

Winfer heats up in the parkson

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.

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.

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.

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, 2018 through March 15, 2019 from 9:00 AM-5:00 PM. Closed December 25, 2018.

Rental costs are as follows:

Ski Equipment - \$20.00 per set Snowshoes - \$15.00 per pair (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 crosscountry 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 www.MonmouthCountyParks.com.



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To register for programs starting on August 8, 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.





Explore the beauty of winter. Programs marked with this icon will get you outdoors to experience what the season has to offer.



When the colder weather hits, many of us grab our bulky sweaters or blankets and hunker down indoors to stay warm. We use the winter chill as an excuse for our inactivity. But remaining active throughout the year is important for our health. Keeping our bodies happy and healthy, an active lifestyle assists in controlling some of the risk factors for various health conditions such as heart disease, hypertension, diabetes and cholesterol. Physical activity also improves our muscle and bone health, sleep patterns, and mental health.

The Park System offers plenty of methods of getting out of the house and getting active this winter. From over 130 miles of trails to explore to a wide variety of fitness programs available at multiple park locations, there's plenty to find for your fitness level. Let's take a look at just a few...

TRAILS

From easy to challenging, fitness to nature, there are currently 139 miles of trails in your Monmouth County Park System. Trails offer a place to take a leisurely walk, go for a run, or bike with friends or family. Walking just 20 minutes a day can cut your risk of heart disease by 30% and can also reduce your risk of diabetes and cancer. It's also less stressful on the joints and offers up a more relaxing activity.

> Walking just 20 minutes a day can cut your risk of heart disease by 30%.

Running offers a more cardiovascular workout, burning more calories than a typical walk in the park. This makes running a great way to not only stay fit, like walking does, but also to maintain a healthy weight. When running the trails in winter, be sure to remember to bring water. Though it may be cold outdoors, it's still very important to keep your body hydrated.

Bicycling is very similar when it comes to health benefits. Like walking and running, bicycling increases cardiovascular fitness, muscle strength, and prevention of disease. It also improves joint mobility and coordination. The Park System's trails are great for bicycling whether you're looking for an easy, slowpaced ride on a paved trail, such as at *Thompson Park*, or a more challenging ride through a park like *Harthshorne Woods Park*.

It's important to note that trails are not cleared of snow during the winter. So when there is snow cover, consider other activities available.

TIPS FOR BEING ACTIVE OUTDOORS IN WINTER

- Insulate your body by dressing in layers. Layering provides warmth, but also allows you to remove a layer if you do become too hot during activity.
- Stay hydrated. Hydration is important no matter what season it is.
- Be cautious of snow or icy patches on trails/ walkways.



CROSS-COUNTRY SKIING

The perfect way to mix cardiovascular outdoor activity with the snow winter can bring with it! Cross-country skiing offers a high-caliber, full body workout that burns calories and builds muscle. The Park System makes it easy to get in on this sport without buying all of your own equipment. From December 15, 2018 through March 15, 2019 when snow conditions are permitting, cross-country ski equipment is available for rent at the *Thompson Park Ski Hut*. Rental costs are \$20 per set; cash or check only. (Snowshoe rentals are also available.)

At Thompson Park, cross-country ski trails are groomed when there is enough snow and conditions are favorable. The Park System also offers marked, ungroomed trails for both cross-country skiing and snowshoeing at *Clayton Park*, Upper Freehold; *Hartshorne Woods Park*, *Holmdel Park*, *Huber Woods Park*, *Shark River Park*, *Tatum Park*, and *Turkey Swamp Park*. For the most upto-date information on winter activity conditions, visit us at www.MonmouthCountyParks.com.

ICE SKATING

Get ready to lace up your skates when the "Skating Today" signs are posted at *Holmdel Park, Shark River Park*, or *Turkey Swamp Park*. Ice skating is a terrific way to build and tone leg muscles while also providing a great aerobic workout. Depending on how hard you skate, ice skating can also burn between 300-650 calories per hour.

> Ice skating can burn between 300-650 calories per hour.

It normally takes approximately one week to 10 days of subfreezing temperatures to produce safe skating conditions. When the ice is considered safe, skating hours are from 8:00 AM-7:00 PM Sunday-Thursday, and from 8:00 AM-9:00 PM Friday and Saturday. For the most up-to-date information on winter activity conditions, visit us at www.MonmouthCountyParks.com.

