic activities. This interpretation includes breeds of animals and crops raised at the site in the 1890s. As this is a working farm, visitors are not permitted to feed or touch the animals and pets are not permitted.

Historic Longstreet Farm is open daily year round from 10:00 AM-4:00 PM with extended hours of 9:00 AM-5:00 PM from Memorial Day through Labor Day.

19th Century Christmas Ballads

NEW **Free**

This holiday season come to the Longstreet farmhouse and enjoy 19th century Christmas ballads played on the piano.

Saturday, December 4, 1:00-3:30 PM

Saturday, December 11, 1:00-3:30 PM

Yarn Bee

(ages 10 and up, under 18 with adult)

Whether just starting a new hobby or working on an old project, all are welcome to this gathering! The relaxed atmosphere means no pressure - you can knit or crochet at your own pace and spend time with fellow enthusiasts. Bring your own supplies.

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

Saturday, December 4, 12:00-2:30 PM

Saturday, January 8, 12:00-2:30 PM

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

Cookstove Demonstration

Free

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

Saturday, December 11, 11:00 AM-3:30 PM

The Sounds of Christmas

Free

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 12, 1:00-3:00 PM

Cutting, Splitting and Hewing

Free

(adults)

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

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

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

Sunday, February 27, 12:00-2:30 PM

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

Sun, Jan 16 12:00-3:00 PM FA821A

Parent/Child Morning Chores

(ages 4 and up, under 18 with adult)

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

Please Note: Due to the popularity of this program, participants may only sign up for one session. The Park System reserves the right to remove you from duplicate programs to provide an opportunity for someone on the waiting list.

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

Longstreet Farm

Sat, Dec 4 8:00-9:30 AM FA921X

Sat, Jan 8 8:00-9:30 AM FAA21X

Sun, Jan 23 8:00-9:30 AM FAB21X

Sat, Feb 5 8:00-9:30 AM FAC21X

Sun, Feb 20 8:00-9:30 AM FAD21X

Sewing Skills - Making Aprons

(ages 16 and up)

This four-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 own speed, build your sewing skills while creating work aprons for our farm staff. For your final project, you will construct an apron for yourself using the techniques you've learned. We supply the materials, you supply the talent! Beginners are encouraged, but all sewists are welcome. Bring your machine with you, or use one of ours.

Four Sessions \$40.00 Per Person

Longstreet Farm Vis Ctr

Sat, Jan 15-Feb 5 12:00-3:00 PM FA521A

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.

Please Note: Pre-registration is required. Limit of 6 people per reservation.

Cost: \$15.00 Per Family of Up to 6

Dates, times and registration information available at www.MonmouthCountyParks.com.



Full of fascinating history throughout the year, **Historic Walnford** offers a glimpse of the Waln family and the evolution of Walnford over two centuries - from an 18th century industrial village and family farm to an elegant country estate. The site showcases over 200 years of social, technological and environmental history through the Waln family.

Historic Walnford is open daily year round from 8:00 AM-4:30 PM; historic buildings are open from 9:00 AM-4:00 PM.

Edible History Series: Coffee Cake

(adults)

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

Saturday, December 11, 2:00-3:00 PM

Stockings Hung with Care

Decorate and "sew" a paper stocking and enjoy seasonal refreshments in our charming historic kitchen.

Sunday, December 19, 1:00-3:00 PM

Wallpaper in Early America

View samples of early American wallpaper designs including several patterns that decorated walls in the Walns' elegant home.

Saturday & Sunday, January 22 & 23, 1:00-4:00 PM

Historical Valentines

(ages 10 and up)

February, the season of love! Discover how penmanship has changed as we view letters and valentines from the 18th and 19th century. Create a valentine of your own or write a letter to a friend using historically inspired materials.

Saturday & Sunday, February 12 & 13, 12:00-3:00 PM

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 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 \$18.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Jan 13 1:30-2:30 PM. A4321A**Sunday Ceramics***(all ages, under 12 with adult)*

Looking for a relaxing and creative way to spend your Sunday? Try your hand at ceramic arts!

Choose from a large selection of bisque fired pottery pieces to glaze with your own personal style. Leave your piece with us and we will have it glaze fired and ready to pick up in about a week.

Pre-registration is required and space is limited.

Your registration pays for your studio time; bisqueware is separate. Bisqueware is to be purchased on site the day of the program, cash or check only please.

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

One Session \$6.00 Per Person

Thompson Pk Creative Arts Center

SUNDAY, DECEMBER 5**11:00 AM-12:00 PM #ZAQ21A****12:30-1:30 PM #ZAR21A****2:00-3:00 PM #ZAS21A****SUNDAY, JANUARY 9****11:00 AM-12:00 PM #ZAT21A****12:30-1:30 PM #ZAU21A****2:00-3:00 PM #ZAV21A****SUNDAY, FEBRUARY 6****11:00 AM-12:00 PM #ZAW21A****12:30-1:30 PM #ZAX21A****2:00-3:00 PM #ZAY21A**

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

Friday Evening Pottery*(ages 11 and up, 13 and under with adult)*

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

Instructor: Kayla Robinson

Seven Sessions \$126.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 7-Feb 18 6:30-8:30 PM ZA521A**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!). We'll read the story together, learn a little bit about color theory and create a unique art project together. We can't wait to see the colors you create! If weather allows, the program will take place outdoors.

One Session \$18.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Jan 27 1:30-2:30 PM. A4521A**Pete the Cat: I Love My White Shoes***(ages 2-5, with adult)*

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

One Session \$18.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Feb 3 1:30-2:30 PM A4621A**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. Join us at Dorbrook to read this famous children's book and create a themed art project together! Maybe you will find a new friend, too!

One Session \$18.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Jan 6 1:30-2:30 PM A4221A

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 not for consumption.**

One Session \$13.75 Per Child

Big Brook Pk Elsas Lodge

Tue, Dec 7 4:30-5:30 PM U1221A

Tue, Dec 7 5:45-6:45 PM U1321A

Wed, Jan 12 4:30-5:30 PM U1421A

Wed, Jan 12 5:45-6:45 PM U1521A

Thu, Feb 3 4:30-5:30 PM U1621A

Thu, Feb 3 5:45-6:45 PM U1721A

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 favorite enjoyed by children and adults alike. We will read the book together and make a take-home craft.

One Session \$18.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Jan 20 1:30-2:30 PM. A4421A

FAMILY FUN

Flashlight Candy Cane Hunt

(all ages, under 18 with adult)

Grab your 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 some festive crafts and enjoy a visit with the man himself.

One Session \$35.00 Per Family

Fort Monmouth Rec Ctr

Fri, Dec 17 6:00-6:30 PM M2521A

Fri, Dec 17 6:45-7:15 PM M2621A

Fri, Dec 17 7:30-8:00 PM M5821A

Fort Monmouth Flashlight Fun

(all ages, under 18 with adult)

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

One Session \$35.00 Per Family

Fort Monmouth Rec Ctr

Winter Fun

Snowflakes, icicles and snowballs, it's time to celebrate winter!

Fri, Jan 21 7:00-8:00 PM M3221A

Star Wars™

Jedi, lightsabers, bounty hunters and Baby Yoda, too!

Fri, Feb 18 7:00-8:00 PM M3321A

Playgrounds Offer Fun Year-Round

Don't spend all winter indoors! When the weather is nice, bundle up and head to any of the Park System's playgrounds to give your children time to burn off energy and get some exercise.

Check out the playgrounds located at the parks below.

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



Tony's Place at Seven Presidents Oceanfront Park

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 \$7.50 Per Person

Seven Presidents Pk Beach Campfire Area

Sat, Jan 8 12:30-1:30 PM U0121A

Sat, Jan 8 1:45-2:45 PM U0221A

Sat, Jan 8 3:00-4:00 PM U0321A

Bayshore Waterfront Pk

Sat, Feb 5 1:30-2:30 PM U0421A

Sat, Feb 5 2:45-3:45 PM U0521A

Sat, Feb 5 4:00-5:00 PM U0621A

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. Come enjoy an afternoon outside with neighbors and friends. A variety of games will be available for kids and kids at heart too!

One Session \$17.50 2-4 Per Family

Seven Presidents Pk Beach Campfire Area

Sun, Dec 5 2:00-3:30 PM U1821A

Big Brook Pk Sunfield Pavilion

Sun, Jan 9 2:00-3:30 PM U1921A

HORTICULTURE

"Clear the House" Stroll

(all ages, under 12 with adult)

It is Christmas Eve and there is still so much to do. To top it off, you have a house full of guests. Here is the perfect solution! Send them to Deep Cut Gardens for a one hour "Clear the House" stroll! Explore the gardens on this special holiday with a park guide. This free stroll takes place on even paths and at a slow pace, perfect for enjoying Deep Cut's winter splendor.

Friday, December 24, 10:00 AM

"Love Grows" DIY Gift

(ages 8 and up, under 18 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 \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Tue, Feb 8 4:00-5:00 PM H2221A

Mon, Feb 14 4:00-5:00 PM H2121A

NATURE

Animal Hours at a Park Near You!

(all ages, under 18 with adult)

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

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

Thompson Pk Vis Ctr Beech Room

Mon, Dec 13 4:30-5:30 PM IKA21X

Big Brook Pk Elsas Lodge

Mon, Jan 10 4:30-5:30 PM IKB21X

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Feb 14 4:30-5:30 PM IKC21X

At Home Tree Tapping

(all ages, under 18 with adult)

Make syrup from the trees right in your back yard! Learn what common trees can be tapped to produce a delicious syrup using only materials readily available at any hardware store. We will take a short walk to identify these trees followed by a tapping demonstration and discussion. Learn everything you need to know in order to make your own syrup right at home this season!

One Session \$10.00 Per Person

Clayton Pk Emley's Hill Lot

Sat, Feb 12 11:00 AM-12:00 PM I1421A

Thu, Feb 24 11:00 AM-12:00 PM I1521A

Eco-Sphere: Life In a Jar

(ages 8 and up, under 18 with adult)

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

One Session \$26.00 Per Person

Clayton Pk Act Ctr Classroom 2

Fri, Dec 3 11:00 AM-12:00 PM I1221A

Freneau Wds Pk Vis Ctr Art Room

Fri, Jan 14 11:00 AM-12:00 PM I1321A

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. Join us as we sip some hot cocoa and watch the magic in the sky.

One Session \$10.00 Per Person

Turkey Swamp Pk Outdoor Area

Mon, Dec 13 8:30-9:30 PM IKD21A

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. Join a Park System Naturalist as we enjoy an evening walk in the woods, wetlands and meadows in Freneau Woods within 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 accordingly for the weather.

One Session \$7.50 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Dec 18 7:00-8:00 PM (approx) IK421A

Owl Prowl at Freneau Woods Park

(ages 8 and up, with adult)

Head to Freneau Woods Park for an evening of fun learning about the owls of Monmouth County. We will start with a short PowerPoint presentation about the ecology of owls to be found locally and then head outside to search the woods and wetlands for these night raptors. Practice your owl calls now! Although 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 walk in the woods. Wear shoes that can get dirty and dress warmly. Trails can be muddy and wet. Bring a flashlight. The program may cancel due to inclement weather or icy trails.

One Session \$9.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Dec 3 7:30-9:00 PM (approx) IK221A

Sat, Jan 22 7:30-9:00 PM (approx) IK321A

NATURE ON THE MOVE: WINTER DAYS

(all ages, under 18 with adult)

Our Nature on the Move van, filled with hands-on nature activities, is coming to a park near you! Just look for our colorful van and one of our Park System Naturalists will present a 45-60-minute hands-on interactive program. We look forward to seeing you!

Wednesday, December 29, 3:00 PM at Holmdel Pk Shelter Building Parking Area

Saturday, January 22, 3:00 PM at Turkey Swamp Pk Shelter Building Parking Area

Friday, February 18, 3:00 PM at Shark River Pk Main Parking Area



The Nature on the Move van was funded by the Monmouth County Friends of the Parks. Learn more about *Friends of the Parks* on page 69.

Poets in the Woods: A New Year's Day Celebration

(all ages, under 18 with adult)

Step forward into the new year with insightful prose and a healthy stride in the woods. We will start off with wisdom from our park's namesake, Philip M. Freneau, the Revolutionary War poet and his connection to Freneau Woods Park and the surrounding area. As we travel through the park, we will stop and relish stanzas regarding nature through words from other famous poets such as Robert Frost, T.S. Elliot, and Mary Oliver. Come forth and be part of a tribe of active and enthusiastic nature learners and listeners. Wear shoes/boots best for walking in the woods.

One Session \$5.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Jan 1 1:00-2:00 PM IKM21A

Pond Life in Winter

(ages 8 and up, under 18 with adult)

The ponds and waterways at Freneau Woods are still alive, even in winter! You might ask where the pond creatures are, such as fish, frogs and turtles. The answer provides a unique lesson in adaptation. Join a Park System Naturalist as we look beneath the ice and hook up a microscope to a large monitor to show you how different freshwater creatures are surviving and thriving and making amazing transformations to live in a frozen world. Program will cancel due to inclement weather.

One Session \$7.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sun, Feb 13 1:00-2:00 PM IK721A

Seashell Sunday

(adults)

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

One Session \$5.00 Per Person

Bayshore Waterfront Pk Act Ctr

Sun, Dec 19 1:00-2:00 PM IK521A

Sunset Stroll Around Turkey Swamp Lake

(all ages, under 18 with adult)

Just in time for sunset, enjoy a peaceful naturalist-guided walk around Turkey Swamp Lake. Then we'll finish up next to a crackling bonfire. Bringing your own s'mores supplies is encouraged! Please wear appropriate footwear for trails.

One Session \$8.00 Parent/Child \$4.00 Additional Person

Turkey Swamp Pk Shelter Bldg

Sat, Dec 4 4:00-5:30 PM. IKP21X

Fri, Feb 11 4:30-6:00 PM IKN21X

WINTER "SHORE" IS FUN

Winter Beach Walk

11:00 AM-12:30 PM on Tuesday, December 7; Thursday, January 6; and Friday, February 4

Fisherman's Cove Conservation Area, Manasquan

Just because its winter doesn't mean you can't enjoy the beach! The winter months are some of the best times to go shell collecting. Come take a Park System Naturalist guided walk along the beach collecting and identifying some of the oceans natural treasures. Make sure you dress in warm clothing and bring along something to carry shells in.

Seashore Open House

Sunday, January 30, 2022 1:00-4:00 PM

Seven Presidents Oceanfront Park Activity Center, Long Branch

It may be winter but you can still enjoy some time at the beach. The Activity Center is a great place to bring back memories of the summer or to learn more about the seashore. Stop in during our annual Open House for seashore fun. 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 with you.

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

Winter Walk & Campfire *(ages 8 and up, under 18 with adult)*

Join a Park System Naturalist as we enjoy winter with an old-fashioned nature walk around Freneau Woods looking for signs of wonderful wildlife. Afterwards, we will enjoy a campfire to tell stories about local winter wildlife and discuss some common myths. The program will end with marshmallows around the campfire. Dress for the weather. Please bring a lawn chair or blanket to sit on during the campfire. The program will cancel due to inclement weather or icy trails.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Feb 12 7:00-8:30 PM IK621A**Holiday Outdoor Scavenger Hunt** *(ages 7-10, with adult)*

Yule just love this fun packed holiday scavenger hunt! Can your family locate all of the holiday icons by using our hand-held GPS units? Once all icons have been located and all tasks have been completed, we encourage your family to stick around and spend s'more time interacting with other competing families.

One Session \$14.00 Parent/Child \$10.00 Additional Sibling

Thompson Pk Activity Barn

Sun, Dec 5 10:00-11:30 AM W2821X**National Rubber Duckie Day!***(ages 6-8, 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 ducky scavenger hunt. Afterwards, bring your own s'more supplies and fill your bill with a sticky treat! Roasting sticks provided.

One Session \$15.00 Parent/Child \$12.00 Additional Sibling

Shark River Pk Shelter Bldg

Thu, Jan 13 5:30-7:00 PM. W0321X**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 nibbling s'mores. Participants are responsible for bringing their own s'mores supplies. Roasting sticks will be provided. Participants have the option to bring their own Snuggly®!

One Session \$21.00 Parent/Child \$13.00 Additional Sibling

Shark River Pk Shelter Bldg

Sat, Feb 12 1:30-3:00 PM W3721X**Sat, Feb 12 4:00-5:30 PM W0421X****OUTDOOR ADVENTURES****Family Paper Gift Hunt** *(ages 9-12, with adult)*

Spend the day outdoors searching for the perfect gift, but not in a traditional location. Our gift shaped archery targets are one size fits all and fun for your family to locate using our hand held GPS units. After all the gifts are found, your family will work on their aim as you use our compound bows to shoot the paper targets at our archery range.

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

Thompson Pk Activity Barn

Sun, Dec 5 1:00-3:00 PM W2021X**Open Shoot Archery***(ages 10 and up, under 18 with adult)***Saturday, February 26, 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 skills at our indoor range. This is NOT a beginner instructional program. If you are new to archery, register for one of our instructional classes prior to attending.

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

Cost: \$10.00 per person, cash or check only

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

ARTS & CRAFTS

ART Capades*(ages 2-4, with adult)*

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

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

Fort Monmouth Rec Ctr Program Room B

Thu, Jan 20-Feb 24 9:30-10:15 AM. M1121X

Craft 'n' Play*(ages 18 months-3 years, with adult)*

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

Fort Monmouth Rec Ctr Program Room B

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

Wed, Dec 1-22 9:30-10:15 AM. M9721X

Wed, Jan 19-Feb 9 9:30-10:15 AM. M1721X

Wed, Feb 23-Mar 16 9:30-10:15 AM. M1821X

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

Sat, Dec 18 9:30-10:15 AM. M1921X

Sat, Jan 22 9:30-10:15 AM. M2021X

Sat, Feb 26 9:30-10:15 AM. M2121X

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 \$64.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Tue, Jan 18-Feb 22 10:00-10:45 AM. A3721A

Wed, Jan 19-Feb 23 11:00-11:45 AM. A3821A

Thu, Jan 20-Feb 24 10:00-10:45 AM. A3921A

Fri, Jan 21-Feb 25 10:00-10:45 AM. A4021A

Henry Hudson Trail Act Ctr Craft Room

Mon, Jan 17-Feb 21 10:00-10:45 AM. A4121A

Messy Art Sampler - Winter Fun*(ages 18 months-3 years, with adult)*

We take messy art to a new level! Toddlers will delight in paint, glue and glitter, and more. They'll get to make a mess, while exploring and expressing themselves through art. After class, stay and play with the preschool equipment in our classroom as long as you like. Note: this is an indoor class for the winter season.

