



Winter Lats up in the parks...

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



Sledding

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

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

Drop a Line...

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

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

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

Lace Up Your Skates

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

Thursday, and 8:00 AM-7:00 PM on Friday-Saturday:

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

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



Hit the Trails...

Cross-Country Skiing and Snowshoeing

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

December 15, 2019 through March 15, 2020 Equipment must be returned by 5:00 PM. Closed December 25, 2019.

Rental costs are as follows:

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

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

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

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

at:

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



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

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To register for programs starting on November 6, call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM. For information about your Monmouth County parks, call 732-842-4000, ext. 4312.



The Nature of Winter

Programs with this icon will have you discovering the animals of Monmouth County in winter.



New Program



Find us on Social Media:













Exploring Your Parks in Winter

There's something quiet and majestic about New Jersey winters. Though the temperatures drop and bright colors fade to browns and grays, winter remains poetic from the smell of dried leaves to the sound of snow beneath your feet. With shorter periods of daylight and cravings for warm comfort foods and cozy blankets, we all have our favorites when it comes to this chilly season.

It's in this time of the year that the parks become places of retreat, often finding visitors taking long walks on the trails to either keep up with their fitness routine or to take in the serene surroundings. One may not consider their county parks as a place to visit when it's cold or snowy, but it's important to note just how much there is still to do in the parks.

Outdoor Fun

Bundling up and walking the trails in winter is pure perfection, but when the snow falls, the activities change. Trails in your county parks are not snow cleared, but that doesn't mean the fun has to stop. After a decent snowfall, cross-country skis and snowshoes are available for rent at the *Thompson Park* Ski Hut, Lincroft. This is the perfect opportunity to experience a snowy afternoon in a new way. Check out details on equipment rentals and cross-country ski and snowshoe trails on the inside front cover of this *Parks & Programs Guide*.

Nature Spotting

Through the quiet of winter, wildlife still flourishes in the woods, meadows, streams and lakes of the parks. The winter brings birds such as Snowy Owls, Great Cormorants and Bonaparte's Gulls, just to name a few. You'll often spot Harp Seals resting on the shores of Seven Presidents Oceanfront Park, Long Branch, or Bayshore Waterfront Park, Port Monmouth. Red Foxes grow a thick fur coat in the cold winter months and may be seen in Thompson Park, Lincroft. If you take an amazing nature photo, be sure to share it with us on Facebook or tag us on Instagram.





Gardens

One might not consider heading to *Deep Cut Gardens*, Middletown, in the middle of winter. But, we'll let you in on a secret. The greenhouse at Deep Cut is open year-round and is amazing in winter when plenty of flowers bloom within the greenhouse's warmth, such as orchids, hibiscus, kalanchoe, and more! Visitors can also stop by the Elvin McDonald Horticultural Library to browse their collection of over 4,000 gardening and garden-related books, over 50 how-to videos on gardening, two dozen periodicals, and more than 100 current catalogs! The horticultural library is the perfect place to explore the many opportunities you have to expand your own home garden.

Environmental Centers

The Park System's two environmental centers are the perfect place for families of all ages to visit to stay warm and explore nature. At the *Manasquan Reservoir Environmental Center* in Howell you can explore exhibits about wetlands ecology and wildlife and habitat protection. Be sure to stop by pavilion three to check out the turtle pond and live reptile and amphibian displays. A trip to the *Huber Woods Environmental Center* in Middletown offers an experience of the natural world through exhibits and displays on local American Indians, tadpoles and frogs, birds and more.

Local History

Throughout the year the interpretive staff at *Historic* **Longstreet Farm**, Holmdel, showcase daily and seasonal agricultural and domestic activities, and cold weather doesn't stop work on the farm. From taking care of the animals to maintaining the farm, and various weekend demonstrations such as Cookstove Demonstrations and Cutting, Splitting and Hewing, there's plenty happening. Special holiday drop-ins, such as The Sounds of Christmas and Visit with Santa are scheduled this December to showcase a Victorian style Christmas as would have been seen at the site in the 1890s. Additionally, *Historic Walnford* in Upper Freehold remains active through the winter, allowing visitors to stop by and view the buildings and experience the life of the Waln family. For more details on these two historic sites, see pages 6-8.



Bayshore Waterfront Park	Check out just some of the amenities available in your local Monmouth County parks!	Mba	Canoe	Sc Got	viron	cility.	DIPICNIC Rentals	ote	rden	su: !!	Morie	- Site Location	nir/c	Shelter Rental	om b	rentals iils	edding St.
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Crosswicks Creek Park	Charleston Springs Golf Course									х						х	
Deep Cut Gardens	Clayton Park															х	
Dorbrook Recreation Area	Crosswicks Creek Park		х				х									х	х
Fisherman's Cove	Deep Cut Gardens					х			х						х	х	х
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Hartshorne Woods Park	Fort Monmouth Rec Center					х									х		
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Hominy Hill Golf Course	Henry Hudson Trail																
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Huber Woods Park	Hominy Hill Golf Course									х						х	
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For more information about these and other activities and facilities available in your Monmouth County parks, visit us at www.MonmouthCountyParks.com.

DECEMBER 2019-FEBRUARY 2020

Sunday, December 1

• Open Ceramics (p. 36)

Wednesday, December 4

Wondrous Winter Walks (p. 29)

Thursday, December 5

- The Casual Birder (p. 13)
- Seals of the Jersey Shore (p. 57)

Saturday, December 7

- Cookstove Demo (p. 6)
- Stockings Hung with Care (p. 11)
- Student & Instructor Exhibit & Sale (p. 39)

Sunday, December 8

- The Sounds of Christmas (p. 6)
- Stockings Hung with Care (p. 11)
- Student \$ Instructor Exhibit \$
 Sale (p. 39)

Wednesday, December 11

• Winter Beach Walk (p. 13)

Thursday, December 12

• History on Tap (p. 48)

Saturday, December 14

- Christmas Sing-A-Long (p. 6)
- Roving Naturalist (p. 13)

Wednesday, December 18

• Wondrous Winter Walks (p. 29)

Thursday, December 19

• The Casual Birder (p. 13)

Saturday, December 21

• Visit with Santa (p. 6)

Sunday, December 22

• Visit with Santa (p. 6)

Tuesday, December 24

• "Clear the House" Stroll (p. 13)

Saturday, January 4

- Roving Naturalist (p. 13)
- Yarn Bee (p. 7)

Sunday, January 5

• Open Ceramics (p. 36)

Wednesday, January 8

- Winter Beach Walk (p. 13)
- Wondrous Winter Walks (p. 29)

Thursday, January 9

• The Casual Birder (p. 13)

Saturday, January 11

- Cutting, Splitting and Hewing (p. 7)
- Seasonal Job Fair (p. 33)

Sunday, January 12

• Seashore Open House (p. 14)

Thursday, January 16

- An Introduction to Lenape People (p. 55)
- History on Tap (p. 48)

Saturday, January 18

Cookstove Demo (p. 6)

Sunday, January 19

• Open Shoot Archery (p. 15)

Monday, January 20

• School's Out Drop-In (p. 15)

Wednesday, January 22

• Wondrous Winter Walks (p. 29)

Thursday, January 23

• The Casual Birder (p. 13)

Saturday, January 25

Parlor Games (p. 7)

Sunday, February 2

- Groundhog's Day! (p. 8)
- Open Ceramics (p. 36)

Wednesday, February 5

Wondrous Winter Walks (p. 29)

Thursday, February 6

- The Casual Birder (p. 13)
- History on Tap (p. 48)

Saturday, February 8

- Cutting, Splitting & Hewing (p. 7)
- Historical Valentines (p. 8)

Sunday, February 9

- Freedom Stories (p. 11)
- Historical Valentines (p. 8)
- Seashell Sunday (p. 14)

Saturday, February 15

- Cookstove Demo (p. 6)
- Open Shoot Archery (p. 15)
- Roving Naturalist (p. 13)

Monday, February 17

School's Out Drop-In (p. 15)

Wednesday, February 19

• Wondrous Winter Walks (p. 29)

Thursday, February 20

Winter Flounders:
 A Diminishing Fish (p. 57)

Friday, February 21

• Winter Beach Walk (p. 13)

Saturday, February 22

• Stitches in Time (p. 7)

Wednesday, February 26

• Wondrous Winter Walks (p. 29)

Thursday, February 27

• The Casual Birder (p. 13)



Historic Longstreet Farm, Holmdel, takes you back in time by recreating 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.

The site is maintained as a living historical farm with the purpose of interpreting the agricultural activities of Monmouth County's rural past. This interpretation includes the breeds of animals and crops raised at the site in the 1890s. For your safety, as well as the safety of the animals, we ask that you do not touch or feed the animals.

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.

Visitors may enter at their leisure, free of charge. Please note dogs are not permitted on the farm. For more information about the Farm, visit www.MonmouthCountyParks.com.

Cookstove Demonstration ?***



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 7, 11:00 AM-3:00 PM Saturday, January 18, 11:00 AM-3:00 PM Saturday, February 15, 11:00 AM-3:00 PM

The Sounds of Christmas



Celebrate the holidays by visiting the beautiful Longstreet farmhouse at Holmdel Park. Enjoy the welcoming warmth of this historic home with the backdrop of wistful music as Larry Moser and Mary Nagin play Christmas carols on the hammered dulcimer and fiddle.

Sunday, December 8, 1:00-3:00 PM

Christmas Sing-a-Long 💯



This holiday season enjoy an old-fashioned sing-along as Rich Marzec plays Christmas melodies on the accordion in the Longstreet farmhouse.

Saturday, December 14, 1:00-3:00 PM

Visit with Santa Green

Enjoy an old-fashioned Victorian Christmas - children can visit with Santa, then take a walk to the farmhouse and have a cup of hot cider. Be sure to bring your camera.

Saturday & Sunday, December 21 & 22, 12:00-3:00 PM

Yarn Bee

(ages 10 and up, under 18 with adult)

Whether starting a new hobby or working on an old project, all are welcome to this gathering! The relaxed atmosphere means no pressure - you can knit or crochet at your own pace, and farm staff will be onhand to assist those wanting to learn a new skill. Bring your own supplies, or borrow ours for the session.

\$5.00 Per Person (cash or check only)

Saturday, January 4, 12:00-2:30 PM Saturday, February 1, 12:00-2:30 PM

Cutting, Splitting and Hewing

(adults)

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

Saturday, January 11, 12:00-2:30 PM Saturday, February 8, 12:00-2:30 PM

Parlor Games for Wintry Weather ?

(ages 6 and up)

Beat the winter blues - and beat your opponent too! Learn to play forgotten 1890s games like Halma and Basilinda, or old-time favorites like Backgammon, Checkers and Reversi.

Saturday, January 25, 12:00-2:30 PM

Stitches in Time

(ages 7 and up)

Join Longstreet Farm staff for an informal session on hand-sewing basics - learn five simple stitches for quick repairs, or bring a project with you to work on as we converse. You can borrow our sundries or bring your own. This is a great chance to start a new hobby or get started on those mending projects in a no-pressure environment.

Saturday, February 22, 12:00-2:30 PM

Rug Hooking Gathering

(all ages)

Calling all rug hookers! Now is the time to gather with other rug hookers or 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 7-Mar 10 10:00 AM-3:00 PM F0101A



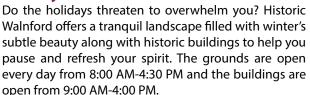


Historic Walnford, Upper Freehold, is full of fascinating history throughout the year. Any day is a great time to visit this wonderful historic site and learn about the Waln family and the evolution of Walnford - from an 18th century industrial village and family farm to an elegant country estate. At the heart of Crosswicks Creek Park, the site showcases over 200 years of social, technological and environmental history through the Waln family. The historic district features a 19th century gristmill, the elegant Waln family home (1773), a carriage house, and an assortment of outbuildings.

The historic buildings are open daily from 9:00 AM-4:00 PM, free of charge.

For more information about Historic Walnford, visit www.MonmouthCountyParks.com.

Holiday Overload? Pause and Refresh 💯



Curl Up With a Good Book 🕬

(ages 5 and up)

We are offering an array of our favorite American historical fiction for adults and children to inspire you to curl up with a good book to peek into our (fictionalized) past. Book Club, read-a-loud family story time or personal pleasure, we offer selections that may be familiar or may have been forgotten over time -come and see our recommendations on display.

January 1-31, 9:00 AM-4:00 PM

Groundhog's Day!

Have we done this before? The groundhog doesn't remember! February 2 is the half way mark to spring. Sun or shadow, we will have fun facts and activities for all ages to celebrate groundhogs and working our way through the winter.

Sunday, February 2, 11:00 AM-3:00 PM

Historical Valentines 💬



(ages 10 and up)

Elegant, simple or elaborate, humorous, even insulting cards are part of Valentine's Day history. View samples of historical 19th century Valentines at Walnford and make your own heartfelt, carefully crafted card to send to your true love using our wide array of historically inspired materials.

Saturday & Sunday, February 8 & 9, 1:00-4:00 PM

DAY TRIPS & GETAWAYS

American Museum of Natural History

(all ages, under 18 with adult)

With the Rose Center for Earth and Space, four floors of exhibits, the IMAX theater, and gift shop, there is something for everyone! For ticket information and pricing, visit www.amnh.org. Registration fee includes bus transportation and Park System leader only.

\$42.00 Per Person

Thompson Pk Estate Grounds Parking Lot

2020 Philadelphia Flower Show

(all ages, under 18 with adult)

Inspired by the world's exotic Mediterranean gardens, the 2020 Philadelphia Flower Show invites you to fall in love with gardening all over again. Become enraptured by the delightful dimension of show gardens and dramatic accents that rise in soft meadows of horticultural perfection. Price includes admission to the flower show, bus transportation and volunteer Park System leader.

\$82.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, Mar 6	
Board: 11:30 AM	.Return: 8:30 PM (approx)
Sat, Mar 7	A0202X
Board: 11:30 AM	.Return: 8:30 PM (approx)

Lancaster, PA & Longwood Gardens

(adults)

Take pleasure in a quick overnight excursion for spring! Your trip includes a night's stay in Lancaster, PA with an epic theatrical experience at the famous Sight and Sound Theatre for "The Story of Esther", a traditional family style Amish dinner and a visit to Longwood Gardens for the spring bloom! Price includes roundtrip motor coach transportation, accommodations, admissions to tours and attractions, daily breakfast, one dinner, luggage handling, taxes, meal gratuities and Park System volunteer leader. Please Note: There may be some free time for additional sightseeing and meals. A full detailed itinerary will be mailed approximately two to three weeks prior to departure. For more details and to inquire about travel insurance, contact Rachel Cohen at 732-542-1642, ext. 29, or email rachel.cohen@monmouthcountyparks.com.

\$385.00 Double; \$400.00 Single; \$350.00 Triple;

\$340.00 Quadruple; \$200.00 Per ChildThompson Pk Estate Grounds Parking Lot

Dutch Apple Dinner Theatre - Guys and Dolls

(adults)

"Guys and Dolls" takes us from the heart of Times Square to the cafes of Havana, Cuba, and even into the sewers of New York City, but eventually everyone ends up right where they belong. Price includes a traditional American style buffet dinner, soup and dessert, a Broadway-caliber show, motor coach transportation and volunteer Park System leader.

\$127.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Discover Mackinac Island. MI: The Jewel of the Great Lakes



(adults)

Embark on a journey to the truly "all natural" theme park of America surrounded by water. Limited to transportation of horse and buggy, bicycle or foot, Mackinac Island, MI has escaped the vast changes of time with its Victorian-style setting. Trip highlights include a ferry ride to Mackinac Island, lunch at the renowned Victorian Grand Hotel, must-do carriage tour of Mackinac Island, tours to Colonial Michilimackinac Historic Park, Historic Mill Creek Discovery Park and Old Mackinac Point Lighthouse, tickets aboard a Soo Locks Cruise and a visit to Kewadin Casino. An overnight stop-over to Buffalo, NY is planned to and from your destination. Price includes round-trip motor coach transportation, accommodations, admissions to tours and attractions, daily breakfast, 1 luncheon, 2 dinners, luggage handling, taxes, meal gratuities and Park System volunteer leader. Please note: There may be some free time for additional sightseeing and meals. A full detailed itinerary will be mailed approximately twothree weeks prior to departure. For more tour details and to inquire about travel insurance, please contact Rachel Cohen at 732-542-1642, ext. 29, or email rachel.cohen@monmouthcountyparks.com.

\$1,000.00 Double; \$1,040.00 Single; \$950.00 Triple; \$930.00 Quadruple; \$300.00 Per Child

Thompson Pk Estate Grounds Parking Lot

NATURE



NORTHERN SAW-WHET OWLS are among the smallest raptors in North America. Though they are common, they are not always easy to find. Their mottle brown coloring and white face tend to make them almost invisible in the winter thickets. They start arriving in New Jersey as early as October and some stay until mid-April.





- The Saw-Whet is named for its call, which can sound like a saw blade being sharpened on a whetstone.
- These nocturnal hunters often prey on small mammals and small birds.
 Contrarily, they are preyed upon by larger birds of prey, such as Great Horned Owls or Cooper's Hawks.



WHERE'S THE BEST PLACE TO SPOT A SAW-WHET?

They average about 7 to 8 inches long, weigh between 3.3 and 5.3 ounces, and have a wingspan of 16.5 to 18.9 inches.

They often spend the day hidden in conifers like cedars and spruce or under honey suckle vines, usually between two and ten feet off the ground.



DID YOU KNOW...

SAW-WHET OWLS ONLY LIVE FOR ABOUT TWO TO FOUR YEARS IN THE WILD, WITH THE LONGEST KNOWN WILD BIRD HAVING LIVED SEVEN YEARS.

ARTS & CRAFTS

Snowman Kits 🗼

(all ages)

Waiting for Old Man Winter to send us some snow? Join us at Big Brook Park to assemble your own snowman kit. Choose and stylize all essential accessories for your snowperson to be ready the moment snow touches down. All materials provided.

One Session \$12.00 Per Kit

Big Brook Pk Elsas Lodge

Wed, Jan 8 4:30-5:30 PM	U0801A
Fri. Jan 31 4:30-5:30 PM	U0901A

Sticky Snowscape!

(all ages)

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

One Session \$15.00 2-4 Per Family \$3.50 Additional Person

Big Brook Pk Elsas Lodge

Wed, Jan 29 5:00-6:00 PMl	J0701X
Sun, Feb 9 11:00 AM-12:00 PM	J0201X

FAMILY FUN

Flashlight Candy Cane Hunt

(all ages, under 18 with adult)

Pull on your parka and mittens, bring a flashlight and be part of this festive night! Rumor has it that our park rangers dropped bags of candy canes all over the field. We'll need to start by decorating bags to collect them all. After we're sure we've got them all, we'll head in for some hot cocoa and cookies and a visit with Mr. C!

One Session \$29.00 Per Family

Fort Monmouth Rec Ctr Prog Rm C

Fri, Dec 13 7:00-8:00 PM M0501A

Passport to Family Adventures



(ages 9-12, with adult)

Break your family out of the cabin fever mode and get outside this winter! Receive a Monmouth County Park System parks passport and join us on this adventure series. Your family will get a stamp on their passport for cross-country skiing, archery, treasure hunting and animal track identification. Complete every adventure and a receive a special Monmouth County Park System giveaway.

Three Sessions \$63.00 3 People \$21.00 Additional Person

Thompson Pk Activity Barn

Sat, Jan 25-Feb 8 1:00-3:30 PM W2801X

Stockings Hung with Care Tree

(ages 5 and up, with adult)

Saturday & Sunday, December 7 & 8, 1:00-4:00 PM

Historic Walnford, Upper Freehold

Enjoy an early 19th century Christmas tradition at Historic Walnford by decorating and "sewing" your own paper stocking to take home. Learn more about long held holiday traditions as adults and children work together on this free family fun activity in a lovely historic setting.

Freedom Stories

(all ages, under 18 with adult)

A compelling look at the men and women who took extraordinary risks for freedom presented by gifted storyteller TAHIRA. Her program includes freedom songs which included coded messages used by enslaved Africans to devise plans for escape. Emphasizes courage in the face of injustice.

One Session \$5.00 Per Person

Tatum Park Red Hill Activity Center, Middletown

Sunday, February 9 2:00-2:45 PM #A8601A 4:00-4:45 PM #A8701A

Pre-registration is suggested, but walk-ins are welcome (cash or check only).

Valentine Animal Show

(ages 4-10, with adult)

This special live animal show is a great way to celebrate Valentine's Day with the ones you love! Each child gets a special valentine to take home.

One Session \$7.50 Per Child

Manasquan Res Env Ctr

Winter Beach Bonfire

(all ages, under 18 with adult)

Get cozy and invite new energy as we bring in the New Year at Seven Presidents Oceanfront Park! Dusk will be when the fire is lit, and join in on some roasted marshmallows and cocoa to warm your spirit!

One Session \$7.00 Per Person

Seven Presidents Pk Beach Campfire Area

Sun, Jan 5 4:30-6:00 PMU1101A

Winter Picnic



(all ages, under 18 with adult)

Cozy up by the campfire and warm your heart at your local county park! Bring your own dish and enjoy a meal around our fire, with dessert (hot cocoa and s'mores) provided. Come enjoy an afternoon outside with neighbors and friends. A variety of games will be available for kiddies and kids at heart too!

One Session \$15.00 2-4 Per Family \$5.00 Additional Person

Big Brook Pk Sunfield Pavilion

Seven Presidents Pk Beach Campfire Area

Spring Valley Spring Valley Patio

NATURE

Animal Hours at a Park Near You!