FITNESS PROGRAMS

Whether you're looking to lose a few pounds, stay active, or get healthier this winter, the Monmouth County Park System has plenty of fitness programs to help you achieve your goals. From **Basic Belly Dance** to **Core to the Max, Easy Morning Yoga** to **Pilates Mat Workout**, you're sure to find the right fit for your schedule and current fitness level (*pages 57-63*). We even have fitness classes (*pages 27-29*) for the younger crowd, like **Get Fit**, **Have Fun!** and **Winter Yoga & New Year Goals Camp for Teens**.

Don't let the winter weather bring you down and keep you hostage indoors. Get in your parks, have some fun, and stay healthy. We'll see you there!



TRY SOMIETEDING MEW

Venture out of your comfort zone with brand new programs happening this winter.

A Christmas Carol - The Musical (p. 70)

Armchair Travel Adventures for Inspiration (p. 53)

Aspiring Artists[®] Holiday Classics for the Family (p. 6)

Backyard Birds Count at the Monmouth County Parks (p. 51)

Be the Story! (p. 17)

Bonsai Care Part 1: Pruning and Styling (p. 49)

Bonsai Care Part 2: Roots and Containers (p. 49)

Brrr-onx Zoo (*p*. 71)

Chakra Yoga (p. 60)

Chinese New Year (p. 71)

"Clear the House" Stroll (p. 10)

Cooking in Season - Winter Yumminess (p. 40)

Cooking Outside the Box (p. 41)

Create Like a "Cupcake Wars" Champ! (p. 13)

Curling - Let's Try It! (p. 56)

Eat Like a French Peasant (or King!) (p. 41) Essential Oils for Self-Care (p. 47)

For Moms - Releasing Stress & Finding Focus Through Tapping (p. 47)

Freedom Quilts (p. 22)

Freedom Stories (p. 6)

Freneau Woods Park Yoga Series (p. 19)

Gifts from the Sea (p. 8)

Hand-Painted Christmas Cards (p. 22 & 34)

Hike and Campfire at Big Brook Park (p. 55)

Holiday Teapot and Poinsettia Centerpiece (p. 49)

Hook Mountain Hike (p. 55)

Indigo Shibori Boro Tote Bag (p. 39)

Let's Start that Garden! (p. 7)

Little Green Thumbs in Winter (p. 15)

Math Olympics (p. 15)

Mosaic Trivet (p. 39)

Natural Solutions to Lyme Disease (p. 48) New Year, New You -Mindfulness & Meditation for Weight Loss (p. 48)

Night Skies Hike and S'mores (p. 11)

Seashell Sunday (p. 10)

Simply Eggs (p. 43)

Super Bowl Full of Chips & Dips (p. 43)

The Aided Eye (p. 25)

Total Body Circuit Blast (p. 59)

Twin Forts Historical Hike (p. 56)

Whose Beautiful Yard is That? Yours! (p. 50)

Winter Birding Outing (p. 52)

Wintertime Essentials (p. 49)

Winter Yoga & New Year Goals Camp for Teens (p. 28)

Woodstock Lives On (p. 56)

Winnther's Wondrous in the Parks

These upcoming drop-in programs & events offer plenty of ways to stay active and explore the parks during the cold winter months.

Saturday, December 1 Roving Naturalist (p. 51)

Thursday, December 6 The Casual Birder (p. 51) Wondrous Winter Walks (p. 51)

Friday, December 7 Winter Beach Walk (p. 51)

Saturday, December 8 Christmas Candymaking Demo (p. 66)

Sunday, December 9 Blacksmith Demo (p. 66) Samplers: Historical Documents Written with Needle and Thread (p. 68)

Thursday, December 13 Wandering Winter Bird Walks (p. 51)

Friday, December 14 Wandering Winter Bird Walks (p. 51)

Saturday, December 15 Christmas Sing-Along (p. 66) Roving Naturalist (p. 51)

Thursday, December 20 Wondrous Winter Walks (p. 51)

> Saturday, December 22 Visit with Santa (p. 66)

Sunday, December 23 Visit with Santa (p. 66)

Monday, December 24 "Clear the House" Stroll (p. 10)

Thursday, January 3 The Casual Birder (p. 51) Wondrous Winter Walks (p. 51)

Friday, January 4 Winter Beach Walk (p. 51) Saturday, January 5 Historic Myths Busted (p. 68) Night Skies Hike and S'mores (p. 11)