Four Sessions \$45.00 Parent/Child \$35.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Wed, Dec 1-22 10:30-11:15 AM. M9621X

Wed, Jan 19-Feb 9 10:30-11:15 AM. M3021X

Wed, Feb 23-Mar 16 10:30-11:15 AM. M3121X

FORT MONMOUTH RECREATION AREA

2566 Guam Lane, Tinton Falls

This 9-acre site was acquired from the Fort Monmouth Economic Revitalization Authority and is home to the 21,000 square foot Fort Monmouth Recreation Center. As the Park System's first ever indoor recreation facility, the Rec Center has become home to a wide array of programs and summer camps, from arts and crafts to culinary arts, fitness classes to drop-in gym times and so much more.

For more information about this site, visit www.MonmouthCountyParks.com.



CULINARY ARTS

Kids Holiday Cookie Classics

(ages 8-12, with adult)

Mix, roll, bake and laugh as you create warm memories and delicious treats for all to enjoy during the holiday season. 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 and recipes to take home and make again.

Cookie Plate Menu: Traditional Gingerbread Kids for decorating and Rolled Sprinkled Butter Cookies

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 4 10:00 AM-12:30 PM M3821A

Nailed It! The Recreation Challenge

(ages 10-13, with adult)

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

Love is in the Air

Will it be the beauty of romance, or an epic fail?

One Session \$59.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, Feb 4 6:00-8:00 PM M3421A

Valentine's Day Afternoon Tea: Creating a Children's Tea Party

(ages 8-12, with adult)

Spend a delightful morning with your favorite adult while making some treats with tea-time connoisseur, Mrs. Chef. These miniature morsels are perfect for a tea party with your friends, just in time for Valentine's Day. Wrap up your time in the kitchen creating an old-fashioned Valentine's Day card for your Valentine.

Menu: Mini Chicken Empanadas and Amish Whoopie Pies

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Feb 12 10:00 AM-1:30 PM M5721A

Winter Penguin Cut-Up Cake

(ages 8-12, with adult)

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

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Jan 29 10:00 AM-1:00 PM. M5221A

EDUCATION & ENRICHMENT

Bricks 4 Kidz® Valentine's Parent-Child 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 12 12:00-1:00 PM Q3421X

Bricks 4 Kidz® Winter Fun Parent-Child Workshop

(ages 3-4, with adult)

We guide you and your children to build cold weather creations. Build a winter sleigh out of LEGO® bricks and 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

Freneau Woods Park Vis Ctr Program Room 1

Sat, Jan 8 12:00-1:00 PM Q3921X

Keyboard Beginnings - Level 1 Beginners*(ages 4 1/2-6, with adult)*

Young children are fascinated by musical sounds. They naturally respond to rhythms and love to sing familiar melodies. Children who love to sing, dance and are curious about a variety of musical instruments will enjoy Ms. Judy Kagel's class. Children will learn the names of the musical keys and to play short songs on keyboards provided in the classroom. In order to receive the full benefits of the class, it is highly recommended your child has access to a keyboard or piano at home for short follow up assignments. Parents are asked not to bring siblings to class since collaborative learning and bonding between parent and child is a great benefit. Children will receive a music book for home practice, a rhythm instrument, crayons and lesson outlines. Please be prepared to pay a \$20.00 materials fee to the instructor on the first day of class.

Seven Sessions \$130.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Jan 24-Mar 14 4:00-4:45 PM A1121A*No class 2/21***Keyboard Beginnings - Level 2****Intermediate***(ages 5-7)*

Level 2 is a continuation of Keyboard Beginnings - Level 1 taught by Judy Kagel. Each child will have a keyboard to use during class and learn to play new songs. Students will continue learning to read notes on the musical staff and to enjoy the experience of playing music together. Parents are reminded not to bring siblings to class since collaborative learning and bonding between parent and child is a great benefit of the class. Children will receive Keyboard Beginnings Music Book 2 with new music for home practice, lesson outlines, flash cards and a concentration game. Please be prepared to pay a \$20.00 materials fee to the instructor on the first day of class.

Seven Sessions \$130.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Jan 24-Mar 14 5:00-5:45 PM A1221A*No class 2/21***HORTICULTURE****Solstice Stroll****NEW***(ages 5 and up, with adult)*

The winter solstice is the shortest day of the year. Join us as we take a sunset stroll while discussing how plants and animals prepare for winter. If the weather doesn't cooperate we will gather inside for a solstice activity.

One Session \$15.00 Parent/Child

Deep Cut Gardens Horticultural Center

Tue, Dec 21 4:00-5:00 PM. H0121A**NATURE****A Valentine's Day Animal Show for You***(ages 3-10, with adult)*

This live animal show is a great way to celebrate Valentine's Day with the ones you love! You will have the opportunity to see the Environmental Center's favorite critters up close and discover what makes them unique! It's our way of making your Valentine's Day special! Registration is required for each person attending, including adults.

One Session \$6.00 Per Person

Manasquan Res Env Ctr

Sat, Feb 12 11:00-11:45 AM I0621A**Sat, Feb 12 1:00-1:45 PM I0721A****Bluebird House Build***(ages 8 and up, with adult)*

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

One Session \$25.00 Parent/Child

Clayton Pk Act Ctr Classroom 1

Sat, Dec 4 2:00-3:00 PM. I1621A**Sat, Jan 8 2:00-3:00 PM I1921A****Sat, Feb 26 2:00-3:00 PM I1821A**

NATURE WATCH



BALD EAGLES have been the national bird of the United States since 1782, when one was placed on the seal of the country. In Monmouth County, Bald Eagles are most commonly thought of when visiting the Manasquan Reservoir, Howell, where a resident pair have been nesting for quite some time.

FAR FROM BALD

With all the feathers on their heads, it's easy to see that the Bald Eagle isn't actually bald. Interestingly, the name comes from the old English word "piebald" which was defined as "having irregular patches of two colors, typically black and white."



FAMILY VALUES

These majestic birds typically bond for life with their mate. Each breeding season, the pair meet, build a nest, and raise their young. Both the male and female will sit on the eggs and hunt to provide food for their young.

GROWING UP

A juvenile Bald Eagle will start gaining its independence by improving its flying skills and learning to hunt for itself. As they grow, they will leave the nest and become like nomads with no territory of their own. It's not until they mature that they will often return to the general area where they were raised and find a mate to create a nest with.

DID YOU KNOW...

Juvenile Bald Eagles have dark feathers, beaks and feet. It takes about five years for them to fully mature and acquire the classic white head and tail and yellow beak.



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 will make this story come alive for your little one.

One Session \$10.50 Per Child

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Jan 27 11:00-11:45 AM I0221A

Manasquan Res Env Ctr

Sat, Jan 29 11:00-11:45 AM I0321A

Little Birds

(ages 4-6, 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. We will also make time for 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

Thu, Feb 24 11:00 AM-12:00 PM I0521A

Sat, Feb 26 11:00 AM-12:00 PM. I0421A

Nature Story Time at the Reservoir

(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 just the right level for your child. Sessions are free, but space is limited; sessions may be cancelled due to weather. Questions? Call 732-751-9453 for more information.

Please Note: This is a free program; however, registration is required.

One Session FREE!

Manasquan Res Env Ctr

Tue, Jan 18 11:00-11:30 AM PI012A

Tue, Jan 25 11:00-11:30 AM PI022A

Tue, Feb 1 11:00-11:30 AM. PI032A

Tue, Feb 8 11:00-11:30 AM. PI042A

Tue, Feb 15 11:00-11:30 AM PI052A

Tue, Feb 22 11:00-11:30 AM PI062A

So Where Do The Animals Go?

(ages 4 and up, under 18 with adult)

How come you never see a snake in the snow or a frozen frog? Learn where these animals go and what amazing adaptations they use to get through the cold winter months in this hands-on live animal presentation. Then, suit up as we go on a short nature walk outside to look for signs of winter critters.

One Session \$11.00 Per Person

Huber Wds Env Ctr

Sat, Dec 4 10:00-11:00 AM IK821A

Sat, Feb 12 10:00-11:00 AM IK921A

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 charge.

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

Holmdel Pk Shelter Bldg

Fri, Dec 10 10:00-11:30 AM W2321X

Huber Wds Env Ctr Parking Lot

Thu, Jan 13 10:00-11:30 AM W2421X

Turkey Swamp Pk Shelter Bldg

Sat, Jan 22 10:00-11:30 AM W2521X

Shark River Pk Shelter Bldg

Wed, Feb 9 10:00-11:30 AM W2621X

Tatum Pk Red Hill Act Ctr Parking Area

Sat, Feb 19 10:00-11:30 AM W2721X



Mini Ski Adventure

(ages 3-7, 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, we will use our custom ski mats to simulate snow.

One Session \$14.00 Per Child

Thompson Pk Ski Hut

Tue, Dec 28 10:00-11:15 AM W1421A

Tue, Jan 11 10:00-11:15 AM W1521A

Sun, Jan 23 10:00-11:15 AM W1621A

Sun, Jan 23 11:45 AM-1:00 PM W1921A

Wed, Feb 9 10:00-11:15 AM W3021A

PLAY GROUPS

Baby Boomers

(ages 9 months-18 months, with adult)

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

Six Sessions \$72.00 Parent/Child

Tatum Pk Holland Act Ctr

Fri, Jan 7-Feb 11 9:15-10:00 AM X1621A

Fri, Feb 18-Mar 25 9:15-10:00 AM X2221A

Kids Kixx Pee Wee

(ages 2 ½-3, 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.

Indoor Season

Four Sessions \$60.00 Per Child

Fort Monmouth Rec Ctr Gym B

Mon, Jan 10-31 4:30-5:15 PM M9521A

Kixx Soccer & Crafts

(ages 3-5, with adult)

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

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Indoor Season 1

Tue, Jan 11-Feb 1 10:30-11:15 AM M9021A

Indoor Season 2

Tue, Feb 15-Mar 8 10:30-11:15 AM M9121A

Miss Melissa's Aardvarks

(ages 6 months-5 years, with adult)

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

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

Dorbrook Rec Area Vis Ctr

Instructor: Mr. Rob

Mon, Jan 24-Mar 21 9:30-10:15 AM A0421X

No class 2/21

Mon, Jan 24-Mar 21 10:30-11:15 AM A0521X

No class 2/21

Mon, Jan 24-Mar 21 4:00-4:45 PM A0621X

No class 2/21

Instructor: Ms. Elisabeth

Fri, Jan 28-Mar 18 9:30-10:15 AM A0921X

Fri, Jan 28-Mar 18 10:30-11:15 AM A1021X

Tatum Pk Red Hill Act Ctr

Instructor: Ms. Bri

Tue, Jan 25-Mar 15 9:30-10:15 AM A0721X

Tue, Jan 25-Mar 15 10:30-11:15 AM A0821X

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 remain present in the room during class. Drop-offs are not permitted.

Stage 2

(ages 18 months-2 years, with adult)

Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Dec 16-Jan 27 9:15-10:00 AM X5921A

No class 12/23 & 12/30

Thu, Feb 10-Mar 10 9:15-10:00 AM X6521A

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 15-Jan 26 9:15-10:00 AM X5621A

No class 12/22 & 12/29

Wed, Feb 9-Mar 9 9:15-10:00 AM X6221A

Six Sessions \$72.00 Parent/Child

Tatum Pk Holland Act Ctr

Wed, Jan 5-Feb 9 10:15-11:00 AM X1421A

Fri, Jan 7-Feb 11 10:15-11:00 AM X1721A

Wed, Feb 16-Mar 23 10:15-11:00 AM X2021A

Fri, Feb 18-Mar 25 10:15-11:00 AM X2321A

Stage 3

(ages 2-3 years, with adult)

Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Dec 16-Jan 27 10:15-11:00 AM X6021A

No class 12/23 & 12/30

Thu, Feb 10-Mar 10 10:15-11:00 AM X6621A

Henry Hudson Trail Act Ctr

Tue, Dec 14-Jan 18 10:00-10:45 AM X6821A

No class 12/28

Tue, Feb 1-Mar 1 10:00-10:45 AM X7021A

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 15-Jan 26 10:15-11:00 AM X5721A

No class 12/22 & 12/29

Wed, Feb 9-Mar 9 10:15-11:00 AM X6321A

Six Sessions \$72.00 Parent/Child

Tatum Pk Holland Act Ctr

Wed, Jan 5-Feb 9 11:00-11:45 AM X1521A

Fri, Jan 7-Feb 11 11:00-11:45 AM X1821A

Wed, Feb 16-Mar 23 11:00-11:45 AM X2121A

Fri, Feb 18-Mar 25 11:00-11:45 AM X2421A



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 remain present in the room during class. Drop-offs are not permitted.

Six Sessions \$90.00 Mom & 2 children

Tatum Pk Holland Act Ctr

Wed, Jan 5-Feb 9 9:15-10:00 AM X1321A

Wed, Feb 16-Mar 23 9:15-10:00 AM X1921A

My Morning Playtime

(ages 3-4, with adult)

Our most active Morning Playtime class for preschoolers ready for a little independence. After a brief parent/child free-play time with our tunnels, trampolines and other specialized play equipment, class will progress to themed and movement activities.

Please Note: Parents/guardians may not be actively participating, but will be asked to monitor child behavior.

Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Dec 16-Jan 27 11:15 AM-12:00 PM . . X6121A

No class 12/23 & 12/30

Thu, Feb 10-Mar 10 11:15 AM-12:00 PM . . X6721A

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 15-Jan 26 11:15 AM-12:00 PM . . X5821A

No class 12/22 & 12/29

Wed, Feb 9-Mar 9 11:15 AM-12:00 PM . . . X6421A

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, and fun with food, as well as fun and exciting activities such as running, jumping and playing games. Our program, When You Wish Upon a Star, will make your dreams come true!

Five Sessions \$60.00 Per Person

Big Brook Pk Elsas Lodge

Fri, Dec 17-Jan 28 11:15 AM-12:00 PM . . . X7421A

No class 12/24 & 12/31

Fri, Feb 4-Mar 4 11:15 AM-12:00 PM. . . . X7821A

Henry Hudson Trail Act Ctr

Tue, Dec 14-Jan 18 11:00-11:45 AM X6921A

No class 12/28

Tue, Feb 1-Mar 1 11:00-11:45 AM X7121A

SPORTS & FITNESS

Five 4 One Sports

(ages 2 ½-3 ½, with adult)

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

Five Sessions \$60.00 Parent/Child

Big Brook Pk Elsas Lodge

Fri, Dec 17-Jan 28 9:15-10:00 AM X7221A

No class 12/24 & 12/31

Fri, Feb 4-Mar 4 9:15-10:00 AM X7621A

Future Stars of Tomorrow

(ages 3-5, with adult)

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

Five Sessions \$60.00 Per Child

Big Brook Pk Elsas Lodge

Fri, Dec 17-Jan 28 10:15-11:00 AM. X7321A

No class 12/24 & 12/31

Fri, Feb 4-Mar 4 10:15-11:00 AM X7721A

Gymnastics - Parent and Child

(ages 2-3, with adult)

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

All American Gymnastics Cindy Lane, Ocean

Three Sessions \$42.00 Per Pair

Sat, Dec 4-18 9:00-9:45 AM M6921A

Sat, Dec 4-18 11:00-11:45 AM. M7021A

Four Sessions \$56.00 Per Pair

Sat, Jan 8-29 9:00-9:45 AM. M7121A

Sat, Jan 8-29 11:00-11:45 AM M7221A

Sat, Feb 5-26 9:00-9:45 AM M7321A

Sat, Feb 5-26 11:00-11:45 AM. M7421A

Shrewsbury Gymnastics School Broad Street, Shrewsbury

Twelve Sessions \$168.00 Per Pair

Sat, Dec 4-Mar 5 9:00-9:45 AM M5521A

No class 12/25 & 1/1

Sat, Dec 4-Mar 5 10:00-10:45 AM. M5621A

No class 12/25 & 1/1

Tue, Dec 7-Feb 22 9:00-9:45 AM M5321A

Tue, Dec 7-Feb 22 10:00-10:45 AM. M5421A

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 8-29 11:00-11:45 AM X0621A

Sat, Feb 12-Mar 5 11:00-11:45 AM. X1021A

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. Join us on the mat for a joyful class. Please bring a yoga mat for you and your child, as well your child's favorite stuffed animal. Instructor: Melanie Mascola 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Mediation Instructor

Six Sessions \$96.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Jan 2-Feb 13 11:30 AM-12:15 PM . . . X5321A

No class 1/23

Sun, Feb 27-Apr 10 11:30 AM-12:15 PM . . X5421A

No class 3/20



Head to the parks with your children this winter and seek out the objects listed below. Find and check off 15 items on the list and fill out the form at the bottom and mail it to the following address by March 15, 2022:

Ten lucky participants will be chosen at random to win a Park System drawstring bag! All are welcome to participate for a prize, excluding Park System employees and those who have received a prize for previous scavenger hunts.

- | | |
|---|---------------------------------------|
| ☐ Horse | ☐ Seal |
| ☐ Ice Skaters | ☐ Sheep |
| ☐ Icicles | ☐ Skis |
| ☐ Information Kiosk | ☐ Sleds |
| ☐ Mittens | ☐ Slide |
| ☐ NYC Skyline | ☐ Snow Drops |
| ☐ Orchid | ☐ Snowshoes |
| ☐ Painted Turtle | ☐ Snowy Owl |
| ☐ Park Events Poster | ☐ Witch Hazel |
| ☐ Park System Naturalist | ☐ Wooded Trail |
| ☐ Park System Ranger | ☐ Woodpecker |
| ☐ Photo Exhibit | ☐ Wreath |
| ☐ Pine Cones | |

City, State, Zip:

ARTS & CRAFTS

American Girl® Doll Design

(ages 7-10)

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

One Session \$22.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Holiday Party Clothes

She won't be shy about accepting her invites when she's looking festive, fun and chic!

Sat, Dec 18 10:30-11:30 AM M0521A

Sat, Dec 18 12:00-1:00 PM M0621A

Winter Sports

Create some new equipment so she can hit the slopes and show off her Olympic skills.

Sat, Jan 22 10:30-11:30 AM M0721A

Sat, Jan 22 12:00-1:00 PM M0821A

Accessorize Your Outfits

Make everything your doll needs to complete any outfit, from jewelry to headbands to purses.

Sat, Feb 26 10:30-11:30 AM M0921A

Sat, Feb 26 12:00-1:00 PM M1021A

Aspiring Artists® Winter Break

(grades 3-6)

Relax during your winter school break by painting! Students will create their own renditions of famous masterpieces from Monet, van Gogh, Cross and Matisse, as well as create their own original winter landscape on the last day of art camp! Acrylic paint and canvas are provided. Please bring a snack and a smock (acrylic paints stain clothing).