(all ages)

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

One Session \$2.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Dec 10 4:00-5:00 PM IM001A Freneau Woods Pk Vis Ctr Prog Rm 1

Tue, Jan 14 4:00-5:00 PM IM101A

Owl Prowl at Freneau Woods Park



(ages 8 and up, with adult)

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

One Session \$9.00 Per Person

Freneau Woods Pk Vis Ctr Prog Rm 1

Sat, Jan 11 7:30-9:00 PM (approx) IKP01A Sat, Feb 8 7:30-9:00 PM (approx) IKQ01A

Pine Cone Bird Feeder Build



(all aaes)

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

One Session \$7.00 Per Person

Manasquan Res Env Ctr



Seal Watch New Jersey

(ages 8 and up, under 18 with adult)

Come talk all things seal with a Park System Naturalist as we venture out to observe the robust population of harbor seals that spend their winters on the Jersey Shore. A spotting scope and binoculars will be available to borrow, or bring your own. Be sure to dress for the weather, and don't forget a camera. Transportation via minibus. Space is limited, so sign up now!

One Session \$15.00 Per Person

Bayshore Waterfront Pk Act Ctr

Sun, Jan 5 9:00-11:00 AM (approx) IKD01A Sun, Jan 19 9:00-11:00 AM (approx)IKE01A

We Love Penguins! Live Penguin Meet and Greet

(ages 3 and up, under 18 with adult)

We love everything about penguins and are very excited to offer you this opportunity to see a live penguin up close. In addition, you'll learn about their lives, care and conservation. Treat your whole family to this fun winter event!

One Session \$12.50 Per Person

Manasquan Res Env Ctr

(ages 8 and up, under 18 with adult)

Enjoy winter with a campfire outdoors while roasting marshmallows and making s'mores. The fun takes place at Spring Valley, part of the 98-acre Wickatunk Recreation Area with beautiful fields and forests in Marlboro Township. After a long week of work, relax by the light of the campfire while listening to an evening of stories about the stars, sun, and creatures of the forest. This will be a fun and unique way to enjoy another winter season in New Jersey. Don't forget to bring your favorite folding chair to sit by the campfire. Please be advised that snow, strong winds or stormy weather will cancel the program.

One Session \$9.00 Per Person

Spring Valley Spring Valley Parking Area

Fri, Jan 10 7:00-8:00 PM IKN01A

Explore the Shore in Winter

Seashore Open House 💯 🚾

Sunday, January 12, 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 at Seven Presidents Oceanfront Park 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 and light refreshments. 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.

Seashell Sunday @

Sunday, February 9, 1:00-2:00 PM

Bayshore Waterfront Park Activity Center, Port Monmouth

Starting a shell collection this year? It's the best way to get to know the Jersey shore.

Want to know where shells come from? Can't figure out what you found on the beach?

Bring it in and we will tell you all about seashells, how to collect them without harming the environment and feature an assortment of live mollusks, crustaceans, and cool beach finds and artifacts.

Open Shoot Archery

(ages 10 and up, under 18 with adult)

Take a shot at archery! Stop in anytime during open shoot archery to improve your archery skills at our indoor range at the Thompson Park Activity Barn. This is NOT a beginner instructional program.

If you are new to archery, register for one of our upcoming spring instructional classes prior to attending.

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

All equipment is provided.

Cost: \$10 per person, cash or check only
Thompson Park Activity Barn, Lincroft

Sunday, January 19, 10:00 AM-2:00 PM Saturday, February 15, 10:00 AM-2:00 PM

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

SPORTS & FITNESS

My Morning Playtime

(ages 3-4, with adult)

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

Please Note: Parents/guardians are not required to actively participate in this program; however, they are required to monitor their child's behavior.

Six Sessions \$70.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 4-Jan 22 11:00-11:45 AMX5601A

No class 12/25 & 1/1

Wed, Jan 29-Mar 4 11:00-11:45 AM X5701A



School's Out Drop-in Days

(ages 5-10, with adult)

Fort Monmouth Recreation Center, Tinton Falls We promise you won't be bored on your day off from school at the Rec Center!

We've got Science Exploration Stations, Take Home Kids Creations and Building Fun, plus open gym time. Activities are designed for kids ages 5-10 years old, and you can switch between activities as often as you like.

Please Note: This is a self-guided program, an adult or guardian please must remain in the building.

You can drop in anytime between 9:30 AM-4:00 PM on these school holidays:

Monday, January 20

Monday, February 17

Cost: \$5 per child (cash or check only)

For more information, contact 848-456-4278, ext. 5, or aweaver@monmouthcountyparks.com.

ARTS & CRAFTS

ART Capades

(ages 2-4, with adult)

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

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

Fort Monmouth Rec Ctr Prog Rm B

Thu, Jan 23-Feb 27 9:30-10:30 AM..... M0401X

Christmas Tree Claytime

(ages 4-8, with adult)

Build a clay tree to celebrate the season. You and your child will sculpt a small Christmas tree while learning some basic hand-building techniques. At the end of the class, participants will have a one-of-a-kind craft created while enjoying some very special moments together. Pieces 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

Tue, Dec 3 4:00-5:30 PMZ1401A

Gingerbread Houses

(ages 3-8, with adult)

Create a treasured holiday tradition while building a gingerbread house for your home. Using graham crackers to build the walls, you and your child will decorate your gingerbread house creation with lots of edible options. It's the perfect way to build great memories together.

One Session \$20.00 Parent/Child

Thompson Pk Creative Arts Center

Thu, Dec 5 1:30-3:00 PMZ1601A

Holiday Ornaments

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

Make this year's Christmas tree extra special with some handmade decorations. Participants will complete three ornaments while sharing some special moments together. Please bring a smock.

One Session \$18.00 Parent/Child

Thompson Pk Creative Arts Center

Thu, Dec 12 1:00-2:00 PM Z1501A



Messes & Masterpieces

(ages 18 months-3 years, with adult)

Spark your child's imagination while exploring colors, textures, paint, glitter, glue and more. Experience seasons and holidays together through stories, music and art. Please wear old clothes or bring a smock. After class, stay and play with the preschool equipment in our classroom as long as you like.

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

Fort Monmouth Rec Ctr Prog Rm B

Wed, Jan 22-Feb 12 9:30-10:15 AM M0901X Wed, Feb 26-Mar 18 9:30-10:15 AM..... M1001X

Messy Art Sampler - Outside Adventure!

(ages 18 months-3 years, with adult)

We take messy art to a new level in the great outdoors! Toddlers will delight in paint, glue and glitter, squirt guns, balloons and more. They'll get to make an even bigger mess on the grass - or maybe even snow! - while exploring and expressing themselves through art. After class, stay and play with the preschool equipment in our classroom as long as you like. *Please Note: In the case of harsh temps or inclement weather, we'll move the class indoors.*

One Session \$45.00 Parent/Child \$35.00 Additional Sibling

Fort Monmouth Rec Ctr Prog Rm B

Wed, Jan 22-Feb 12 10:30-11:15 AM M1101X Wed, Feb 26-Mar 18 10:30-11:15 AM M1201X

Santa's Cookie Plate

(ages 4-8, with adult)

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 Parent/Child

Thompson Pk Creative Arts Center

Tue, Dec 10 4:30-6:00 PMZ1701A

Sculpt a Snowman

(ages 4-7, with adult)

In spirit of the snowy, winter weather, join us inside the warmth of the Creative Arts Center. Construct a snowman sculpture with your child to cherish long after the snow melts. You will spend quality, fun time together learning clay hand-building techniques and painting and decorating your snowman. Projects will be kiln fired and ready for pick up two weeks after workshop.

One Session \$30.00 Parent/Child

Thompson Pk Creative Arts Center

Valentine's Plate

(ages 4-8, with adult)

With Valentine's Day right around the corner, create the perfect gift this year for someone special! Child and parent will work together to decorate and paint a precast ceramic plate with a special Valentine's Day twist. Class includes ceramic plate, glazes, instructions and firings. Pieces will be glaze fired and ready to pick up in about a week.

One Session \$28.00 Parent/Child

Thompson Pk Creative Arts Center



CULINARY ARTS

Holiday Cookies

(ages 8-12, with adult)

Revisit some of your favorite holiday baking while introducing the next generation to some old-fashioned fun. Mix, roll, bake and laugh as you create warm, lasting memories and delicious treats for all to enjoy during the holidays. Finish it off with a taste test (of course!), a tray of beautiful cookies for your table and recipes to take home and make again. Today's cookie plate: Chocolate Chips, Traditional Gingerbread People, Oatmeal Raisin and Jam Filled Thumbprints.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC
One Session \$55.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 7 10:00 AM-1:30 PM..... M3001A

Kids' Cupcakes: Winter Edition

(ages 8-12, with adult)

A delicious way to learn about measuring, mixing, baking and decorating. Chef will walk you through creating your own basic chocolate or vanilla cake recipe, including some methods for filling your cupcake papers and tips for baking them. Once they are in the oven, you'll move on to prepping your icing and candies to create winter designs, including penguins, snowmen and other "frosty" sensations. The best part? You'll have adorable, tasty cupcakes to take home!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$55.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Sat, Jan 25 10:00 AM-1:30 PM M5101A

Wee Can Cook

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

Chop, roll, measure, spread, mix, toss and pour are what your kids will be doing in the kitchen! Create yummy, fun, hands-on cooking projects and listen to food related stories! Activities may include baking, assembling and more. Bring an apron if you have one. Recipes will vary from those previously offered.

Four Sessions \$52.00 Per Person \$26.00 Additional Sibling

Dorbrook Rec Area Vis Ctr

Fri, Jan 24-Feb 14 10:00-11:00 AM..... A6201X

EDUCATION & ENRICHMENT

Bricks 4 Kidz® Winter Fun Parent & Child Workshop



(ages 3-4, with adult)

Join us while we guide you and your children to build a popular snowman out of white LEGO® bricks that stay on display at the park, create a craft to add warmth to your home, and play an indoor game. Learn, build and play during this special winter program.

One Session \$25.00 Parent/Child \$15.00 Additional Sibling

Fort Monmouth Rec Ctr Prog Rm A

Sat, Jan 25 11:00 AM-12:00 PM......Q1801X

Hands-On Art

(ages 2-4, with adult)

Little hands will transform into stamps, stencils, toys and more as we explore all the possibilities of handprint art. Enjoy time with your tot as you investigate your creative side together. Sessions will vary from those previously offered.

Instructor: Miss MaryRose

Six Sessions \$54.00 Parent/Child \$27.00 Additional Sibling

Dorbrook Rec Area Prog Bldg

Fri, Jan 17-Feb 21 9:30-10:15 AM A1401X

Keyboard Beginnings Music

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

Young children are fascinated by musical sounds. They naturally respond to rhythms and love to sing familiar melodies. Children who love to sing, dance and are curious about a variety of musical instruments will enjoy Ms. Judy Kagel's class. Children will learn the names of the musical keys and to play short songs on keyboards provided in the classroom. It is highly recommended that your child has access to a keyboard or piano at home for short follow-up assignments in order to receive the full benefits of the class. As such, parents are asked not to bring siblings to class. A materials fee of \$15 is payable to the instructor on the first day of class. Children will receive a music booklet, crayons, lesson outlines and a rhythm instrument.

Seven Sessions \$130.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

No class 2/17

Keyboard Beginnings - Level 2

(ages 4-7, with adult)

This class is a continuation of Keyboard Beginnings Music taught by Judy Kagel. Each child will have a keyboard to use during class and learn to play several songs. Students will continue learning to read notes on the musical staff and to enjoy the experience of playing music together. Collaborative learning and bonding between parent and child is a great benefit of this class. As such, parents are asked not to bring siblings to class. A materials fee of \$15 is payable to the instructor on the first day of class. Children will receive music booklet two, flash cards and a concentration game.

Seven Sessions \$130.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

No class 2/17

Learn Chess

(ages 9-12, with adult)

Swap those video games for the love of a more complex game! Chess develops problem-solving skills and increases focus through strategic play. Together, you and your child will exercise your brains as you learn the rules and proper play of this game that's been played for centuries.

Instructor: Mark O'Kane One Session \$39.00 Per Pair Henry Hudson Trail Act Ctr

Let's Explore! - Creative Sensory Play

(ages 2-4, with adult)

Sensory play is an important and exciting part of childhood development. Your child will explore their senses while working on fine motor and socialization skills in this unique activity-based class. From week to week, tactile projects may include digging in the sand, splashing around in water trays, sculpting masterpieces out of shaving cream or letting their creativity flow with paint. Dress for mess or bring a smock – get ready to explore our senses!

Six Sessions \$54.00 Parent/Child \$28.00 Additional

Dorbrook Rec Area Act Ctr

Mon, Jan 13-Feb 24 10:00-10:45 AM	A1001X
No class 1/20	
Tue, Jan 14-Feb 18 10:00-10:45 AM	A1101X

Wed, Jan 15-Feb 19 10:00-10:45 AM A1201X Thu, Jan 16-Feb 20 10:00-10:45 AM..... A1301X

Henry Hudson Trail Act Ctr

Mon, Jan 13-Feb 24 10:00-10:45 AM A3201X No class 1/20

Little Learners

(ages 18 months-4 yrs, with adult)

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

Instructor: Miss Jamie

Six Sessions \$65.00 Parent/Child \$32.50 Additional Sibling

Dorbrook Rec Area Prog Bldg

Wed, Jan 15-Feb 19 9:30-11:00 AM A1501X

NATURE

Brown Bear, Brown Bear: A Playtime Celebration!

(ages 2-4, with adult)

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

One Session \$9.50 Per Child

Manasquan Res Env Ctr

Frosty Fun Time

(ages 2-5, with adult)

A little nip in the air won't keep us from exploring nature's wonders, enjoying a story, and making friends. Bundle up for a discovery walk just right for your young one. We will then go inside to share a tale and create a wintry nature craft – an ornament in December, a snow globe in January, and a valentine in February. Sign up for one session or all.

One Session \$14.00 Parent/Child

Huber Wds Env Ctr

Tue, Dec 10 10:00-11:15 AM	. IM201A
Tue, Jan 14 10:00-11:15 AM	. IM301A
Tue, Feb 4 10:00-11:15 AM	. IM401A

Little Green Thumbs in Winter

(ages 4-6, with adult)

Inspire your little gardener with these fun take home plant projects. They include planting seeds in our own decorated pots and making tiny moss terrariums, all while learning how seeds start and plants grow. Guaranteed to add a bit of green in your life and break up the winter.

One Session \$14.00 Per Child

Clayton Pk Act Ctr Kitchen

Thu, Feb 20 1:00-2:00 PM	1001A
Manasquan Res Env Ctr	
Sat, Feb 22 11:00 AM-12:00 PM	1101A



Nature Story Time

(ages 2-5, with adult)

Manasquan Reservoir Environmental Center, Howell Something fun for your little ones! Enjoy some of our staff's favorite stories. Nature themed items related to each story will be presented at that just right level for your child.

Sessions are free, but pre-registration is required.

Wed, Jan 15 11:00-11:30 AM #PI020A Wed, Jan 22 11:00-11:30 AM #PI030A Wed, Jan 29 11:00-11:30 AM #PI040A Wed, Feb 5 11:00-11:30 AM #PI050A Wed, Feb 12 11:00-11:30 AM #PI060A Wed, Feb 19 11:00-11:30 AM #PI070A Wed, Feb 26 11:00-11:30 AM #PI080A

Magic Reindeer!

(ages 3-7, with adult)

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

One Session \$10.00 Per Child

Freneau Woods Pk Vis Ctr Prog Rm 1

So Where Do The Animals Go?

(ages 3 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 stick around to make your own turtle or snake craft!

One Session \$8.00 Per Child

Manasquan Res Env Ctr

Tue, Dec 3 2:00-3:30 PM	I0101A
Thu, Feb 6 2:00-3:30 PM	l0201A
Freneau Woods Pk Vis Ctr Prog Rm 1	
Sun, Dec 15 2:00-3:00 PM	. IKC01A



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. Each hike will include fun indoor activities or crafts. 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 \$15.00 Parent/Child \$6.00 Additional

Lake Side Meander

Holmdel Pk Shelter Bldg

Fri, Dec 6 10:00-11:30 AM..... W2101X

Holly Jolly Hike

Tatum Pk Red Hill Act Ctr

Sat, Dec 7 10:00-11:30 AM W2201X

Wooded Winter Wander

Huber Wds Env Ctr

Thu, Jan 9 10:00-11:30 AM W2301X

Winter Wonderland Hike

Holmdel Pk Shelter Blda

Sat, Jan 18 10:00-11:30 AM W2401X

Shark River Ramble

Shark River Pk Shelter Bldg

Wed, Feb 12 10:00-11:30 AM W2501X

Brisk Turkey Trek

Turkey Swamp Pk Shelter Bldg

Sat, Feb 22 10:00-11:30 AM W2601X

Snuggies, S'Mores & Sno Ball Games

(ages 5-7, with adult)

Grab your Snuggy and join us with your little one around an indoor campfire at one of the Park System's cozy shelter buildings. We will get you fired up with some fun, age appropriate and smile enhancing winter themed games. Then enjoy the warmth of the fire while nibbling s'mores and sipping hot chocolate. All participants have the option to bring their own Snuggy! One Session \$14.00 Parent/Child \$8.00 Additional

Turkey Swamp Pk Shelter Bldg

Sat, Feb 15 5:30-7:00 PM...... W0701X

PLAY GROUPS

Baby Boomers

(ages 6-12 months, with adult)

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

Five Sessions \$60.00 Parent/Child

Henry Hudson Trail Act Ctr

Tue, Dec 3-Jan 14 11:00-11:45 AMXA601A No class 12/24 & 12/31

Tue, Jan 28-Feb 25 11:00-11:45 AM XA801A

Six Sessions \$72.00 Parent/Child

Tatum Pk Holland Act Ctr

Fri, Dec 6-Jan 17 9:15-10:00 AMX6501A

No class 12/27

Fri, Jan 31-Mar 6 9:15-10:00 AM X6601A

Miss Melissa's Aardvarks

(ages 6 months-5 years, with adult)

Music for Aardvark classes were developed to enhance early childhood development. Each class is packed with bells, drums, shakers, sticks, and original music from Jack's Big Music Show! As the teacher plays guitar, the children sing and dance with parent's participation to the coolest children's musical experience ever. A \$40 materials fee is due to the instructor on the first day of class. *Please Note: Registration for each session will close one week prior to the starting date.*

Ten Sessions \$160.00 Parent/Child \$110.00 2nd Child \$70.00 Additional Sibling

Mr. Rob

Dorbrook Rec Area Vis Ctr

Mon, Jan 6-Mar 23 10:00-10:45 AM A2401X No class 1/20 & 2/17

Ms. Bri

Tatum Pk Red Hill Act Ctr

Mon, Jan 6-Mar 23 10:30-11:15 AM A3001X

No class 1/20 & 2/17

Morning Playtime

(ages 18 months-3 years, with adult)

What better way to start your day than by sharing some special time with your child? You and your child will build creativity and confidence through exercise, music, themed activities and use of specialized play equipment. Your child will learn and develop as they play with tunnels, mini-trampoline, ribbon sticks, bells, and parachute.

Please Note: Parents must remain present in the program room. Drop-offs are not permitted.

Stage 2

(ages 18 months-2 years, with adult)

Five Sessions \$58.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Tue, Jan 14-Feb 11 10:00-10:45 AM......X3401A Tue, Feb 25-Mar 24 10:00-10:45 AM.....X3501A Six Sessions \$72.00 Parent/Child

Tatum Pk Holland Act Ctr

Wed, Dec 4-Jan 22 10:00-10:45 AMX6101A

No class 12/25 & 1/1

Fri, Dec 6-Jan 17 10:00-10:45 AM X6701A No class 12/27

Six Sessions \$70.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 4-Jan 22 9:15-10:00 AMX5201A No class 12/25 & 1/1

Wed, Jan 29-Mar 4 9:15-10:00 AM X5301A

Stage 3

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

Five Sessions \$57.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Tue, Jan 14-Feb 11 11:00-11:45 AM X3801A Tue, Feb 25-Mar 24 11:00-11:45 AM X3901A

Henry Hudson Trail Act Ctr

Tue, Dec 3-Jan 14 10:00-10:45 AMXA401A

No class 12/24 & 12/31

Tue, Jan 28-Feb 25 10:00-10:45 AM XA501A

Six Sessions \$72.00 Per Child

Tatum Pk Holland Act Ctr

Wed, Dec 4-Jan 22 11:00-11:45 AMX6301A No class 12/25 & 1/1

Fri, Dec 6-Jan 17 11:00-11:45 AM......X6901A

No class 12/27

Wed, Jan 29-Mar 4 11:00-11:45 AM X6401A Fri, Jan 31-Mar 6 11:00-11:45 AM X7001A

Six Sessions \$70.00 Per Child

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 4-Jan 22 10:00-10:45 AM X5401A No class 12/25 & 1/1
Wed, Jan 29-Mar 4 10:00-10:45 AM X5501A

Morning Playtime Plus Two

(ages 11 months-3 years, with adult)

Don't split your children and your time between two different Morning Playtime classes. Both you and your children will build creativity and confidence through exercise, music, themed activities and use of specialized play equipment. Your children will learn and develop as they play with tunnels, mini-trampoline, ribbon sticks, bells and parachute.

Please Note: Parents must remain present in the program room. Drop-offs are not permitted.

Six Sessions \$90.00 Mom & 2 children

Tatum Pk Holland Act Ctr

Wed, Dec 4-Jan 22 9:15-10:00 AMX5901A No class 12/25 and 1/1

Wed, Jan 29-Mar 4 9:15-10:00 AM X6001A

Music Together

(ages 6 months-5 years, with adult)

Registered teachers from Coastal Melodies facilitate a parent/child music and movement educational program. A variety of instruments will be used in the class to stimulate each child's musical ability. Each participant receives a book and music of the songs used in each session.

Ten Sessions \$205.00 Parent/Child \$135.00 2nd Child \$70.00 Additional Sibling

Dorbrook Rec Area Vis Ctr

Wiggles and Giggles

(ages 18 months-3 years, with adult)

Whimsical and imaginative fitness/movement class. Fun and interactive class, this focuses on creative movement, coordination, balance, listening and gross motor skills using fitness and music. This is a 45-minute class with full caregiver participation.