Sunday, January 6 Historic Myths Busted (p. 68) Open Ceramics (p. 6)

Saturday, January 12 Historic Myths Busted (p. 68) Roving Naturalist (p. 51) Stitches in Time (p. 67)

Sunday, January 13 Historic Myths Busted (p. 68) Blacksmith Demo (p. 66)

Wednesday, January 16 Nature Story Time (p. 16)

Thursday, January 17 Seals of Monmouth County (p. 50) Wondrous Winter Walks (p. 51)

Saturday, January 19 Cookstove Demo (p. 67) Historic Myths Busted (p. 68)

Sunday, January 20 Historic Myths Busted (p. 68) Seashore Open House (p. 8)

Wednesday, January 23 Nature Story Time (p. 16)

Thursday, January 24 The Casual Birder (p. 51)

Saturday, January 26 Parlor Games for Wintry Weather (p. 67)

Wednesday, January 30 Nature Story Time (p. 16)

Thursday, January 31 Wondrous Winter Walks (p. 51)

Friday, February 1 Winter Beach Walk (p. 51) Saturday, February 2 Groundhog's Day (p. 68) Purls of Wisdom Knitting Bee (p. 67)

> Sunday, February 3 Open Ceramics (p. 6)

Wednesday, February 6 Nature Story Time (p. 16)

Saturday, February 9 Roving Naturalist (p. 51)

Sunday, February 10 Blacksmith Demo (p. 66)

Wednesday, February 13 Nature Story Time (p. 16)

Thursday, February 14 Wondrous Winter Walks (p. 51)

Saturday, February 16 Backyard Birds Count at the Monmouth County Parks (p. 51) Cookstove Demo (p. 67)

Sunday, February 17 Backyard Birds Count at the Monmouth County Parks (p. 51) Seashell Sunday (p. 10)

> Wednesday, February 20 Nature Story Time (p. 16)

Saturday, February 23 Open Shoot Archery (p. 11)

Wednesday, February 27 Nature Story Time (p. 16)

Thursday, February 28 Herons, Egrets and Other Wading Birds (p. 50) The Casual Birder (p. 51) Wondrous Winter Walks (p. 51)

ARTS & CRAFTS

Aspiring Artists® Holiday Classes

(all ages)

Spend a Saturday afternoon as a family while creating a holiday masterpiece together. One Session \$18.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C (120)

Christmas Reindeer

Create two reindeer designs using cake decorating bags and acrylic paints! These reindeer are the perfect accent pieces to your holiday decor! Parents may register with their children for this fun family project.

Sat, Dec 8 1:00-2:00 PM.....Z8191A

Valentine's Day Decoupage Hearts

Using hand painted cut paper and acrylic paints, students will design their own unique heart masterpiece for Valentine's Day! Parents may register with their children.

Sat, Feb 9 1:00-2:00 PM.....Z6991A

Sticky Snowscape!

(all ages)

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

One Session \$20.00 2-4 Per Family \$5.00 Additional Person

Big Brook Pk Elsas Lodge

Sun, Dec 9 10:30-11:30 AMU0391X Sun, Jan 27 10:30-11:30 AM.....U0491X

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

Fri, Dec 7 7:00-8:00 PM M1091A



(all ages, under 18 with adult)

A compelling look at the men and women who took extraordinary risks for freedom presented by gifted storytellerTAHIRA. 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 Pk Red Hill Act Ctr

Sun, Feb 3 2:00-2:45 PM	AA291A
Sun, Feb 3 4:00-4:45 PM	AA391A



Sunday, January 6, 12:30-4:30 PM Sunday, February 3, 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. Children 12 and under must be accompanied by an adult. Leave your piece with us and we will have it fired in about a week.

Cost: \$6 per hour plus the cost of bisque-ware (cash or check only)

For further information please contact Christina Carlson at 732-842-4000, ext. 4343, or ccarlson@monmouthcountyparks.com.





Jolly Jingle Jamboree

(all ages)

A wintry celebration for the whole family. An elf escort will lead you from station to station. Complete a craft, savor some hot chocolate and enjoy seasonal music during a visit from you know who.

