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FOR IMMEDIATE RELEASE

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SPEND MORE TIME IN THE PARKS IN 2015



Manasquan Reservoir Environmental Center in Howell

LINCROFT — Start the new year off right by resolving to spend more time in the parks. It's never been easier thanks to the numerous drop-in activities the Monmouth County Park System has planned in January including *WinterFest*, *Seashore Open House*, and *Roving Park System Naturalist*. Here's the schedule:

Women's Open Gym Fitness

Saturdays, January 3, 10, 17, 24 & 31 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 day; cash or check only. Release form must be signed upon payment.

Parent/Child Morning Chores

Saturday, January 3 at 8 a.m.

Historic Longstreet Farm, Holmdel

Join the farm staff and help milk a cow, collect eggs, and feed the animals. The cost is \$15 per parent/child pair. Additional sibling is \$5. Cash or check only. Please dress for the weather.

Drop-In Surprise Story Time

Saturday, January 3 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!

Opening Reception for *The Residents of Deep Cut Gardens* Photography Exhibit

Saturday, January 3 from 1-3 p.m.

Deep Cut Gardens Horticultural Center, Middletown

Meet with the photographers of this charming exhibit. Light refreshments served. Exhibit open daily 10 a.m.-4 p.m., January 4-31. FREE!

Men's Open Gym Basketball

Sundays, January 4, 11, 18 & 25 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 day; cash or check only.

Open Ceramics

Sunday, January 4 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.

Early Bird Open Gym

Monday-Friday, January 5-30 from 7:30-9 a.m.

Fort Monmouth Recreation Center, Tinton Falls

Start your morning shooting some hoops. The cost is \$5 per person per day; cash or check only.

Men's Open Basketball – 30 & Up

Mondays, January 5, 12, 19 & 26 from 7-8:30 p.m.

Fort Monmouth Recreation Center, Tinton Falls

Open to men age 30 and over, the emphasis of this program is fun and exercise. The cost is \$5 per person per day; cash or check only.

Teen Open Gym Fitness

Tuesdays, January 6, 13, 20 & 27 from 7-8:30 p.m.

Fort Monmouth Recreation Center, Tinton Falls

These sessions are just for teens! Use stability balls, hand weights, resistance bands and more. Open to ages 13-18. The cost is \$5 per person per day; cash or check only.

Family Gym Time

Wednesdays, January 7, 14, 21 & 28 from 12:30-2:30 p.m.

Fort Monmouth Recreation Center, Tinton Falls

Enjoy tunnels, gym mats, trampolines, scooters and other play equipment available. No instruction provided. Parent supervision is required. The cost is \$10 per family per day; cash or check only.

Teen Open Gym Basketball

Wednesdays, January 7, 14, 21 & 28 from 3-4:30 p.m.

Fort Monmouth Recreation Center, Tinton Falls

Teens age 13-18 are invited to play or practice on the full court gym. The cost is \$5 per person per day; cash or check only.

Lunch Break Basketball

Fridays, January 9, 16, 23, 30 from 12-1:30 p.m.

Fort Monmouth Recreation Center, Tinton Falls

Play full court pick-up games in the gym. The cost is \$5 per person per day; cash or check only.

WinterFest

Saturday, January 10 from 1:30-5:30 p.m.

Thompson Park, Lincroft

Beat the winter blues during this family-fun festival that features a snowman building contest, broom ball, and more. See ice sculptures, decorative lighting, and more. Warm up by the outdoor fireplace with music and a hot drink. Admission and parking are free!

Blacksmith Demonstration

Sunday, January 11 from 1-3 p.m.

Historic Longstreet Farm, Holmdel

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

Nature Lecture Series: Snowy Owls of Monmouth County

Thursday, January 15 from 7-8 p.m.

Bayshore Waterfront Park Activity Center, Port Monmouth

Discover where snowy owls come from, where they go, what they eat and more during this slide presentation. FREE!

Celebrating Benjamin Franklin

Saturday, January 17 from 1-4 p.m.

Historic Walnford, Upper Freehold

Celebrate this amazing multifaceted man's birthday with hands-on experiences and experiments. FREE!

Roving Park System Naturalist

Sunday, January 18 at 10 a.m.

Huber Woods Park, Middletown

Saturday, January 31 at 9 a.m.

Big Brook Park, Marlboro (Meet in parking lot.)

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

Eagles at the Manasquan Reservoir

Manasquan Reservoir Environmental Center, Howell

Saturday & Sunday, January 24 & 25 at 12:30 p.m.

Hear the latest updates on the site's eagles. FREE!

Seashore Open House

Sunday, January 25 from 1-4 p.m.

Seven Presidents Oceanfront Park Activity Center, Long Branch

Have some seashore-related fun during this open house. FREE!

Sweetheart Clay Ornament

Friday, January 30 from 4-6 p.m.

Thompson Park Creative Arts Center, Lincroft

Make a special valentine for your sweetheart. We will bisque and fire your creation and have it ready for Valentine's Day. FREE!

Vernal Wetlands

Manasquan Reservoir Environmental Center, Howell

Saturday & Sunday, January 31 & February 1 at 1 p.m.

Learn about these special wetlands. FREE!

Beginning January 1, the Fort Monmouth Recreation Center will offer a monthly pass for \$50. These cards are valid for *Early Bird Open Gym, Open Gym, Men's Open Gym Basketball, Men's Open Basketball 30 & Up, Teen Open Basketball, Lunch Break Basketball, Women's Open Fitness* and *Teen Open Fitness*. For more information regarding the pass, please call the Recreation Center at 848-456-4278, ext. 1# or 4#.

To learn more about these Park System activities, please visit 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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