Five Sessions \$48.00 Parent/Child

Thompson Pk Vis Ctr Walnut Room

Tue, Jan 14-Feb 11 9:30-10:15 AM	.XA901A
Tue, Jan 14-Feb 11 10:30-11:15 AM	XAA01A
Tue, Feb 18-Mar 17 9:30-10:15 AM	.XAB01A
Tue, Feb 18-Mar 17 10:30-11:15 AM	.XAC01A

SPORTS & FITNESS

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 11-Feb 1 11:00-11:45 AMX7401A Sat, Feb 15-Mar 7 11:00-11:45 AMX7601A

Kidz Yoga

(ages 3-7, with adult)

Welcome to playful and fun yoga designed to stimulate a child's imagination, promote flexibility and build self-confidence! Lessons include creative movement, basic yoga postures, breathing and visualization. The class is geared for 3-7 year old children and there are no strict expectations. Come join yoga teacher Kim Buono on the mat for a joyful class.

Instructor: Kimberly Beuno

Six Sessions \$60.00 Per Person

Freneau Woods Pk Vis Ctr Prog Rm 1

Sun, Dec 1-Jan 12 9:30-10:15 AM X4201A

No class 12/22

Mommy & Me Yoga

(ages 18 months-3 1/2 years, with adult)

Join Kim Buono for a mommy and me class just for you and your little one! This class is designed for toddlers that are strong walkers to three years old. This will be an interactive class where you will each stretch, play and have fun! Please bring a yoga mat and blanket. If your little one has something that keeps them happy, feel free to bring it!

Instructor: Kimberly Beuno

Six Sessions \$60.00 Parent/Child

Freneau Woods Pk Vis Ctr Prog Rm 1

Mon, Dec 2-Jan 13 10:15-11:05 AM X4501X

No class 12/23

Parent and Child Gymnastics

(ages 2-3 years, with adult)

Spend time together with your child having fun 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 \$39.00 Per Person

Sat, Dec 7-21 9:00-9:45 AM	M8801A
Sat, Dec 7-21 10:00-10:45 AM	M8901A

Four Sessions \$52.00 Per Person

Sat, Jan 4-25 9:00-9:45 AM	M9201A
Sat, Jan 4-25 10:00-10:45 AM	M9301A
Sat, Feb 1-22 9:00-9:45 AM	M9401A
Sat, Feb 1-22 10:00-10:45 AM	M9501A

Shrewsbury Gymnastics School Broad Street, Shrewsbury

Three Sessions \$39.00 Per Person

Thu, Dec 5-19 9:15-10:00 AM	M9601A
Thu, Dec 5-19 10:15-11:00 AM	M9701A
Tue, Jan 7-21 9:15-10:00 AM	M9001A
Tue, Jan 7-21 10:15-11:00 AM	M9101A

Four Sessions \$52.00 Per Person

Tue, Nov 26-Dec 17 9:15-10:00 AMMCM94A
Tue, Nov 26-Dec 17 10:15-11:00 AM MCN94A
Sat, Nov 30-Dec 21 10:00-10:45 AM MCP94A
Thu, Jan 2-23 9:15-10:00 AM M9801A
Thu, Jan 2-23 10:15-11:00 AM M9901A
Sat, Jan 4-25 10:00-10:45 AM MA401A
Tue, Jan 28-Feb 18 9:15-10:00 AM MA001A
Tue, Jan 28-Feb 18 10:15-11:00 AM MA101A
Thu, Jan 30-Feb 20 9:15-10:00 AM MA201A
Thu, Jan 30-Feb 20 10:15-11:00 AM MA301A
Sat, Feb 1-22 10:00-10:45 AM MA501A

Five 4 One Sports

(ages 2 1/2-3 1/2 years, 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 \$50.00 Parent/Child

Dorbrook Rec Area Act Ctr

Fri, Jan 17-Feb 14 9:30-10:15 AM	.X1301A
Fri, Jan 17-Feb 14 10:30-11:15 AM	.X1401A
Fri, Feb 28-Mar 27 9:30-10:15 AM	.X1501A
Fri, Feb 28-Mar 27 10:30-11:15 AM	.X1601A

ARTS & CRAFTS

American Girl® Doll Design

(ages 7-10)

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

One Session \$19.00 Per Child

Fort Monmouth Rec Ctr Prog Rm A

Holiday Party Clothes

She'll sparkle in a new ensemble just in time for New Year's.

Sat, Dec 14 10:00-11:00 AM M1401A Winter Sports

With the proper equipment, she can be the Queen of the Slopes or an Olympic Skater!

Sat, Jan 18 10:00-11:00 AM M1501A

Valentine's Day Treats

Delectable dishes she can present to her sweetheart. **Sat, Feb 8 10:00-11:00 AM M1601A**

Beginner Sewing

(ages 10-15)

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

Instructor: Yvonne Thomas

Six Sessions \$72.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 22-Feb 26 6:00-8:00 PM........... Z5901A



Canvas Creations for Kids

(ages 8-12)

Children will create a beautiful piece of artwork to take home! Each session is a different themed project that will use stenciling, collage and more! All supplies are included.

Instructor: Monique Topp
One Session \$45.00 Per Child

Love Birds or Family of Birds

(ages 8-12, with adult)

Just in time for Valentine's Day! Children will be joined by a parent or grandparent to create this fun canvas together. We'll begin with creating mixed media papers with many layers by using a variety of paints, stencils and stamps and then coordinate them with the painted color background. Love birds or family of birds silhouettes will be cut and collaged to the canvas and then we'll complete our artwork with an assortment of embellishments. Size: 11" x 14"

Freneau Woods Pk Vis Ctr Art Room

(ages 8-12)

Unicorn fanatics will love creating this collage masterpiece! We will begin by painting the background of our canvas and then use a gelli plate to roll out paints to decorate the paper used to create the unicorn, use stencils to create a pattern and use a template to create a colorful mane. We'll finish our artwork with glitter and a large selection of embellishments. Size: 11" x 14"

Henry Hudson Trail Act Ctr

Children's Ceramics

(ages 6-14)

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

Instructor: Adrianne Spota

Seven Sessions \$84.00 Per Child

Thompson Pk Creative Arts Center

Sat, Jan 11-Feb 22 9:30-11:30 AM Z2601A

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 hand tools, slab roller, extruder and a variety of other forms. Class includes 10 lbs. of clay, glazes and firings.

Six Sessions \$90.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 13-Feb 17 4:00-5:30 PM Z2201A

Children's Wheel-Thrown Pottery

(ages 11-17)

Children will learn techniques and skills in all aspects of wheel-throwing and hand-building to create items of their choice. Instructor will offer demonstrations along with individual guidance. Use of tools, 10 lbs. of clay, glazes and firings are included in the fee. Additional clay can be purchased at the studio. Hand builders welcome.

Seven Sessions \$112.00 Per Child

Thompson Pk Creative Arts Center

Instructor: Joyce Nokes

Thu, Jan 9-Feb 20 4:00-6:00 PMZ2301A

Instructor: John Fossa

Sat, Jan 11-Feb 22 9:00-11:00 AMZ2401A

Christmas in the Park

(ages 4-9)

Young artists will enjoy painting a classic Christmas scene. Acrylic paints and canvas are provided.

Instructor: Debra Stasiak, Professional Artist and Founder of Aspiring Artists LLC

Thompson Pk Creative Arts Center

Rudolph the Red-Nosed Reindeer

(ages 4-6)

One Session \$25.00 Per Child

Sat, Dec 14 11:00 AM-12:00 PMZ2701A

Santa & Rudolph

(ages 6-9)

One Session \$28.00 Per Child

Sat, Dec 14 2:00-4:00 PMZ1801A

Calling All Youth Photographers!

We're looking for entries for our 2021 Photography Exhibitions at Deep Cut Gardens and Manasquan Reservoir.

For full details, see page 43.

Drawing You and Me: Figure Drawing Class for Children

(ages 9-15)

Sharpen your skills at drawing while learning to draw each other. This class will focus on learning the proportions of the human figure and how to draw people and portraits. We will also utilize different drawing mediums such as charcoal, pencils and ink. Please bring a sketch pad (9" x 11") and pencil.

Artist/Instructor: Joyce Nokes
Six Sessions \$68.00 Per Child
Thompson Pk Creative Arts Center

Fri, Jan 17-Feb 21 4:15-5:45 PM Z3201A

Friday Evening Pottery

(ages 11 and up)

Discover the basics of throwing and hand building with clay while creating works of art. This is a great family class opportunity. Participants 13 and under must be registered with an adult. Fee includes glazes, firings, and 12 lbs. of clay.

Instructor: Joyce Nokes

Seven Sessions \$112.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 10-Feb 21 6:30-8:30 PMZ4201A

Great Impressionism for 5 & 6 year olds™

(ages 5-6)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism using Aspiring Artists® exclusive step-by-step methods. Young artists will paint an excerpt from famous paintings. Students will also create one original impressionistic painting each session. Acrylic paints can stain clothing, so "painting clothes" are recommended for class.

Four Sessions \$58.00 Per Person

Thompson Pk Creative Arts Center

Monet's The Magpie, Renoir's Picking Flowers, Cross, Provence Landscape 1, ORIGINAL A Snowy Day

Sat, Jan 4-25 11:00 AM-12:00 PM......Z2801A

Monet's Grainstacks, Snow Effect, Pissarro's Children on the Farm, van Gogh's Field with Rising Sun,

Sat, Feb 1-22 11:00 AM-12:00 PM......Z2901A

ORIGINAL Clydesdale Horse Pulling a Sleigh

Great Impressionism for Aspiring Young Artists

(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 using Aspiring Artists® exclusive step-by-step methods. Students paintings will resemble the famous masterpieces listed below. Students will also create one original impressionistic painting each session. Acrylic paints can stain clothing, so "painting clothes" are recommended for class.

Four Sessions \$94.00 Per Person

Thompson Pk Creative Arts Center

Monet's The Magpie, Renoir's Picking Flowers, van Gogh's Wheatfield with Cypresses, ORIGINAL A Snowy Day

Sat, Jan 4-25 1:30-3:30 PM Z4301A

Monet's The Japanese Footbridge, van Gogh's Field with Rising Sun, Pissarro's Apple Blossoms,

ORIGINAL Clydesdale Horse Pulling a Sleigh

Sat, Feb 1-22 1:30-3:30 PM......Z4401A

KidzArt Holiday Workshop: Clay Gingerbread House

(ages 6-11)

Create your own gingerbread house out of cardboard and Model Magic air dry clay to display year after year!

One Session \$36.00 Per Child

KidzArt Painting Workshop

(ages 6-11)

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

One Session \$25.00 Per Child

Thompson Pk Creative Arts Center

Winter Landscape

Sat, Jan 11 1:30-3:00 PM......Z6401A

Valentine Tree of Hearts

Sat, Feb 8 1:30-3:00 PM Z6501A

KidzArt Studio

(ages 6-10)

KidzArt is a unique, drawing-based program that emphasizes confidence building, problem solving skills, and having fun! Students will enjoy working with a variety of mediums as they learn about color theory, drawing fundamentals, shading, proportion and much more. We will draw, design, paint and sculpt in this easy to follow instructor led class. Each week is a new lesson and students will bring home a completed art work from each class. Supply fee of \$8 payable to instructor at first class.

Six Sessions \$84.00 Per Child

Thompson Pk Creative Arts Center

Thu, Jan 9-Feb 13 4:15-5:15 PM Z6801A

Learn to Draw with KidzArt

(ages 4-5)

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. This is a parent drop-off class.

Six Sessions \$84.00 Per Child

Thompson Pk Vis Ctr Tulip Room

Tue, Jan 7-Feb 11 1:00-2:00 PM......Z6601A

TeenzArt Studio

(ages 11 and up)

TeenzArt Studio captures the passion and imagination of older students. This class provides quality art instruction that mixes technique and skill building with opportunities for creative freedom and self expression. We have big plans in store including drawing, sculpture, watercolor, pastels, painting and mixed media with projects that pack a lot of WOW! TeenzArtists, you are encouraged to work together to learn, design, think, and enter the creative zone in a relaxed and fun atmosphere. Supply fee of \$8 payable to instructor at first class.

Six Sessions \$84.00 Per Child

Thompson Pk Creative Arts Center

Thu, Jan 9-Feb 13 5:30-6:45 PM Z6901A

CULINARY ARTS

Basic Cake Decorating

(ages 8-13)

Using decorating tools, icing and pre-made cakes, students will be introduced to the basic techniques of cake decorating. Step-by-step instruction and handson practice leads to the "icing" on the cake - your own custom decorated masterpiece. A \$24 fee for cake decorating supplies is payable to instructor first day of class.

Three Sessions \$52.00 Per Person

Fort Monmouth Rec Ctr Kitchen

(ages 8-10)

Wed, Jan 15-29 5:00-6:30 PM......A2201A (ages 11-13)

Wed, Feb 12-26 5:00-6:30 PMA2301A

Books & Cooks

(ages 3-5)

Chop, roll, measure, spread, mix, toss and pour are what your kids will be doing in the kitchen! Create yummy, fun, hands-on cooking projects and hear some food related stories! Activities may include baking, assembling and more. Bring an apron if you have one. Recipes will vary from those previously offered. *Please Note: Children must be fully potty trained.*

Four Sessions \$52.00 Per Person \$26.00 Additional Sibling

Dorbrook Rec Area Vis Ctr

Wed, Jan 29-Feb 19 3:00-4:00 PM......A6001X Wed, Feb 26-Mar 18 3:00-4:00 PM......A6101X

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, including some



from the show, as we perfect our skills. You'll practice techniques for proper measuring, mixing, following a recipe and more, all while creating a yummy treat to take home.

Four Sessions \$75.00 Per Child

Fort Monmouth Rec Ctr Kitchen

Mon, Jan 20-Feb 10 4:30-6:30 PM M2501A Mon, Feb 24-Mar 16 4:30-6:30 PM M2601A

Little Bakers

(ages 3-5)

Cookies, cupcakes, muffins and more! Does your child love to bake at home? This class will allow them to build their favorite treats in a hands-on, creative and fun atmosphere. They will practice measuring, mixing, spreading and kitchen safety, along with other basic baking techniques over the course of four weeks. Bring an apron as this is a hands-on class. Children must be fully potty trained.

Four Sessions \$55.00 Per Child

Dorbrook Rec Area Vis Ctr

Thu, Jan 30-Feb 20 3:00-4:00 PM A6501A

Mrs. Claus's Bake Shoppe



Spend some quality kitchen time with that famous North Pole baker as you create adorable, delicious treats to give as gifts or enjoy at your holiday meal. Roll up your sleeves, tie on your apron and get your hands scrumptiously gooey while you whip up Green Grinch Cookies, Snowman Bark, Cornflake Wreaths and more. You'll have the best Christmas goodies - "Santa approved"!

One Session \$35.00 Per Child

Fort Monmouth Rec Ctr Kitchen
Sat, Dec 21 10:00 AM-1:00 PM...... M2901A

Top Teen Chef

(ages 13-15)

So, you're no Flynn McGarry, but you love food and wish you had the skills. If YouTube® videos aren't cutting it, maybe what you need is some old-fashioned hands-on practice. We'll start with the basics, like the right (and safe!) way to use a knife. Learn how to cut vegetables and meat, season food with herbs, use the stove top for sautéing and more everyday skills that you can apply immediately at home. Build your confidence and your recipe box while on your way to becoming a top teen chef!

Four Sessions \$95.00 Per Person
Fort Monmouth Rec Ctr Kitchen

Tue, Jan 21-Feb 11 6:00-8:00 PM M2701A Tue, Feb 25-Mar 17 6:00-8:00 PM M2801A



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. Please bring an apron if you have one.

Four Sessions \$75.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, Feb 23-Mar 15 10:30 AM-12:00 PM...A6401A Wed, Feb 26-Mar 18 4:30-6:00 PM.....A6301A

Young Chefs

(ages 6-9)

A cooking class for older kids! We'll make a simple three course meal each week. Starting with an appetizer or salad, then a main course, and ending with a yummy dessert. We'll also discuss kitchen safety and healthy eating habits. Maybe they'll make you dinner for a change! Please bring an apron to class if you have one.

One Session \$75.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, Jan 26-Feb 16 4:30-6:00 PMA4001A Wed, Jan 29-Feb 19 4:30-6:00 PMA3901A

Participants with Food Allergies:
Please alert us upon registration of your specific allergies.

EDUCATION & ENRICHMENT

Bricks 4 Kidz®: Transportation Timeline (aaes 5-10)

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

Six Sessions \$125.00 Per Person

Fort Monmouth Rec Ctr Prog Rm D

Tue, Jan 7-Feb 11 4:30-5:30 PM......Q1601A Thompson Pk Vis Ctr Tulip Room

be covered. Teamwork and collaboration is emphasized.

Thu, Jan 9-Feb 13 4:30-5:30 PMQ1701A

Child and Babysitting Safety

(ages 10 and up)

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

One Session \$55.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jan 25 10:00 AM-12:00 PM......Q1001A

Mad Science: Crazy Chemworks!

(ages 5 and up)

Children will learn to recognize chemical reactions and mix up a few reactive ingredients for some sensational results! They will explore the pH extremes, push the power of tape to the limits, build a bond with glue and get attached to Professor Beakerdude! Discover amazing things that glow bright in the dark, discover how a real lab works, and use a Thermocolor Cup to test the temperature of liquid matter in your home! Manipulate matter in all of its three states, create slime using the Mad Science recipe, and then enter the Slime Olympics!

Six Sessions \$130.00 Per Person

Dorbrook Rec Area Prog Bldg

Wed, Jan 22-Feb 26 4:30-5:30 PM......Q2001A Fort Monmouth Rec Ctr Prog Rm C

Tue, Jan 21-Feb 25 4:30-5:30 PMQ1901A Freneau Woods Pk Vis Ctr Prog Rm 2

Fri, Jan 24-Feb 28 4:30-5:30 PMQ2101A

Networking for Teens



(ages 15-18)

You are never too young to grow your network! Have a hobby? A business idea? Started writing a resume and don't know what to do with it? Questions about future careers? Networking is a simple and fun way to find the support you need as you navigate all of the exciting options you have available to you. Learn in an inspiring and encouraging setting.

Presenter: Danielle Woolley

One Session \$30.00 Per Person

Tatum Pk Holland Act Ctr

Relax & De-Stress in a Park

A fabulous way to reduce stress, no matter what your age, is to get out in nature and take a walk. Here are a few facts about getting outside and walking:

- Spending time in the outdoors has been linked to stress reduction.
- Walking can improve memory and attention span by 20%.
- Like other cardiovascular exercises, walking boosts endorphins which can reduce stress hormones and alleviate mild depression.
- Walking with friends adds to the benefits by developing social bonds.
- Individuals who are more active have greater energy levels and less fatigue.
- Taking a walk in a park surrounded by nature puts you in a more meditative state.

Play Chess

(ages 9-12)

Ben Franklin once said that playing chess teaches much more than just the game, but translates the life skills of analysis, foresight and caution. This introduction class will have you playing and practicing these skills by the end. We'll make sure each player learns the correct positioning and basic strategy to make their chess game a success. Checkmate!

Instructor: Mark O'Kane

One Session \$29.00 Per Person

Henry Hudson Trail Act Ctr

Story Magic

(ages 8-11)

Every child has amazing stories to tell. We'll bring them out through games, brainstorming and group activities to get their creative juices flowing. We'll work on plot, character, description and more as they write their own short story. Please bring a notebook and pencil to each

Four Sessions \$35.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Sun, Jan 26-Feb 16 3:30-4:30 PM M6201A

The Art of Storytelling

(ages 8-11)

Sharing her own creative process of illustrated fiction writing, painting and drawing, award winning children's author Janine Kimmel will engage children with the art of storytelling and imagery. In this imaginative workshop, Janine will lead students through a magic door, followed by the creation of their own illustrated fiction story. A \$10 supply fee is payable to the instructor at the beginning of class.

Instructor: Janine Kimmel One Session \$30.00 Per Person

Dorbrook Rec Area Prog Bldg

Writing a Mystery

(ages 14-18)

How do the famous mystery writers do it? Explore what makes a great mystery in this class and work on your own puzzling mystery. We'll focus on plot, characters, description and more. Students should bring a notebook and pen or a laptop to write with.

Four Sessions \$45.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Sun, Feb 23-Mar 15 3:00-4:30 PM...... M6101A

NATURE

Owl Pellet Workshop



(grades 6-8)

Have you ever wanted to learn more about owls? Have you wondered what they eat? Come take part in an Owl Pellet workshop with us to learn all about the different species of owls that can be found in New Jersey and to discover what can be found within an owl pellet. Each participant will have the opportunity to dissect an owl pellet under our instructor's guidance.

One Session \$16.00 Per Person

Big Brook Pk Elsas Lodge

Sun, Dec 15 2:00-3:00 PM	l1701A
Manasquan Res Env Ctr	
Sat, Jan 25 2:00-3:00 PM	l1801A
Clayton Pk Act Ctr Classroom 1	
Sun, Feb 2 2:00-3:00 PM	l1901A

OUTDOOR ADVENTURES

Winter Break Mini-Camp



(ages 8-12)

Not going away for winter break? Bring your kids to Big Brook Park for a three-day weekend of fun! With this day camp, your campers will learn new games and essential outdoor skills, while you enjoy some peace and quiet at home!