One Session \$11.00 Per Person

Dorbrook Rec Area Prog Bldg

Sat, Dec 1 10:00-11:30 AM	A0391A
Sat, Dec 1 10:30 AM-12:00 PM	A0491A
Sat, Dec 1 11:00 AM-12:30 PM	A0591A
Sat, Dec 1 11:30 AM-1:00 PM	A0691A

Valentine Animal Show

(ages 3 and up, under 18 with adult)

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

One Session \$6.50 Per Person

Clayton Park Act Ctr Classroom 1

Sat, Feb 9 11:00-11:45 AM	I0591A
Manasquan Res Env Ctr	
Sun, Feb 10 1:00-1:45 PM	10691A
Thu, Feb 14 3:45-4:30 PM	10791A

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, planting material, and one carnivorous plant. **One Session \$37.00 Per Person**

Freneau Woods Park Vis Ctr Art Room

 Thu, Dec 13 2:00-3:00 PM
 I3091A

 Clayton Park Act Ctr Classroom 1
 Sat, Feb 2 1:00-2:00 PM
 I3191A

Let's Start that Garden!

(ages 7 and up, under 18 with adult)

With colorful Spring approaching, many of us are feeling that itch to get back into the garden. LETTUCE rejoice as we sow yummy veggie seeds. We will also have an open forum for any and all gardening questions. All participants also go home with a fun flower seed packet.

One Session \$10.00 Per Child

Deep Cut Gardens Horticultural Center

(ages 7-10, with adult)

Wed, Feb 20 4:30-5:30 PM	IKU91A
Sat, Feb 23 1:00-2:00 PM	IKV91A
(ages 11-13, with adult)	
Wed, Feb 27 4:30-5:30 PM	IKX91A

NATURE

Animal Hours at Huber Woods 🜮

(all ages)

Have you been missing our animal friends while the Huber Woods Reptile House is undergoing renovations? Come visit and learn about our snakes, turtles, frogs, and bugs during these special animal meet and greets at Huber Woods.

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

One Session FREE!

Huber Wds Env Ctr

Thu, Dec 27 1:30-2:30 PM	PIK49A
Wed, Jan 9 4:00-5:00 PM	PIK59A
Sun, Feb 10 1:30-2:30 PM	PIK69A

Down by the Sea

(ages 6-11, with adult)

Join a Park System Naturalist for a walk along one of our coastal parks to discover the different treasures that wash up along the shore. We will talk about the importance of these coastal areas and try to identify what we find along the way. To conclude our discoveries we will make a beach themed craft as a take home souvenir!

One Session \$10.00 Per Child

Seven Presidents Pk Act Ctr

Sun, Jan 27 10:00-11:00 AM..... I2191A

From Sap to Maple Syrup

(all ages, under 18 with adult)

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

One Session \$12.00 Per Person

Huber Wds Env Ctr

Sat, Feb 23 10:00 AM-12:00 PM	IKN91A
Sat, Feb 23 2:00-4:00 PM	IKP91A
Sun, Feb 24 1:00-3:00 PM	IKQ91A

Full Moon Gazing

(ages 9 and up, under 18 with adult)

Bring out your inner Werewolf as we immerse ourselves in the night environment, under the light of the Full Moon. We'll have telescopes on hand to look at all of the visible features of the Moon, plus free hot cocoa! Please wear appropriate clothing as we'll be outside most of the time.

One Session \$8.00 Per Person

Holmdel Pk Shelter Bldg	
Fri, Dec 21 8:00-9:30 PM	IK291A
Manasquan Res Env Ctr	
Tue, Feb 19 7:30-9:00 PM	IKT91A

Geminid Meteor Shower Viewing Party

(all ages, under 18 with adult)



Winter is the best time to view the night sky, and that includes during meteor showers! The Geminids are renowned for their high volume of shooting stars. Grab your winter gear and a chair if you'd like. Come join us as we start off in the fire-heated shelter building, sip on some hot cocoa, and then take a short walk to view the meteors.

One Session \$8.00 Per Person

Turkey Swamp Pk Shelter Bldg

Fri, Dec 14 8:00-9:30 PM IK191A



(ages 5 and up, with adult)

The best gifts are the ones from the heart. Create unique hanging treasures to give or to keep. We will use shells and other finds collected during our discovery walk along the beach. Some hot chocolate will help us keep warm after our outside time.

One Session \$8.00 Per Child

Seven Presidents Pk Act Ctr

Sat, Dec 15 2:00-3:00 PM IK591A
Sun, Feb 3 2:00-3:00 PMIKM91A
Fri, Feb 8 4:30-5:30 PM IKF91A

Seashore Open House 瘫

Sunday, January 20, 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 learn more about the seashore. Stop in 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.