Instructor: Debra Stasiak, founder of Aspiring Artists®, LLC

Five Sessions \$175.00 Per Child

Thompson Pk Creative Arts Center

Mon-Fri, Dec 27-31 10:00 AM-1:00 PM . . . Z0721A

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.

Six Sessions \$78.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 12-Feb 16 6:00-8:00 PM ZAM21A

Children's Ceramics

(ages 8-16)

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

Seven Sessions \$91.00 Per Child

Thompson Pk Creative Arts Center

Sat, Jan 8-Feb 19 9:30-11:30 AM Z6921A

Children's Handbuilding with Clay

(ages 7-10)

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

Six Sessions \$96.00 Per Child

Thompson Pk Creative Arts Center

Fri, Jan 14-Feb 18 4:30-6:00 PM. Z7921A

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 as the instructor offers 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 6-Feb 17 4:00-6:00 PM. Z7421A

Instructor: John Fossa

Sat, Jan 8-Feb 19 9:00-11:00 AM Z7521A

Christmas in the Park

(ages 5-12)

Using acrylic paint and piping bags, students will design two holiday reindeer and hand-paint three Christmas cards!

Instructor: Debra Stasiak, Founder of Aspiring Artists

Two Sessions \$45.00 Per Child

Thompson Pk Creative Arts Center

(ages 5-7)

Sat, Dec 4-11 10:00-11:00 AM. Z3821A

(ages 8-12)

Sat, Dec 4-11 11:30 AM-12:30 PM Z3921A

Christmas Tree Claytime

(ages 7-10)

Build a clay tree to celebrate the season. Students will sculpt a small Christmas tree, and learn some basic hand-building techniques. Participants will also have the opportunity to add clay decoration and glazes to create a one of kind holiday keepsake. 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 5 12:00-1:30 PM Z4621A

Sun, Dec 5 2:00-3:30 PM Z4721A

Crafternoons at Dorbrook

(ages 7-11)

Does your child love arts and crafts projects? Join us for an after school "crafternoon!" Each session features 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 many different art supplies, so please dress for mess or bring a smock.

Six Sessions \$80.00 Per Child

Dorbrook Rec Area Prog Bldg

Tue, Jan 11-Feb 15 4:00-5:15 PM A5921A

Deck the Rec Center

(ages 7-10)

Haul out the holly and dust off the shelves, the Rec Center needs decorating elves! Store bought decorations are cool, but we're gaga over homemade by yule. Make one to take home, and one to hang here; supplies are provided, bring your holiday cheer!

One Session \$25.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Sat, Dec 4 10:00-11:00 AM M0121A

INCLUSION SERVICES

It is the philosophy of the Monmouth County Park System to provide modifications for individuals with disabilities (who meet minimum eligibility requirements - with or without a modification documented for the specific program - to participate in Park System programs with their non-disabled peers. It is our intent to provide a safe, successful and enjoyable experience for all.

*For more information,
contact Justin at 732-460-1167, ext. 22.*



Join, Volunteer or Start a 4-H Club in Monmouth County Today!

4-H programs offer a fun way for youth to make friends while learning about their community and a chosen project area. As a 4-H member or volunteer, youth and adults can be proud to know that they are involved in a program which focuses on "learning by doing."

Monmouth County 4-H, a part of Rutgers University, partners with the Monmouth County Park System to provide youth a safe environment to learn and grow.

Activities include:

- Animal Science Clubs
- Art Clubs
- Engineering and Technology Clubs
- Environmental Science Clubs
- Service and Leadership Clubs
- Sports and Fitness Clubs

Learn more:

<https://monmouth.njaes.rutgers.edu/4h/clubs.html>

732-431-7260, ext. 7264

4H@co.monmouth.nj.us

4-H WE R HERE





Great Impressionism for 5, 6 & 7 Year Olds™

(ages 5-7)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism and/or Fauvism using Aspiring Artists® step-by-step methods. Using acrylic paints and heavy cardstock paper, young artists will paint an excerpt from the famous paintings listed below. Acrylic paints can stain clothing, so "painting clothes" are recommended for class. Please bring a cardboard box to transport your painting home, approximately 14" x 14" (a pizza box works well).

Four Sessions \$60.00 Per Person

Thompson Pk Creative Arts Center

Monet's Path Through the Forest, Snow Effect

Matisse's Acanthus Moroccan Landscape

Derain's The Trees

Matisse's Poppies

Sat, Jan 8-29 9:30-10:30 AM Z1921A

Sat, Jan 8-29 11:00 AM-12:00 PM Z2321A

van Gogh's Landscape with Snow

Monet's Antibes in the Morning

Renoir's Wheatfield

Cross' Provence Landscape

Sat, Feb 5-26 9:30-10:30 AM. Z2121A

Sat, Feb 5-26 11:00 AM-12:00 PM Z2221A

Great Impressionism for Aspiring Young Artists™

(ages 8-12)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism and/or Fauvism using Aspiring Artists® step-by-step methods. Using acrylic paints on canvas board, students' paintings will resemble the famous masterpieces listed below. Acrylic paints can stain clothing, so "painting clothes" are recommended for class. Please bring a cardboard box to transport your painting home, approximately 14" x 14" (a pizza box works well).

Four Sessions \$95.00 Per Person

Monet's Path Through the Forest, Snow Effect

Matisse's Acanthus Moroccan Landscape

Derain's The Trees

Matisse's Poppies

Fort Monmouth Rec Ctr Program Room C

Wed, Jan 5-26 4:00-6:00 PM Z1021A

Thompson Pk Creative Arts Center

Fri, Jan 7-28 4:00-6:00 PM Z1121A

van Gogh's Landscape with Snow

Monet's Antibes in the Morning

Renoir's Wheatfield

Cross' Provence Landscape

Fort Monmouth Rec Ctr Program Room C

Wed, Feb 2-23 4:00-6:00 PM. Z1221A

Thompson Pk Creative Arts Center

Fri, Feb 4-25 4:00-6:00 PM Z1321A

Great Impressionism for Home Schoolers

(ages 6-12)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism and/or Fauvism using Aspiring Artists® step-by-step methods. Using acrylic paints on canvas board, students paintings will resemble the famous masterpieces listed below. Acrylic paints can stain clothing, so "painting clothes" are recommended for class. Please bring a cardboard box to transport your painting home, approximately 14" x 14" (a pizza box works well).

Four Sessions \$88.00 Per Child

Fort Monmouth Rec Ctr Program Room C

Monet's Path Through the Forest, Snow Effect

Matisse's Acanthus Moroccan Landscape

Derain's The Trees

Matisse's Poppies

Wed, Jan 5-26 1:00-2:30 PM ZAD21A

van Gogh's Landscape with Snow

Monet's Antibes in the Morning

Renoir's Wheatfield

Cross' Provence Landscape

Wed, Feb 2-23 1:00-2:30 PM. ZAE21A

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. Please bring a smock since we will be working with materials that may stain clothing.

One Session \$21.00 Per Child

Thompson Pk Creative Arts Center

Sun, Dec 12 12:00-1:00 PM. Z5221A

Sun, Dec 12 1:30-2:30 PM Z5321A

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 to complete a finished piece in each class. Help your children face the future with a creative mind. A supply fee of \$8.00 is payable to instructor at first class.

Six Sessions \$90.00 Per Person

Henry Hudson Trail Act Ctr

Mon, Jan 3-Feb 7 4:00-5:00 PM Z7621A

Mon, Feb 21-Mar 28 4:00-5:00 PM Z7721A

Fort Monmouth Rec Ctr Program Room A

Wed, Jan 5-Feb 9 4:00-5:00 PM Z7821A

Wed, Feb 23-Mar 30 4:00-5:00 PM Z8121A

Thompson Pk Creative Arts Center

Thu, Jan 6-Feb 10 4:15-5:15 PM. Z8321A

Thu, Feb 24-Mar 31 4:15-5:15 PM Z8421A



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. The KidzArt curriculum meets or exceeds the National Standards for Art Education.

Six Sessions \$90.00 Per Child

Henry Hudson Trail Act Ctr

Mon, Jan 3-Feb 7 10:00-11:00 AM Z6721A

Wed, Jan 5-Feb 9 1:00-2:00 PM Z7221A

Mon, Feb 21-Mar 28 10:00-11:00 AM Z6821A

Wed, Feb 23-Mar 30 1:00-2:00 PM Z7321A

Thompson Pk Vis Ctr Tulip Room

Tue, Jan 4-Feb 8 1:00-2:00 PM. Z7021A

Tue, Feb 22-Mar 29 1:00-2:00 PM Z7121A

KidzArt Holiday Workshop: Clay Gingerbread House

(ages 6-11)

Create a gingerbread house out of air dry clay to have as a keepsake for your home year after year!

One Session \$36.00 Per Child

Thompson Pk Creative Arts Center

Fri, Dec 3 4:30-6:30 PM ZAG21A

Sat, Dec 11 1:30-3:30 PM ZAH21A

KidzArt Painting Workshop

(ages 7-11)

Create a beautiful painting on Bristol paper. Instructor will provide step-by-step instruction and students will be encouraged to add their own creativity.

One Session \$24.00 Per Person

Snowy Night

Henry Hudson Trail Act Ctr

Sat, Dec 18 10:30 AM-12:00 PM. ZAJ21A

Thompson Pk Creative Arts Center

Sat, Dec 18 1:30-3:00 PM ZAK21A

Snowy Landscapes

Henry Hudson Trail Act Ctr

Sat, Jan 22 10:30 AM-12:00 PM. Z5921A

Thompson Pk Creative Arts Center

Sat, Jan 22 1:30-3:00 PM Z6021A

Heart Tree

Henry Hudson Trail Act Ctr

Sat, Feb 12 10:30 AM-12:00 PM. Z6121A

Thompson Pk Creative Arts Center

Sat, Feb 12 1:30-3:00 PM Z6221A

Santa's Cookie Plate

(ages 6-9)

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 11 12:00-1:30 PM Z4221A

Sat, Dec 11 2:00-3:30 PM Z4321A

Sculpt a Snowman

(ages 7-12)

In the 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 the workshop.

One Session \$30.00 Parent/Child

Thompson Pk Creative Arts Center

Sun, Jan 16 12:00-1:30 PM Z4821A

Sun, Jan 16 2:00-3:30 PM Z4921A

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 are encouraged to work together to learn, design, think and enter the creative zone in a relaxed and fun atmosphere. A supply fee of \$8.00 is payable to the instructor at first class.

Six Sessions \$96.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Wed, Jan 5-Feb 9 5:15-6:30 PM Z8521A

Wed, Feb 23-Mar 30 5:15-6:30 PM Z8621A

Thompson Pk Creative Arts Center

Thu, Jan 6-Feb 10 5:30-6:45 PM Z8721A

Thu, Feb 24-Mar 31 5:30-6:45 PM Z8921A

Valentine's Plate

(ages 7-11)

With Valentine's Day right around the corner, create the perfect gift 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 Per Child

Thompson Pk Creative Arts Center

Sat, Jan 29 12:00-1:30 PM Z5021A

Sat, Jan 29 2:00-3:30 PM Z5121A

Winter Wonderland

(ages 7-12)

Using acrylic paint on canvas, students will paint two original winter landscapes. Students will design their original compositions and then paint them in an impressionistic style.

Instructor: Debra Stasiak, Founder of Aspiring Artists

Two Sessions \$48.00 Per Person

Thompson Pk Creative Arts Center

Fri, Dec 3-10 4:30-6:00 PM Z4121A

CULINARY ARTS

Chocolate Fun for Everyone

(ages 8-17)

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

Instructor: Kimberly Megill

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Jan 29 10:00 AM-12:30 PM A3521A

Create Like Kids' Baking Championship

(ages 10-13)

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

Four Sessions \$75.00 Per Child

Fort Monmouth Rec Ctr Kitchen

Wed, Dec 1-22 4:30-6:30 PM. M5014A

Mon, Jan 24-Feb 14 4:30-6:30 PM M2221A

Wed, Jan 26-Feb 16 4:30-6:30 PM M2421A

Mon, Feb 28-Mar 21 4:30-6:30 PM M2321A

Let's Decorate Cupcakes!

(ages 9-12)

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

Instructor: Kimberly Megill

One Session \$50.00 Per Child

Dorbrook Rec Area Vis Ctr

Mon, Jan 24 5:00-7:00 PM A3421A

Mrs. Claus's Bake Shoppe

(ages 8-12)

Join the famous North Pole "Master Cookie Baker" and "Sweet Treat Maker" for a chance to create some holiday goodies of your own. Along with her helpers, she'll guide you through scrumptious recipes, from measuring to mixing to baking, as you make adorable, delicious treats to brighten your holiday. Roll up your sleeves, tie on your apron and get ready for the best Christmas goodies - "Santa approved"!

One Session \$49.00 Per Child

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 18 10:00 AM-1:00 PM M2821A

Please be sure to note any food allergies when registering for culinary arts programs.

The Baking Lab

(ages 9-12)

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

One Session \$39.00 Per Child

Fort Monmouth Rec Ctr Kitchen

The Cupcake Experiment

We'll do a little tinkering with our cupcake recipe, especially the flour, eggs and baking soda, as we learn what makes a fluffy, moist cupcake. Taste them if you dare!

Sat, Feb 19 10:00 AM-12:00 PM. M2921A

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 \$84.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Jan 20-Feb 10 4:30-6:00 PM. A4721A

Sun, Jan 23-Feb 13 1:00-2:30 PM. A4821A

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 \$84.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 19-Feb 9 4:30-6:00 PM A4921A

Sun, Jan 23-Feb 13 10:30 AM-12:00 PM A5021A

EDUCATION & ENRICHMENT

Bricks 4 Kidz® Winter Break

(grades 1-4)

Each day at Bricks 4 Kidz®, children learn, build and play while exploring the principles of S.T.E.M. (science, technology, engineering and mathematics). Our hands-on building programs support collaboration, teamwork and individual creativity utilizing LEGO® technic bricks and motors functionality. Instructors and all supplies are provided by Bricks 4 Kidz®.

Four Sessions \$148.00 Per Person

Thompson Pk Vis Ctr Beech Room

Model Designer

How do LEGO® brick model designers come up with inventive ideas? And how do their ideas go from concept to completion? This class explores the creative process of model design. Children 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 will have the opportunity to present their own design.

Mon-Thu, Dec 27-30 9:00 AM-12:00 PM . . Q3521A

Super Hero Academy

For all you Batman, Superman, Spiderman, Captain America and Wonder Woman fans, spend a week with us and explore caped crusaders special super powers, speedy vehicles and clever gadgets. Create a super brick-world and protect it against evil archenemies with custom contraptions made with LEGO® technic bricks and motors. Wear your favorite superhero t-shirt.

Mon-Thu, Dec 27-30 1:00-4:00 PM Q3621A

Bricks 4 Kidz® Winter Break: Full Day Option

Can't decide between the morning and afternoon sessions? Take them both! Price includes both sessions plus a supervised lunch break from 12:00-1:00 PM where children will have a chance to eat their lunch and play with LEGO® bricks. Please see half-day descriptions (above) for full details on each session.

Four Sessions \$288.00 Per Person

Mon-Thu, Dec 27-30 9:00 AM-4:00 PM . . . Q3721A

Bricks 4 Kidz® Superhero Academy

(ages 6-9)

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 Beech Room

Sat, Jan 15-29 10:30 AM-12:00 PM. Q3321A

Bricks 4 Kidz®: Junior Builders Brick Club

(ages 6-9)

Increase your brick building skills each week with fun and challenging models from our popular collection. Technic examples include: Horse and Sleigh, Helicopter, Pirate Ship, Ninja Sail, and Snake. Brick build examples include: Empire State Building, Eiffel Tower, and Tower Bridge London, 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 4-18 10:30 AM-12:00 PM Q3121A

Bricks 4 Kidz® Make it Move: Robotics

(ages 8-11)

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

Three Sessions \$108.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jan 15-29 12:30-2:00 PM Q4021A



Bricks 4 Kidz®: Master Builders*(ages 9-12)*

This workshop is modeled after the popular TV show *LEGO® Masters*. 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 4-18 12:30-2:00 PM. Q3221A**Bricks 4 Kidz®: Vroom...Vehicles** *(ages 6-10)*

Explore building technic models of electric cars, ninja cycles, dump trucks and more, the Bricks 4 Kidz® way! Each week learn the names of the parts used and how gears and axles fit together to build each model. LEGO® power functions motors and power packs help several models move. Children learn, build, play and have tons of fun while learning S.T.E.M. concepts.

Six Sessions \$126.00 Per Person

Fort Monmouth Rec Ctr Program Room D

Tue, Jan 4-Feb 8 4:30-5:30 PM. Q2521A

Thompson Pk Vis Ctr Tulip Room

Thu, Jan 6-Feb 10 4:30-5:30 PM. Q2621A**Child and Babysitting Safety***(ages 10-17)*

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

One Session \$60.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Feb 5 10:00 AM-12:00 PM Q2121A**OUTDOOR ADVENTURES****Brownie Troop Leaders** *(ages 7-9, with adult)*

Need some help planning and running activities to help your Brownies complete their core badge requirements? Let us do the planning for you! Enroll your troop in one of the sessions listed below to complete your badge requirements. Afterwards, learn how the Monmouth County Park System's group programs can assist you with other badges in the near future. Time will be allotted at the end for the Girl Scout Promise + Law, Girl Scout Brownie Smile song and Make New Friends song led by your troop leader. Please bring a drink and snack. Dress for the outdoor activities and wear sneakers or other appropriate closed-toe shoes.

Hiker Badge

Did you know there are trail symbols you can make with just rocks or sticks to help others stay on the trail? During our wilderness adventure we will learn about mapping our hike, reading the route, and what to pack as we take a short hike and eat a snack along the way.

One Session \$125.00 Per Group of 5-10 \$180.00 Per Group of 15

Thompson Pk Old Orchard Picnic Shelter

Sat, Feb 26 10:00-11:30 AM W2121X**Sat, Feb 26 12:30-2:00 PM W2221X****National Dice Day Games** *(ages 8-10)*

Take a chance and en-roll into a games program filled with excitement, high energy and involving dice. Your child will be in pair o' dice during this action packed day. Afterwards, stick around for a snack with newly acquired friends. Be sure to take plenty of photos and post to social media using #NationalDiceDay.

One Session \$12.00 Per Child

Thompson Pk Activity Barn

Sat, Dec 4 1:00-2:30 PM. W1721A**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 materials and create your winter getaway. Afterwards, join us for a tropical treat! All archery equipment will be provided.

