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**FOR IMMEDIATE RELEASE**

Monday, March 16, 2015

### **SPRING INTO FUN THIS APRIL IN A COUNTY PARK**



*Join us for the Great Spring Perennial Plant Swap on Saturday, April 25 from 8 a.m.-2 p.m.  
at Deep Cut Gardens, Middletown.*

LINCROFT — April brings *Earth Day*, the return of Historic Walnford's gristmill demonstrations, and countless other opportunities to enjoy the Monmouth County Park System. Here's what's planned for the month:

#### **Open Shoot Archery**

**Wednesday, April 1 from 10 a.m.-1 p.m.**

**Thompson Park Activity Barn, Lincroft**

Join us for this open shoot. All equipment is provided. No outside equipment permitted. There is limited instruction during this program open to ages 8 and up (under 18 with adult). Cost is \$8 per person; cash or check only.

### **Teen Open Gym Basketball**

**Wednesdays, April 1, 8, 15, 22 & 29 from 3-4:30 p.m.**

**Fort Monmouth Recreation Center, Tinton Falls**

Teens age 13-18 are invited to play or practice on our courts. Cost is \$5 per person per session; cash or check only.

### **Crunch @ Lunch**

**Tuesdays & Thursdays, April 2-30 from 12:15-12:45 p.m.**

**Fort Monmouth Recreation Center, Tinton Falls**

This 30-minute, twice weekly moderate to high impact class combines strength, cardio, stability and endurance. The cost is \$5 per person per session; cash or check only.

### **Lunch Break Basketball**

**Fridays, April 3, 10, 17 & 24 from 12-1:30 p.m.**

**Fort Monmouth Recreation Center, Tinton Falls**

Spend your lunch break playing full court pick-up games in our climate controlled gym. The cost is \$5 per person per session; cash or check only.

### **Surprise Story Time**

**Saturday, April 4 from 11-11:45 a.m.**

**Deep Cut Gardens, Middletown**

Join us for story time! If the weather is nice, look for the clue at the Horticultural Center's entrance that leads to the secret spot. If it's rainy or cold, we'll be inside.

**FREE!**

### **Women's Open Gym Fitness**

**Saturdays, April 4, 11, 18 & 25 from 7:30-9 a.m.**

### **Fort Monmouth Recreation Center, Tinton Falls**

Challenge yourself on this self-guided, self-paced fitness circuit which includes stability balls, hand weights, resistance bands and more. The cost is \$5 per person per session; cash or check only. Release form must be signed upon payment.

### **Mill Demonstration**

**Saturdays & Sundays, April 4 & 5; 11 & 12; 18 & 19; and 25 & 26 from 1-4 p.m.**

**Historic Walnford, Upper Freehold**

See the 19th century mill in action. FREE!

### **Nest Hunt at the Manasquan Reservoir**

**Saturday & Sunday, April 4 & 5 at 2 p.m.**

**Manasquan Reservoir Environmental Center, Howell**

Look for nests from last year during this short walk led by a Park System Naturalist. FREE!

### **Men's Open Gym Basketball**

**Sundays, April 5, 12, 19 & 26 from 8-10 a.m.**

**Fort Monmouth Recreation Center, Tinton Falls**

Shoot some hoops on our full court gym. The cost is \$5 per person per session; cash or check only.

### **Hooping for Beginners**

**Mondays, April 6, 13, 20 & 27 from 11 a.m.-12 p.m.**

**Fort Monmouth Recreation Center, Tinton Falls**

Twirl and dance your way into toning muscles, improving balance and flexibility, and strengthening your core during this workout. The cost is \$5 per person per session; cash or check only.

### **Knitting Demonstration**

**Saturday, April 11 from 1-3 p.m.**

### **Historic Longstreet Farm, Holmdel**

Get inspired by this knitting demonstration. FREE!

### **Turtle Feeding**

**Saturday & Sunday, April 11 & 12 at 12:30 p.m.**

**Manasquan Reservoir Environmental Center, Howell**

Help a Park System Naturalist feed our turtles. FREE!

### **Open Ceramics**

**Sunday, April 12 from 12:30-4:30 p.m.**

**Thompson Park Creative Arts Center, Lincroft**

Choose from a large selection of bisque fired pottery pieces to glaze and make your own. The cost is \$6 per hour plus price of bisque ware; cash or check only. Pieces will be fired in about a week.