Photography Exhibits in the Parks: The Cycle of Life

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.



Deep Cut Gardens Exhibit Open Daily January 2-31, 10:00 AM-4:00 PM



Manasquan Reservoir Opening Reception: February 2, 1:00-3:00 PM Exhibit Open: February 2-28, 10:00 AM-4:30 PM

Interested in entering your photography in one of the exhibitions? Entries are due by December 1. For full details, see page 39.

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. Your guide will call for different species of owls as you travel through mixed woods and meadows. 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. Bring a flashlight. The hike will be canceled in the event of inclement weather or icy trails.

One Session \$8.50 Per Person

Freneau Woods Park Vis Ctr Parking Area

Fri, Feb 8 8:00-9:00 PM (approx)	IK791A
Sat, Feb 16 8:00-9:00 PM (approx)	IK891A

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 wintering on the Jersey Shore. A spotting scope and a limited number of 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

Thompson Pk Estate Grounds Parking Lot

Sat, Jan 19 11:00 AM-1:30 PM (approx) ... IM891A Bayshore Waterfront Park Bay House Sat, Feb 16 9:30 AM-12:00 PM (approx) ... IK691A

Stargazing in the Parks



(ages 9 and up, under 18 with adult)

Ever wonder what you are looking at when you look up at the stars? Join a Park Naturalist as we use telescopes to examine the night sky. Make sure to bundle up for winter and bring something to sit on. Hot chocolate will be provided yum!

One Session \$10.00 Per Person

Manasquan Res Vis Ctr Waterview Room

Fri, Feb 1 8:00-9:00 PM IKK91A

Monday, December 24, 10:00 AM

Deep Cut Gardens, Middletown

It's Christmas Eve and there is still so much to do! To top it off, you have a house full of guests. We have the perfect solution! Send them to Deep Cut Gardens for a one hour stroll! Explore the gardens on this special holiday with a Park System Naturalist. This free stroll takes place on even paths and at a slow pace, perfect for enjoying Deep Cut's winter splendor. Finish the experience back at the Horticulture Center with a cup of hot chocolate.

SEASHELL SUNDAY 🕬

Sunday, February 17, 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.

We Love Penguins! Live Penguin Meet and Greet

(all ages)

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 \$12.00 Per Person

Manasquan Res Env Ctr

Sat, Dec 8 11:05-11:30 AM 10291A Sat, Dec 8 11:45 AM-12:10 PM..... 10391A

OUTDOOR ADVENTURES

Family Hike/Snowshoe S'mores Experience

(ages 7 and up, under 18 with adult)

If there's snow on the ground, we'll strap on some snowshoes and hit the trails. But even if there's no snow, we'll have an incredible time discovering Thompson Park in winter. Please wear your snow or hiking boots. After our trek we will warm up by the fire pit and enjoy delicious s'mores, warm drinks and music. Please dress for the weather.

One Session \$10.00 Parent/Child \$2.00 Additional Person

Thompson Pk Ski Hut

Sat, Feb 2 2:00-4:00 PM..... W3991X



NIGHT SKIES HIKE AND S'MORES

(ages 7 and up, under 18 with adult) Saturday, January 5, 6:00-8:00 PM Thompson Park Ski Hut, Lincroft

New moons offer the darkest skies, especially in the winter. Ever wonder what you are looking at when you look up at the stars? Learn to navigate around the night sky from our Park System Naturalist. We will take a short hike around Thompson Park before warming up by the fire pit enjoying s'mores, warm drinks and music. Bring binoculars if you have them.

Remember, to dress for the weather. Rating: Easy, some seasonal trail conditions could be challenging: ice, snow, mud. If there is snow we will be using snowshoes that we provide.

Open Shoot Archery

(ages 10 and up, under 18 with adult) Saturday, February 23, 10:00 AM-2:00 PM

Thompson Park Activity Barn, Lincroft Take a shot at archery! Stop in anytime during open shoot archery to improve your archery skills at our indoor range at Thompson Park. This is not an instructional program and is designed for those already familiar with archery techniques.

Cost: \$10.00 per person (cash or check only) All equipment is provided. Please dress for the weather as the Activity Barn is not heated.