One Session \$20.00 Per Child

Thompson Pk Activity Barn

Sun, Feb 27 9:30-11:30 AM W0521A**Sun, Feb 27 12:30-2:30 PM. W0621A**

Art for Human change can Help stop climate change Rain Barrel Art Contest and Exhibition

Deep Cut Gardens invites all youth ages 8-18 to participate in a rain barrel painting contest. We believe in the innovative power of our young leaders and their potential to reverse the course of climate change. As an ethically responsible organization, our mission is to model and encourage the public in making responsible choices. Installing a rain barrel saves precious water and helps the home gardener. The Rain Barrel Art Contest offers students and youth group members a way to creatively express their appreciation for nature by incorporating art with sustainability. Each proposed design should communicate clearly the author's passion, vision and solution to the issue. The Rain Barrel Challenge aims to involve young people in climate change, through environmental education and community service, engaging them in natural resource stewardship and conservation.

Entry Details

- **Theme:** Climate Change
- **Ages:** 8-18
- Entrants may submit a maximum of two sketches using any artist medium, including but not limited to watercolors, acrylic paints, oils, pastels, colored pencils, and markers.
- Designs must be original, innovative and most of all capture the passion of its creator. We ask each passionate individual to showcase their knowledge, leadership and individuality by focusing on a current climate change issue of local or global nature with the idea of depicting their artwork onto a rain barrel.
- **Submissions Accepted:** January 10-March 10
- All submissions are final. Once submitted entries cannot be exchanged or changed.
- Entries can be:
 - Hand-delivered: Deep Cut Gardens, Middletown
 - Mailed: Monmouth County Park System, Deep Cut Gardens, 805 Newman Springs Road, Lincroft, NJ 07738
 - Emailed: Tanya.Dinova@co.monmouth.nj.us

Winning Entries - From Sketch to Rain Barrel Design

- Three winners will be chosen based on their creative design, theme interpretation, and innovation.
- Winning artists will receive a 55-gallon, fully assembled plastic rain barrel to paint their winning design on and a \$25.00 gift card for art supplies.
- Completed rain barrels are to be delivered back to Deep Cut Gardens at the beginning of June.
- The finished rain barrels will be featured during three public events where the winners will have the opportunity to raise awareness and share their ideas with our community. Winners are invited to each of these events with the opportunity to speak about their designs and promote community service, stewardship and individuality!
 - Deep Cut Garden's Open House
 - Monmouth County Fair
 - Friends of the Parks Annual Meeting
- When not at the above listed events, the rain barrels will remain at Deep Cut Gardens to be used to collect water for the gardens.

We encourage parents, teachers and communities to incorporate environmental lessons wherever possible. Together we can reverse the damage and preserve our natural world.

For further information, please visit the Deep Cut Gardens page at www.MonmouthCountyParks.com or call 732-671-6050.

PERFORMING ARTS

Acting for TV and Film

(ages 11-14)

We will learn the basic acting skills of TV and film such as inner monologue, listening and acting through your eyes. There will be filming and play back of video in class so we can learn and grow as actors. Monologues and scenes will be distributed by the instructor. Please pack snacks, water bottle and wear closed-toe shoes/sneakers.

Four Sessions \$95.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Jan 15-Feb 12 1:00-4:00 PM Q1121A

No class 1/29

Beginner Acting - Youth Level 1

(ages 8-13)

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

Four Sessions \$60.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Jan 24-Feb 14 4:00-5:30 PM Q0521A

Clayton Pk Act Ctr Classroom 1

Thu, Feb 10-Mar 3 4:00-5:30 PM Q4221A



Beginner Acting-Youth Level III NEW

(ages 8-13)

We will continue our work on The Four Centers of Acting plus begin work on short plays and one acts to be performed for family and friends on the last day of class. Please wear closed-toe shoes and bring a water bottle.

Pre-requisite: Participants must have previously attended Beginner Acting Level I and/or II.

Four Sessions \$60.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Wed, Jan 12-Feb 2 4:00-5:30 PM Q0721A

Elementary Dance 1

(ages 6-7)

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

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

Ten Sessions \$140.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Jan 27-Mar 31 4:45-5:45 PM A2721A

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.

Six Sessions \$69.00 Per Child

Fort Monmouth Rec Ctr Gym A

Instructor: Julie Asfendis

Tue, Jan 18-Feb 22 4:30-5:15 PM M3721A

Instructor: Pam Rainey Rogers

Thu, Jan 20-Feb 24 4:30-5:15 PM M3521A

Thu, Jan 20-Feb 24 5:30-6:15 PM M3621A

Little Dancers

(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.

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

Ten Sessions \$110.00 Per Child

Tatum Pk Red Hill Act Ctr

Thu, Jan 27-Mar 31 3:45-4:30 PM A2621A

The Afternoon Puppet Show

(ages 5-7)

It's The Afternoon Puppet Show starring you and your puppet! We will make our very own puppet and play our favorite acting games. We'll then bring our puppets to life and perform our favorite stories in our Afternoon Puppet Show, including a performance for our families on the last day of class. Please bring your favorite story books, a water bottle and wear closed-toe shoes/sneakers.

Four Sessions \$55.00 Per Child

Bayshore Waterfront Pk Act Ctr

Tue, Jan 11-Feb 1 4:00-5:30 PM. Q0621A

Clayton Pk Act Ctr Classroom 1

Tue, Feb 8-Mar 1 4:00-5:30 PM Q4121A

Tots in Tutus I

(ages 3-5)

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

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 25-Mar 29 10:00-10:45 AM A1821A

Tue, Jan 25-Mar 29 10:45-11:30 AM A1921A

Tots in Tutus II

(ages 4-5)

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

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

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 25-Mar 29 11:30 AM-12:15 PM . . . A2021A

Tue, Jan 25-Mar 29 3:45-4:30 PM. A2121A

Thu, Jan 27-Mar 31 3:00-3:45 PM A6021A



SPORTS & FITNESS

Basketball FUNdamentals*(ages 6-8)*

Swish! Children will have fun while learning the fundamentals of basketball in a fun, 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 8-29 10:00-10:55 AM X0521A**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 12-Mar 5 10:00-10:55 AM X0921A**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 use gymnastics apparatus including mats and trampoline.

All American Gymnastics Cindy Lane, Ocean

Three Sessions \$42.00 Per Person*(ages 3-4)***Sat, Dec 4-18 9:00-9:45 AM M7521A****Sat, Dec 4-18 11:00-11:45 AM. M7621A***(ages 5-7)***Sat, Dec 4-18 9:00-9:45 AM M7721A****Sat, Dec 4-18 11:00-11:45 AM. M7821A***(ages 8-10)***Sat, Dec 4-18 11:00-11:45 AM. M7921A****Four Sessions \$56.00 Per Person***(ages 3-4)***Sat, Jan 8-29 9:00-9:45 AM. M8021A****Sat, Jan 8-29 11:00-11:45 AM M8121A****Sat, Feb 5-26 9:00-9:45 AM M8221A****Sat, Feb 5-26 11:00-11:45 AM. M8321A***(ages 5-7)***Sat, Jan 8-29 9:00-9:45 AM. M8421A****Sat, Jan 8-29 11:00-11:45 AM M8521A****Sat, Feb 5-26 9:00-9:45 AM M8621A****Sat, Feb 5-26 11:00-11:45 AM. M8721A***(ages 8-10)***Sat, Jan 8-29 11:00-11:45 AM M8821A****Sat, Feb 5-26 11:00-11:45 AM. M8921A****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 8-29 12:00-12:55 PM X0721A**Sat, Feb 12-Mar 5 12:00-12:55 PM X1121A****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.

Indoor Season 1**Four Sessions \$60.00 Per Person**

Fort Monmouth Rec Ctr Gym B

Mon, Jan 10-31 5:30-6:25 PM M9421A**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 \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Indoor Season 1**Sun, Jan 9-30 12:30-1:25 PM M9221A****Indoor Season 2****Sun, Feb 13-Mar 6 12:30-1:25 PM M9321A****T-Ball***(ages 4-5)*

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

Four Sessions \$50.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Jan 8-29 9:00-9:55 AM. X0421A**Sat, Feb 12-Mar 5 9:00-9:55 AM X0821A**



Summer Job Fair

Saturday, March 12, 10:00 AM-1:00 PM
Fort Monmouth Recreation Center, Tinton Falls

Work within the beautiful scenery of your
 Monmouth County parks!

We're looking for responsible, enthusiastic additions to
 our staff for a variety of summer positions, including:

Summer Camp Counselors

*Arts & Crafts, Nature, Outdoors,
 Sports, Longstreet Farm*

Inclusion Coaches • Lifeguards

Seasonal Golf Greenskeepers

Seasonal Rangers

ACTIVE ADULTS 55+

Balanced Fitness

(ages 55 and up)

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

Six Sessions \$72.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Fri, Jan 7-Feb 11 11:30 AM-12:30 PM M6621A

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. Enjoy our coffee or tea and watch your beautiful work of art emerge.

One Session \$25.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Mon, Jan 24 9:30-11:30 AM M1421A

Sat, Jan 29 10:00 AM-12:00 PM M5921A

Sat, Feb 19 10:00 AM-12:00 PM. M6021A

Mon, Feb 28 9:30-11:30 AM M1321A

SeniorzArt

(ages 55 and up)

Artistic expression can bring confidence and independence to artists of all ages. Through personal guidance and encouragement, we will work with pastel, pencil and watercolor in drawing and painting projects that are stimulating and fun to do. Enter the creative zone with us! No art experience necessary.

Six Sessions \$150.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Mon, Jan 3-Feb 7 1:30-3:00 PM ZAB21A

Stronger for Longer

(ages 55 and up)

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

Six Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 10-Feb 28 12:00-1:00 PM D1821A

No class 1/17 & 2/21

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

These hikes are at a comfortable pace and go from 1 ½-2 miles in 1 hour. Level .75 is a shorter distance and slower pace than Level 1 of the Senior Hiker program.

Twelve Sessions \$60.00 Per Person

Tue, Jan 4-Mar 22 11:30 AM-12:30 PM D1321A

Level 1

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

Twelve Sessions \$66.00 Per Person

Tue, Jan 4-Mar 22 9:30-11:00 AM. D1221A

Thu, Jan 6-Mar 24 9:30-11:00 AM D1521A

Level 2

Hikes cover 4 ½-5 miles in 2 hours. Level 2 hikes are at a more comfortable pace than Level 3 or 4, but more brisk than Level 1.

Twelve Sessions \$72.00 Per Person

Wed, Jan 5-Mar 23 9:30-11:30 AM D1421A

Thu, Jan 6-Mar 24 9:30-11:30 AM D1721A

Fri, Jan 7-Mar 25 9:30-11:30 AM D1621A

Level 3

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

Twelve Sessions \$72.00 Per Person

Tue, Jan 4-Mar 22 9:30-11:30 AM. D1121A

Level 4

These hikes are at a brisk pace and go from 5 ½-6 miles in 2 hours. Level 4 is the most difficult of the Senior Hiker programs.

Twelve Sessions \$72.00 Per Person

Mon, Jan 3-Mar 21 9:30-11:30 AM D0921A

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 \$180.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

Tue, Jan 4-Feb 15 7:00-10:00 PM Z0421A

Instructor: Christina Carlson

Thu, Jan 6-Feb 17 9:30 AM-12:30 PM Z0521A

Instructor: Don Bradford

Thu, Jan 6-Feb 17 6:30-9:30 PM. Z0621A

All Level Pottery - Extended

(adults)

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

Instructor: Sue Johnson

Seven Sessions \$224.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 4-Feb 15 9:00 AM-1:00 PM ZAC21A

All Level Pottery Classes

(adults)

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

Please Note: Due to the popularity of these programs, you may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple sessions to provide an opportunity for someone on the wait list.

Seven Sessions \$180.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Laura Copeland

Mon, Jan 3-Feb 14 9:00 AM-12:00 PM. Z2821A

Instructor: Helen Cole

Mon, Jan 3-Feb 14 1:00-4:00 PM Z2921A

Instructor: TBA

Mon, Jan 3-Feb 14 6:00-9:00 PM Z3021A

Instructor: Sue Johnson

Tue, Jan 4-Feb 15 4:00-7:00 PM. Z3121A

Instructor: Joanne Traskiewicz

Wed, Jan 5-Feb 16 9:00 AM-12:00 PM. Z3721A**Wed, Jan 5-Feb 16 1:00-4:00 PM Z3221A**

Instructor: TBA

Wed, Jan 5-Feb 16 6:30-9:30 PM Z3321A

Instructor: Joyce Nokes

Fri, Jan 7-Feb 18 9:00 AM-12:00 PM Z3421A**Fri, Jan 7-Feb 18 1:00-4:00 PM Z3521A**

Instructor: John Fossa

Sat, Jan 8-Feb 19 11:30 AM-2:30 PM. Z3621A

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 6-Feb 17 9:00 AM-12:00 PM Z8821A

Thu, Jan 6-Feb 17 1:00-4:00 PM. Z9021A

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 \$180.00 Per Person

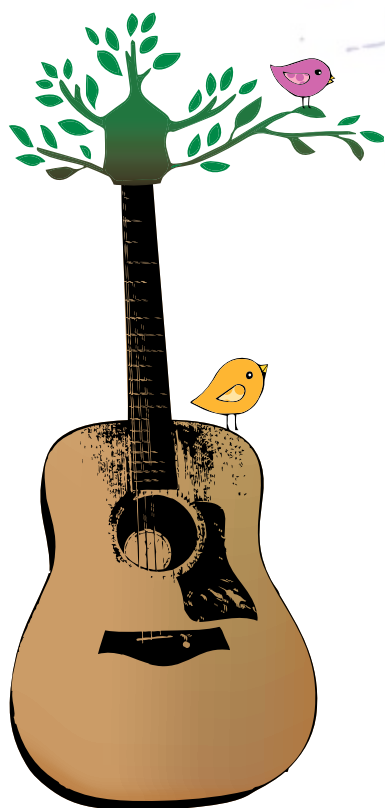
Thompson Pk Creative Arts Center

Instructor: Helen Cole

Wed, Jan 5-Feb 16 1:00-4:00 PM Z5421A

Instructor: Kathy Bennett

Wed, Jan 5-Feb 16 6:30-9:30 PM Z5521A



Call for Entries All Mediums Welcome!

for the

Creative Arts Festival

Saturday, May 7, 10:00 AM-4:00 PM

Thompson Park, Lincroft

A celebration of the arts that features fine art vendors, creative demonstrations, live music and food vendors.

This juried arts festival is open to artists of all mediums. A non-refundable application fee of \$15.00 is to be paid with your application.

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

DRAWING & PAINTING

A Day with the Impressionists

(adults)

Using acrylic paints and canvas, students recreate a famous Impressionist and/or Fauvist 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, Founder of Aspiring Artists

One Session \$36.00 Per Person

Thompson Pk Creative Arts Center

Matisse's Poppies c. 1919

Sat, Jan 8 2:00-5:00 PM Z2421A

Monet's Path Through the Forest, Snow Effect

Sat, Jan 22 2:00-5:00 PM Z2521A

Matisse's Acanthus Moroccan Landscape

Sat, Feb 5 2:00-5:00 PM Z2621A

Monet's Antibes in the Morning

Sat, Feb 19 2:00-5:00 PM Z2721A

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 4-Feb 8 6:30-8:30 PM Z0121A

Thu, Jan 6-Feb 10 6:30-8:30 PM Z0221A

Fri, Jan 7-Feb 11 10:00 AM-12:00 PM Z0321A

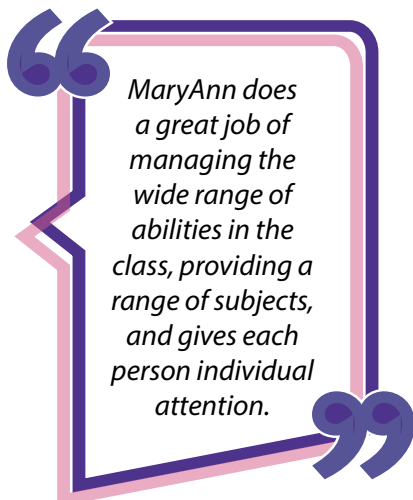


Figure Drawing 101

(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. Please come with a fee of \$15.00 (cash only) payable to the 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 12 5:00-7:00 PM ZA621A

Wed, Feb 23 5:00-7:00 PM ZA721A

Great Impressionism Holiday Workshop

(adults)

Our instructor will bring in classic holiday images for students to customize and recreate in an impressionistic style. Students will also hand-paint three holiday cards to give to their family and friends this holiday season! All materials provided.

Instructor: Debra Stasiak, Founder of Aspiring Artists

Two Sessions \$48.00 Per Person

Thompson Pk Creative Arts Center

Fri, Dec 3-10 10:00 AM-12:00 PM Z4021A

Great Impressionism Workshop™

(adults)

No painting experience necessary to take this step-by-step approach to Impressionism. Using Aspiring Artists 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, please bring your own 11"x14" canvas to class.

Artist/Instructor: Debra Stasiak

Four Sessions \$95.00 Per Person

Thompson Pk Creative Arts Center

Monet's Path Through the Forest, Snow Effect

Matisse's Acanthus Moroccan Landscape

Fri, Jan 7-28 10:00 AM-12:00 PM Z0821A

van Gogh's Landscape with Snow

Monet's Antibes in the Morning

Fri, Feb 4-25 10:00 AM-12:00 PM Z0921A

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 13-Feb 17 1:00-3:00 PM Z1721A

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 11-Feb 15 9:00-11:00 AM Z1421A

Intuitive Painting

(adults)

Let's create several layers on our canvas using paints, inks, stamps and stencils. We'll complete these original works of art by blocking out a focal point and adding a phrase and/or embellishments if desired. All supplies are included for a large format canvas 16" x 20" or larger.

Instructor: Monique Topp

One Session \$55.00 Per Person

Henry Hudson Trail Act Ctr

Sat, Feb 26 12:30-5:30 PM A0221A

Night and Day Silhouette Canvas

(adults)

With this project, we'll paint half the canvas in a night sky and the other half in a sunrise sky. The scene will be completed with a collaged black silhouette tree with or without swings in the center of the canvas and adding leaves if desired. All supplies included for a 12" x 16" canvas.

Instructor: Monique Topp

One Session \$40.00 Per Person

Henry Hudson Trail Act Ctr

Sat, Feb 19 1:00-4:00 PM A0321A

Oil Painting Techniques

(adults)

Confidence is taught by proper structure of technique and application of the materials. Through this hands-on course, students will learn diverse painting styles, as well as various master techniques. We will cover concepts such as: working lean to fat, impasto, Alla Prima and under painting specific for each image and subject within the image. Finished paintings will be 5" x 7" or 8" x 10" in size with references provided by your instructor in this step-by-step structured class. All levels are always welcome. A supply list will be provided on your registration receipt.