One Session \$60.00 Per Person

Big Brook Pk Elsas Lodge

Fri-Sun, Dec 27-29 12:00-4:00 PMU1001A

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. Meets on the following Wednesdays from 10:00-11:30 AM in the parking lot:

December 4 at Huber Woods Park Env Ctr December 18 at Manasquan Reservoir Env Ctr January 8 at Big Brook Park

January 22 at Thompson Park Old Orchard Lot February 5 at Clayton Park Emley's Hill Rd Lot February 19 at Freneau Woods Park

February 26 at Hartshorne Woods Rocky Point Lot

PERFORMING ARTS

Hip Hop

(ages 5-12)

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

Instructor: Pam Rainey Rogers

Six Sessions \$69.00 Per Child

Fort Monmouth Rec Ctr Gym B

(ages 5-7)

Thu, Jan 23-Feb 27 4:30-5:15 PM M0701A (ages 8-12)

Thu, Jan 23-Feb 27 5:30-6:15 PM M0801A

Junior Dancers

(ages 7-9)

With a good dance foundation, students will continue to advance their skills and abilities. Jazz, ballet, and tap dance techniques will be added with emphasis on combinations. New rhythms and styles will be introduced. Ms. Michele expects students to build ability and memorization skills. Students, please wear black jazz shoes, black yoga pants and a comfy shirt and bring tap shoes (character style with heels).

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

Ten Sessions \$125.00 Per Child

Tatum Pk Red Hill Act Ctr

Little Dancers 1

(ages 5-6)

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

Ten Sessions \$100.00 Per Child

Tatum Pk Red Hill Act Ctr

Thu, Jan 9-Mar 12 3:00-3:45 PM A7401A

Little Dancers 2

(ages 6-7)

In this more advanced class, Ms. Michele will build upon the skills learned and focus on challenging students and advancing their abilities. Muscle strength and flexibility will be developed as well as grace and confidence. Children will need proper jazz attire (black yoga pants) with black jazz and tap shoes. Pre-requisite: Completion of Little Dancers 1 (September through May) or teacher's recommendation.

Ten Sessions \$125.00 Per Child

Tatum Pk Red Hill Act Ctr

Tots in Tutus I

(ages 3-5)

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

Ten Sessions \$100.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 7-Mar 10 9:15-10:00 AM	A6901A
Tue, Jan 7-Mar 10 10:00-10:45 AM	A7001A
Tue, Jan 7-Mar 10 3:15-4:00 PM	A7101A

Tots in Tutus II

(ages 4-5)

Your little ballerina pirouetted her way through her first year of ballet and is eager for more! Now, Ms. Michele will focus on ballet terms, tap skills and even explore more creative movement. Little dancers should be potty trained and bring tap shoes in addition to ballet shoes and attire; no slippers please. Please also secure hair away from face. Pre-requisite: Completion of Tots in Tutus I (September through May) or teacher's recommendation.

Ten Sessions \$100.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 7-Mar 10 10:45-11:30 AM.......A7201A Thu, Jan 9-Mar 12 3:00-3:45 PM......A7301A

SPORTS & FITNESS

Basketball FUNdamentals

(ages 6-8)

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

Four Sessions \$48.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Jan 11-Feb 1 10:00-10:55 AMX7301A

Future Stars of Tomorrow

(ages 3-5)

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

Five Sessions \$48.00 Per Child

Dorbrook Rec Area Act Ctr

Fri, Jan 17-Feb 14 11:30 AM-12:15 PM X4001A Fri, Feb 28-Mar 27 11:30 AM-12:15 PM X4101A

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 15-Mar 7 10:00-10:55 AM X7801A

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 11-Feb 1 12:00-12:55 PM	X7501A
Sat, Feb 15-Mar 7 12:00-12:55 PM	X7701A

Moo Duk Kwan

(ages 7-12)

Moo Duk Kwan, the grandfather of Tae Kwan Do, combines the physical and mental benefits of traditional martial arts discipline. Class will be a synthesis of body mechanics and mindfulness taught by Rich Ahlers of Shoreline Martial Arts.

Fort Monmouth Rec Ctr Group Fitness Room

Four Sessions \$85.00 Per Person

Wed, Nov 27-Dec 18 5:30-6:30 PM	. MA394A
Sat, Dec 7-28 9:45-10:45 AM	. M3501A
Sat, Jan 4-25 9:45-10:45 AM	. M3701A
Wed, Jan 8-29 5:30-6:30 PM	. M3201A
Sat, Feb 1-22 9:45-10:45 AM	. M3901A
Wed, Feb 5-26 5:30-6:30 PM	. M3801A

Twice a Week Sessions

Eight Sessions \$140.00 Per Person

Sat,Wed, Jan 4-29 9:45 AM-6:30 PM M8101A Sat,Wed, Feb 1-26 9:45 AM-6:30 PM M8301A

Moo Duk Kwan martial arts
classes are also available
for adult participants.
Check out page 52 for full details.

Check out page 52 for full details

Sports FUNdamentals

(ages 3-7)

Is your child looking for a sport they'll enjoy? This program is the answer! Children will be introduced to the skills and rules for several different sports in a fun, noncompetitive environment. Sports covered will include soccer, wiffleball, kickball, pillo polo and more.

Five Sessions \$60.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Jan 18-Feb 15 10:00-10:55 AMX9601A Sat, Jan 18-Feb 15 11:00-11:55 AMX9701A

T-Ball

(ages 4-5)

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

Four Sessions \$50.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Jan 11-Feb 1 9:00-9:55 AM...........X7101A Sat, Feb 15-Mar 7 9:00-9:55 AM.......X7201A

Teen Yoga

(ages 12-18)

Teenage years consist of constant physical, mental, and emotional change. Combine these changes with class work, the pressure to fit in, and a hectic schedule and you can easily find yourself feeling tired, anxious and stressed. Tap into the power of yoga for mind, body and spiritual growth to facilitate acceptance of these life changes and grounding. Yoga postures and philosophy will be introduced in a fun, safe and noncompetitive space. Creative energies will flow, self-awareness will grow, and bodies and minds will feel a deep sense of inner calm.

Instructor: Shannon Nelson
Ten Sessions \$99.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Jan 7-Mar 10 5:00-6:00 PM XAM01A

Teen Yoga at the Shore

(ages 12-18)

Teenage years consist of constant physical, mental, and emotional change. Combine these changes with class work, the pressure to fit in, and a hectic schedule and you can easily find yourself feeling tired, anxious and stressed. Tap into the combined effect of yoga and the calming oceanfront to increase stability and joy through change. Weather permitting, yoga is on the boardwalk or beach. In case of cold or inclement weather, class is in the Activity Center.

Instructor: Shannon Nelson
Ten Sessions \$99.00 Per Person

Seven Presidents Pk Act Ctr

Mon, Jan 6-Mar 9 5:00-6:00 PM..... XAQ01A

Touché! Intro to Fencing

(ages 6-14)

Swordsmanship with sportsmanship. Experience the excitement and fun of fencing without club fees or equipment costs. Professional fencing instructors will develop skills including strength, balance and coordination. All equipment will be provided. Space is very limited to ensure technique feedback in this unique Olympic sport.

Eight Sessions \$250.00 Per Person

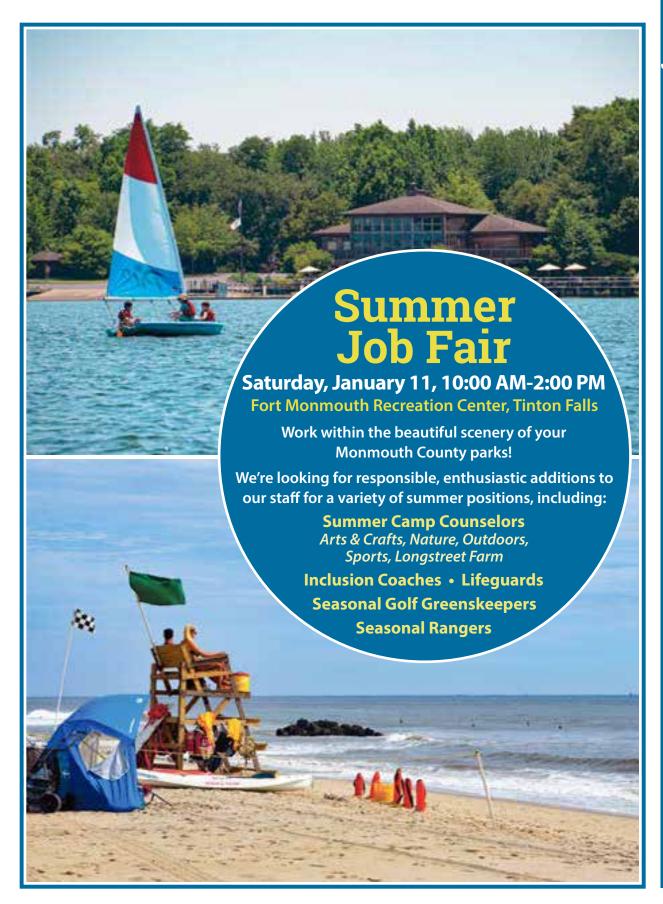
Fort Monmouth Rec Ctr Prog Rm C

(ages 6-10)

(ages 11-14)

Fri, Dec 6-Jan 31 6:00-6:55 PMXA001A No class 12/27





ACTIVE ADULTS 55+

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: Kimberly Beuno
Six Sessions \$78.00 Per Person
Freneau Woods Pk Vis Ctr Prog Rm 1

Mon, Dec 2-Jan 13 9:00-10:00 AM X4401X

No class 12/23

Coffee & Canvas

(adults)

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

One Session \$25.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A

Mon, Dec 9 9:30-11:30 AM M2301A Mon, Feb 10 9:30-11:30 AM M2401A

Gentle Aerobics

(all ages)

For the active senior looking to increase their strength and improve balance. Class will begin with some light cardio mixed in with weight training exercises and balance. Exercises can be modified to accommodate all levels.

Instructor: Jodi Kondracki Six Sessions \$72.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 14-Feb 18 10:30-11:15 AM......X5801A

Gentle Yoga

(adults)

The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieving stiffness, taking pressure off of joints and increasing range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and to strengthen bones that become weak with the aging process. It can also assist you in balance, which becomes more difficult as we get older. Poses can be done safely using props such as being seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breath control.

Instructor: Sonya Burke, RYT Yoga Alliance Certified Instructor

Eight Sessions \$104.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 6-Feb 24 12:00-1:00 PMXA101A Henry Hudson Trail Act Ctr

Fri, Jan 10-Feb 28 12:00-1:00 PM X9901A

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 \$55.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Jan 6-Feb 24 12:00-1:00 PMD2401A No class 1/20 & 2/17

Winter Senior Hikers

(ages 55 and up)

Enjoy our weekly hikes through scenic parks in Monmouth County. Due to terrain, hiking boots and walking sticks are recommended. A schedule of locations and dates will be sent upon registration. Beginning this winter, each season is divided into two with separate registration dates.

Please Note: Registration for sessions starting in February will begin on December 12, 2019.

Location Varies Week to Week

Level 1 – Tuesdays

Hikes cover 3-3 ½ miles in 1 ½ hours. Level 1 is the shortest distance and slowest-paced Senior Hiker program.

Six Sessions \$30.00 Per Person

Session 1

Tue, Jan 7-Feb 11 9:30-11:00 AMD2201A Session 2

Tue, Feb 18-Mar 24 9:30-11:00 AM......D2301A

(continued on next page...)

Winter Senior Hikers continued...

Level 1 - Thursdays

Hikes cover 3-3 ½ miles in 1 ½ hours. Level 1 is the shortest distance and slowest-paced Senior Hiker program.

Six Sessions \$30.00 Per Person

Session 1

Thu, Jan 9-Feb 13 9:30-11:00 AM D1801A Session 2

Thu, Feb 20-Mar 26 9:30-11:00 AMD1901A

Level 2 - Fridays

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

Six Sessions \$30.00 Per Person

Session 1

Fri, Jan 10-Feb 14 9:30-11:30 AM D2001A **Session 2**

Fri, Feb 21-Mar 27 9:30-11:30 AMD2101A

Level 2 – Wednesdays

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

Six Sessions \$30.00 Per Person

Session 1

Wed, Jan 8-Feb 12 9:30-11:30 AMD1201A Session 2

Wed, Feb 19-Mar 25 9:30-11:30 AM......D1701A

Level 3 – Tuesdays

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

Session 1

Seven Sessions \$35.00 Per Person

Tue, Jan 7-Feb 18 9:30-11:30 AMD1001A Session 2

Six Sessions \$30.00 Per Person

Tue, Feb 25-Mar 31 9:30-11:30 AM......D1101A

Level 4 – Mondays

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

Session 1

Six Sessions \$30.00 Per Person

Mon, Jan 6-Feb 17 9:30-11:30 AMD0801A

Session 2

Seven Sessions \$35.00 Per Person

Mon, Feb 24-Mar 30 9:30-11:30 AM......D0901A

ARTS & CRAFTS

CERAMICS & POTTERY

Advanced Wheel-Thrown Pottery

(adults)

These classes are for students who have experience on the potter's wheel and are looking to further develop their throwing skills. Advanced techniques and indepth forms will be presented. Fee includes glazes, firings and 25 lbs. of stoneware clay.

Seven Sessions \$150.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Pete McConnell

Tue, Jan 7-Feb 18 7:00-10:00 PMZ1901A Instructor: Christina Carlson

Thu, Jan 9-Feb 20 9:30 AM-12:30 PM Z2001A Instructor: Don Bradford

Thu, Jan 9-Feb 20 6:30-9:30 PMZ2101A

All Level Pottery Classes

(adults)

Beginner and advanced students will learn or refine their pottery skills. Knowledgeable instructors will provide demonstrations and personal instruction in all aspects of wheel-throwing and hand-building. Class includes 25 lbs. of clay, glazes and firing. Tools can be purchased at the studio.

Seven Sessions \$150.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Laura Copeland

Мо	n, Jan 6-Feb 17 9:00 AM-12:00 PM	Z0601A
Instr	uctor: Helen Cole	
Мо	n, Jan 6-Feb 17 6:30-9:30 PM	Z0701A
Instr	uctor: Christina Carlson	
	L. 7 F.L 40 4.00 7.00 DM	70004

Tue, Jan 7-Feb 18 4:00-7:00 PM......Z0801A Instructor: Joanne Traskiewicz

Wed, Jan 8-Feb 19 9:00 AM-12:00 PM Z0901A Instructor: Mary Leather

Wed, Jan 8-Feb 19 6:30-9:30 PM......Z1001A Instructor: John Fossa

Sat. Jan 11-Feb 22 11:30 AM-2:30 PM Z1101A

All Level Pottery - Extended

(adults)

This pottery class has an added hour for beginner and advanced students to learn or refine their pottery skills. Knowledgeable instructors will provide demonstrations and personal instruction in all aspects of wheel-throwing and hand-building. Class includes 25 lbs. of clay, glazes and firing. Tools can be purchased at the studio.

Seven Sessions \$199.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Sue Johnson

Tue, Jan 7-Feb 18 9:00 AM-1:00 PM Z1201A

Instructor: Joyce Nokes

Fri, Jan 10-Feb 14 10:00 AM-2:00 PM Z1301A

Ceramic Arts

(adults)

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

Seven Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 9-Feb 20 9:00 AM-12:00 PM Z2501A

Sculpture Class

(adults)

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

Seven Sessions \$150.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Katie Stone

Wed, Jan 8-Feb 19 1:00-4:00 PM Z5001A

Instructor: Kathy Bennett

Wed, Jan 8-Feb 19 6:30-9:30 PM......Z5101A

DRAWING & PAINTING

A Day with the Impressionists

(adults)

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

Instructor: Debra Stasiak

One Session \$28.00 Per Person

Thompson Pk Creative Arts Center

Vincent van Gogh's Starry Night

Fri, Jan 24 6:30-8:30 PMZ4501A

Claude Monet's Antibes

Fri, Feb 21 6:30-8:30 PMZ4601A

Open deframics

Sunday, December 1, 12:30-4:30 PM Sunday, January 5, 12:30-4:30 PM Sunday, February 2, 12:30-4:30 PM Thompson Park Creative Arts Center, Lincroft

Choose from a large selection of bisque fired pottery pieces to glaze and make your own. Come for an hour or two - alone or with friends and let your creative juices flow. Leave your piece with us and we will have it fired in about a week.

Children 12 and under must be accompanied by an

adult. **Cost**: \$6.00 per person plus cost of bisqueware

*(cash or check only)*For further information, contact

Christina Carlson at 732-842-4000, ext. 4343, or ccarlson@monmouthcountyparks.com.

Evening Watercolor Workshop

(adults)

Watercolor is a relaxing and attractive medium. This evening class is a great way to unwind after a busy day. Beginner and advanced students will enjoy learning new techniques as well as traditional watercolor methods. A supply list will be sent upon registration. Instructor: Maryann Goodwin

Six Sessions \$80.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 14-Feb 18 6:30-8:30 PM Z3001A

Great Impressionism Workshop™

(adults)

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

Artist/Instructor: Debra Stasiak

Four Sessions \$94.00 Per Person

Thompson Pk Creative Arts Center

Matisse's St. Tropez

Cezanne's Apples and Oranges

Fri, Jan 10-31 10:00 AM-12:00 PM Z4001A

Renoir's Picking Flowers

Monet's Japanese Footbridge (Bring in your favorite print)

Fri, Feb 7-28 10:00 AM-12:00 PMZ4101A

Intermediate Drawing

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 \$80.00 Per Person Thompson Pk Creative Arts Center

Thu, Jan 16-Feb 20 1:00-3:00 PMZ0501A

Intro to Drawing

(adults)

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

Artist/Instructor: MaryAnn Goodwin

Thompson Pk Creative Arts Center

Six Sessions \$80.00 Per Person

Thu, Jan 16-Feb 20 6:30-8:30 PMZ3101A

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 \$80.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 14-Feb 18 9:00-11:00 AM Z0201A

Oil Painting Techniques

(adults)

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

Instructor: Gina Torello, Professional Artist, MFA

LightScapes Studio LLC

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 17-Feb 21 10:00 AM-12:30 PM Z3801A

Painting: All-Level

(adults)

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

Artist/Instructor: Katie Stone

Six Sessions \$80.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 14-Feb 18 11:30 AM-1:30 PM Z0301A Tue, Jan 14-Feb 18 2:00-4:00 PMZ0401A

Pastel Impressionism

(adults)

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

Instructor: Gina Torello, MFA Professional Artist,

LightScapes Studio LLC

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 13-Feb 17 10:00 AM-12:30 PM . . Z3301A

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 all weather permitting at the Manasquan Inlet. Our indoor facility has amazing vistas so bring your own media of choice and all the 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.

Instructor: Gina Torello, MFA Professional Artist,

LightScapes Studio LLC

Six Sessions \$120.00 Per Person

Fisherman's Cove Act Ctr

Thu, Jan 16-Feb 20 10:00 AM-12:30 PM . . . Z3901A



Call for Entries All Mediums Welcome!

for the

Creative Arts & Music Festival

Saturday, May 2, 10:00 AM-5:00 PM
Thompson Park, Lincroft

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

Submission deadline is February 21, 2020. A non-refundable jury fee of \$15.00 is to be paid with your application.

For more information and for an application, visit www.MonmouthCountyParks.com or contact Christina Carlson at Christina.Carlson@monmouthcountyparks.com or 732-842-4000, ext. 4343.

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 lives will be set up on site in order to allow students the opportunity to practice vital drawing skills along with B/W photos that are given to you as reference to increase your success with value studies. This approach to learning is step-by-step adding new skills weekly; beginner, intermediate and advanced students will master and excel always with self-confidence. A supply list will be provided on your registration receipt.

Instructor: Gina Torello MFA, Professional Artist,

Lightscapes Studio LLC

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 15-Feb 19 10:00 AM-12:30 PM . . Z3601A

Renaissance Painting

(adults)

Learning how to paint like the masters by using classic techniques such as under painting with strong tonal contrasts, classic lightsourse from prepared still lifes or pleinair demos (weather permitting). The key to success, which is not commonly taught, is to learn how to OBSERVE as a true artist. The subtle nuances will be taught along with step-by-step lessons. You will be a more confident artist while achieving success mastering your techniques in oil painting. Observation, is an invaluable skill for any artist, from the novice to the seasoned painter. Come explore this amazing class and see for yourself. All levels are always welcome. A supply list will be provided on your registration receipt. Instructor: Gina Torello MFA, Professional Artist,

Lightscapes Studio LLC

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 15-Feb 19 1:00-3:30 PM......Z3701A



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 levels of artists, both professional and beginner, will work side by side and are always welcome.

Instructor: Gina Torello, MFA Professional Artist,

LightScapes Studio LLC

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 13-Feb 17 1:00-3:30 PMZ3501A Fri, Jan 17-Feb 21 1:00-3:30 PM Z3401A

Watercolor Adventures

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 \$180.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 10-Mar 13 10:00 AM-12:30 PM Z6001A Fri, Jan 10-Mar 13 1:00-3:30 PM Z6101A

JEWELRY

Jewelry Fundamental Studio

(adults)

This studio time is for students that have taken the Jewelry Fundamentals class and wish to continue to hone their skills. Instructor Lena Pfeffer will be on hand to provide individual instruction and assistance as participants work on their own projects at their own pace. Students are required to bring their own materials. If you need project suggestions contact Lena at students@decorativewonders.com. A \$20.00 tool usage fee will be collected by the instructor on the first day of class.

Four Sessions \$90.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 13-Feb 10 9:00 AM-12:30 PM.... Z7301A No class 1/20

Jewelry Fundamentals

(adults)

Ideal for the beginner or intermediate students, explore the basics of metal fabrication, covering techniques such as soldering, forging, etching and more while creating earrings, necklaces, bracelets, etc. A materials fee of \$40.00 (cash) is payable to instructor Lena Pfeffer on the first day of class. Returning students should contact Lena before the start of class students@decorativewonders.com.

Four Sessions \$90.00 Per Person

Thompson Pk Creative Arts Center

Sun, Jan 12-Feb 9 9:00 AM-12:30 PM Z7101A Sun, Jan 12-Feb 9 1:00-4:30 PMZ7201A No class 1/19

Precious Metal Clay Basics

(adults)

Precious Metal Clay (PMC) is fine silver particles suspended in a clay binder. It is so easy to work with, anyone can create beautiful fine silver jewelry! Our certified instructor will teach beginners the basics of this up and coming art and assist more advanced students with their independent projects. A materials fee of approximately \$30 is payable to the instructor for Precious Metal Clay (depending on fair market value). Tools are supplied for class use. An optional supply list will be provided at the first session.