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



HOLMDEL PARK

44 Longstreet Road, Holmdel • 732-946-9562

One of the most popular Monmouth County Park System sites for active recreation and nature appreciation, Holmdel Park promises beauty throughout the year. The park features a wide variety of amenities including:

- Historic Longstreet Farm
- Two playgrounds
- A lake for fishing & ice skating (when conditions permit)
- Sledding (when conditions permit)
- Ten miles of trails
- Tennis courts
- David C. Shaw Arboretum
- Picnic areas
- Reservable group picnic shelters

Holmdel Park is also one of the most popular places in the area for winter fun. The sledding hill is open when there is approximately two inches or more of snow. Children and adults alike have a great time dashing down the hill on their sleds and snow tubes. Ice skating is available when conditions are safe and "Skating Today" signs are posted. For the most up-to-date information on winter activities at Holmdel Park visit *www.MonmouthCountyParks.com*.



PARENT & CHILD

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! Six Sessions \$50.00 Parent/Child \$40.00 Additional Sibling

Fort Monmouth Rec Ctr Prog Rm B (119)

Thu, Jan 24-Feb 28 9:30-10:30 AM..... M0591X

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 \$28.00 Parent/Child

Thompson Pk Creative Arts Center

Sun, Dec 2 1:30-3:00 PMZ3891A

Creative Clay Time

(ages 4-6, with adult)

Have fun learning about ceramic arts while creating real pottery. Each week you will help your child make a new work of art from clay. Class fee includes instruction, clay and kiln firings.

Four Sessions \$50.00 Parent/Child

Thompson Pk Creative Arts Center

Tue, Feb 5-26 1:30-2:15 PMZ4391A

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

Wed, Dec 5 4:00-5:15 PM.....Z4091A Sun, Dec 9 2:00-3:15 PMZ4191A

Holiday Ornaments

(ages 2 1/2-5, 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 \$19.00 Parent/Child

Thompson Pk Creative Arts Center

Tue, Dec 4 4:30-5:30 PMZ4291A

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.

Four Sessions \$49.00 Parent/Child \$30.00 Additional Sibling

Fort Monmouth Rec Ctr Prog Rm B (119)

Wed, Jan 23-Feb 13 9:30-10:15 AM M0691X Wed, Feb 27-Mar 20 9:30-10:15 AM..... M0791X

Messy Art Sampler - Winter Adventure!

(ages 18 months-3 years, with adult)

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

Four Sessions \$39.00 Parent/Child

Fort Monmouth Rec Ctr Prog Rm B (119)

Wed, Jan 23-Feb 13 10:30-11:15 AM M0891A Wed, Feb 27-Mar 20 10:30-11:15 AM M0991A

Parent & Child Pottery

(ages 11 and up, with adult)

You and your child will be up to your elbows in mud as you discover the art of pottery! Our instructor will share the basic techniques of throwing and handbuilding with clay to create functional and sculptural works of art. Fee includes 25 lbs. of clay per family, glazes, firing and the use of tools.

Instructor: Joyce Nokes

Seven Sessions \$170.00 Parent/Child \$77.00 Additional Sibling

Thompson Pk Creative Arts Center

Fri, Jan 11-Feb 22 6:30-8:30 PMZ2291X

PARENT & CHILD

Santa's Cookie Plate

(ages 5-8, 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 \$25.00 Parent/Child

Thompson Pk Creative Arts Center

Sat, Dec 8 12:00-1:30 PMZ4991A

Santa's Reindeer Return

(ages 3-8, with adult)

Need to help Santa's reindeer find your home this holiday season? At the Creative Arts Center, we will make a craft that will do just that! Join us for hot chocolate and make a bag of special magic reindeer dust:

"Sprinkle on the lawn at night,

the moon will make it sparkle bright,

as Santa's reindeer fly and roam,

this will guide them to your home."

Pre-registration is suggested; however, drop-ins are welcome (cash or check only).

One Session \$5.00 Per Child

Thompson Pk Creative Arts Center

Sun, Dec 9 12:45-1:30 PMZ5191A

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 2 weeks after workshop. **One Session \$28.00 Parent/Child**

Thompson Pk Creative Arts Center

Sun, Jan 20 12:30-2:00 PMZ5291A

Sweetheart 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 \$25.00 Parent/Child Thompson Pk Creative Arts Center Sun, Jan 27 12:00-1:30 PMZ7291A

CULINARY ARTS

Create Like a "Cupcake Wars" NEW Champ!