Instructor: Gina Torello, Professional Artist, MFA

LightScapes Studio LLC

Thompson Pk Creative Arts Center

Five Sessions \$100.00 Per Person

Wed, Jan 12-Feb 9 2:00-4:30 PM Z9721A

Six Sessions \$120.00 Per Person

Wed, Feb 16-Mar 30 2:00-4:30 PM Z9821A

No class 3/16

Painting: All-Level

(adults)

If you are ready to perfect your painting skills, this course is geared toward you. Designed for painters with experience, the focus of this class will be on fine-tuning and developing technique with independent guidance and critique. 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 11-Feb 15 11:30 AM-1:30 PM . . . Z1521A

Tue, Jan 11-Feb 15 2:00-4:00 PM Z1621A



Pastel Impressionism

(adults)

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

Instructor: Gina Torello, MFA professional artist,
LightScapes Studio LLC

Fisherman's Cove Act Ctr

Five Sessions \$100.00 Per Person

Tue, Jan 11-Feb 8 2:00-4:30 PM Z9521A

Six Sessions \$120.00 Per Person

Tue, Feb 15-Mar 29 2:00-4:30 PM Z9621A

No class 3/15

Plein Air by the Sea

(adults)

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

Instructor: Gina Torello, MFA professional artist,
LightScapes Studio LLC

Fisherman's Cove Act Ctr

Five Sessions \$100.00 Per Person

Thu, Jan 13-Feb 10 2:00-4:30 PM Z9921A

Six Sessions \$120.00 Per Person

Thu, Feb 17-Mar 31 2:00-4:30 PM ZA021A

No class 3/17

Portrait Painting Workshop

(adults)

Portrait painting and drawing is probably one of the hardest but most inspiring subject matters of art. There is nothing like a fine art portrait of someone you know and love. We will begin the class by composing the model in the correct light and wardrobe. The first session or two of class will focus on drawing. Accuracy in proportion, shape, line, value, and anatomical structure in the features are fundamental to capturing a likeness. The instructor will discuss these principles in depth using demonstrations and critiques. Following the drawing portion of class, students will be encouraged to paint. Paintings will be done with their drawing transferred to canvas. A range of traditional techniques will be utilized to best serve the painting including underpainting (ebouche) and form painting. The properties of value and color in regards to beautiful flesh tones will be explored. Please bring \$43.00 for the model fee on the first day of class.

Artist/Instructor: Kristin Künc

Six Sessions \$138.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 12-Feb 16 9:30 AM-12:00 PM . . . Z6621A

Renaissance Drawing

(adults)

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

Instructor: Gina Torello MFA professional artist,
Lightscapes Studio LLC

Thompson Pk Creative Arts Center

Five Sessions \$100.00 Per Person

Mon, Jan 10-Feb 7 2:00-4:30 PM Z9321A

Six Sessions \$120.00 Per Person

Mon, Feb 14-Mar 28 2:00-4:30 PM Z9421A

No class 3/14

Studio Time with Gina

(adults)

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

Instructor: Gina Torello, MFA professional artist,
LightScapes Studio LLC

Thompson Pk Creative Arts Center

Six Sessions \$100.00 Per Person

Fri, Jan 14-Feb 11 2:00-4:30 PM. ZA121A

Six Sessions \$120.00 Per Person

Fri, Feb 18-Apr 1 2:00-4:30 PM. ZA221A

No class 3/18

The Foundations of Oil Painting

(adults)

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.

Artist/Instructor: Melissa Bronwen Pyle

Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 10-Feb 14 10:00 AM-12:00 PM . . Z9121A

Watercolor Adventures

(adults)

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

Instructor: Jane Lux

Ten Sessions \$190.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Fri, Jan 7-Mar 11 10:00 AM-12:30 PM . . . ZA821A

Fri, Jan 7-Mar 11 1:00-3:30 PM ZA921A

JEWELRY

Precious Metal Clay Basics

(adults)

Precious Metal Clay (PMC) is made up of metal particles, such as fine silver, suspended in an organic binder. This versatile medium is very user friendly. Even beginners can create beautiful artisan jewelry! Our instructor will introduce beginners to the fundamentals and assist more advanced students with their independent projects. Students will be working with fine silver metal clay. The cost of the metal clay will depend on market value. Please refer to the fact sheet for more pricing information.

Six Sessions \$148.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 11-Feb 15 10:00 AM-1:00 PM . . . Z4521A

Thu, Jan 13-Feb 17 10:00 AM-1:00 PM . . . Z4421A

KNITTING & SEWING

Beginner Sewing and Beyond

(adults)

Learn the basic sewing skills you will need to make clothing, items to beautify your home, gifts, etc. We will start by making a simple skirt and move on to other items as time allows. We will cover understanding and using a pattern, and assembling a garment, including inserting a zipper, hemming, etc. The supplies needed for class will be listed on your registration receipt.

Please Note: You must be able to operate the sewing machine you bring to class.

Instructor: Janice Beeby

Six Sessions \$80.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Jan 11-Feb 15 7:00-9:30 PM ZAF21A

Embroidery 101

(adults)

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

Artist/Instructor: Jennifer Santa Maria

One Session \$29.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 26 5:00-7:00 PM Z6521A

Hooks and Needles Club

(adults)

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

Eight Sessions FREE!

Deep Cut Gardens Horticultural Center

Wed, Jan 5-Feb 23 1:00-3:00 PM PH022A

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 the 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 8-Feb 12 10:30 AM-12:30 PM. ZAA21A

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 for a \$45.00 fee (cash or check) payable the first day of class to instructor Harry Belkowitz.

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Jan 8-Feb 12 1:00-3:00 PM Z5721A

Beginner's Introduction to Beading

(adults)

Learn the basic techniques needed to make your own beautiful wearable creations. You will learn different stringing techniques, simple wire wrapping, and then on to bead weaving. During this part you will be introduced to the basic stitches, such as right angle weave, brick and peyote. This course will be a weekly project class.

Instructor: Mary Louise Doner

Twelve Sessions \$192.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 3-Apr 4 9:30 AM-12:30 PM ZA321A

No class 1/17 & 2/21

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've made one you'll never want to stop. A \$45.00 materials fee (cash or check) is due to instructor Harry Belkowitz the first day of class.

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Tue, Jan 11-Feb 15 10:00 AM-12:00 PM. Z5821A

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 Program Room A

Tue, Jan 11-Feb 15 4:00-5:15 PM A5121A

Intermediate Mosaics

(adults)

For those who have taken the Beginner Mosaics class, students will learn more advanced tile cutting techniques to create exciting images in tile. Grouted and non-grouted projects will be worked on. All materials provided by instructor for a \$45.00 fee (cash or check) payable during the first class.

Instructor: Harry Belkowitz

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Jan 8-Feb 12 10:00 AM-12:00 PM . . . Z5621A

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 Gym A

Tue, Feb 15-Mar 8 5:45-7:15 PM A5221A

Rug Hooking Gathering

(adults)

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

Ten Sessions \$40.00 Per Person

Longstreet Farm Vis Ctr

Tue, Jan 4-Mar 8 10:00 AM-3:00 PM F0221A

Stained Glass Garden Ornament

(adults)

Create a delightful piece of stained glass and copper garden and lawn ornament mounted on a metal rod suitable for indoor and outdoor use. This ornament can also be displayed as a window sun catcher. All materials provided by instructor. A materials fee of \$65.00 (cash or check) is payable to instructor Harvey Altman.

Six Sessions \$84.00 Per Person

Big Brook Pk Elsas Lodge

Wed, Jan 12-Feb 16 10:00 AM-12:00 PM . . . ZAN21A

Stained Glass Mosaic

(adults)

Create a decorative mosaic using stained glass in this hands-on workshop. Learn how to design, cut, grind and grout a stained glass mosaic. Craft a one-of-a-kind project to take home. All materials provided by instructor. A materials fee of \$65.00 (cash or check) is payable to instructor Harvey Altman.

Six Sessions \$84.00 Per Person

Big Brook Pk Elsas Lodge

Tue, Jan 11-Feb 15 1:00-3:00 PM ZAP21A

Winter Pysanky

(adults)

Join us for this 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. In this one-day class, you will learn this fun, intricate technique and have the chance to create your very own eggs, decorated with poinsettias and snowflakes in the 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 \$30.00 Per Person

Thompson Pk Creative Arts Center

Wed, Dec 1 5:00-7:30 PM Z6321A

Wed, Dec 8 5:00-7:30 PM Z6421A

PHOTOGRAPHY

Photography - Meet Your Digital SLR*

(adults)

Are you ready to see what your Digital SLR can really do? This class will solve the mystery of controls such as Aperture, Shutter Speed, ISO, White Balance, and more. Learn how to shoot in "manual" mode with confidence in real-world shooting situations.

Please Note: This class requires a Digital SLR or mirrorless camera with an interchangeable lens mount. Point and shoot cameras are not covered. Check with instructor Gary Dates at gary@garydatesphotos.com to make sure you have a qualifying camera.

Six Sessions \$78.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 18-Feb 22 6:30-8:30 PM Z8021A

Wed, Feb 16-Mar 23 10:30 AM-12:30 PM . . . Z8221A

CULINARY ARTS

Afternoon Tea: Creating the Perfect Party

(adults)

Spend a delightful Saturday making all the wonderful treats found at an afternoon tea. From scones to finger sandwiches, you'll try your hand at some petite portioned treats and learn how to put the whole event together. Whether you're hosting a bridal or baby shower, or just spending time with dear friends, you'll have confidence that you can create an elegant afternoon tea.

Menu: Sweet Palmiers with Whipped Cream and Raspberry Jam, Chicken Salad with Grapes, Cran-Raisin & Chopped Pecan in Phyllo Cups, Cranberry Orange Scones and Tea Sandwiches

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Feb 26 10:00 AM-1:30 PM M4921A

American Home Cook Classics

(adults)

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

Menu: Chef Stephen's Chicken Pot Pie w/Puff Pastry Tops & Quick Apple Crisp

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jan 27 6:00-8:30 PM. M4321A

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!

Menu: Olive Garlic & Thyme Chicken Thighs and Chocolate Chip Cookie Skillet

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Feb 17 6:00-8:30 PM M4721A

Catch of the Day

(adults)

Do you love fish but aren't sure how to cook it? Chef Stephen is ready to walk you through classic techniques for pan searing, baking and grilling fish the easy way. He'll also explain how to create terrific side dish pairings to compliment your main dish. You'll leave with the confidence to prepare your next catch of the day!

Menu: Salmon Roulade (Pinwheels) with Pesto and Panko Herb Crusted Salmon with Lemon Cream Sauce

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Feb 22 6:00-8:30 PM. M4821A

Group Cooking Classes

Book a private class for 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, perfect for couples, girls night out, teen groups and more.

Cost: 2 ½ hour class for \$325.00 for a group of 4-10 people, ages 13-adult

Location: Fort Monmouth Recreation Center, Tinton Falls

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

For more information and to schedule, contact Ann Sage at 848-456-4278, ext. 4#, or Ann.Sage@monmouthcountyparks.com.



Chocolate Making Basics

(adults)

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

Instructor: Kimberly Megill

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Feb 28 6:00-9:00 PM A3621A

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 Menu: Cran-Orange Chocolate Biscotti and

Mom Consiglio's Polish Raspberry Mazurki Bar Cookies

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 11 10:00 AM-12:30 PM. M4021A

Cooking with Liquor & Spirits

(adults)

Add some ooh la la to your sweet and savory dishes! There are many creative ways to cook with these libations, from sauces and glazes to marinated fruits, from pie dough to preserves. Learn the proper steps and amounts to create the perfect "spirited" dish, adding elegance and complexity to your next meal.

Menu: Napa Valley Cabernet Burgers & Easy Coq au Vin

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Feb 1 6:00-8:30 PM M4421A

Empanadas Gone Wild!

(adults)

Whether you've never had this South American style hand pie, or you're already a fan, you've got to see how easy these are to make. With traditional fillings as varied as the many countries and regions, chef will focus on creating a popular variety, with tips for stuffing it just right. Once stuffed, you'll see how to fold and crimp the edges, and bake or fry your empanadas. Top it off by creating three delicious dipping sauces for one mouth watering meal!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jan 6 6:00-8:30 PM M4121A

Flavors of Costa Rica & Cuba

(adults)

Travel past the tacos and burritos to some of the more authentic South American dishes. 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: Costa Rican Shrimp & Rice and Cuban Pork Chops w/ Mojo

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Jan 18 6:00-8:30 PM M5121A

Flavors of the Orient

(adults)

When one thinks of Asian food, many ideas come to mind. Some people go right to Chinese while others may think Japanese 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 and spicy sauces – and our focus will be on FRESHNESS!

Menu: Asian Infused Dumplings and Quick & Easy Stir Fry

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Jan 4 6:00-8:30 PM M5021A

From the Recipe Box of...

(adults)

Who doesn't enjoy watching celebrity chefs in action? Don't stop there; try your hand at creating some of the tempting dishes they present on TV. Just for fun, we are pairing up some of today's iconic chefs as we borrow from their recipe boxes for a culinary mash up made in foodie heaven.

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

The Women of Food Network

You have watched their shows and have attempted their recipes in your own home kitchen, and so has Mrs. Chef! Join her as she pays homage to her favorite female Food Network Home Chefs: Valerie Bertinelli, Trisha Yearwood and Ree Drummond.

Menu: Val's Veggie Pie Appetizer, Trisha's Chicken Tortilla Casserole and Ree's Easy Dump Cake

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

Sat, Feb 5 10:00 AM-1:00 PM M4521A

Homemade Pierogi

(adults)

Love pierogi? Ditch the box and learn how easy it is to whip up a dozen homemade. Mrs. Chef lays 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: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Jan 15 10:00 AM-2:00 PM. M4221A



Inspired Homemade Holiday Food Gifts

(adults)

Homemade gifts for family, friends or co-workers (that they can take a bite out of!) are such a nice way of saying "I am thinking of you" during the holidays. Chef will discuss with you how to create the perfect edible gift, and Mrs. Chef will show you how to wrap it up with some holiday flair!

Menu: Chef Stephen's Cranberry Bacon Chutney; Chili Infused Pecans and Mom Consiglio's Polish Raspberry Mazurki Bar Cookies

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Dec 7 6:00-8:30 PM M3921A

Sheet Pan Dinners

(adults)

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

Menu: Sheet Pan Paella and Sheet Pan Cherry Cobbler
Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Feb 10 6:00-8:30 PM M4621A

Spirited Holiday Cookies

(adults)

Definitely not for the kiddies, these grown-up cookies will be a delight at your next holiday party. Brush up on measuring, mixing and baking techniques with Chef and Mrs. Chef, while creating cookie recipes designed with spirits in mind. Take home recipe packet (and a taste test!) included.

Cookie Plate Menu: Rum Balls and Chocolate Chip Kahlua Cookies

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Nov 30 6:00-8:30 PM MBN14A

EDUCATION & ENRICHMENT

Beginner Mahjong

(adults)

Shuffle your tiles and build your walls as you learn how to play this ancient, fast-paced Asian game. American rules will be followed. Beginners only please.

Seven Sessions \$35.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Jan 4-Feb 15 11:30 AM-1:30 PM M1221A

Boat America

(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 26 8:30 AM-5:00 PM Q2421A

Coffee Club Mahjong

(adults)

Shuffle your tiles and build your walls as you play this ancient, fast-paced Asian game. American rules will be followed. For players who have experience.

Please Note: At the current time, we are unable to provide refreshments in our programs.

Seven Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Tue, Jan 4-Feb 15 9:30-11:30 AM. M1521A

Thu, Jan 6-Feb 17 9:30-11:30 AM. M1621A

Demystify Technology

(adults)

This approachable series of interactive discussions makes it enjoyable to talk about today's advanced technologies. Does artificial intelligence think? Are self-driving cars here now or years away? How are Space-X and NASA collaborating to reach the moon and beyond? Each week we will delve into one topic: artificial intelligence, 3-D printing, autonomous vehicles, and commercialized space exploration. We'll separate the hype from the reality, sprinkle in a little bit of tech talk, and keep it entertaining along the way. You'll come away with the confidence to discuss these technologies with others, based on an understanding of how they connect to our lives today and within the next few years.

Instructor: Saul Einbinder

Four Sessions \$50.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Jan 12-Feb 2 6:00-7:30 PM Q0321A

Holiday Season Make-Up

(adults)

Let's celebrate this year's holiday season. Professional make-up artist Anna Olech of AKO Artistry will teach us the latest colors and trends in make-up for this holiday season. You will learn how to recreate this look at home so you are ready for all your holiday celebrations. Please bring your own make-up bag and mirror.

One Session \$40.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Fri, Dec 3 6:00-7:30 PM Q0121A

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 very dark at night, feel free to bring your own flashlight or use a cell phone to light the way.

One Session \$10.00 Per Person

Bayshore Waterfront Pk Act Ctr

Sat, Dec 4 8:00-9:00 PM. IK121A

Sat, Dec 4 9:15-10:15 PM. IKQ21A

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 Program Room 2

Mon, Jan 24 6:30-10:00 PM Q1921A

Thompson Pk Vis Ctr Beech Room

Tue, Dec 7 6:30-10:00 PM. Q1621A

Thu, Jan 6 6:30-10:00 PM. Q1721A

Thu, Feb 10 6:30-10:00 PM. Q1821A

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 \$65.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Thu, Dec 2 7:00-9:30 PM Q1221A

Thompson Pk Vis Ctr Beech Room

Mon, Dec 13 7:00-9:30 PM Q1321A

Thu, Jan 20 7:00-9:30 PM. Q1421A

Tue, Feb 22 7:00-9:30 PM. Q1521A

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 8 10:00 AM-12:30 PM. Q2021A

Using Obituaries in Your Genealogy Research

(ages 14 and up)

An obituary is the story of a person's life. It includes not only when and where that person passed, but also other valuable information about their life story. From obituaries, you can discover the names of their family members, their occupations and interests, and other places they may have lived. Explore the ins and outs of obituary research and where to find the information. You will read examples of interesting, informative and entertaining obituaries, and be given several reasons why you should consider writing your own.

One session \$19.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jan 8 2:00-3:30 PM Q3821A

Write Out Loud

(adults)

Do you love to write? To journal? To muse? To meander around a page with your pen (or pencil or keyboard) and wish you could share your writing with a supportive group of like-minded writers? In this four-week writing workshop, we flex our writing muscles, limber up our joints, relax and open our minds and hearts during a series of stimulating and introspective writing exercises. Those who wish to will read their writing out loud to the group, and get the group's feedback about what they loved about it. This workshop is about safety, empowerment, encouragement, trust and heart, not about critique and technique. Bring a notebook and writing utensil to class.