Instructor: Pamela Williams

Six Sessions \$148.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 7-Feb 11 11:00 AM-2:00 PM..... Z5801A Thu, Jan 9-Feb 13 6:30-9:30 PMZ7001A

KNITTING & SEWING

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. Have tea and cookies while enjoying the companionship of others and 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 and tea.

Thirteen Sessions \$39.00 Per Person

Deep Cut Gardens Horticultural Center

Knit or Crochet Your Choice

(ages 15 and up)

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

Instructor: Shelley Ziegler
Six Sessions \$68.00 Per Person
Thompson Pk Creative Arts Center

Thu, Jan 16-Feb 20 6:30-8:30 PM Z6701A

Knitting 101 and Beyond

(ages 15 and up)

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

Instructor: Karen Stein

Six Sessions \$68.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Jan 11-Feb 15 10:30 AM-12:30 PM.... Z4901A

MISCELLANEOUS CRAFTS

Beginner Mosaics

(adults)

Discover the fabulous art of mosaics. Arranging beautifully colored tiles into uniquely personal works of art is a rewarding and relaxing art form. The instructor will guide you through layout, design, tile cutting, surface adhesion and grouting. No experience necessary. All materials provided by instructor for a \$40 fee payable on the first day of class.

Instructor: Harry Belkowitz
Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

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

Six Sessions \$75.00 Per Person

Big Brook Pk Elsas Lodge

Tue, Jan 14-Feb 18 10:00 AM-12:00 PM ... Z5701A

Canvas Creations

(adults)

In this class, we will paint the background of the canvas and use a stencils to decorate it. Then choose our word theme for our focal point - Welcome, Family Name, Bless This Nest. Next, using pattern papers, embellishments and cut out letters we will collage and decorate the canvas. All supplies are included. *Please Note: Family surname should be included at time of sign up if this is your selection.*

Instructor: Monique Topp
One Session \$45.00 Per Person

Pineapple and Cactus

We will paint the canvas background and decorate it with stencils. Then choose to create either a pineapple or cactus using papers you decorate, pattern papers, templates and our imagination to create your unique focal point. Then select a phrase and embellishments to add if desired. Size: 11"x 14"

Henry Hudson Trail Act Ctr

Wed, Jan 29 6:00-9:00 PM......A5701A

Music

Collage the background of your canvas with music themed patterned papers and music sheets. We'll then choose from a large selection of instrument silhouettes and collage the instrument onto the canvas. Finish your project by selecting a phrase and embellishments if desired. Size: 12" x 12"

Freneau Woods Pk Vis Ctr Art Room

Wed, Feb 19 6:00-9:00 PMA8301A

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.

Instructor: Jane Fawcett

Six Sessions \$50.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A

Felt Flower Candle Ring

(adults)

Felt flowers form the basis of this candle ring that will transition through the seasons as new rings can be created with seasonally appropriate colors and flowers. Participants will cut and shape felt into different flowers while using wire and a glue gun to create the ring. All supplies provided. You just need to bring your creativity! No crafting experience needed!

One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Dec 11 6:30-8:30 PMH0101A

Intermediate Mosaics

(adults)

For those who have taken the beginner's Mosaic Art class. Students will learn more advanced tile cutting techniques to create exciting images in tile. Grouted and non-grouted projects will be worked on. All materials provided by instructor for a \$40 fee payable during the first class.

Instructor: Harry Belkowitz Six Sessions \$78.00 Per Person Big Brook Pk Elsas Lodge

Sat, Jan 11-Feb 15 10:00 AM-12:00 PM.... Z5501A

Makers Make it on Mondays

(adults)

Have a crafting adventure on Make it on Mondays! Join others like you and learn something new. This craft club is for the adventurous as you won't know what we are making until you arrive. You might make a hand-crafted journal or a wax bowl or a felt owl or ... who knows! All projects have a botanical theme and can be completed during the session. This is a great way to try new things and enjoy the company of like-minded people. All supplies provided. The projects are geared for beginners. Six Sessions \$125.00 Per Person

Deep Cut Gardens Horticultural Center

Mon, Dec 2-Feb 17 6:00-8:30 PMH0201A Class meets 12/2, 12/16, 1/6, 1/20, 2/3 & 2/17

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 on the first day of class.

Instructor: Jane Fawcett

Four Sessions \$36.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A

Mosaic Trivet

(adults)

Looking for something fun to do? How about mosaics? Join us as we embark on a discovery of mosaics while making an attractive piece of functional art. This 5.5"x 5.5" trivet project is beginner friendly and will be complete and ready to take home by the end of the evening. A \$10.00 materials fee is to be paid to instructor Harry Belkowitz at the start of class.

One Session \$25.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 10 6:15-9:15 PMZ6201A Clayton Pk Act Ctr Kitchen Fri, Feb 21 6:15-9:15 PMZ6301A

Winter Felt and Grapevine Wreath

(ages 14 and up, with adult)

Create an heirloom in this workshop. The wreath will be approximately 15" in diameter and formed from synthetic grapevine which is easier to work with and more long lasting. We will craft felt poinsettia flowers and leaves for an elegant, half wreath design. All supplies are included and no prior crafting experience needed.

One Session \$40.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Dec 7 9:30 AM-12:00 PM..... IK101A

PHOTOGRAPHY

Meet Your Digital SLR*

(adults)

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

Instructor: Gary Dates

Six Sessions \$75.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Jan 14-Feb 18 6:30-8:30 PM Z5401A

Photography Call for Entries



"The Wonder of Nature" at Deep Cut Gardens & the Manasquan Reservoir

Calling all photographers!

Don't miss your opportunity to enter our annual photography exhibitions!

Locations: Deep Cut Gardens, Middletown & Manasquan Reservoir, Howell

Categories: General Photography & Wildlife Photography

Divisions: Youth (all ages up to 17), Amateur & Professional

Each location exhibition is separate from one another.

Each photographer may enter one photo for each category and location per season.

Seasonal Submissions Accepted:

Winter: January 1-March 15, 2020 Spring: March 16-May 31, 2020 Summer: June 1-August 30, 2020 Fall: September 1-November 29, 2020

The Deep Cut Gardens exhibit will be hung in the Horticultural Center from January 2-31, 2021.

The Manasquan Reservoir exhibit wil be hung in the Environmental Center from February 1-28, 2021.

Rules and entry forms available on the Deep Cut Gardens and Manasquan Reservoir Environmental Center pages of our website.

www.MonmouthCountyParks.com

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. Today's menu: Sweet Palmiers with Whipped Cream and Raspberry Jam, Mini Quiches, Italian Tempters, Cranberry Orange Scones and Smoked Salmon Tea Sandwiches.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Feb 22 10:00 AM-2:00 PM..... M7901A

Bundt Cakes

(adults)

Battercakes are simple and quick to make. The payoff is flavor and limitless toppings from crunchy to sweet and soft. First, let's make a simple lemon with sweet lemon syrup. Then we'll make a butter Bundt with a crunchy pecan brown sugar topping, a banana Bundt with a cinnamon cream cheese icing, and an orange zest Bundt with a dark rum glaze. We'll finish up by making an all chocolate Bundt Cake with chocolate glaze. We'll have coffee to complement the goodies you'll make! Bring a chef's knife and apron to this hands-on class.

Instructor: Peter De Celie
One Session \$50.00 Per Person

Dorbrook Rec Area Vis Ctr

Cast Iron Skillet Cooking



(adults)

The original non-stick pan! If you've got Grandma's hand-me-down or have 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! Chef will discuss and demonstrate such dishes as shepherd's pie, corn bread and cobbler.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

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

Thu, Jan 30 6:00-8:30 PM M7701A

Chef Stephen's Greatest Hits

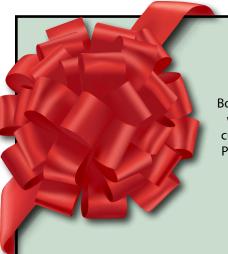
(adults)

We're celebrating four years of culinary creativity as Chef Stephen brings back some student favorites, with the indispensable help of Mrs. Chef. Revisit some favorite dishes, skills, recipes and techniques – including the famous knife skills! We'll talk cooking temps and times, as well as seasonings, marinating, dry rubs, and fresh versus dried herbs, all sprinkled with that Chef-style humor. Today's menu includes: Quick Chicken Pot Pie with Puff Pastry Top and Bananas Foster in Pastry Cups. Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$49.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Feb 27 6:00-8:30 PM M7801A



Group Cooking Classes: The Perfect Holiday Gift!

Book a private class for your family or friends where they'll have more time with Chef Stephen to absorb skills and techniques, as well as engage in culinary discussions. There are several themes to choose from, perfect for Parents' Night Out, Teen Groups and more. This 2 ½ hour class is available for booking on weeknights at the Fort Monmouth Recreation Center.

Instructed by: Chef Stephen Wolff, Culinary Creations, LLC

Fee: \$325, 4-10 people, ages 13 to adult

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

Classic Holiday Cookies

(adults)

Whether you're looking to change up your usual recipes or you've never really baked holiday cookies before, enjoy this time to relax and create in the kitchen with the chef. Get a refresher on measuring, mixing and baking techniques, while you try out new recipes to adorn your holiday dessert table. Cookie plate ideas: Orange Chocolate Ricotta Cookies, Russian Tea Cakes, Classic Gingerbread People and Grandmom Consiglio's Sicilian Confetti Swirl Cookies.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

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

Sat, Dec 14 10:00 AM-2:00 PM..... M7601A

Cooking in Season - Winter Yumminess

(adults)

Fun, one pot meals for the busy family! Learn all you need to know about adding flavor and nutrition to those cold winter days and nights, as well as techniques for adding international restaurant flair to your favorite home dishes.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$49.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Soup's On!

The iconic cool weather comfort food is also easy to throw together on a busy night. Learn all you need to know about adding flavor and nutrition as well as techniques for adding international restaurant flair. Menu: Classic Potato Leek Soup and Tortilla Chicken

Thu, Feb 6 6:00-8:30 PM M5201A

Hearty Stews

Stick to your ribs goodness! With meat and vegetables in a nice thick broth, stews are versatile enough to be a side dish or a main course. Learn all you need to know about easy, make ahead prep, as well as using seasonings and healthy ingredients. Menu: Old-Fashioned Irish Stew and Shrimp Orzo Stew.

Cooking in Season - Winter Yumminess continued... Crock-Pot Specials

It doesn't get any easier than throwing everything into a pot, turning on the heat and coming back a few hours later to a tender, juicy dinner. Now, dig deep into that back cabinet, dust off that slow cooker, and let's get started! Please Note: Chef Stephen will provide the ingredients and skills needed to prep these meals, as well as a finished recipe for tasting. Students will take their "uncooked" dishes home to cook in their own slow cooker. Menu: Chicken Two Ways: Thai Chicken Thighs & Smoky Shredded Chicken.

Thu, Feb 20 6:00-8:30 PM M5401A

Entire Series!

Register for all three sessions and save!

Three Sessions \$95.00 Per Person

Thu, Feb 6-20 6:00-8:30 PM M5501A

Cooking International

(adults)

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

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$49.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Flavors of the Orient

When one thinks of Asian Food many ideas come to mind, so in this session we'll focus on Cantonese and the Northern Chinese. Today's menu features dumplings, noodles and vegetable stir fries (dishes will range from sweet and sour to zesty and spicy).

Thu, Jan 9 6:00-8:30 PM M4601A

Latin America

Travel past the tacos and burritos to some of the more authentic South American dishes. Explore delicious fresh meals as you introduce your palate to a whole new world of flavors to accompany chicken, fish or pork. Today's menu: Green Tomatillo Sauce with Grilled Chicken or Fish, Tropical Mango Salsa with Juicy Pork Chuleta all served with fresh Spanish Rice.

Thu, Jan 16 6:00-8:30 PM M4701A

Mediterranean

This flavor journey takes you past the popular favorites and through the distinctive cuisines of Greece, Lebanon and Morocco. Today's menu: Shakshouka, Fattoush Salad and Homemade Hummus with pita points

Thu, Jan 23 6:00-8:30 PM M4801A

Entire Series!

Register for all three sessions and save!

Three Sessions \$95.00 Per Person

Thu, Jan 9-23 6:00-8:30 PM M4501A

Create Like a Food Network Star

(adults)

Today's food is not only "hot", but trendy. Learn the hallmarks of current edgy meals and recreate the flavor profiles of some of your favorite star chefs.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Rachael Ray's Express Lane Meals

Learn Rachael's grocery tips and how to use her "master grocery list" to help keep your pantry stocked. Grab a few fresh items, zip through the express lane and create a tasty meal in no time! Today's menu: Sicilian Spaghetti with Fennel & Onions, Taco Bowls, Spicy Black Bean Soup with Limed Up Shrimp, and Provencal Vegetable Stew.

Sat, Jan 18 10:00 AM-2:00 PM M5001A

Valerie Bertinelli, "The Ultimate Home Chef"

We're all familiar with her first career in acting, but did you know she forged a second career in food? Come along with us as we re-create some of her family recipes. Today's menu: Roasted Shrimp & Peppers with Chimichurri, Heirloom Garlic Clove Chicken Thighs, Vegetarian Minestrone, and Blueberry Cheesecake Phyllo Cups.

Sat, Feb 8 10:00 AM-2:00 PM M6301A

Gluten-Free Holiday Treats

(adults)

Enjoy festive holiday treats and share them with everyone else through these inspiring and creative recipes for those who have to keep gluten-free. Learn how to create gluten-free versions of seasonal favorites that are just as tasty and flavorful, and then try your hand at some recipes (and a taste test!). You'll be able to confidently serve them to family and friends this holiday season and leave them asking for more. Menu ideas: Classic Homemade Fudge, Coconut Macaroons. Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$49.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Dec 12 6:00-8:30 PM M6701A

Holiday Open House Appetizers

(adults)

A happy and successful holiday open house needs bitesized pass arounds to keep guests happy. Lucky for you, Chef Stephen is here to take you step-by-step through restaurant-style foods that can be made easily in your home. Soon you'll be creating tasty appetizers and hors d'oeuvres sure to make your party a hit! Menu ideas: Savory Palmiers, Phyllo Cups stuffed with Cran-Raisin & Walnut Chicken Salad, Red Raspberry Goat Cheese Crostini and Seasonal Pinwheels.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Dec 19 6:00-8:30 PM M6501A

Homemade Holiday Food Gifts

(adults)

Why do people love homemade gifts? Because homemade says: "I care enough to put my heart into this gift." What better way to show family and friends your love than to make a tasty, edible gift? Let Chef help you create the recipes, while Mrs. Chef shows you how to wrap it up with some holiday flair. Your gift may not last long, but it will definitely be remembered! Menu ideas: Chef Stephen's Cranberry Bacon Chutney, Mrs. Chef's Luscious Lemon Bars, and Chili Infused Pecans Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Homemade Pizza, Stromboli & Zeppole

(adults)

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

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Jan 11 10:00 AM-2:00 PM M4901A

How To: Lamb

(adults)

Let's take four different cuts of lamb and prepare them four different ways. In doing so we will learn to panfry, roast, saute and braise. These techniques are the backbone of all good cooks. So, if you're unsure of your kitchen technique, let's hone our skills. You will prepare a feast with braised lamb shanks with cannellini beans, roast leg of lamb with potatoes & garlic, sautéed lamb chops, and make lamb sausages. We of course need a dessert to finish the evening off – no not a lamb dessert – toasted hazelnut ice cream! Bring your chef's knife and apron to this hands-on class.

Instructor: Peter De Celie

One Session \$50.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Jan 21 6:00-9:30 PMA7701A

Introduction to Ayurvedic Cuisine

(adults)

Discover how to use food as medicine by following Ayurvedic cooking principles. In class, you will become acquainted with the basic principles of Ayurveda, doshas (body types) and the importance of keeping doshas in balance to remain healthy. Super spices and ingredients used in this style of cooking will be presented. You will learn how to prepare a simple meal for all body types as well as how to make modifications using spices and other food items for individualized doshas. By the end of class, you will have a clearer understanding on how to incorporate Ayurvedic cooking into a daily lifestyle. This course will be taught in demonstration format.

Instructor: Sunila Nagal

One Session \$45.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Jan 25 10:00 AM-12:00 PM......A8401A

Snow Day Baking

(adults)

What is it about softly falling snow that evokes the urge to bake? One thing is sure, the magnificent aroma of home baked delights always bring a smile. When you're stuck indoors and can't get to the store, it may seem like your options are few; never fear, we've got recipes you can make with ingredients you already have on hand. Today's Menu; Tea Biscuits, Homemade Chocolate Chip Muffins, Aunt Anne's Pound Cake (from actor Dom Deluise) and Paula Deen's Red Velvet Cupcakes with Homemade Cream Cheese Frosting.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Feb 29 10:00 AM-2:00 PM..... M6401A

EDUCATION & ENRICHMENT

About Boating Safely

(ages 13 and up)

Prepare yourself for a safe and exciting summer on the beautiful Jersey shore! Join us for a comprehensive one-day course and receive the New Jersey State Police Certificate which is required for all power watercraft operators. Taught in a relaxed and comfortable environment, certified instructors will cover general information about boats and maintenance, navigation rules and regulations, and state-specific laws. You will feel confident as you learn about boating safety, preparing for an enjoyable outing, and what to do in the event of an emergency. Taught by the US Coast Guard Auxiliary Flotilla 16-07. Please bring lunch and snacks.

One Session \$70.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Feb 22 8:30 AM-5:00 PM Q1401A

Beginner Mahjong

(adults)

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

Seven Sessions \$25.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C

Tue, Dec 3-Jan 14 11:30 AM-1:30 PM.... M6801A Tue, Jan 28-Mar 10 11:30 AM-1:30 PM... M6901A

Chess for Adults

(adults)

Improve or maintain your thinking skills! Many experts believe that brain games such as chess help in keeping an agile mind. You will be taught chess tips and strategies to improve your game.

Instructor: Mark O'Kane

One Session \$29.00 Per Person

Henry Hudson Trail Act Ctr

Chess
helps keep
your mind sharp,
making it a terrific
game for so many,
from golfers to
crafters.

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.

Seven Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Tue, Dec 17-Jan 28 9:30-11:30 AM	M7001A
Wed, Dec 18-Feb 12 9:30-11:30 AM	M7101A
No class 12/25 & 1/1	
Thu Doc 26-Eab 6 0:20-11:20 AM	M7201A

NO CIUSS 12/23 & 1/1	
Thu, Dec 26-Feb 6 9:30-11:30 AM	M7201A
Tue, Feb 4-Mar 17 9:30-11:30 AM	M7301A
Wed, Feb 19-Apr 1 9:30-11:30 AM	M7401
Thu, Feb 13-Mar 26 9:30-11:30 AM	M7501A

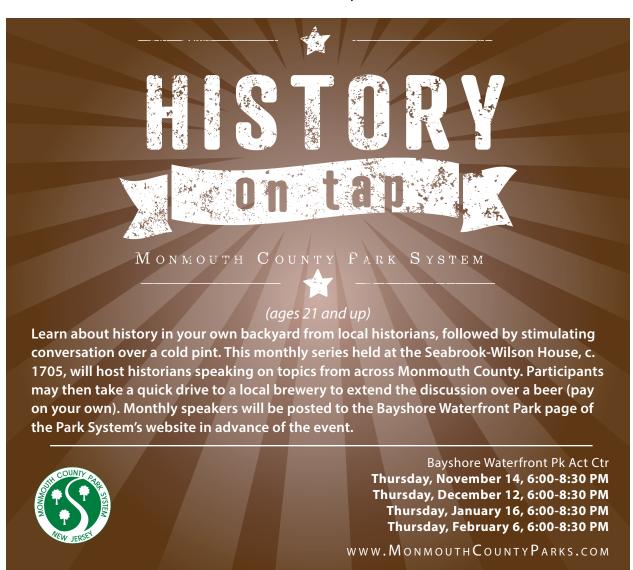
Community Treasures: Tatum Park and Deep Cut Gardens

(adults)

The history of Deep Cut Gardens and Tatum Park is just too interesting to ignore! Join this informal talk to learn about the interesting people who shaped these two local treasures. From gangsters to private business owners, these people created a legacy that we benefit from today. You will also learn about the construction of the two parks and the current projects that will take the facilities into the future. The presentation will be given by a panel of Park System senior staff, including Park System Secretary-Director James Truncer, who each have a passion for some aspect of the history of these parks.

One Session \$20.00 Per Person

Tatum Pk Red Hill Act Ctr



Feel Good Networking!

(adults)

Attending networking events but not seeing a return on your invested time? Or maybe you have been telling yourself that networking is just not your thing and you've had trouble finding the right connections to support your business or organization. Networking doesn't have to be draining or feel yucky! Learn from a local expert, Danielle Woolley, how to find events that are right for you, how to connect in effective and creative ways to get your name out there, and most importantly, feel good doing it!

One Session \$30.00 Per Person

Tatum Pk Holland Act Ctr

Genealogy 101

(ages 14 and up)

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

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Getting Paid to Talk

(adults)

This upbeat and realistic introduction to the field of Voice Acting is appropriate for anyone who is in any way curious about the voice over field or has been told they have a good voice. Students have the opportunity to record a script under the direction of a producer and have it played back at the end of the session.

One Session \$25.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Jan 13 6:30-9:00 PM......A4101A

Investigate Your Career Path

(adults)

This course will be a discovery of yourself. Pinpoint your top skills and what you would love to gain from a new career, or rejuvenate your current path. With open and group discussions, you'll be able to talk through career paths and explore your best options.