(ages 8-12, with adult)

Tasty flavor combinations, fun fillings and fancy toppings are all part of the experience, as Chef Stephen prepares you to enter you own cupcake battle. First the cake batter, as you learn to enhance chocolate, vanilla, marble or even red velvet. Fillings are up next, as you discuss puddings, fruits, candies and more. Top it off with flavored icings and a wide array of topping options to create themed designs. Bring an apron, sharpen your baking and decorating skills and leave ready for battle! Presented by: Chef Stephen Wolff, Culinary Creations, LLC **One Session \$65.00 Parent/Child**

Fort Monmouth Rec Ctr Kitchen

Sat, Jan 5 10:00 AM-1:30 PM M3591A

Kids Holiday Cookie Classics

(ages 8-12, with adult)

Mix, roll, bake and laugh as you create warm memories and delicious treats. Revisit some of your favorite holiday baking while introducing the kids to some old fashioned fun and new traditions. From Gingerbread Men to Chocolate Chips and more, these favorite holiday cookies never disappoint.

Presented by: Chef Stephen Wolff, Culinary Creations, LLC One Session \$65.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 8 10:00 AM-2:00 PM..... M3391A

Kids Holiday Pull-Apart Cupcakes

(ages 8-12, with adult)

Whether you light the lights on a Menorah or a ChristmasTree, these treats will be the hit of your holiday gathering. Learn how to create the whole package: cakes, fillings, frostings and decorations. Assemble your finished cupcakes into super cool, pull-apart designs that are festive and scrumdiddlyumptious!

Presented by: Chef Stephen Wolff, Culinary Creations, LLC One Session \$65.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 15 10:00 AM-2:00 PM..... M3291A

Cooking Class Participants:

It is important that you notify us during registration if you have any food allergies.

Wee Can Cook

(ages 2 1/2-3 1/2, 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. Please Note: Children must be fully potty trained.

Four Sessions \$52.00 Parent/Child \$26.00 Additional Sibling

Dorbrook Rec Area Vis Ctr

Fri, Jan 25-Feb 15 10:00-11:00 AM.....A8891X

EDUCATION & ENRICHMENT

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.

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

Dorbrook Rec Area Prog Bldg

Fri, Jan 25-Mar 1 10:00-10:45 AM......A2691X

Keyboard Beginnings - Level 2

(ages 5-7, 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 to not 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 2, flash cards and a concentration game.

Seven Sessions \$130.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

14

Mon, Jan 21-Mar 11 5:00-5:45 PM......A2491A No class 2/18

Keyboard Beginnings Music

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

Young children are fascinated by musical sounds. They naturally respond to rhythms and love to sing familiar melodies. Children who love to sing, dance and are curious about a variety of musical instruments will enjoy Ms. Judy Kagel's class. Children will learn the names of the musical keys and to play short songs on keyboards provided in the classroom. It is suggested that your child has access to a keyboard or piano at home for short follow up assignments. This is a positive and fun introduction for learning the fundamentals of music. 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 a music booklet, crayons, lesson outlines and a rhythm instrument.

Seven Sessions \$130.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Jan 21-Mar 11 4:00-4:45 PMA2391A No class 2/18

Kixx & Crafts

(ages 3-5, with adult)

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

Four Sessions \$60.00 Parent/Child

Fort Monmouth Rec Ctr Gym A

Indoor Season 1

Tue, Nov 27-Dec 18 10:30-11:15 AM MBM84A

Indoor Season 2

Tue, Jan 8-29 10:30-11:15 AM M5491A

Indoor Season 3

Tue, Feb 12-Mar 5 10:30-11:15 AM M5591A

Beautiful facility. A shining addition to Monmouth County parks.

- Google review of Fort Monmouth Rec Center

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 \$52.00 Parent/Child \$26.00 Additional Sibling

Dorbrook Rec Area Act Ctr

Mon, Jan 21-Feb 25 10:00-10:45 AMA2791X Tue, Jan 22-Feb 26 10:00-10:45 AMA2991X Wed, Jan 23-Feb 27 10:00-10:45 AMA3091X Thu, Jan 24-Feb 28 10:00-10:45 AMA3191X Henry Hudson Trail Act Ctr

Mon, Jan 21-Feb 25 10:00-10:45 AM A2891X

Little Learners

(ages 18 months-4 years, 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.

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

Dorbrook Rec Area Prog Bldg

Wed, Jan 23-Feb 27 9:30-11:00 AMA2591X



(ages 3-5, with adult)

Would you like to incorporate math skills in your little one's life? Come learn, play and work together and compete in the Math Olympics! Each class will implement a variety of fun STEAM activities to challenge the mind and body together, combining physical exercise and mental math. At the end of six weeks all children will be a winner!