Presented by: Kate Cauley

Four Sessions \$110.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Sat, Jan 15-Feb 5 10:00 AM-12:00 PM. . . . A1321A

HEALTH & WELLNESS

Begin the New Year with Gratitude & Blessings

(adults)

Learn to develop the ability to seek out the good as well as recognize when good is happening both to and through you. We'll create an understanding of how to accept the good we receive through a whole, integrated person response.

Presenter: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Jan 17 6:30-8:30 PM A1721A

Chakra Clearing

(adults)

Clear your seven chakras with love. Discover and practice many different energetic and science-based healing modalities to seal your chakras, filter out unwanted energies and protect your boundaries with compassionate self-care. We will also participate in meditative rituals to clear, release and open our in-body chakras for more balanced living.

Presenter: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Feb 8 6:30-8:30 PM A1621A

Programs for Caregivers & Individuals with Memory Loss

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. This is a free program; however, registration is requested.

Three Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Jan 11-Mar 8 7:00-8:00 PM #D0821A

Program meets 1/11, 2/8 & 3/8

Memory Cafe

(adults)

Providing a comfortable, safe environment for people with memory loss and their care partners to laugh, learn and remain socially engaged with others traveling the same journey. Please contact Anne Simon for more information at 732-460-1167, ext. 24.

Three Sessions FREE!

Fort Monmouth Rec Ctr Atrium Room

Tue, Jan 25-Mar 22 1:00-2:30 PM #PD012A

Memory Cafe - Walk in the Parks

(adults, with age related memory loss)

Discover the seasonal beauty of our county parks. Each month we will visit a new park, look for wildlife and enjoy the sights and sounds of nature.

Three Sessions \$10.00 Per Pair

1/11 - Dorbrook Rec Area Act Ctr Parking Lot

2/8 - Thompson Pk Three Barns Parking Lot

3/8 - Manasquan Res Vis Ctr Parking Lot

Tue, Jan 11, Feb 8 & Mar 8 1:00-2:00 PM #D1021A

Creating Positive Lasting Change *(adults)*

Learn proven strategies to remove obstacles to some of our most ingrained habits and replace those unserving attitudes and beliefs with positive sustained tools for lasting change.

Presenter: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Jan 31 6:30-8:30 PM A3021A

New Year - Truer You! Learn to Accept Yourself No Matter What! *(adults)*

Accept yourself no matter what! We'll experience and learn how to sustain an inner state of self-acceptance by learning to raise your energy levels to feel more joy and peace. We're going to awaken feeling loved from the INSIDE.

Presenter: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Jan 11 6:30-8:30 PM A1521A

T'ai Chi Chih Joy Through Movement® Discipline*(adults)*

The Chih method teaches the ancient art of "moving meditation" in a series of 20 simple movements that are uplifting and easy to learn. Discover the wonders of this gentle stress-reliever and physical conditioner.

Six Sessions \$90.00 Per Person

Tatum Pk Red Hill Act Ctr

Ongoing

More intermediate level instruction for returning students.

Fri, Jan 14-Feb 18 10:00-11:20 AM. A3321A

Beginner

The simpler movements will be taught in this class.

Fri, Jan 14-Feb 18 11:30 AM-12:50 PM . . . A3221A

T'ai Chi Chih Joy Thru Movement®*(adults)*

This is a great way to learn more about Tai Chi Chih! The Chih method teaches the ancient art of "moving meditation" in a series of 20 simple movements that are joyous and easy to learn. Discover the wonders of this gentle stress-reliever and physical conditioner. If the weather permits, we will hold class outdoors.

Two Sessions \$36.00 Per Person

Manasquan Res Vis Ctr Program Room 1

Tue, Jan 11-18 5:30-7:00 PM. A2921A

Tai Chi Chih® Discipline - Joy Through Movement*(adults)*

Experience this ancient art of "moving meditation" in a series of simple movements that are joyous and easy to learn. Discover the wonders of this gentle stress-reliever and physical conditioner.

Four Sessions \$90.00 Per Person

Begin or Review

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

Manasquan Res Vis Ctr Program Room 1

Tue, Feb 8-Mar 1 5:30-7:00 PM A3121A

The Great OM Chant *(adults)*

It is believed that OM was the first sound made in our universe. The Ancient Yogis believed that when chanted, OM combines two of the most powerful healing resources we have: our breath and sound. Each week we will gather together to learn and explore the basic technique to chanting OM so we can recreate this healing vibration and bring more clarity, more peace and more joy to our days to come.

Four Sessions \$60.00 Per Person

Bayshore Waterfront Pk Act Ctr

Thu, Jan 13-Feb 3 6:30-8:00 PM. Q0921A

Clayton Pk Act Ctr Classroom 1

Sat, Jan 15-Feb 12 9:00-10:30 AM Q1021A

No class 1/29

Garden Corner

Snowdrops

(*Galanthus nivalis*)

Native to Europe, this bulbous perennial has naturalized in many parts of eastern North America. It typically blooms around late February to late March and is often a sign of spring as it pokes its head up through the snow.



Happy in the Cold

You'll often spot Snowdrops here in New Jersey as they like our cold winters. You won't find them in warmer climates.

Planting

Once purchasing Snowdrop bulbs in early fall, you will want to plant them immediately as they can very easily dry out. Pick sites with moist soil, like under a tree or shrub. Though they are dormant during summer, they still prefer shade during the warmer months.

Pest Free!

Not only are Snowdrops pest-free plants, but critters like rabbits, chipmunks and mice won't eat them. Not even deer will feast on these delicate flowers.



Quite a History

The classical Greek author Theophrastus described Snowdrops in the 4th century BC in his *Historia plantarum, Enquiry into plants*. At the time it was grouped with similar plants as a "violet" and of its habitat he wrote: "the first to appear is the white violet. Where the climate is mild, it appears with the first sign of winter, but in more severe climes later in spring".

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.

HORTICULTURE

Deep Cut Gardens Greenhouse Tour (adults) **NEW**

Spend time in the lush, warm Display Greenhouse and get the inside scoop on our collection from the horticulturist who cares for the plants. Unique plants will be pointed out and how to care for different plants can be discussed.

One Session \$12.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Dec 12 10:30-11:30 AM. H1621A

Sun, Feb 27 10:30-11:30 AM. H1721A

Evergreen Holiday Wreath (adults) **NEW**

Evergreen wreaths echo the beauty and scent of the winter season bringing the outdoors inside. Using a simple base, combining a medley of fir, pine, hemlock or arborvitae underscore the natural attractiveness of conifers. Woven satin, velvet and plaid ribbons display elegance this time of year. All of our materials are organic, fresh and sustainable.

One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Dec 8 2:00-3:30 PM. H0821A

Thu, Dec 9 10:30 AM-12:00 PM. H0921A

Tue, Dec 14 10:30 AM-12:00 PM. H1021A

Wed, Dec 15 2:00-3:30 PM. H1121A

Floral Design Club

(adults)

Expressing yourself through flowers can be a personal passion and a very relaxing activity. Designing arrangements increases your focus and creates mindfulness. Our hands-on classes will help you get started with this beautiful, rewarding art. Each month features a different design that you will master. All supplies provided and the arrangement is yours to take home.

Three Sessions \$85.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Dec 2-Feb 3 4:00-5:15 PM. H0621A

Class meets 12/2, 1/13 & 2/3

Garden Spirit Dream Catchers (adults) **NEW**

Numerous among indigenous cultures and regions, these divine medallions are devised from handmade wooden hoops of twig, vine or willow. The center insignia of a woven web is said to bestow protection when displayed. Embellished with trailing plumes of beads, feathers and charms, they're rich in tradition and lore, bohemian in style, and utilitarian in any room or garden. Join us as we teach you how to replicate the traditional handiwork of such cultures and weave these rich tapestries of spirituality and tradition. This craft is accompanied by a Native American legend.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jan 22 2:00-4:00 PM. H0321A

Sat, Feb 26 2:00-4:00 PM. H0721A

Deep Cut Gardens 2023 Photography Exhibit Call for Entries

This year we are challenging all photographers to discover and capture the amazing colors of our garden.

Exhibit Theme: Under the Rainbow, A Kaleidoscope of Colors!

Categories: General Photography or Under the Rainbow, A Kaleidoscope of Colors

Each photographer must choose to enter into one of the two divisions.

Entry Deadline: November 30, 2022

The exhibit will be on display at the Horticultural Center from January 3-31, 2023.

For more information and entry forms please visit the Deep Cut Gardens page at

www.MonmouthCountyParks.com.



Green Holiday Hydrosol *(adults)*

It's the holiday season of giving! Vibrant evergreens hold the secret to safe and natural fragrances that can bring cheer and joyful scents into our homes. Together we will create our own room fragrance that is safe, sustainable and budget-savvy. Treat yourself or give to others this homemade apothecary treasure.

One Session \$28.99 Per Person

Deep Cut Gardens Horticultural Center

Sat, Dec 4 11:00 AM-12:00 PM H2421A

Tue, Dec 7 4:00-5:00 PM H2321A

Heirloom Jeweled Wreath *(adults)*

Do you have costume jewelry, vintage brooches, or even heirloom charms just sitting in a drawer collecting dust? Do you love frequenting flea markets and estate sales to chance upon a jeweled bargain? Then this is the class for you! Time to gather your trinkets and treasures and join us in creating this one-of-a-kind wreath. Inspired by the recent trend of brooch bouquets, these bejeweled wreaths will forever be a displayed keepsake in your living rooms, dining rooms, or even as a timeless touch to your personal dressing rooms.

Three Sessions \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Dec 5-19 10:30 AM-12:00 PM H0421A

Herbal Vinegar, Infusions and More *(adults)*

Growing your own herbs is only the first step to a world of possibilities. 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 materials for your future creations.

One Session \$18.50 Per Person

Deep Cut Gardens Horticultural Center

Fri, Dec 10 4:00-5:15 PM H0521A

Introduction to Seed Propagation*(adults)*

Growing your own 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 this hands-on workshop in seed germination. We will cover techniques and tools that will help you successfully germinate seeds in your own home. After the workshop, bring some of your own seeds over to Tatum Park's Red Hill Activity Center to celebrate National Seed Swap Day.

One Session \$10.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jan 29 9:15-10:15 AM H1221A

National Seed Swap Day

Saturday, January 29, 10:30 AM - 12:00 PM

Tatum Park Red Hill Activity Center, Middletown

Getting excited to start up the garden again, or maybe you have leftover seeds you don't need anymore?
Swap your seeds for something new!

- Vegetable, annual, perennial and native seeds are welcome (no invasive species).
- Place your seeds in a sealed envelope or bag, labeled with the plant name, year collected, and where it was bought or collected from.
- Throughout January, deliver your seed submissions to Huber Woods Environmental Center, Middletown.
- A minimum of five (5) seeds is required per item.
- All seed swappers will take home a native wildflower seed freebie.

For more information, call 732-872-2670.

New Year Welcoming at the Garden

(adults)

Let's welcome the New Year together in the peaceful beauty and serenity of the garden. Embrace the life we already have right here and now! This practice will help us celebrate the transition and honor all that has happened and all that awaits each of us. The garden setting is a perfect spiritual conduit to connect, embrace and ground our minds, bodies, and souls with the universe. Smudging, nourishing Rasayana, mindful meditation, and chakra tuning are only a few of the highlights awaiting you.

One Session \$45.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Jan 9 10:00 AM-12:00 PM H2521A

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 \$18.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Feb 11 3:00-4:30 PM H1821A

Sat, Feb 12 10:00-11:30 AM H1921A

Sun, Feb 13 10:00-11:30 AM. H2021A

NATURE

Blooms to Beat the Winter Blues: The Art of Pressed Flowers

(ages 16 and up)

"Like wildflowers; you must allow yourself to grow in all the places people thought you never would." - E.V. Flowers blooming in winter? The beauty of flowers has the power to change our outlook and rejuvenate spirit. Learn the techniques of flower pressing and arranging. You will use pressed flower blooms, leaves and ferns to make your works of art. Two sessions will be offered; one making a bookmark and greeting cards and another to create a framed pressed flower arrangement.

One Session \$13.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Bookmarks & Cards

Sun, Jan 23 1:00-2:30 PM. IKJ21A

Framed Art

Sun, Feb 6 1:00-2:30 PM IKK21A

Winter Nature Walks

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 please dress for the weather.

The following Tuesdays at 9:00 AM:

December 7 at Fisherman's Cove Conservation Area

December 21 at Thompson Pk Marlu Lake

January 11 at Manasquan Res Env Ctr

January 25 at Seven Presidents Pk Pavilion

February 8 at Dorbrook Rec Area Soccer Field Lot

February 22 at Crosswicks Creek Province Line Rd Lot

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 System 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.

The following Wednesdays from 10:00-11:30 AM:

December 1 at Huber Woods Env Ctr Lot

December 8 at Big Brook Pk Lower Pond Lot

January 19 at Thompson Pk Old Orchard Lot

January 26 at Hartshorne Wds Rocky Point Lot

February 9 at Manasquan Res Env Ctr Lot

February 23 at Clayton Pk Emley's Hill Lot

2022 Monmouth County Parks

Backyard Bird Count

(ages 14 and up, with adult)

Join a Park System Naturalist as we explore bird feeders and trails in celebration of the Great American Backyard Bird Count. We will start by looking at what winter birds are at our local feeders and will take a small walk to see what birds we can identify. It's a great way to get started in birding and explore local park trails. A limited number of binoculars will be available to borrow if needed.

Join us from 9:00-10:00 AM on:

Friday, February 18 at Manasquan Res Env Ctr

Saturday, February 19 at Freneau Wds Park Vis Ctr

Sunday, February 20 at Huber Wds Env Ctr

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

Fri, Dec 17 10:00 AM-12:00 PM I1021A

Thu, Jan 20 10:00 AM-12:00 PM I1121A

Monarch Conservation by Growing Milkweed: Seed Prep & Propagation

NEW

(adults)

Plant milkweed and be part of the Great Milkweed Highway that stretches from Canada to Mexico! Get tips on gathering, cleaning and propagating Common Milkweed (*Asclepias syriaca*), an important host plant for the Monarch Butterfly. The program is a mix of demonstrations and hands-on activities. Every participant leaves with their own cache of milkweed seeds. What a great way to learn more about protecting and improving Monarch Butterfly habitat!

One Session \$7.50 Per Person

Manasquan Res Env Ctr

Fri, Dec 10 11:00 AM-12:00 PM I0821A

Fri, Jan 14 11:00 AM-12:00 PM I0921A

Morning Bird & Wildlife Walks in Monmouth County

(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 over the year cover diverse natural communities to offer amazing 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 \$5.00 Per Person

Seven Presidents Pk

Sun, Dec 5 9:00-10:00 AM (approx) IKG21A

Big Brook Pk Parking Lot

Sun, Dec 12 9:00-10:00 AM (approx) IKH21A

DROP-IN LOCAL NATURE LECTURE SERIES

Free

(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.

Seals of the Jersey Shore

Thursday, December 16, 7:00-8:00 PM at Bayshore Waterfront Pk Act Ctr

It's seal season! Freezing water and cold winds keep many people away from the beach during the winter months. But not seals. There are more seals appearing on beaches than ever before. Find out why and discover the different species that call the Jersey shore home from November to April.

Chickadees of Monmouth County

Thursday, January 20, 7:00-8:00 PM at Freneau Wds Pk Act Ctr

Chickadees are cute, small, social birds that flock to bird feeders during winter. Even if you have never seen a chickadee, you have probably heard its common winter chick-a-dee-dee-dee call. Discover more about these adorable birds and learn how to identify and attract them to your bird feeders.

Brook Trout – The State Fish of New Jersey

Thursday, February 17, 7:00-8:00 PM at Freneau Wds Pk Act Ctr

This is the only trout species native to the state and is a popular fish among recreational fishermen. Brook trout are beautiful fish that have lived in New Jersey since the end of the Ice Age, but they're now dealing with many issues including warming waters and loss of habitat. Discover more about the history and ecology of brook trout or brookies.

Wild Winter Woody Identification *(adults)*

Take a brisk walk through Tatum Park with a trained botanist and learn how to identify woody plants in the winter. Identifying plants in the winter can be difficult; some experience is recommended.

One Session \$10.00 Per Person

Tatum Pk Holland Act Ctr Parking Area

Sun, Jan 9 10:30 AM-12:00 PM H1321A**Sun, Feb 13 10:30 AM-12:00 PM H1521A****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, as we explore and learn about the nature around us. Then, to celebrate our hard work, participants can drive a quick five minutes down the road and join us for an optional picnic and wine tasting (\$5.00-\$10.00 pay on your own). Hike will take place as scheduled (weather permitting), but trip to winery is contingent on facility being open for business.

One Session \$12.00 Per Person

Clayton Pk Emley's Hill Lot

Sat, Feb 12 1:00-2:30 PM (approx) IKE21A**Sun, Feb 27 1:00-2:30 PM (approx) IKF21A****Winter Birding Expeditions***(ages 16 and up)*

Rare and unexpected birds visit New Jersey every winter. Join our day-long adventures to state-wide destinations determined by recent "hotline" reports. Participants should bring binoculars, lunch, and wear warm clothes. Transportation will be via mini-bus.

One Session \$46.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Dec 8 8:00 AM-5:00 PM I2521A**Wed, Jan 12 8:00 AM-5:00 PM I2621A****Wed, Feb 9 8:00 AM-5:00 PM I2721A****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 out to observe what wildlife Sandy Hook has to offer in 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. Transportation via minibus. Space is limited, so sign up now!

One Session \$25.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Feb 27 9:30 AM-1:30 PM I3121A**Manasquan Reservoir 2023 Photography Exhibit Call for Entries**

Calling all photographers! Don't miss your opportunity to enter our exhibition!

The exhibit will be on display at the Environmental Center from February 1-28, 2023.

Exhibit Theme: Treasures of Nature**Divisions:** Youth or Adult**Categories:** General Photography or Wildlife Photography*Each photographer may enter one photo for each category per season.***Entry Fee:** \$5.00 per photo (*youth submissions are free to enter*)**Seasonal Entry Deadlines:** Winter - March 20 • Spring - June 26 • Summer - September 25 • Fall - December 4

For entry rules and forms, visit the Manasquan Reservoir Environmental Center page at www.MonmouthCountyParks.com.



OUTDOOR ADVENTURES

CROSS-COUNTRY SKIING

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 18 8:30-10:30 AM W3121A

Sat, Jan 8 8:30-10:30 AM W3221A

Sat, Jan 22 8:30-10:30 AM W3321A

Sat, Feb 5 8:30-10:30 AM W3421A

CROSS-COUNTRY SKI & SNOWSHOE RENTALS

Thompson Park Ski Hut, Lincroft

Cross-country ski and snowshoe equipment is available for rent at the Ski Hut, conditions permitting.