Two Sessions \$38.00 Per Person

Thompson Pk Vis Ctr Beech Room

Save a Life! Basic First Aid

(ages 14 and up)

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

One Session \$55.00 Per Person

Thompson Pk Vis Ctr Beech Room

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 \$68.00 Per Person

Freneau Woods Pk Vis Ctr Prog Rm 1

Mon, Jan 27 6:00-9:30 PM	Q1201A
Thompson Pk Vis Ctr Beech Room	
Mon, Dec 9 6:00-9:30 PM	Q0501A
Thu, Jan 9 6:00-9:30 PM	Q0601A

Thu, Feb 13 6:00-9:30 PMQ0701A

Save a Life! CPR AED Certification

(ages 14 and up)

Did you know that four out of five cardiac arrests happen at home? If called on to administer CPR in an emergency, the life you save is likely to be that of a child, spouse, parent or friend. Prepare yourself! Learn life-saving CPR and AED use, as well as how to relieve choking in adults, children and infants. This handson course is taught in a relaxed and comfortable environment by certified instructors and is designed for anyone with limited or no medical training. Upon completion, participants will receive a CPR AED Course Completion Card that is valid for two years.

One Session \$55.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Thu, Dec 5 7:00-9:30 PM	Q0101A
Freneau Woods Pk Vis Ctr Prog Rm 1	
Tue, Dec 17 7:00-9:30 PM	Q0401A
Tue, Feb 4 7:00-9:30 PM	Q1101A
Thompson Pk Vis Ctr Beech Room	
Thu, Jan 16 7:00-9:30 PM	Q0201A

Mon, Feb 24 7:00-9:30 PMQ0301A

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 11 10:00 AM-12:30 PM......Q0901A

HEALTH & WELLNESS

Applying Ayurvedic Principles to Everyday Meals - Intermediate Level

(adults)

Learn to create flavorful meals with seasonal ingredients by applying Ayurvedic principles. Learn to use proper food combinations, methods of preparation, Ayurvedic way of incorporating spices to heal and to feel your best self. With recipe demos for staples such as fresh cheese, yogurt, nondairy milk alternatives, dressings, chutneys, spice blends, rotis and many more, you will be ready to change your eating habits without missing anything. Your taste buds will be satisfied, at the same time you will enjoy healthy mind, body and soul. Class offers practical ways to attain ancient wisdom of food in modern busy life here. Dishes taught will help you to eat simple accessible foods that provide the healing benefits of Ayurvedic cooking.

Presented by: Sunila Nagal

One Session \$45.00 Per Person

Dorbrook Rec Area Vis Ctr

DIY Natural Skincare with Essential Oils

(adults)

Are you looking for holistic solutions to your skincare concerns? Would you like to get your glow on naturally using the plant power of essential oils? In this hands-on workshop led by Lora Sasiela, you'll learn about the most popular essential oils that support skincare and make and take two essential oil products to support your skin, naturally! All recipes and supplies are provided.

One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center

The gardens are especially lush and beautiful in late spring, but I also love to visit the greenhouse during the winter doldrums when I need a breath of summer.

Google Review of Deep Cut Gardens

99

Intention Setting & Visioning with Essential Oils

(adults)

What would you like to call in and manifest for 2020? Join Lora Sasiela for a workshop that will inspire you to dream big and call in your heart's desire in the new year. Learn about which essential oils are best for goal/intention setting and how to use them. You will also experience a powerful aromatherapy-infused guided meditation. A workbook will be provided and you will make your own custom "2020" essential oil roller-ball blend.

One Session \$25.00 Per Person

Tatum Pk Holland Act Ctr

Meditation for Beginners

(adults)

There are so many benefits of meditation: increased clarity, focus, and even lowered blood pressure. However, some tend to think it's hard to meditate or that they aren't doing it right. In this class you will learn various ways to meditate, experience a breathing meditation, a focused eye meditation and a guided relaxation meditation. As a bonus, you will receive a recording of the relaxation meditation that you can listen to again and again at your leisure.

One Session \$26.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C

Sat, Feb 1 11:00 AM-12:00 PM......A6701A

Programs for Caregivers & Individuals with Memory Loss

Art Classes for Individuals with Memory Loss

(adults, with age related memory loss)

These four art workshops are specifically designed for individuals with mild memory loss and led by certified art teacher and dementia practitioner, Karen Starrett. The workshops encourage and stimulate spontaneity, choice and social interaction. A supply fee of \$25 is payable to the instructor at the first class. Caregivers will not be required to remain in the classroom but will need to stay on premises. Class size limited to six.

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A

Caregiver Workshop Series 💬

(adults)

Caring for a loved one with Alzheimer's or other related Dementias? Find comfort, camaraderie and support with others on a similar journey. Program is free, but registration is encouraged.

Four Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Jan 14-Apr 14 7:00-8:00 PMD2701A

Program meets 1/14, 2/11, 3/10 & 4/14

Memory Cafe Green

(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.

Four Sessions FREE!

Fort Monmouth Rec Ctr Atrium Room

Tue, Jan 28-Apr 28 1:00-2:30 PMPD080A

Program meets 1/28, 2/25, 3/24 & 4/28

Moo Duk Kwan

(ages 13 and up)

Moo Duk Kwan, the grandfather of Tae Kwan Do, combines the physical and mental benefits of traditional martial arts discipline. Class will be a synthesis of body mechanics and mindfulness taught by Rich Ahlers of Shoreline Martial Arts.

Fort Monmouth Rec Ctr Group Fitness Room

Four Sessions \$85.00 Per Person

Wed, Nov 27-Dec 18 6:45-7:45 PM	M3301A
Sat, Dec 7-28 8:30-9:30 AM	M2201A
Sat, Jan 4-25 8:30-9:30 AM	M3101A
Wed, Jan 8-29 6:45-7:45 PM	M3401A
Sat, Feb 1-22 8:30-9:30 AM	M4101A
Wed, Feb 5-26 6:45-7:45 PM	M4001A

Twice a Week Sessions

Eight Sessions \$140.00 Per Person

Sat,Wed, Jan 4-29 8:30 AM-7:45 PM M8001A Sat,Wed, Feb 1-26 8:30 AM-7:45 PM M8201A

New Year, New You - Mindfulness & Meditation for Weight Loss

(adults)

Practicing mindful eating and becoming more aware of your eating patterns and habits is the first step to being committed and serious about losing weight. Dee Ballington, Holistic Life Coach, will teach you how to use mindfulness to support your weight loss efforts. Next, Dee will lead you through a guided meditation that will have you visualizing your future self to keep you motivated! As a bonus, you will receive a digital recording of the meditation.

One Session \$22.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C

Sat, Jan 18 11:00 AM-12:00 PM......A6601A

New Year, New You!

(adults)

Let's celebrate a new year with a new mindset of health! What is true health? How can you achieve your best health? We'll discuss how to nourish, cleanse and destress for longevity and disease prevention.

Presented by: Lisa Vento, CHHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Walnut Room

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.

Instructor: Dan Pienciak, International Teacher Trainer

Ongoing

More Intermediate level instruction for the returning students

\$90.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jan 10-Feb 21 10:00-11:20 AM......A5401A

No class 2/14

Begin or Review

Manasquan Res Vis Ctr Prog Rm 1

\$36.00 Per Person

Beginner

(ages 55 and up)

The simpler movements will be taught in this class.

\$90.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jan 10-Feb 21 11:30 AM-12:50 PM A5301A No class 2/14

Turn Your Lemons into Lemon-aide!

(adults)

This workshop offers an understanding of how feelings are different from thoughts, how to conquer anger and handle loss, techniques to help you fall asleep and so much more! You don't need a mental health diagnosis to benefit from this class. Participants will purchase a required \$10 workbook from the instructor on the first day of class via PayPal or cash.

Presented by: Sandy Shores, CSW, Author of When Life Hands You Lemons, Make Lemon-aide

Two Sessions \$25.00 Per Person

Freneau Woods Pk Vis Ctr Prog Rm 1

HORTICULTURE

Carnivorous Plant Terrarium Build

(all ages)

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

One Session \$37.00 Per Person

Clayton Pk Act Ctr Classroom 2

Grow It - Make It

(adults)

You grew it! Now let's make it! This series of workshops brings a "next step" to your relationship with your garden and landscape. Throughout the year you will find opportunities to create art, beauty products, food, drink and more - all from the things you are already growing, or could be growing, in your yard. Take your hard work growing plants to a new level by learning how to harvest and process them for use is ways you may never have imagined! All classes include supplies unless noted and all are introductory level.

One Session \$35.00 Per Person

Deep Cut Gardens Horticultural Center

Botanical Prints

Sat, Jan 25 10:00-11:30 AMH0501A Food-based Dyes Wed, Feb 12 6:30-8:00 PMH0601A

Pruning Basics

(adults)

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

One Session \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Feb 15 10:00-11:30 AM IKV01A Wed, Feb 19 6:30-8:00 PM IKW01A

NATURE

Daytime Owl Prowl



(adults)

Have you ever seen an owl in the wild? Join a Park System Naturalist as we search for local owls. Owls are very active at night but can often be observed roosting during the day. We will take a mini-bus and hike a few trails looking for these wonderful and mysterious raptors. Wear suitable boots and dress for the weather. Bring a snack or a lunch and something to drink. Seating is limited, so register early.

One Session \$30.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Dec 7 9:00 AM-3:00 PM	IK801A
Sat, Jan 18 9:00 AM-3:00 PM	IK901A
Sat, Feb 29 9:00 AM-3:00 PM	IKA01A

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. Come 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

Thu, Jan 16 12:00-2:00 PM	l0301A
Tue, Feb 11 12:00-2:00 PM	I0401A

Lantern Tour of the Historic Seabrook-Wilson House

(adults)

Curious about what's inside that old white wooden house sitting out-of-the-way along Sandy Hook Bay? Tour the historic Seabrook-Wilson House, one of the oldest buildings along the Jersey Shore, dating back to 1720, and the oldest house along Sandy Hook Bay. We will walk by lantern light and peek into the lives of how people lived many years ago. We will discover the role the house played from before the American Revolution through the early twentieth century. We will also discover some of the legends and lore of the house as well as uncover some facts often overlooked about the early history of Monmouth County. Reserve your spot today on a lantern-lit journey though time. The house inside can get 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

Thu, Dec 19 8:00-9:00 PM IKM01A

Garden Corner

I'M NOT JUST A POISON BERRY - I'M A TREASURE CHEST OF SECRETS!

By: Ilex Opaca aka American Holly
You may not know this

about me, but people have been using holly for many things throughout history. You may even have something created from a holly tree in your home right now!



Pretty, but toxic!

My bright red berries might be a staple for birds, but they are toxic to people. However, the Native Americans of this area would dry them and fashion them into prized beads and buttons.

Fine Woodworking

My wood is highly prized because of its light color and fine grain. The black keys of most pianos are made from dyed holly wood, as are carved canes and scroll work. Even some scrimshaw is done on holly instead of ivory.

Holiday Icon

I am a holiday icon due to my colorful berries that persist through winter. Only females produce berries, as I am one of the less common plants that are either male OR female. If you are buying a holly from the nursery, look for "princess" varieties if berries are your goal.

Learn more about what's happening at Deep Cut Gardens by visiting the "In the Garden" page at www.MonmouthCountyParks.com.

Moonlight Meander

(adults)

Tis' the season to enjoy the stars and a full snow moon at night. Join a Park System Naturalist as we enjoy an evening walk in the woods, wetlands and meadows of Freneau Woods in the light of a full moon. 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 take along a flashlight, wear shoes that can get wet or muddy, and dress accordingly for the weather. The program will begin at the Visitor Center.

One Session \$7.50 Per Person

Freneau Woods Pk Vis Ctr Parking Area

Sun, Feb 9 7:30-8:30 PM (approx)......IKS01A

What Bird is That at My Feeder?

(adults)

Many people put out bird feeders in the winter. They fill it with seeds and the birds discover it. They are coming every day and in many shapes, colors and sizes. They are beautiful and you want to share your enjoyment with your friends, but what bird is it? A Park System Naturalist will identify the many winter residents and visitors that flock to feeders throughout Monmouth County. Learn what characteristics to look for and which field guides can turn you into a excellent feeder "birder." There will be a short PowerPoint presentation on winter birds and we will discuss field guides and binoculars. Then we will take a look at the local feeders and identify the birds that are enjoying our offerings.

One Session \$10.00 Per Person

Huber Wds Env Ctr

Sun, Jan 19 2:00-4:00 PM IKKU IA
Big Brook Pk Elsas Lodge
Sat, Feb 1 2:00-4:00 PMIKJ01A
Freneau Woods Pk Vis Ctr Prog Rm 1
Sat, Feb 15 2:00-4:00 PM IKH01A

Wildlife Trivia Night

(all ages)

Join the Monmouth County Parks Naturalist staff for a night of wildlife trivia at the Manasquan Reservoir Environmental Center. Get down with your animal self and test your animal instincts with our wildlife trivia. For best results each team should consist of 3-5 players. This is a free program; however, pre-registration is required.

One Session FREE!

Manasquan Res Env Ctr

Fri, Dec 13 4:00-5:00 PM	.PI090A
Fri, Jan 24 4:00-5:00 PM	.PI100A
Fri, Feb 7 4:00-5:00 PM	.PI110A

Wines and Pines



(ages 21 and up)

Come explore Monmouth County as we combine two activities which complement each other excellently, hiking and wine tasting! Take a 90-minute hike with a Park System Naturalist, where we will explore and learn about the nature of Clayton Park. 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 at Cream Ridge Winery (\$10 pay on your own).

One Session \$12.50 Per Person

Clayton Pk

Sat, Jan 11 1:30-3:00 PM (approx) IKB01A

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 warm clothes. Transportation will be via mini-bus.

One Session \$40.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Dec 18 8:00 AM-5:00 PM	. IK401A
Wed, Jan 15 8:00 AM-5:00 PM	. IK501A
Wed, Feb 19 8:00 AM-5:00 PM	. IK601A

Presentation: An Introduction to Lenape People



(adults)

11/1/04 8

Thursday, January 16, 7:00-8:00 PM

Freneau Woods Park Visitor Center, Aberdeen

Join a Park System Naturalist as we learn via a PowerPoint presentation about our local native people. We will discover the daily life, beliefs and history of a people that once lived in New Jersey, southeastern New York, eastern Pennsylvania, and northern Delaware at the time of European exploration and colonization. Along the way, we will also discuss some of the myths that people often attribute to the Lenape.

Winter Bird Life Survey



(adults)

Join a Park System Naturalist as we explore the coast of the Raritan Bay for whimsical bird life that can only be seen during the colder months of the year. Walk with us along the sandy beaches and the edge of wetlands to glimpse at sea ducks, sandpipers, and other seasonal visitors - perhaps even a snowy owl or other raptors. Along the way, we'll fill you in on unique adaptations that enable these amazing creatures to survive harsh Jersey shore winters. Please wear boots that can get wet and dirty. We will be walking through mud and small streams. Dress for the weather, but feel free to bring a camera and binoculars. Transportation via minibus.

One Session \$25.00 Per Person

Bayshore Waterfront Park Bay House

Sat, Feb 8 9:00 AM-1:00 PM (approx) IKR01A

Winter Wildlife Expedition



(ages 14 and up, with adult)

Come talk about winter wildlife with a Park System Naturalist as we venture out to observe what wildlife Sandy Hook National Park has to offer in the winter. With a robust population of harbor seals that spend their winters on the Jersey shore as well as many migrating waterfowl, we expect to see lots of wildlife. A spotting scope and binoculars will be available to borrow, or bring your own. Be sure to dress for the weather. Transportation via minibus. Space is limited, so sign up now!

One Session \$25.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Photography Exhibits in the Parks

Enjoy the beauty of the parks through a camera lens.

Two photography exhibits will be held this winter to offer a different look on how we view the parks and the nature that surrounds them.



"Seasons of Deep Cut"

Deep Cut Gardens Horticultural Center

January 1-31, 10:00 AM-4:00 PM



"Colors of Nature"

Manasquan Reservoir Environmental Center
February 1-29, 10:00 AM-4:30 PM

Interested in entering your photography in next year's exhibit?
See page 43 for full details and deadlines for the 2021 exhibits at
Deep Cut Gardens and Manasquan Reservoir.

Local Nature Lecture Series 🍟 💯



(adults)

Bayshore Waterfront Park, Port Monmouth

Join us for a series of eye-opening talks by Park System Naturalists to discover what's lurking in or near the coastal waters 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 Jersev Shore

Thursday, December 5, 7:00-8:00 PM

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 during the winter.

Winter Flounders: A Diminishing Fish

Thursday, February 20, 7:00-8:00 PM

Winter Flounder are currently heavily Regulated in New Jersey, cutting down drastically the ability to catch these popular fish. Discover the history and ecology of winter flounder and why the population is suffering. While there are many flounders in the sea, there is only one Winter Flounder.

OUTDOORS ADVENTURES

HIKING

Armchair Travel Adventures for Inspiration

(adults)

Escape the winter blues by planting the seeds of ideas for active recreational vacations. By viewing the the beauty of nature with experienced travelers, we can help you plan your own trip to maximize your adventures. Pull up a chair and get ready for a great evening. We provide the snacks, coffee and answers to your questions. Registration is suggested; however, walk-ins are welcome (cash or check only).

One Session \$5.00 Per Person

Thompson Pk Vis Ctr Walnut Room

A Place for All Seasons: Grand Teton and **Yellowstone National Park**

Presenter: Michael S. Miller

Thu, Jan 16 7:00-9:00 PM W1901A

Two Northwest Parks: Oregon and Washington

Instructor: Elyse Badal

Thu, Feb 13 7:00-9:00 PM W2001A

Bundled Up Hikes

(adults)

Welcome Old Man Winter with day hikes on "long trails." All four hikes are sections of much longer footpaths. Get a taste of these long trails on a guieter winter hike. Please Note: Hiking boots are required; trekking poles and micro spikes highly recommended along with a day pack that you can put clothing in as you warm up.

Rating: Moderate, moderate pace, rocky-ice-snowy trails possible. Miles: 4-7

One Session \$45.00 Per Person

Thompson Pk 3 Barns Parking Lot

53 Mile Batona Trail, NJ

Sat, Jan 4 8:00 AM-5:00 PM (approx).... W1401A 358 Mile Long Path, NY

Sun, Jan 26 8:00 AM-5:00 PM (approx)... W1501A

150 Mile Highlands Trail, NJ

Sun, Feb 9 8:00 AM-5:00 PM (approx).... W1601A 2,220 Mile Appalachian Trail, NJ

Sat, Feb 29 8:00 AM-5:00 PM (approx) ... W1701A

Firetower Challenge - Tremper Mountain Firetower

(adults)

Fire towers provide unparalleled 360-degree views of the Catskill Mountains and beyond. During the first half of the 20th century, observers stationed in fire towers scanned the region for signs of forest fires. The Tremper Mountain Fire Tower was built in 1917, and was built to replace the fire tower on Slide Mountain. It was used until 1971. Tremper Mountain Fire Tower was restored and opened to the public on June 9, 2001. Join us on our third of the five fire tower challenge hikes and experience breathtaking views of the Catskill Mountains. After the hike, plan on enjoying something warm to eat/drink in the quaint town of Phoenicia (pay your own).

Please Note: Hiking boots, microspikes/yak tracks, and trekking poles are required; snowshoes can be provided.

Rating: Moderate - trail includes rocky portions, possible icy/snow covered trails, ascents and descents, and old jeep woods roads. Miles: 6

One Session \$52.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sat, Jan 11 7:00 AM-5:30 PM (approx) ... W0201A

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 \$85.00 Per Person

1/8 - Thompson Park Estate Grounds Parking Lot

1/15 - Shark River Park Shelter Bldg

1/22 - Huber Woods Env Ctr Parking Lot

1/29 - Holmdel Park Lake

2/5 - Thompson Park Three Barns Lot Parking Lot

2/12 - Tatum Park Holland Act Ctr Parking Area

2/19 - Clayton Park Parking Lot

2/26 - Hartshorne Park Rocky Point Parking Lot

Wed, Jan 8-Feb 26 10:00 AM-12:00 PM... W1201A

Mini Polar Bear Hikes

(adults)

This offspring of our popular Sunday Polar Bear hikes will get you on and off the trails on Saturday mornings. You will meet the leader at the designated park before heading out for your winter adventure. Be sure to have hiking boots and water.

Please Note: Hiking/snow boots required; snowshoes will be provided if enough snow is on the ground. Boot stabilizers (yak tracks) and trekking poles are highly recommended along with a day pack.

Rating: Easy/moderate, dirt, rocky, wet, snowy/icy, hills. Miles 2.5-4

Four Sessions \$60.00 Per Person

1/11 - Thompson Park Three Barns Parking Lot

1/25 - Shark River Park Shelter Bldg

2/8 - Huber Woods Park Env Ctr Parking Lot

2/22 - Hartshorne Woods Park Rocky Point Parking Lot

Sat, Jan 11-Feb 22 9:00-11:00 AM W0501A

Polar Bear Hiking Series

(adults)

Explore the road less traveled as we hike a bit off the beaten path to a variety of different parks. If we have snow we will provide an opportunity to use snowshoes. All programs meet at Thompson Park and travel via mini bus to different hiking locations. Be sure to wear hiking boots and dress in layers.

Rating: Easy/moderate, dirt, snow, icy, rocky, wet, inclines and declines. Miles: 2.5-4

1/5 - Thompson Park

1/19 - Clayton Park

2/2 - Cheesequake State Park

2/16 - Huber Woods

3/1 - Hartshorne Woods

3/15 - Cattus Isle

Six Sessions \$87.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sun, Jan 5-Mar 15 8:00 AM-12:00 PM (approx) .. W1301A

Sterling Forest Lake Hike

(adults)

Sterling Forest State Park comprises 21,935.08 acres of nearly pristine natural refuge amidst of one of the nation's most densely populated areas, a remarkable piece of woodland, a watershed for millions, and a tremendous outdoor recreation area. Our hike will circumnavigate Sterling Lake, passing the ruins of the Sterling Furnace built in 1770.

Please Note: Hiking boots are required; snowshoes will be provided if needed. Trekking poles and micro spikes are suggested.