### **Music Man Rich Marzec**

**Sunday, April 12 from 1-3 p.m.**

**Historic Longstreet Farm, Holmdel**

Enjoy music from the 1890s. FREE!

### **Blacksmith Demonstration**

**Sunday, April 12 from 1-3 p.m.**

**Historic Longstreet Farm, Holmdel**

Come see what the blacksmith is making in his workshop. FREE!

### **Roving Park System Naturalist**

**Wednesday, April 15 at 9 a.m.**

**Shark River Park, Wall – meet in the main parking lot**

**Saturday, April 25 at 9 a.m.**

**Tatum Park, Middletown – meet in the Holland Activity Center parking lot**

Join our Roving Park System Naturalist for a walk and learn about seasonal points of interest. FREE!

## **Book Swap Drop In**

**Thursday, April 16 from 6-8 p.m.**

**Sunday, April 26 from 1-3 p.m.**

**Fort Monmouth Recreation Center, Tinton Falls**

Bring an unwanted book(s) and swap it for something new. Accepted books are adult fiction, young adult fiction, and children's books. Don't have a book to swap? We have extras. FREE!

## **Felting Demonstration**

**Saturday, April 18 from 1-3 p.m.**

**Historic Longstreet Farm, Holmdel**

Learn about the process of felting wool. FREE!

## **Great Spring Perennial Plant Swap**

**Saturday, April 25 from 8 a.m.-2 p.m.**

**Deep Cut Gardens, Middletown**

Bring plants in one-quart, one-gallon or two-gallon containers and take home the same size and number of plants. Please label all plants. Herb and vegetable seedlings may also be exchanged. Invasive plants will not be accepted; a list of such plants and further information is available at [www.njisst.org](http://www.njisst.org). *Please Note:* To allow for plant inspection as per N.J. Department of Agriculture regulations, plant intake will be from 8-10 a.m., with no plants accepted after 10 a.m. Plants may be selected and taken from 10 a.m.-2 p.m. FREE!

## **Spring Craft Show**

**Saturday, April 25 from 9 a.m.-2 p.m.**

**Tatum Park Red Hill Activity Center, Middletown**

Find a unique, hand-crafted gift for yourself or a special person in your life during this show. Free admission and parking.

## **Sheep Shearing/Wool Days**

**Saturday & Sunday, April 25 & 26 from 12-3 p.m.**

### **Historic Longstreet Farm, Holmdel**

This annual demonstration allows visitors to appreciate the work of an old-fashioned sheep shearer. FREE!

### **Bike Maintenance Drop In**

**Sunday, April 26 from 9 a.m.-1 p.m.**

**Thompson Park, Lincroft (Old Orchard parking lot)**

Stop by our Bike Maintenance Tent for an informative demonstration and advice on how to ride safely and comfortably in our parks. FREE!

### **Earth Day Celebration 2015**

**Sunday, April 26 from 11 a.m.-5 p.m.**

We're celebrating Earth Day with the following activities:

#### **Bayshore Waterfront Park Activity Center, Port Monmouth**

Join us for an interactive show and tell program. Tours will also be given of the historic Seabrook-Wilson House which dates back to the early 1700s. FREE!

#### **Deep Cut Gardens, Middletown**

Find out how to become an earth-friendly gardener and ways to compost. FREE!

#### **Huber Woods Environmental Center, Middletown**

See snakes and reptiles during a family-oriented show that gives you the chance to see live and exciting animals and nature artifacts found in the state. FREE!

#### **Manasquan Reservoir Environmental Center, Howell**

Live animal shows featuring reptiles and amphibians scheduled at 11:30 a.m., 1 p.m., and 3:30 p.m.; and nature walks at 12 p.m. and 4 p.m. FREE!

#### **Thompson Park Visitor Center, Lincroft**

Have fun designing eco-fashion jewelry and accessories from recycled materials. FREE!

## **Turkey Swamp Park Shelter Building, Freehold**

Join the Park System's celebrated Roving Naturalist and look for signs of spring.

Binoculars provided. Tours depart approximately at the start of each hour. FREE!

To learn more about these Park System activities, please visit

[www.monmouthcountyparks.com](http://www.monmouthcountyparks.com) or call the Park System at 732-842-4000. For persons with hearing impairment, the Park System TTY/TDD number is 711. The Monmouth County Park System, created in 1960 by the Monmouth County Board of Chosen Freeholders, is Monmouth County's Open Space, Parks, and Recreation agency.

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