December 15, 2021 - March 15, 2022

Hours: 9:00 AM-5:00 PM

Closed December 25, 2021

COST

Ski Equipment

\$20.00 per person, children 8 & under \$15.00

Snowshoes

\$15.00 per person

Equipment must be returned by 5:00 PM.

All equipment availability is on a first come, first serve basis.

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



HIKING

Between the Holidays Hikes

(adults)

Being in nature can boost your mood and improve mental health. Spending quality time in the great outdoors reduces stress, calms anxiety, and can lead to a lower risk of depression. Be inspired to learn more about your county parks with this "Between the Holidays" hiking series. We will meet at four different parks and hike a combination of dirt trails and paths. Experience for yourself that the forest is good for the soul.

Rating: Moderate pace, rocky terrain, sandy/dirt trails, some ascents and descents. Miles: 3-5

Four Sessions \$50.00 Per Person

11/30 - Thompson Park 3 Barns Lot

12/7 - Huber Woods Env Ctr Lot

12/14 - Tatum Pk Red Hill Rd Lot

12/21 - Hartshorne Wds Rocky Point Lot

Tue, Nov 30-Dec 21 9:00-11:00 AM W6114A

Evening Night Hike

(adults)

No need to be afraid of the dark on this hike. The waxing gibbous of Wolf Moon will allow us to discover the beauty of a winter hike at Thompson Park. After our hike we will enjoy time around the campfire ring. Please feel free to bring your own s'mores supplies for an extra treat. Hiking boots are required, headlamps/flashlights 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 \$20.00 Per Person

Thompson Pk Ski Hut

Fri, Jan 14 6:00-8:30 PM W1121A

History Hike at Big Brook Park

(adults)

Learn the storied past of one of Monmouth County's interesting parks. Led by Park System staff, we will explore the fields and forest of Big Brook Park. Hike is a looped trail, beginning and ending in the same location.

Rating: Moderate, paved trails, hills, dirt. Miles: 2-4

One Session \$15.00 Per Person

Big Brook Pk Lower Pond Lot

Sat, Dec 4 11:00 AM-12:30 PM U0921A

Sun, Jan 9 11:00 AM-12:30 PM U1021A

Sun, Feb 6 2:00-3:30 PM U1121A

Kittatinny Valley State Park Hike

(adults)

Enjoy a crisp winter hike in Sussex County near the site of the Aeroflex-Andover Airport. The park offers a variety of wildlife including whitetail deer and wild turkeys. The trails traverse landscapes of mostly farmland and forests of oak, sugar maple, tulip and hemlock and includes a section of the Sussex Branch railroad of the 1800s.

Please Note: Hiking boots are required.

Rating: Moderate, logging roads, icy & rocky trails. Miles: 7.5

One Session \$57.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sun, Jan 9 7:00 AM-4:30 PM (approx) . . . W1021A

Point Mountain Hike

(adults)

Mountaintop rock outcrops and the refreshing sounds of the Musconetcong River will be rewards on this hike in Hunterdon County. Expect some steep, rocky terrain as we climb the mountain and along the rivers edge. Be sure to pack your lunch, water and camera.

Please Note: Hiking boots required.

Rating: Moderate, rocky terrain, ascents and descents, wet/icy trails. Miles: 4

One Session \$46.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sun, Feb 13 8:00 AM-3:00 PM (approx) . . . W1221A

Popolopen Torne/Gorge Hike

(adults)

Hike along the scenic Popolopen Gorge and climb to the summit of Popolopen Torne with panoramic views.

Please Note: Hiking boots are required.

Rating: Strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 5.5

One 8-Hr & 30-Min Session \$50.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Dec 4 7:30 AM-4:00 PM (approx) . . . W0121A

Urban Hiking

(adults)

Leave the parks and explore the cityscapes of Monmouth County on this urban exploration. You will hit the asphalt with a Park System guide as we turn sidewalks into hiking trails and watch for bikes as opposed to bears! Wear sturdy hiking shoes and dress appropriately for the weather.

Rating: Moderate pace, uneven pavement, railroad crossings, some hills. Miles: 4-5

One Session \$15.00 Per Person

Coastal Activity Center - on-street parking only

Sun, Dec 5 10:30 AM-12:30 PM U0721A

Seven Presidents Pk North Picnic Tent

Sun, Feb 6 10:30 AM-12:30 PM U0821A

LADIES ONLY

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.

Please Note: Hiking boots are 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 \$100.00 Per Person

1/5 - Dorbrook Rec Area Basketball Court Lot

1/12 - Shark River Pk Shelter Bldg

1/19 - Huber Wds Env Ctr Parking Lot

1/26 - Holmdel Pk Lake

2/2 - Thompson Pk 3 Barns Parking Lot

2/9 - Tatum Pk Holland Act Ctr Parking Area

2/16 - Clayton Pk Parking Lot

2/23 - Hartshorne Wds Rocky Point Parking Lot

Wed, Jan 5-Feb 23 10:00 AM-12:00 PM . . . W1321A

Wed, Jan 5-Feb 23 12:30-2:30 PM W3521A

Women's Wilderness Empowerment Winter Experience

(adults)

Experience the outdoors in an environment supported by your fellow womankind. Choose from the adventures listed here to achieve your goals, move beyond your fears, gain self-confidence and make new friends. Register a friend and receive a discount!

Cross-Country Ski Escapade

Program will run with or without snow.

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

Thompson Pk Ski Hut

Wed, Feb 9 10:00 AM-12:30 PM. W0821X

Hiking Adventure

\$15.00 Per Person \$12.50 Additional Person

Huber Wds Env Ctr Parking Lot

Wed, Feb 16 10:00 AM-12:30 PM W0921X

Archery Experience

\$25.00 Per Person \$21.00 Additional Person

Thompson Pk Activity Barn

Wed, Feb 23 10:00 AM-12:30 PM W0721X

PERFORMING ARTS

Adult Tap - Beginner Level 1

(adults)

Have you ever wanted to try tap dancing? Want to feel like a Broadway tap star? Maybe you tapped as a child and really loved it? Then, this class is for you! Calling all beginner or better tap dancers for a fun adult only class with Ms. Michele. Learn a complete routine in the 10-week session. Wear black yoga pants or other comfy clothes and the tap shoes of your choice.

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 25-Mar 29 3:00-3:45 PM A2221A

Tue, Jan 25-Mar 29 5:00-5:45 PM A2321A

Adult Tap - Beginner Level 2

(adults)

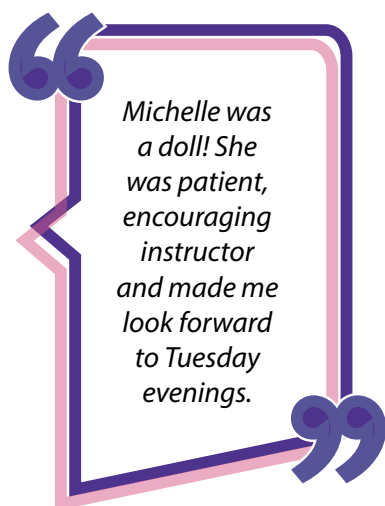
Do you know the difference between a cramp roll and a ball change? Ready to challenge your "Shuffle to Buffalo"? This class is for the student that enjoys tap dancing and already knows the basics. We're going to explore rhythms with new combinations and really get your feet moving! Please wear comfortable clothes and the tap shoes of your choice. Bottle of water recommended.

Pre-requisite: 2-3 sessions of Adult Tap Beginner Level 1 or similar experience.

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 25-Mar 29 5:45-6:30 PM A2421A



Beginner Acting Level III NEW

(adults)

In this program we will continue our work on The Four Centers of Acting plus begin work on short plays and one acts to be performed for our family and friends on the last day of class. Please wear closed-toe shoes and bring a water bottle.

Pre-requisite: Must have previously attended Beginner Acting Level I and/or II.

Four Sessions \$60.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Wed, Jan 12-Feb 2 7:00-8:30 PM Q0821A

Square Dancing Level 2

(adults)

Find out why so many people have so much fun being "squares." Must have taken Square Dance Level 1 or have prior experience. Taught by Larry Sherwood and members of the Middletown Ramblers.

Twelve Sessions \$52.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Jan 4-Mar 22 7:00-9:00 PM A1421A

SPORTS & FITNESS

BASKETBALL

Basketball at the Rec Center

Looking for a place to play some hoops, but don't want the commitment of a structured league? Winter basketball at the Rec Center begins January 9, 2022. 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

Fort Monmouth Rec Ctr Gym

Adult Basketball

Sundays, 8:00-10:00 AM

Tuesdays, 7:00-9:00 PM

Thursdays, 6:30-8:30 PM

On Thursdays only, Men 40 & Up in Gym A and Women Only in Gym B.

Open Gym

(all ages, under 16 with adult)

Schedule varies. Visit our website for full details.

For a complete calendar, visit the Fort Monmouth Recreation Area page on 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 \$75.00 Per Person

Tue,Thu, Dec 7-23 5:30-6:30 PM X0121A

Twelve Sessions \$150.00 Per Person

Thu,Tue, Jan 6-Feb 15 5:30-6:30 PM X2921A

Tue,Thu, Feb 22-Mar 31 5:30-6:30 PM. . . X3221A

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

Eight Sessions \$144.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 4-Feb 22 7:25-8:55 PM. X3721X

Gentle Aerobics

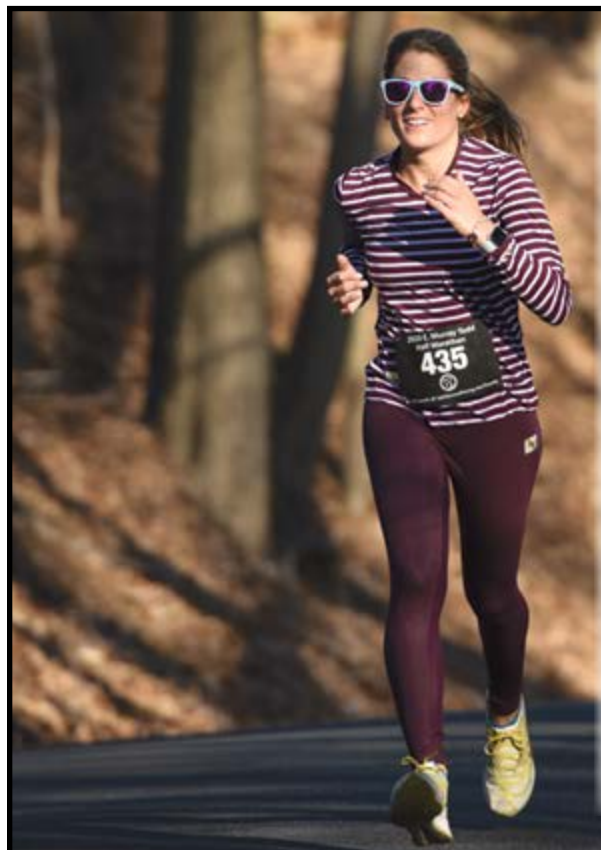
(adults)

For the active senior looking to increase their strength and improve balance. Class will begin with some light cardio mixed in with weight training exercises and balance. Exercises can be modified to accommodate all levels.

Six Sessions \$72.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Jan 6-Feb 10 10:30-11:15 AM. M6421A



2022 E. MURRAY TODD HALF MARATHON

Sunday, March 13, 8:30 AM

Brookdale Community College, Lincroft

Forty-four years of racing tradition returns to one of New Jersey's most attractive courses. Run 13.1 miles on a beautiful course through Lincroft, Holmdel and Colts Neck.

Pre-registration is \$40.00 and is suggested; closes March 9, 2022.

Register online at
www.MonmouthCountyParks.com.

Race day registration will be \$60.00 per person and is accepted beginning at 7:00 AM.

For additional information, visit
www.MonmouthCountyParks.com,
call 732-542-1642, ext. 27, or email
Mike.Balkovic@co.monmouth.nj.us.

Intro to Belly Dancing

(adults)

Join us for this fun and gentle introduction to Middle Eastern dance! Learn the fluid movements of Middle Eastern dance in a relaxed, friendly and supportive environment. A variety of movements and techniques will be explored as we enjoy exciting styles of belly dance including Egyptian, American cabaret, Turkish, American fusion and more! Improve flexibility, coordination and strength as we engage the arms, legs, hips and core for a total body workout. Low impact and gentle on the knees. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes. Instructor: Eryka Andrex

Four Sessions \$72.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Dec 2-23 7:40-8:40 PM X0321A

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 3-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 Beech Room

Tue, Jan 4 6:00-7:30 PM. Q2221A

Sit and Get Fit

(adults)

You don't have to get up to get fit. Seated exercises for people with limited mobility will strengthen muscles, burn calories, increase flexibility and improve balance. No equipment is needed, just wear comfortable clothes.

Six Sessions \$72.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Fri, Jan 7-Feb 11 12:45-1:40 PM. M6521A

Total Body

(adults)

Blast your body back into shape! Scorch calories as we sculpt and tone muscles for a healthier, stronger and revitalized body. Improve your fitness level as we increase flexibility, strength and self-esteem. This motivating class will incorporate a warm-up, stretch and cool down into a toning and firming program that uses balls, bands and hand weights. Please bring a water bottle; wear comfortable clothing and cross training sneakers.

Instructor: Jodi Kondracki

Twelve Sessions \$144.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Wed, Jan 3-Feb 9 8:00-9:00 AM . . . M6121A

Mon, Wed, Jan 3-Feb 9 9:15-10:15 AM. . . M6221A

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 injury; then you will be coached through a total body circuit class that will be set up in stations. You will perform each exercise for a certain amount of time, then move onto the next. The circuits will include a combination of cardio drills and weighted exercises to fire up your metabolism. We will end the class with some stretches on the foam roller to decrease muscle soreness. All levels are welcome!

Instructor: Laurie Vuksanovich

Tatum Pk Red Hill Act Ctr

Six Sessions \$80.00 Per Person

Sat, Jan 8-Feb 12 8:00-9:00 AM X3021A

Seven Sessions \$93.00 Per Person

Sat, Feb 26-Apr 9 8:00-9:00 AM. X3121A

PILATES

Pilates Fusion

(adults)

Make the most of your workout through a combination of Pilates and total body conditioning. Strengthen your core muscles and improve posture while toning arms and sculpting legs. Increase flexibility and build stamina in a fun and supportive environment. You will utilize your own body weight as resistance and small hand weights to build muscle.

Twelve Sessions \$144.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Wed, Jan 3-Feb 9 10:30-11:30 AM. . M6321A

Pilates Mat Workout

(adults)

Focus on your "powerhouse" - the abdominals, lower back, hips and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals. Please bring a water bottle; wear comfortable clothing, and cross-training sneakers.

Instructor: Jodi Kondracki

Six Sessions \$72.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Jan 6-Feb 10 9:15-10:15 AM. M6721A

Fri, Jan 7-Feb 11 10:15-11:15 AM. M6821A

VOLLEYBALL

Indoor Winter Volleyball League

(ages 17 and up)

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 will be held at 6:15 PM on the first night of the league.

Eleven Sessions \$198.00 Per Team

Fort Monmouth Rec Ctr Gym A

Wed, Jan 5-Mar 16 6:30-9:00 PM X1221A

YOGA

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 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 \$112.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Fri, Jan 14-Mar 4 9:30-10:30 AM X8121A

Fri, Jan 14-Mar 4 11:00 AM-12:00 PM X8221A

Brand New to Yoga Series!

(adults)

Think yoga isn't for you? Think again! Discover yoga at your own pace in a fun, relaxed and positive atmosphere. Enjoy all the benefits of yoga while learning proper breathing techniques, alignment and safety. Designed for beginners, this program will teach foundational yoga postures with each class building on the previous. You will reduce stress as you gain confidence, flexibility, strength and focus. Our certified instructor will help you develop an understanding of yoga while paving the way to enhanced health and vitality. Please bring a yoga mat, two yoga blocks and a towel or blanket.

Level 1

Instructor: Talena Ward

Eight Sessions \$112.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jan 10-Feb 28 6:00-7:00 PM X4421A

Instructor: Lisa Mandragona

Ten Sessions \$140.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Jan 13-Mar 17 11:00 AM-12:00 PM . . X9021A

Instructor: Melanie Mascola

Freneau Wds Pk Vis Ctr Program Room 1

Four Sessions \$56.00 Per Person

Wed, Dec 8-29 6:00-7:00 PM. X4821A

Six Sessions \$84.00 Per Person

Sun, Jan 2-Feb 13 10:15-11:15 AM. X5121A

No class 1/23

Sun, Feb 27-Apr 10 10:15-11:15 AM. . . . X5221A

No class 3/20

Level 2

Instructor: Talena Ward

Eight Sessions \$112.00 Per Person

Tatum Pk Holland Act Ctr Parlor

Thu, Jan 13-Mar 3 6:00-7:00 PM X4721A

Chair Yoga

(adults)

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Class includes yogic breathing, poses and relaxation. No previous yoga experience necessary. This class is great for those with limited mobility, strength and/or flexibility. Using the chair as a prop, you have the confidence of stability with no fear of falling or worrying about getting up and down from the floor. The techniques taught are great for those who work behind a desk and need a little yoga break in their day as well.

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Four Sessions \$52.00 Per Person

Fri, Jan 14-Feb 4 6:00-7:00 PM X4221A

Six Sessions \$78.00 Per Person

Thu, Jan 6-Feb 10 4:15-5:15 PM. X4021A

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

Eight Sessions \$112.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jan 10-Feb 28 7:00-8:00 PM X4521X

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 \$112.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Jan 13-Mar 3 9:30-10:30 AM X4621A

Two Person Polar Bear Golf Tournament

(ages 14 and up)

Grab your winter golf gear and head to Charleston Springs for this winter two-person team tournament! Open to all male and female golfers, this best ball format tournament starts with a 10:00 AM shotgun. Players will record both their scores, circling the best ball every hole. A USGA GHIN handicap is required for Net competition. There will be Net and Gross division winners. If a player places in both the net and the gross division they will only be rewarded for the higher placing in either division. No golf card required. Fee includes range balls, greens fee, and prizes. Power carts are available at applicable rate.