Rating: Moderate, moderate pace, ascents and descents, rocky terrain. Miles: 4-5.5

One Session \$44.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sun, Feb 23 8:00 AM-5:00 PM (approx)... W1801A

Last Minute Adventures!

Weather plays a big part in East Coast winter adventures like cross-country skiing, snowshoeing, downhill skiing and hiking. If Mother Nature provides us with snow or sunny days, we are going to hit the trails. Keep an eye on the website for last minute additions to our already scheduled winter programs. Running a program depends on registration -- a decision will be made 24 hours prior to program start.

SKIING/SNOWSHOEING

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

Sun, Dec 15 1:00-3:00 PM	W0901A
Sun, Jan 5 1:00-3:00 PM	W1001A
Sat, Jan 25 10:00 AM-12:00 PM	W1101A

Ladies Winter Adventure Series



(adults)

Experience adventurous outdoors during the tranquil winter season. Adventures include cross-country skiing, archery and a treasure hunt. Shake off that cabin fever and get outside this winter, as you gain self awareness, confidence and the joy of giving and receiving support to your fellow women-kind. If snow conditions are not suitable, cross-country skiing will be held on our ski mats.

Three Sessions \$39.00 Per Person
Thompson Pk Activity Barn

Wed, Feb 12-26 9:30 AM-12:00 PM W0801A

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, from December 15, 2019-March 15, 2020.

Rental hours: 9:00 AM-5:00 PM

All equipment must be returned by 5:00 PM.

Check our website for conditions and modified hours.

Closed December 25, 2019.
Skis and/or snowshoes are available on a first come, first serve basis.

Ski Equipment Fee:

\$20.00 per person

\$15.00 for children 8 & under

Snowshoes Fee:

\$15.00 per person

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

Learn more about cross-country ski trails in the parks on the inside front cover of this Parks & Programs Guide.

PERFORMING ARTS

SPORTS & FITNESS

FITNESS

Hip Hop

(adults)

Breaking, crumping, the Slide Glide and more highenergy moves are introduced in this athletic class. We start with stretches and warm ups, and gradually combine moves into routines by the end of the session. With the cool moves, quick spins and improvisational style you'll improve strength, flexibility and stamina all while getting in the groove. Students should wear comfortable clothes and sneakers, and bring a water bottle.

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

Thu, Jan 23-Feb 27 6:30-7:15 PM M0601A

Square Dancing

(adults)

Find out why so many people have so much fun being "squares". Must have taken Square Dancing - Level 1 or have prior experience. Taught by Larry Sherwood and members of the Middletown Ramblers.

Twelve Sessions \$50.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Jan 7-Mar 24 7:30-9:30 PM A5101A

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

Twelve Sessions \$96.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue,Thu, Jan 14-Feb 20 5:30-6:30 PM X4701X

Basketball at the Rec Center

Fort Monmouth Recreation Center, Tinton Falls

Looking for a place to play some hoops, but don't want the commitment of a structured league? Our drop-in basketball times are offered in our climate-controlled gymnasium.

Cost: \$5.00 Per Person, Per Session

Co-ed Basketball 20 & Up: Mondays, January 13-February 24, 8:00-10:00 PM Men's Basketball: Sundays, December 21-February 23, 8:00-10:00 AM

Open Gym

(all ages, under 16 with adult)

Schedule varies; visit the Fort Monmouth Recreation Center page on our website for dates and times.

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



Belly Dancing: Fun & Fitness

(adults)

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

Eight Sessions \$96.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Jan 9-Feb 27 7:30-8:30 PM X9201X

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 \$96.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 7-Feb 25 7:20-8:50 PM..... X9101X

Body Sculpt

(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

Fourteen Sessions \$126.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Wed, Jan 6-Feb 26 9:30-10:30 AM ... X8101X

No class 1/20 & 2/10

Brand New 2 Belly Dancing

(adults)

Shimmy into shape as we dance for fun and fitness! Learn the fluid movements of Middle Eastern dance in a relaxed, friendly and supportive environment. A variety of movements and techniques will be taught as we enjoy exciting styles of belly dance including Egyptian, Cabaret, Gypsy, Turkish and more! Improve flexibility, coordination and strength as we engage the arms, legs, hips and core for a total body workout. Please dress comfortably and be prepared to dance barefoot, in socks or in dance shoes.

Instructor: Eryka Andrex

Eight Sessions \$96.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Jan 8-Feb 26 6:15-7:15 PM X9301X

Core to the Max!

(adults)

Get ready to challenge your total core from the inside out! Join us for a quick and effective workout to strengthen and stretch your abdominals and lower back. Since your core is constantly working, you have to change up the exercises to challenge your muscles. Improve your balance and posture and strengthen your back as we work towards enhanced health and vitality. All levels are welcome.

Instructor: Laurie Vuksanovich

Six Sessions \$60.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 14-Feb 18 6:30-7:00 PM X4801X

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 Tulip Room

Tue, Jan 7 6:00-7:30 PM......Q1301A

Total Body Circuit Blast

(adults)

Empower yourself with this revved up workout to blast calories! We will start the class with a dynamic warm-up to prevent injuries; then you will be coached through a total body circuit class that will be set up in stations. You will perform each exercise for a certain amount of time, then move onto the next. The circuits will include a combination of cardio drills and weighted exercises to fire up your metabolism. We will end the class with some stretches on the foam roller, to decrease muscle soreness. All levels are welcome!

Instructor: Laurie Vuksanovich Eight Sessions \$104.00 Per Person Tatum Pk Red Hill Act Ctr

Sat, Jan 11-Feb 29 8:00-9:00 AM......X4901X

MARTIAL ARTS

Krav Maga - Street Defense

(adults)

Krav maga ("contact combat") is a self-defense system based on simplicity, effectiveness and practicality, building upon your own natural instincts and reflexes. It is designed to be effective for everybody, regardless of size, gender, age or physical ability. The curriculum will focus on core self-defense techniques, including defenses against common attack scenarios, where there are no referees and no rules, such as strikes, grabs or chokes. Participants will have a chance to request defenses to be included in the curriculum. Athletic clothing and sneakers are required. Groin protection is recommended.

Eight Sessions \$80.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Sun, Feb 9-Mar 29 10:00-11:00 AM M5901A Sun, Feb 9-Mar 29 11:30 AM-12:30 PM... M6001A

PILATES

Pilates Fusion

(adults)

Make the most of your workout through a combination of Pilates and total body conditioning. Strengthen your core muscles and improve posture while toning arms and sculpting legs. Increase flexibility and build stamina in a fun and supportive environment. You will utilize your own body weight as resistance and small hand weights to build muscle.

Instructor: Jodi Kondracki

Fourteen Sessions \$126.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Wed, Jan 6-Feb 26 10:30-11:30 AM . . X8201X No class 1/20 & 2/10

Pilates Mat Workout

(adults)

Class will focus on your powerhouse which is the abdominals, lower back, hips and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals.

Instructor: Jodi Kondracki

Eight Sessions \$72.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Jan 9-Feb 27 9:30-10:30 PM X8301X Tatum Pk Holland Act Ctr

Fri, Jan 10-Feb 28 8:15-9:15 PM X8401X

Instructor: Ellen Slattery

Fourteen Sessions \$168.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Wed, Jan 6-Feb 26 7:15-8:15 PM X9401X No class 1/20 & 2/10

Tatum Pk Holland Act Ctr

Tue, Thu, Jan 14-Feb 27 6:30-7:30 PM X9501X

OIGONG

Five Animals Qigong

(adults)

The Five Animals Qigong, an intermediate form of Tai Chi Chaun, is a traditional Chinese form of exercise mimicking the actions of five different animals - tiger, deer, bear, monkey and bird. Each animal has its own unique way of moving to help improve muscle strength, flexibility and balance.

Instructor: Gui Fang Zhang

Seventeen Sessions \$160.00 Per Person

Freneau Woods Pk Vis Ctr Prog Rm 1

TAI CHI

Tai Chi Chuan for Beginners

(adults)

Tai Chi Chuan is a healthy exercise for everyone. Many studies have shown that this Chinese martial art form can improve muscle strength, balance and flexibility and reduce stress and anxiety. This course offers 24 movements which are slow, gentle and graceful. Instructor: Gui Fang Zhang

Seventeen Sessions \$160.00 Per Person

Freneau Woods Pk Vis Ctr Prog Rm 1

Sat, Jan 4-Apr 25 11:10 AM-12:00 PM A3601A

Tai Chi Sword & Fan

(adults)

For the advanced Tai Chi Chaun student, these 32 movements incorporate the use of a sword or fan. This beautiful, elegant and fluid form continues to improve muscle strength, balance and flexibility as well as reducing anxiety and stress.

Instructor: Gui Fang Zhang

Seventeen Sessions \$160.00 Per Person Freneau Woods Pk Vis Ctr Prog Rm 1

TENNIS

Indoor Tennis

(adults)

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

Intermediate

Five Sessions \$140.00 Per Person

Colts Neck Racquet Club

Wed, Jan 8-Feb 5 5:00-5:55 PM	XAF01A
Wed, Jan 8-Feb 5 6:00-6:55 PM	XAG01A
Wed, Feb 12-Mar 11 5:00-5:55 PM	XAH01A
Wed, Feb 12-Mar 11 6:00-6:55 PM	XAJ01A

VOLLEYBALL

Indoor Winter Volleyball League

(ages 17 and up)

Come join the fun as teams exercise and compete in our indoor volleyball league. Teams must have at least six players on the roster and at least two women on the court at all times. No previous volleyball league experience necessary. Teams will play at either 6:30 PM or 7:30 PM each week. Schedules will be handed out the first night of the league. The top team will receive medals. Captains sign up for the team. Pre-registration is required. Organizational and rules meeting held at 6:15 PM on first night of league.

Eleven Sessions \$198.00 Per Team

Fort Monmouth Rec Ctr Gym A

Wed, Jan 8-Mar 18 6:30-9:00 PM.....X8501A

YOGA

Brand New to Yoga Series!

(adults)

Think yoga isn't for you? Think again! Come and discover yoga at your own pace in a fun, relaxed and positive atmosphere. Enjoy all the benefits of yoga while learning proper breathing techniques, alignment and safety. Designed for beginners, this program will teach foundational yoga postures with each class building on the previous. You will reduce stress as you gain confidence, flexibility, strength and focus. Our certified instructor will help you develop an understanding of yoga while paving the way to enhanced health and vitality. Please bring a yoga mat and a towel or blanket.

Six Sessions \$78.00 Per Person

Instructor: Talena Ward

Fort Monmouth Rec Ctr Prog Rm C

Thu, Jan 9-Feb 13 6:00-7:00 PM	. X2901X
Thu, Feb 27-Apr 2 6:00-7:00 PM	. X3001X
nstructor: Kimberly Beuno	
Francau Woods Dk Vis Ctr Prog Pm 1	

Freneau Woods Pk Vis Ctr Prog Rm 1
Sun. Dec 1-Jan 12 10:30-11:30 AM.

Sun, Dec 1-Jan 12 10:30-11:30 AM....... X4301X *No class 12/22*

Ten Sessions \$130.00 Per Person

Instructor: Talena Ward

Fort Monmouth Rec Ctr Prog Rm C

Mon, Jan 13-Mar 30 6:00-7:00 PM X2801X

No class 1/20 & 2/10
Instructor: Lisa Mandragona
Thompson Pk Vis Ctr Tulip Room

Thu, Jan 9-Mar 12 11:00 AM-12:00 PM X1001X

Calm Body and Mind

(adults)

Meditation is a proven method for calming the mind and body. However, many people find meditation difficult. In this class, we will move through a short yoga sequence, appropriate for any skill level, to prepare our bodies for meditation. Then proceed into a meditation, learning skills that you can take into a home meditation practice. There is no prior yoga or meditation experience necessary and all levels of movement are welcome. Instructor: Tiffany McCann

Eight Sessions \$81.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Fri, Jan 10-Feb 28 9:30-10:30 AM X8001X

Candlelit Yoga 🐺

(adults)

Dissolve into deep relaxation through the use of props, bolsters and blankets. Visit the poses completely supported under candlelight and allow the nervous system to unwind.

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

Ten Sessions \$130.00 Per Person

Seven Presidents Pk Act Ctr

Thu, Jan 9-Mar 12 7:45-8:45 PMXAP01A

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

Ten Sessions \$130.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C

Mon, Jan 13-Mar 30 7:00-8:00 PMX2701A

No class 1/20 & 2/10

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
Six Sessions \$78.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Jan 9-Feb 13 10:00-11:00 AM....... X2501X Thu, Feb 27-Apr 2 10:00-11:00 AM...... X2601X

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 \$130.00 Per Person

Tatum Pk Holland Act Ctr

Tue, Jan 7-Mar 10 10:00-11:00 AM....... X0701X Tatum Pk Red Hill Act Ctr

Thu, Jan 9-Mar 12 6:45-7:45 PM X0801X

Lotus Flow™ Vinyasa Yoga

(adults)

Lotus Flow™ Vinyasa is an uplifting, innovative and soulful journey — a practice steeped in the timeless traditions of yoga, infused with music, mythical and seasonal themes, mindful alignment, conscious breathing and spiced with divine inspiration. In this class, Mary Jane guides the student to "let go" of resistance through a combination of asanas (postures) with alternating holds so the spirit that dwells within can emerge to create a transformational experience. Enjoy the path to self-awareness, self-discovery and self-realization as you move into the subtle dimensions of your being. Class ends with relaxing meditation and foot massage. Yoga experience is recommended. Bring yoga mat and water.

Nationally Certified Instructor: Mary Jane Kasliner – ERYT200+ with over 500 hours of training including the Chakras, Meditation, Yin, Anusura and Lotus Flow

Thompson Pk Vis Ctr Tulip Room

Five Sessions \$68.00 Per Person

Sat, Jan 11-Feb 8 8:00-9:30 AM	. X1901X
Six Sessions \$81.00 Per Person	

Meditative Flow Yoga

(adults)

Build strength and heat as we move through a meditative flow practice, connecting your body, heart and mind together as one. You will establish a strong foundation and proper alignment, by holding poses for no more than five to eight breaths. We will complete our practice with meditation to enhance and balance our chi (energy within). This class will challenge the experienced beginner and intermediate student. All levels are welcome, and modifications will be shown. Instructor: Laurie Vuksanovich (Yoga Works Certified)

Six Sessions \$78.00 Per Person

Henry Hudson Trail Act Ctr

Mon, Jan 13-Mar 2 6:00-7:00 PMX4601A No class 1/20 & 2/10

Morning Stretch

(adults)

Relax, unwind and clear your mind as we start the day off right! Ease tension and stress in the body as we gently stretch and restore the natural mobility of joints. Experience increased circulation and improved flexibility along with enhanced body awareness and control. You will lengthen muscles and strengthen the body as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona Ten Sessions \$130.00 Per Person Thompson Pk Vis Ctr Tulip Room

Thu, Jan 9-Mar 12 10:00-11:00 AMX0901A

Ocean Oracle Yoga

(adults)

Join us on Mondays to move into your week with grace and intention. This class begins with a slow yoga flow to open up our bodies, followed by poses that intensify our yin, or reflective, energy. In the second half of class, you'll learn how to connect to your spirit guides and allow them to reveal which oracle, or message, you are most in need of hearing each particular week. Through journaling, we will delve deeper into our reading and ourselves. Class culminates with relaxing yoga nidra or guided meditation. (Please bring your own journal.) Instructor: Shannon Nelson

Ten Sessions \$135.00 Per Person

Seven Presidents Pk Act Ctr

Mon, Jan 6-Mar 9 6:15-7:30 PM..... XAN01A

Prana Flow Yoga - Activating Flow

(adults)

Wake up the core as we cultivate strength and stability in the seat of our physical, mental and spiritual self. We will strive for poses that challenge and help us break through to a new level in this fun and engaging core workout. Yoga is a practice that meets you where you are, whether new to yoga or a seasoned practitioner. Please bring a yoga mat and water.

Instructor: Tiffany McCann, certified in Prana Flow Yoga (developed by Shiva Rea)

Eight Sessions \$81.00 Per Person Thompson Pk Vis Ctr Tulip Room

Tue, Jan 7-Feb 25 9:15-10:45 AMX7901A

Quiet Connection



(adults)

Come prepared to unwind, stretch your body, and guiet your mind. Yin yoga is a practice that focuses on the deep connective tissues of the body, stretching them gently through mostly seated postures that are held for a longer duration of time. The class is done with gentle music to create a mood of slowing down and committing to stillness. Yin is the perfect complement to other forms of yoga and exercise that are more rigorous, involving mostly muscular engagement. All levels are welcome to this class. Just come with a willingness to surrender to the poses and a desire to create quiet and space in your day. Bring yoga mat and water.

Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including, Yin, Anusara, Lotus Flow, Chakras and Hatha

Five Sessions \$80.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Jan 7-Feb 11 9:00-10:15 AMX3201A

Seeking Self Yoga

(adults)

Seeking Self Yoga offers a scientific approach to the spiritual journey inward, with techniques for stilling the mind and expanding our awareness of who we are in our deepest layers of self. This breath-oriented practice is composed of pranayama (breathwork), hatha yoga poses, challenging vinyasa, an arm balance pose, focused meditation, and shavasana. Students are encouraged to bring their practice inward, observing subtle sensations of the body, thoughts of the mind, and union to one's own Divinity within.

Instructor: Shannon Nelson

Ten Sessions \$135.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Jan 7-Mar 10 6:15-7:30 PMXAK01X

Yin Yoga

(adults)

Break through to a new level of health and vitality through Yin Yoga! This passive practice of holding postures gently stretches and restores the natural mobility of joints. It targets our deeper connective tissues, ligaments and fascia. Experience increased circulation, improved flexibility, and enhanced concentration. Strengthen your heart and mind as you improve energy flow and organ health. Calm your nervous system and feel more balanced as our certified instructor guides you through mindful movements and breathing. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona
Ten Sessions \$130.00 Per Person

Tatum Pk Holland Act Ctr

Tue, Jan 7-Mar 10 11:00 AM-12:00 PM X0601X

Yin/Yang Fusion

(adults)

The Taoist concepts of Yin and Yang describe the two qualities or energies present in everything; from our food and our bodies, to the seasons and the world around us.

Yin qualities can be thought of as more internal, passive, cooling and downward while Yang is more external, dynamic, warming and upward.

We can also think of our bodies and our yoga practice in terms of Yin and Yang. In this class, instructor Mary Jane Kasliner, will guide students through dynamic flowing postures that work on the yang tissues for building strength and fitness while the second part of the class focuses on soothing, grounding poses that turn off the overdrive switch. The supported holds in the Yin portion of the class helps the body and mind to relax and release tension, both mentally and physically while creating gentle traction and compression that helps to flush out toxins and lubricate the joints while releasing tension in the surrounding connective tissues. This class ends with relaxing meditation and foot massage. Some yoga experience is recommended. Bring Yoga mat and water.

Nationally Certified Instructor: Mary Jane Kasliner – ERYT200+ with over 500 hours of training including the Chakras, Meditation, Yin, Anusura, and Lotus Flow

Six Sessions \$81.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Jan 8-Feb 12 9:30-10:45 AM X2101X Wed, Feb 26-Apr 1 9:30-10:45 AM X2201X

Yoga

(adults)

Posture, breathing, meditation and relaxation can improve the health and function of body and mind. Yoga can support you by creating energy, reducing stress, and enhancing creativity. Please bring a yoga mat, a towel or blanket, and water.

Instructor: Barbara Sager, 1,200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists.

Eleven Sessions \$148.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jan 6-Mar 30 6:45-8:15 PM X1101X No class 1/20 & 2/17

Yoga & Abs Fusion

(adults)

Start off your morning with a meditative flow yoga class to reduce stress and restore your energy within. We will focus on moving with our breath through different postures, in combination with increased concentration on our abdominals. You will strengthen and tighten muscles that you didn't even know you had! You will progressively see improvements in your flexibility, balance and body composition. All levels are welcome! Please bring a towel and water to stay hydrated.

Instructor: Laurie Vuksanovich

Eight Sessions \$104.00 Per Person

Instructor: Laurie Vuksanovich

Tatum Pk Red Hill Act Ctr

Sat, Jan 11-Feb 29 9:00-10:00 AM X5101X

Yoga at the Shore

(adults)

Yoga can help increase breath control and capacity thereby improving the overall health and function of body and mind, which prepares the student for meditation. Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress. This time of year classes will be held in the Activity Center at the north end of the parking lot. Please bring a yoga mat, a towel or blanket, and water.

Instructor: Barbara Sager, 1,200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

Thirteen Sessions \$175.00 Per Person

Seven Presidents Pk Act Ctr Activity Center

Sat, Jan 4-Mar 28 8:00-9:30 AM X1201X

Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50's, 60's and up, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and has been shown to be beneficial for those dealing with arthritis, reducing stiffness that accompanies aging, and for women in the menopausal or post-menopausal years as a way to maintain bone density and reduce various menopausal symptoms. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness. Please bring a yoga mat, blanket/large beach towel and bottled water for hydration.

Please Note: Sun Salutation portion of class is modified using a chair, so that flowing movements can be done safely, without doing lunges on ground or full downward facing dog poses which require more hip openness and arm strength. However, you must be able to get up and down off the floor independently in this class.

Instructor: Sonya Burke, RYT Yoga Alliance Certified

Eight Sessions \$108.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Jan 7-Feb 25 10:30 AM-12:00 PMXA301AHenry Hudson Trail Act Ctr

Fri, Jan 10-Feb 28 10:00-11:30 AM.....XA201A

Yoganometry© Codes of Creation in Movement®

(adults)

In the practice of Yoganometry© Codes of Creation in Movement®, the student is guided through 35 yoga poses held for period of time that activate powerful vibrations of the platonic solids described by Plato. The class begins with pranayama (breathwork), and progresses through a set sequence of poses that invoke the codes of creation to enter the field of consciousness through the gateway of form. A combination of powerful music, sacred form and a view of the constellations projected around the room, guides the student to a higher level of consciousness where they can experience unconditional love, compassionate forgiveness, and great peace. Bring yoga mat and water. Some yoga experience is recommended.

Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including, Yin, Anusara, Lotus Flow, Chakras and Hatha

Six Sessions \$81.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Wed, Jan 8-Feb 12 7:00-8:30 PM........... X2301X Wed, Feb 26-Apr 1 7:00-8:30 PM........... X2401X

ZUMBA

Brand New to Zumba

(adults)

A Zumba class specifically designed for people brand new to Zumba Fitness. In this introductory class, the instructor will break down some of the most common steps and movements used in Zumba. We will then practice the moves to build muscle memory and physical fitness, and then learn and practice Zumba routines using the moves we have learned. This is a moderate, low-impact beginner class, perfect for people that have always wanted to try Zumba, and for people that love to dance but have no experience with dance fitness classes. Dress in comfortable exercise clothes and sneakers.

Instructor: Eryka Andrex

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Jan 8-Feb 26 5:15-6:15 PM X8601A

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

Eight Sessions \$96.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 7-Feb 25 6:15-7:15 PM........... X8701X Thu, Jan 9-Feb 27 6:30-7:30 PM X8801X

Zumba: Morning Low Impact

(adults)

Join us for a fun Sunday morning Zumba Fitness class! This class is a great workout to a wide variety of Latin and World music. Designed to be lower impact than a regular Zumba class! The instructor will provide break downs of the basic moves and combos, and each dance routine will be different than the last! In this 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

Six Sessions \$72.00 Per Person

Dorbrook Rec Area Act Ctr

Sun, Jan 12-Feb 16 10:00-11:00 AM..... X8901X

Colf Season Doesn't End in Your Monmouth County Parksl

When the temperatures drop, we're still teeing off at many of your favorite Monmouth County golf courses. Winter golf rates are in play from January 1 through February 29, offering reduced greens fees to players (both county residents and non-residents) during the winter season.

The following courses remain open for the winter (weather and conditions permitting):

Bel-Aire Golf Course, Wall

Charleston Springs Golf Course, Millstone Shark River Golf Course, Neptune

Be sure to also check out our upcoming winter tournament...

Polar Bear Golf Tournament

(ages 14 and up, under 18 with adult)

Grab your winter golf gear and head to Shark River for the Polar Bear Golf Tournament. This individual stroke play tournament is open to all male and female golfers and starts with a 10:00 AM shotgun. 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, greens fee, prizes, and continental breakfast. Power cart is available at applicable rate.

One Session \$48.00 Per Person

Shark River GC

Sat, Jan 18 10:00 AM-3:00 PM #SR101A





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 2019-2020

Winter 2020

Fri, Feb 14-Apr 3 5:30-6:30 PMV0401A

Equine Environment for Learning

Equine Environment for Learning at Sunnyside Equestrian Center is a custom eight-week program developed for school groups of up to ten participants. The curriculum consist of classroom sessions, plus mounted and non-mounted activities with the horses. Goals such as team building, respect, responsibility, safety, kindness and self-esteem are encouraged and enhanced within the program. Participants will explore horse behavior and care, along with learning basic riding skills. PATH certified instructors. For information, call 732-224-1367.

Horses For Heroes Veterans & Active Duty Military Personnel Programs

(adults)

Sunnyside Equestrian Center is proud to offer our Veterans and active duty military personnel specially tailored Horses for Heroes programs.

Programs include ½-hour private horsemanship lessons. Learn about horses through groundwork and unmounted activities.

Harmony for Heroes include one-hour group yoga classes alongside an equine partner.

All programs are led by PATH International Certified Instructors and Equine Specialists. All programs are free to Veterans and active duty military personnel. Group workshops are available upon request.

For more information, please call 732-224-1367, ext 1#.

SPUR Horseback Riding Lessons for Individuals with Disabilities

Offered in affiliation with Special People United to Ride (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. For more information visit www.spuronline.org or call 732-224-1367, ext 3#.

Inclusion Services

It is the philosophy of the Monmouth County Park System to provide accommodations for individuals with disabilities (who meet minimum eligibility requirements - with or without an accommodation - 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.

MCRAC Adult Day Program

(ages 21 and up, w/cognitive & neurological impairments) Our day program is designed to provide comprehensive individual plans for adults with developmental disabilities 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/Medicaid Supports and CCP Programs. Please call Anne at 732-460-1167, ext. 24, for more information.

Art Club

(ages 16 and up, with special needs)

This club offers time for socialization, creative stimulation and building self confidence through the use of color and form with support and positive feedback. Participants have the opportunity to utilize skills and techniques introduced in previous Sessions. From printmaking to sculpture, mixed media and found art, the club members will explore many avenues of creative expression. Participants must be able to work in a 1:4 ratio of instructor to participant.

Four Sessions \$68.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Jan 11-Feb 22 10:00 AM-12:00 PM....D2601A

Class meets 1/11, 1/25, 2/8 & 2/22

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 \$132.00 Per Person

Tatum Pk Holland Act Ctr

70

Wed, Jan 8-Mar 25 6:00-7:00 PM......D0301A

Games Galore for Siblings



Discover new and old games with your sibling(s). Learn creative ways to adapt and play! Sessions will start with imaginative warm up games, followed by various card, board and active games (non-electronics). All abilities are welcome! This is a free program; however, registration is required. For more information, please call 732-460-1167, ext. 23.

Six Sessions FREE!

Fort Monmouth Rec Ctr Prog Rm A

Wed, Jan 8-Feb 12 4:30-6:00 PM......PD090A

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 \$27.00 Per Person

Dinner & a Movie - Eatontown

Join us for a fun night out with your friends and to meet new people! We will be meeting at Friday's; pick up will be at the AMC Movie Theatre at the mall. Please bring \$35 for your meal and movie ticket. You will be notified of the movie selection(s) two days prior to the event when schedules are posted. Please note that times are subject to change based upon movie schedule.

TGI Fridays at Monmouth Mall, Eatontown

Fri, Feb 7 5:00-10:00 PM (approx)D1301A Inclement Weather Date: 2/14

Monster Mini Golf and Pizza!

Tonight we will be meeting at the Fort Monmouth Rec Center for a dinner including pizza, drinks, and snacks as well as enjoying a few rounds of ping pong and pool. Afterwards we are heading down the road to Monster Mini Golf in Eatontown for more fun! Please bring \$30 to cover the cost of a round of mini golf, game tokens, and pizza. If you prefer to order another meal besides pizza, please contact Justin Dunn at 732-460-1167, ext. 22, ahead of time. Pick up will be from Monster Mini Golf. Fort Monmouth Rec Ctr Prog Rm D

Fri, Feb 21 5:00-9:00 PM (approx)D1601A Inclement Weather Date: 2/28

Questions? To Register: 732-842-4000, ext. 1 • General Park Information: 732-842-4000, ext. 4312

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.

One Session \$30.00 Per Person

Chinese New Year

Celebrate the coming of Chinese New Year by preparing some delicious dishes! On the menu for the evening are lo mein, fried rice, lemon chicken, soup, and dumplings as well as several desserts. Bring your culinary skills and appetite!

Dorbrook Rec Area Vis Ctr

Inclement Weather Date: 1/17

Special Trip

(ages 16 and up, with special needs)

Come join us as we travel to exciting events and destinations in and out of Monmouth County throughout the year. Drop-offs and pick-ups will be at the Dorbrook Recreation Area. 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.

One Session \$75.00 Per Person

Medieval Times

Revel in the chivalry and rivalry as knights battle for victory and the Queen's favor! We will enjoy an exciting show and delicious old time meal at the Medieval Times in Lyndhurst. Supervision, transportation, admission, and meal are included with your registration; if you would like to purchase souvenirs please plan accordingly. Times are subject to change based on final performance schedule.

Dorbrook Rec Area Act Ctr Parking Lot

Sat, Jan 25 11:30 AM-5:00 PM D1501A

Inclement Weather Date: TBD based on availability

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.

In 2018, the *Friends of the Parks* assisted the Monmouth County Park System in the research for the application for Brookdale Farm, now known as Thompson Park in Lincroft, to be listed on the National Register of Historic Places. The Friends also funded site amenities for the Wolf Hill Recreation Disc Golf Course, Oceanport, as well as for 19th century historic replicas of clothing for the historic interpreters at Historic Longstreet Farm, Holmdel.

Each year, the *Friends of the Parks* also supports the Monmouth County Park System's Recreation Assistance Plan (RAP) by providing scholarships for children from Monmouth County's underserved communities, such as Asbury Park, Neptune Township, Neptune City and Long Branch. Additionally, the Friends sponsor the annual Therapeutic Recreation Semi-Formal at Tatum Park, Middletown.

Interested in becoming a Friend of the Parks? For an application, call the Friends office at 732-975-9735 or download one at www.friendsofmonmouthcountyparks.com.



2019 Friends of the Monmouth County Parks Board



Monmouth County Park Locations

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

Fisherman's Cove Conservation Area*, Third Avenue, Manasquan 732-922-4080 or 3868 East Freehold Showgrounds, Kozloski Road, Freehold 732-842-4000, 732-431-4664

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

Manasquan River Greenway*, Freehold to Howell 732-462-7286 or 732-919-0996 Manasquan Reservoir, Windeler Road, Howell 732-751-9453, 732-919-0996 Historic Longstreet Farm, Longstreet Road, Holmdel 732-946-3758

Monmouth Cove Marina, Port Monmouth Road, Port Monmouth 732-495-9440 Metedeconk River Greenway[†], Freehold to Howell 732-462-7286 or 9265

Mount Mitchill 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

Turkey Swamp Park, Georgia Road, Freehold 732-462-7286 or 9265 Thompson Park, Newman Springs Road, Lincroft 732-842-4000

Historic Walnford, Walnford Road, Upper Freehold 609-259-6275 Union Transportation Trail*, Upper Freehold 609-259-5794

Weltz Park*, West Park Avenue, Ocean 732-229-7025

Mickatunk Recreation Area[†], Rt. 79, Marlboro 732-946-9562

Wolf Hill Recreation Area, Eatontown Boulevard, Oceanport 732-229-7025 **′ellow Brook Tract**[†], Highway 33, Howell 732-751-9453 or 732-919-0996

GOLF COURSES

Bel-Aire Golf Course, Allaire Road, Wall 732-449-6024

Pine Brook Golf Course, Covered Bridge Boulevard, Manalapan 732-536-7272 Charleston Springs Golf Course, Smithburg Road, Millstone 732-409-7227 Shark River Golf Course, Old Corlies Avenue, Neptune 732-922-4141 Howell Park Golf Course, Preventorium Road, Howell 732-938-477 Hominy Hill Golf Course, Mercer Road, Colts Neck 732-462-9222

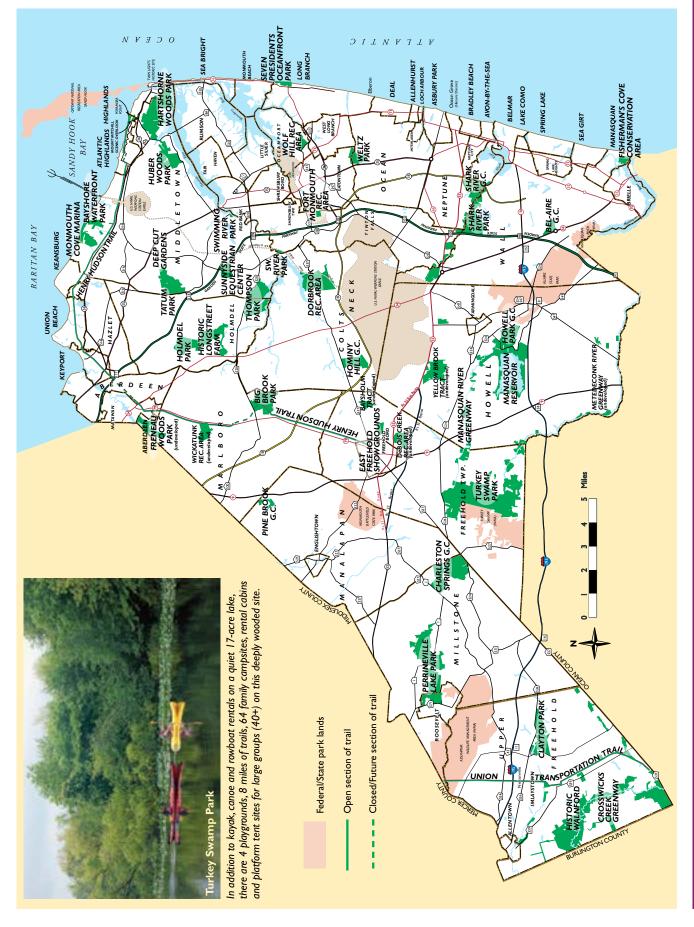


Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.



Protecting the Jersey Shore's and their natural resources is a rapidly diminishing open spaces priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs. * Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.

Tonmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



Important Notice

Any use of equipment, trade names, or personnel by the Monmouth County Park System does not necessarily represent an expressed or implied endorsement of said products or persons. The Monmouth County Park system will not be responsible for errors concerning information or prices in this publication. It is understood and agreed that park visitors and participants in Monmouth County Park System program, activities, and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

Participants, Please Note

Due to the strenuous nature of some activities, the participant is urged to consult a physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant is urged to consider and which the participant assumes.

Weather Cancellation Number

The Monmouth County Park System has a phone number which you may call 1 ½ hours prior to a program's starting time to find out whether it has been canceled due to BAD WEATHER. The message includes only programs canceled 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 accommodations because of a disability, please contact our Therapeutic Recreation staff at 732-460-1167.

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 canceled. Please provide accurate contact information when you register so that we may notify you in the event that a program is canceled.

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 canceled by the Monmouth County Park System.

2. No refunds or credits will be given for any sessions missed by the participant.
3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.

- General program or one-day trip: full refund with at least 10 days advance notice, less \$5 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
- Multi-day bus/van trip or ticketed day trip: full refund with at least 45 days advance notice, less a \$25 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
- Camps: full refund with at least 45 days advance notice, less a \$25
 processing fee and any non-recoverable expenses (pre-paid meals,
 lodging, tickets, etc.)

If adequate advance notice is not provided, and your space can not be filled, all fees are forfeited.

Vacation Insurance

Travelers on overnight tour packages are encouraged to secure travel insurance. For additional information, contact Rachel Cohen at 732-542-1642, ext. 29.

Registration Information

Unless otherwise stated, all programs require pre-registration. Registrations are on a first-come, first-served basis.

Fees

Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard, or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to "Board of Recreation Commissioners".

Registration

You may register:

- Online 24/7 beginning at 8:00 AM on November 6. Visit the "Program Registration" page at www.MonmouthCountyParks.com to become a registered user.
- By Phone beginning at 8:00 AM on November 6. Call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM. Persons with hearing/speech impairment: TTY/TDD# is 711.
- By Mail beginning at 8:00 AM on November 6. Send the Registration Form (next page) with payment to:

Registrations Monmouth County Park System 805 Newman Springs Road Lincroft, NJ 07738-1695

Mail registrations are processed as received.

• In Person beginning at 8:00 AM on November 6, Monday-Friday, 8:00 AM-4:30 PM, at Park System Headquarters in Thompson Park on Newman Springs Road, Lincroft.

REGISTRATION FORM

Patron Name					
Address					
City/State/Zip					
Day Phone			Evening Pho	one	
Payment Method:	Check	Visa	MasterCard	Discover	
Card Number			Expiration Date		CVV (last 3 digits in signature strip on back of card)
Do you require any special accommodations to participate in this program/activity? • Yes • No					

If yes, please specify

PROGRAM	PROGRAM TITLE	FEE/PERSON	PARTICIPANT(S) NAME(S) (MUST LIST EACH INDIVIDUAL)	DATE OF BIRTH (UNDER 18)	CHILD'S AGE/GRADE

SP()R



Special People United to Ride (SPUR) is a non-profit organization of local citizens established in 1981. Members assist the Park System in serving individuals with physical and mental disabilities through horseback riding lessons. Students work to improve self-esteem, social skills, balance, muscle tone, and posture as well as to process sensory messages.

A dedicated group of individuals works together to staff the Equestrian Center year round. Instructors are certified by the PATH International, the governing body of therapeutic horseback riding. In addition to the staff, over 100 volunteers help with programs every year. Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For more information about SPUR, please call 732-224-1367, email spur@monmouthcountyparks.com, or visit www.spuronline.org.

FRIENDS of the Monmouth County Park System, Inc.

Formed in 1991, the Friends of the Parks is a non-profit charitable organization comprised of area citizens and businesses committed to the support of the Monmouth County Park System. In this day and age, when recreation funding must be stretched to meet the needs of a burgeoning population, membership dues, donations, and proceeds from special fundraisers furnish the financial assistance necessary to achieve a number of worthwhile goals.

Throughout beautiful Monmouth County, the Park System manages more than 30 parks, golf courses, recreation areas, historic sites, and stream valleys for your recreation and enjoyment. The Friends realize how important it is to protect and preserve the more than 15,000 acres of county parks and open space maintained by the Park System. In events during the year, Friends meet and work with Park System staff and are able to share their views about the ways county parks can be improved and new programs developed.

The Friends can provide a new outlet for your creativity. Do you have special talents? Do you enjoy giving talks about your travels or areas of interest? With the contacts you make at the Friends of the Parks, you can find ways to share your interests with others. You can help the Friends support programs for the disadvantaged and encourage development of innovative activities.

Friends members receive publications such as the Park System Parks & Programs Guide and Green Heritage and enjoy borrowing privileges at the Deep Cut Gardens Horticultural Library. Members also receive discounts on many Friends events.

Join a circle of friends who share your interest in making Monmouth County a better place to live through the preservation of open space and the enhancement of county park facilities. Become a Friend of the Parks today. For an application form, call the Friends office at 732-975-9735 or download one at www.friendsofmonmouthcountyparks.com.



Monmouth Conservation Foundation (MCF) is the only county land trust dedicated to saving open space, creating parks, preserving farmland, FOUNDATION protecting wildlife, and safeguarding waterways exclusively in Monmouth.

Since its founding in 1977, MCF has worked closely and collaboratively with the Monmouth County Park System and other municipalities to acquire and expand park lands and natural areas for the benefit public recreation and water quality.

As more farmland and open space are developed into residential communities or commercial properties, the unique character of our community may become compromised, and water quality and natural habitats will become threatened.

In response, MCF works with willing landowners to determine preservation options that best meet their needs and that of the community. Many options are available to both private landowners and municipalities in rural, suburban and urban areas to assist them in meeting their park, open space, farmland, and green space goals.

At the heart of MCF's mission is connecting people with nature, in the lands preserved and parks created, by offering programs and events. Kids for Conservation, Project Pollinator and other programs offer opportunities to families to be part of our work. We continually seek volunteers to assist us with our program offerings.

Donation and event proceeds are dedicated to the preservation of additional lands, and education and advocacy efforts to protect the environment. MCF is an integral nonprofit member of the NJ Keep It Green Campaign which insures plentiful state funding to continue land preservation and stewardship.

To learn more about our work and volunteer opportunities, please visit our website at www.monmouthconservation.org. MCF can also be reached by calling 732-671-7000 or emailing info@monmouthconservation.org.



SIMER CAMP with us

It may be getting colder, but we're already thinking about how we can fill your child's summer with excitement and memories! Be sure to check out the Camp/Swim volume of our Parks & Programs Guide.



"The counselors did a great job. My son definitely enjoyed himself and his artwork was adorable." "Great work. I'm impressed with the organization of the Monmouth County Park System's camps!"

BASEBALL CAMP HUNGER GAMES CAMP SUMMER CHEFS TWEEN SEWING ODYSSEY EXPLORERS DINO DAYS TAKE YOUR BEST SHOT! STYLE ME FABULOUS GOLF FOR FUN SUMMERTIME FUN AT THE FORT

The Monmouth County Park System's Camp/Swim Parks & Programs Guide will be available in most county parks and online on Friday, February 21.

Camp/Swim registration can be done:

- Online 24/7 at www.MonmouthCountyParks.com beginning at 12:00 PM on Sunday, March 1
- By Phone at 732-842-4000, ext. 1, from 12:00-2:00 PM on Sunday, March 1 and will then resume Monday-Friday, 8:00 AM-4:30 PM
- In Person beginning Monday, March 2, Monday-Friday from 8:00 AM-4:30 PM
- By Mail using the registration form located in the back of the Camp/Swim Parks & Programs Guide



DATED MATERIAL - PLEASE DELIVER BY 11/01/2019

DECEMBER 2019

Visit with Santa

Saturday & Sunday, December 21 & 22 12:00-3:00 PM Historic Longstreet Farm, Holmdel



JANUARY 2020

Photography Exhibit

January 1-31 10:00 AM-4:30 PM Deep Cut Gardens, Middletown

Seashore Open House

Sunday, January 12 1:00-4:00 PM **Seven Presidents Oceanfront** Park, Long Branch

FEBRUARY 2020

Photography Exhibit

February 1-29 10:00 AM-4:30 PM Manasquan Reservoir **Environmental Center,** Howell

MARCH 2020

E. Murray Todd Half Marathon

Sunday, March 8 8:30 AM **Brookdale Community** College Collins Arena, Lincroft

Info: 732-842-4000, ext. 4312 • MonmouthCountyParks.com







Board of Chosen Freeholders:

Thomas A. Arnone, Director • Patrick Impreveduto, Deputy Director Lillian G. Burry • Gerry P. Sharfenberger, Ph.D • Susan M. Kiley

Board of Recreation Commissioners: Fred J. Rummel, Chairman • Kevin Mandeville, Vice Chairman Michael G. Harmon • Violeta Peters • Thomas E. Hennessy, Jr. David W. Horsnall • Mark E. Zelina • Patricia M. Butch Thomas W. Adcock • James J. Truncer, Secretary-Director