Cost: \$100.00 Per Team

**Saturday, January 29, 10:00 AM-4:00 PM
#T0121A**

Gentle Yoga

(adults)

The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieving stiffness, taking pressure off of joints and increasing range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and to strengthen bones that become weak with the aging process. It can also assist you in balance, which becomes more difficult as we get older. Poses can be done safely using props such as being seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breath control.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance

Certified Instructor

Six Sessions \$84.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Jan 14-Feb 18 12:00-1:00 PM. X2821A

Tatum Pk Holland Act Ctr

Mon, Jan 10-Feb 14 1:00-2:00 PM X2521A

Hatha Yoga

(adults)

Embrace the essential practices of yoga as you experience the profound benefits of increased strength, flexibility and balance. Flow smoothly through yoga postures with proper alignment and safety. Discover reduced stress and increased harmony for mind, breath, body and spirit. You'll leave this class feeling strong, flexible, calm and renewed. A well-balanced yoga practice for all ability levels. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$140.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Jan 10-Mar 14 10:00-11:00 AM X8721A

Tatum Pk Red Hill Act Ctr

Thu, Jan 13-Mar 17 6:45-7:45 PM X9121A

Lunar Yoga Flow

(adults)

In yoga, we seek balance between solar and lunar, sun and moon, activation and restoration. Often, in modern life, we are so busy doing that we miss the opportunity to restore and integrate. Lunar Yoga Flow invites you into a lunar movement meditation that includes moon salutations and seated poses for deep opening and release. We will end with seated meditation or savasana, student's choice. Bring a mat and water.

Instructor: Tiffany McCann

Eight Sessions \$112.00 Per Person

Tatum Pk Holland Act Ctr

Tue, Jan 11-Mar 1 7:00-8:00 PM X8021A

Level 2 Advanced Beginners Yoga

(adults)

An evolution of beginners yoga. For those ready to take the next step in their practice. These classes are designed for those who have had some exposure to yoga, including an introduction to basic poses and movements. The experienced beginner will explore their practice and begin to become more familiar with poses, movements and capabilities.

Instructor: Melanie Mascola

Six Sessions \$84.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Jan 2-Feb 13 9:00-10:00 AM. X8421X

No class 1/23

Sun, Feb 27-Apr 10 9:00-10:00 AM. X8521X

No class 3/20

Freneau Wds Pk Vis Ctr Program Room 2

Wed, Jan 5-Feb 16 6:00-7:00 PM X8621X

No class 1/26

Morning Stretch

(adults)

Relax, unwind and clear your mind as we start the day off right! Ease tension and stress in the body as we gently stretch and restore the natural mobility of joints. Experience increased circulation and improved flexibility along with enhanced body awareness and control. You will lengthen muscles and strengthen the body as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$140.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Jan 13-Mar 17 10:00-11:00 AM. X8921A

Winter Yoga

(adults)

Shake off the winter cold with an active, heating yoga practice. In this class we move through standing and balancing poses. We will also cultivate core strength and end with a restorative savasana. Poses can be adjusted for all levels. Bring a mat and water.

Instructor: Tiffany McCann

Eight Sessions \$112.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Jan 11-Mar 1 9:15-10:45 AM. X7921A

Yin Yoga

(adults)

Break through to a new level of health and vitality through Yin Yoga! This passive practice of holding postures gently stretches and restores the natural mobility of joints. It targets our deeper connective tissues, ligaments and fascia. Experience increased circulation, improved flexibility, and enhanced concentration. Strengthen your heart and mind as you improve energy flow and organ health. Calm your nervous system and feel more balanced as our certified instructor guides you through mindful movements and breathing. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$140.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Jan 10-Mar 14 11:00 AM-12:00 PM . . X8821A

Yoga at the Shore

(Temporarily at Fort Monmouth Rec Center)

(adults)

Yoga can help increase breath control and capacity thereby improving the overall health and function of body and mind. Additionally, it helps to both strengthen the body and support enhanced flexibility and balance. Please bring a yoga mat, towel or blanket, two yoga blocks, a yoga strap and water.

Instructor: Barbara Sager, 1200 hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

Twelve Sessions \$234.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Sat, Jan 8-Mar 26 8:00-9:30 AM. X7521A

Yoga Flow

(adults)

"Your calm mind is the ultimate weapon against your challenges," Bryant McGill. This classic vinyasa flow class will challenge not only your body, but also your mind. The practice will lead you through a series of poses that are connected to the breath and end with a blissful meditation. Your experience will leave you with a happy heart and a peaceful mind! All levels are welcome and modifications are shown.

Instructor: Laurie Vuksanovich (YogaWorks certified)

Tatum Pk Red Hill Act Ctr

Six Sessions \$80.00 Per Person

Sat, Jan 8-Feb 12 9:00-10:00 AM X3421X

Seven Sessions \$93.00 Per Person

Sat, Feb 26-Apr 9 9:00-10:00 AM X3521X

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 those in their 50s, 60s and older, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and has been shown to be beneficial for those dealing with arthritis, reducing stiffness that accompanies aging, and for women in the menopausal or post-menopausal years as a way to maintain bone density and reduce various menopausal symptoms. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness. Note: Sun Salutation portion of class is modified using a chair, so that flowing movements can be done safely, without doing lunges on ground or full downward facing dog poses which require more hip openness and arm strength. However, you must be able to get up and down off the floor independently in this class. Please bring a yoga mat, blanket/large beach towel and bottled water for hydration.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Six Sessions \$117.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Jan 14-Feb 18 10:00-11:30 AM X2721A

Tatum Pk Red Hill Act Ctr

Tue, Jan 11-Feb 15 10:30 AM-12:00 PM. . . X2621A

Yoga Pop

(adults)

Yoga Pop is designed to get the blood flowing and body stretching, moving anything that might be stuck or tight, in 45 minutes. We will end with a restful savasana (included in the 45 minutes!). All poses and movement can be adjusted for limited mobility. Bring a mat and water.

Instructor: Tiffany McCann

Eight Sessions \$84.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Jan 13-Mar 3 9:15-10:00 AM X8321A

ZUMBA

Brand New to Zumba

(adults)

Specifically designed for people brand new to Zumba, in this introductory class the instructor will break down some of the most common steps and movements used. 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

Eight Sessions \$96.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Jan 5-Feb 23 4:45-5:45 PM X3821A

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

Eight Sessions \$104.00 Per Person

Tue, Jan 4-Feb 22 6:15-7:15 PM. X3621X

Six Sessions \$78.00 Per Person

Thu, Jan 6-Feb 10 5:25-6:25 PM. X4121X

Four Sessions \$52.00 Per Person

Fri, Jan 14-Feb 4 7:10-8:10 PM X4321A

Zumba Toning

(adults)

Zumba Toning combines targeted body-sculpting exercises using light weights with a fun dance cardio work-out! Latin-infused ZUMBA® moves create a fun, follow along, strength-training dance fitness party. Students learn how to use light weights as part of their dance routines, to enhance rhythm while toning muscles. Class is suitable for beginners and experienced Zumba dancers alike. Please wear comfortable shoes and clothes you can move in.

Instructor: Eryka Andrex

Eight Sessions \$98.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Jan 5-Feb 23 6:00-7:00 PM X3921X

Zumba: Morning Low Impact

(adults)

Join us for a fun Sunday morning Zumba Fitness class! This is a great workout to a wide variety of Latin and world music. Designed to be lower impact than a regular Zumba class, the instructor will provide break downs of the basic moves and combos, and each dance routine will be different than the last! In this one-hour, low impact cardio dance class, participants will tone and sculpt their bodies, burn calories and re-energize while having FUN! All you need are sneakers, comfortable clothing, water and a ready-to-move attitude! Beginners welcome!

Instructor: Eryka Andrex

Four Sessions \$48.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Dec 2-23 6:30-7:30 PM X0221A

EQUESTRIAN

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

Intersession 2021-2022

Fri, Nov 19-Jan 28 4:30-5:30 PM V1114A

No lessons 11/26, 12/24 & 12/31

Winter 2022

Fri, Feb 18-Apr 8 4:30-5:30 PM V0121A

SPUR Horseback Riding Lessons for Individuals with Disabilities

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#.

THERAPEUTIC RECREATION

INCLUSION SERVICES

It is the philosophy of the Monmouth County Park System to provide modifications for individuals with disabilities (who meet minimum eligibility requirements - with or without a modification documented for the specific program - to participate in Park System programs with their non-disabled peers. It is our intent to provide a safe, successful and enjoyable experience for all.

For more information, contact Justin at 732-460-1167, ext. 22.

Art Club

(ages 16 and up, with special needs)

This club offers time for socialization, creative stimulation and building self confidence through the use of color and form with support and positive feedback. Participants have the opportunity to utilize skills and techniques introduced in previous sessions. From printmaking to sculpture, mixed media and found art, the club members will explore many avenues of creative expression. Participants must be able to work in a 1:4 ratio of instructor to participant.

Five Sessions \$75.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Jan 15-Mar 12 10:00 AM-12:00 PM. . . D0721A

Class meets 1/15, 1/29, 2/12, 2/26 & 3/12

Drama Troupe

(ages 13 and up, with special needs)

Expand your horizons! Are you a budding actor or actress? Come join us! We will be singing, acting out skits, and putting on our own performance for family and friends to see. Performance will take place during the final session. Participants may be able to utilize their DDD Supports or CCP Budgets to register for the program. Please contact Justin at 732-460-1167, ext. 22, for more information.

Twelve Sessions \$175.00 Per Person

Tatum Pk Holland Act Ctr

Wed, Jan 12-Mar 30 6:00-7:00 PM D0321A

MCRAC Adult Day Program

(ages 21 and up, w/cognitive & neurological impairments)

Our adult day program is designed to provide comprehensive individual plans for adults with I/DD in our community. The focus is to provide activities that are designed to foster the acquisition of skills, build positive social behavior, develop interpersonal confidence, increase independence, promote personal choice, and to maintain and enhance physical health and well-being. MCRAC is an approved Day Habilitation Program in the DDD Supports and CCP Programs, and runs Mondays, Wednesdays and Fridays from September-June each year. Please call Anne at 732-460-1167, ext. 24, for more information.

Night Out

(ages 16 and up, with special needs)

Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff to participant ratio. You may be able to register with your DDD Supports or CCP Budgets. Please call Justin at 732-460-1167, ext. 22, for more information.

One Session \$35.00 Per Person

Evening at iPlay America

We will be meeting at the exciting iPlay America indoor amusement park in Freehold. Go on the rides or play video games, and enjoy a meal at one of their many eateries! Please visit their website to see wristband, token, and other prices to determine how much money to bring, but you will need at least \$20.00 for your meal. Pick up and drop off is from iPlay America; limited transportation may be available from Dorbrook.

Dorbrook Rec Area Act Ctr Parking Lot

Fri, Jan 14 5:45-9:00 PM D0621A

Inclement weather date: 1/21

Dinner and a Movie - Freehold

A delicious meal with friends, followed by a movie, sounds like a great night! Drop-off will be at the 2nd floor food court of the Freehold Raceway Mall and pick-up will be from the AMC Movie Theater on Trotter's Way. You will be contacted with specific times and movie choices at least two days prior to the event; the start and end time of the program will be affected by the movie choices. Please bring at least \$45.00 to cover the cost of your meal and movie ticket.

Fri, Feb 25 5:00-9:30 PM D0521A

Now We're Cooking!

(ages 16 and up, with special needs)

Bring your appetite and your culinary skills! During each program we will be preparing, cooking, and enjoying a salad/appetizer, an entree, and a dessert. These programs are held at the Dorbrook Recreation Area Visitor Center Kitchen unless otherwise noted. Supervision is provided at a 1:3 staff to participant ratio. Participants may be able to utilize their DDD Supports CCP Budgets to register. Please call Justin at 732-460-1167, ext. 22, for more information and/or to give notification about any food allergies or dietary considerations.

Ugly Sweater Holiday Meal and Party!

Show some Christmas or Hanukkah spirit by dressing in a fun holiday sweater and joining your friends for an evening of food, music and laughter! We will be preparing a traditional holiday meal of stuffing, turkey, mashed potatoes, cranberry sauce, pudding, and apple pie. Afterwards, we will enjoy socializing to some holiday music and other tunes as well!

One Session \$35.00 Per Person

Dorbrook Rec Area Vis Ctr

Fri, Dec 10 6:00-9:00 PM D0121A

Special Trip

(ages 16 and up, with special needs)

Join us as we travel to exciting events and destinations in and out of Monmouth County throughout the year. Drop-offs and pick-ups will be at Dorbrook Recreation Area unless otherwise noted. Participants must be able to function in at least a 1:3 staff to participant ratio. Individuals may also be able to register for these programs using their DDD Supports or CCP budgets. Please call Justin at 732-460-1167, ext. 22, for more information.

Adventure Aquarium

Looking to get out of the house on a cold winter's day? We'll enjoy a fun afternoon at the Adventure Aquarium on the waterfront across from Philadelphia. You can view the shark tank, rain forest, 3-D show or the Piranha Falls exhibition. We will be eating lunch at the Feeding Frenzy Café which is located on the premises. Please bring \$20.00-\$30.00 to cover the cost of lunch and a snack. Your admission is included in the registration fee.

One Session \$79.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Sat, Feb 5 9:30 AM-4:00 PM D0421A

Inclement weather date 2/19



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.



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.



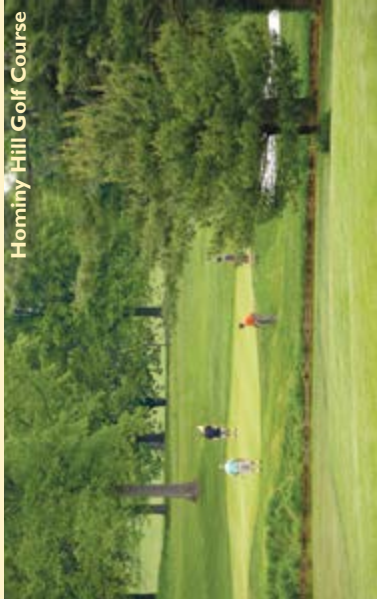
Monmouth County Park Locations

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**, Windler 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

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.

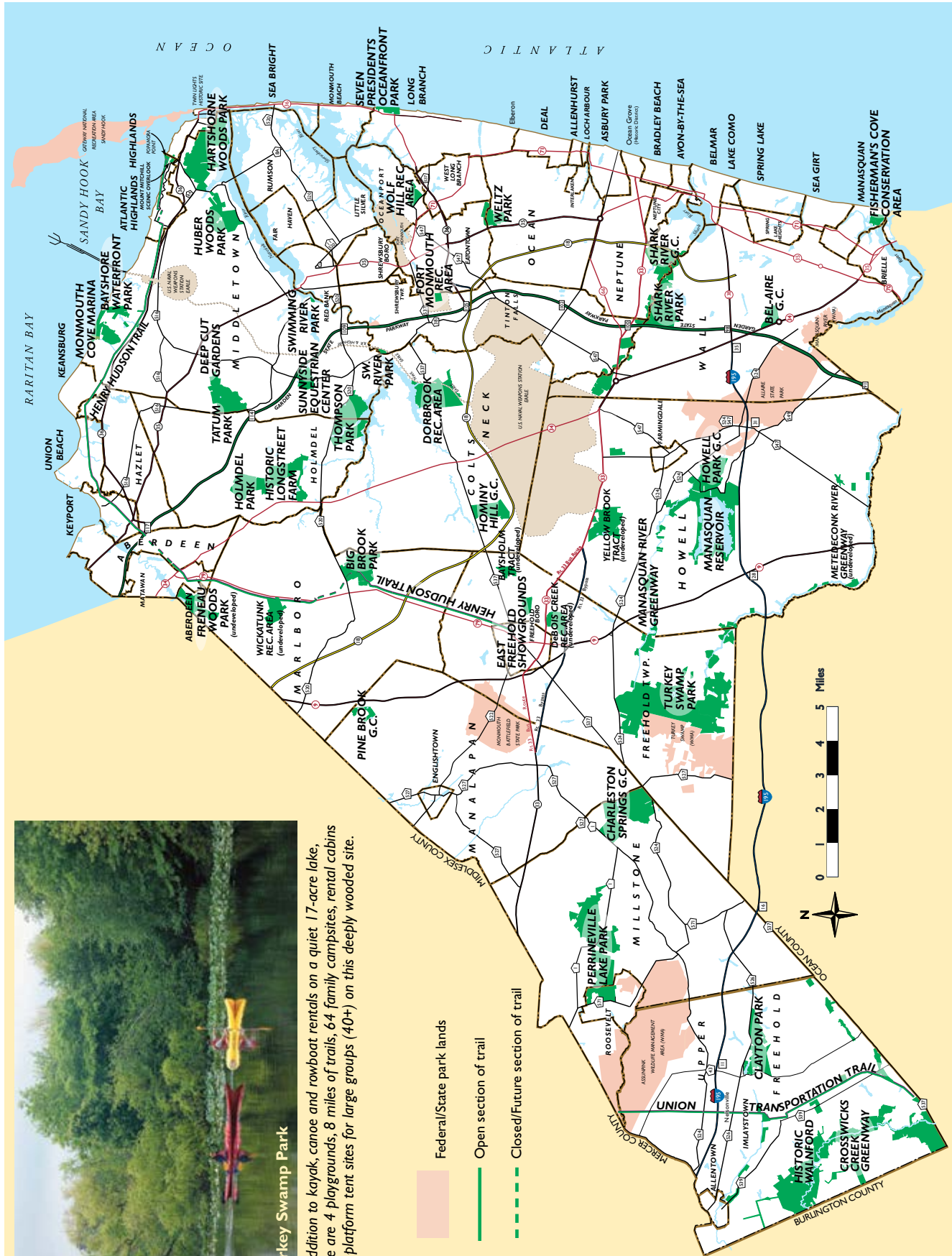
* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.
† Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



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 session(s) missed by the participant.
3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.
 - **General program or one-day trip:** full refund with at least 10 days advance notice, less \$5 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
 - **Multi-day bus/van trip or ticketed day trip:** full refund with at least 45 days advance notice, less a \$25 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
 - **Camps:** full refund with at least 30 calendar days advance notice, less a \$25 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.); 50% refund with 14 to 29 calendar days notice, less a \$25 processing fee and any non-recoverable expenses; no refund within 13 calendar days of the start of camp.

Vacation Insurance

Travelers on overnight tour packages are encouraged to secure travel insurance. For additional information, contact Rachel Cohen at 732-542-1642, ext. 29.

Registration Information

Unless otherwise stated, all programs require pre-registration. Registrations are on a first-come, first-served basis.

Fees

Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to "Board of Recreation Commissioners".

Registration

You may register:

Online 24/7 beginning at 8:00 AM on Wednesday, November 10. Click "Register for Programs" at www.MonmouthCountyParks.com.

By Phone beginning at 8:00 AM on November 10. Call 732-842-4000, ext. 1, Monday through Friday between 8:00 AM-4:30 PM. Persons with hearing/speech impairment: TTY/TDD# is 711.

In Person beginning at 8:00 AM on November 10. Visit our Registration staff at the Monmouth County Park System Headquarters building, 805 Newman Springs Road, Lincroft, NJ 07738, Monday through Friday between 8:00 AM-4:30 PM (closed on holidays).