Six Sessions \$52.00 Parent/Child \$26.00 2nd Child Henry Hudson Trail Act Ctr

Mon, Jan 21-Feb 25 11:00-11:45 AM AA791X

Storybook Science

(ages 4-6, with adult)

Join us for story time and science fun with classes taught by a New Jersey state award winning science teacher. Topics may include mixing colors, categorization and graphing, balancing and bubbles reinforced with an art project to take home.

Six Sessions \$42.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Tue, Jan 22-Feb 26 1:00-2:00 PM A	A691A
Thu, Jan 24-Feb 28 10:00-11:00 AMA	3291A

NATURE

Magic Reindeer!

(ages 3-7, with adult)

Reindeers 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 yummie reindeer treat.

One Session \$9.00 Per Child

Manasquan Res Env Ctr

Sun, Dec 9 11:00 AM-12:00 PM I2591A

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 Manasquan Res Env Ctr

Sat, Jan 26 11:00 AM-12:00 PM	I2991A
Thu. Feb 21 2:00-3:00 PM	I2891A



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? Come 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

Mon, Dec 10 10:00-11:30 AM	l1591A
Huber Wds Env Ctr	

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Sat, Feb 9 10:00-11:30 AM ..... I1691A
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OUTDOOR ADVENTURES

Hiking Adventures - A Toddler's Perspective

(ages 2-5, with adult)

Enjoy a winter morning with your toddler exploring one of your county parks. These short hikes are intended for little legs and short attention spans. Bring a healthy snack and beverage. Each hike will have fun activities included. Actual hiking time and distance will vary with the group's stamina. Children under the age of 2 are welcome to join in at no charge.

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

Icy Pond View Hike

Enjoy the serenity of December as you wander around the pond and woodlands of Holmdel Park. Finish off the hike by warming up next to a roaring fire.

Holmdel Pk Shelter Bldg

Fri, Dec 7 10:00-11:30 AM..... W2291X

Dorbrook Winter Wander

Enjoy the winter season while wandering the paved trails of Dorbrook.

Dorbrook Rec Area Prog Bldg Sat, Dec 8 10:00-11:30 AM W2391X

🕬 Nature Story Time

(ages 2-5, with adult) Manasquan Reservoir Environmental Center, Howell Wednesdays, January 16 through February 27, from 11:00-11:30 AM

Something fun for you and 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.

Hiking Adventure's - A Toddler's Perspective continued... Winter Discovery Hike

Discover the wonders of winter on the scenic trails of Huber Woods.

Huber Wds Env Ctr

Thu, Jan 10 10:00-11:30 AM...... W2491X

Trekking in Thompson

Trek the trails of Thompson this winter and explore the park's old horse racing track!

Thompson Pk Filly Run Parking Lot

Sat, Jan 19 10:00-11:30 AM W2591X

Chilly Shark River Ramble

Ramble the trails of our first county park before returning to a roaring fire in the shelter building. Shark River Pk Shelter Bldg

Wed, Feb 13 10:00-11:30 AM W2691X

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 Sibling

Turkey Swamp Pk Shelter Bldg Sat. Feb 16 5:30-7:00 PM...... W0491X

PLAY GROUP

Baby Boomers

(ages 6 months-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 4-Jan 15 11:00-11:45 AM
 X6391A

 No class 12/25 & 1/1
 No

 Tue, Jan 22-Feb 19 11:00-11:45 AM
 X6491A

 Tatum Pk Holland Act Ctr
 Fri, Dec 14-Jan 18 9:15-10:00 AM

 Fris 12/28
 X7591A

Fri, Jan 25-Feb 22 9:15-10:00 AMX7691A

Be the Story!

(ages 5-8, with adult)

Here is the chance for your children to act up! Taking suggestions from the participants the instructor will improvise short playlets involving the children (and possibly their parents). Joyful and imaginative fun for all. One Session \$10.00 Parent/Child \$7.00 Additional Sibling

Freneau Woods Park Vis Ctr Art Room
Sun, Jan 13 2:00-3:00 PMA99991X

Dancing Bears Music

(ages 2 months-4 years, with adult)

Dancing Bears Music is an early childhood music and movement program your child will love. Each class is a world of discovery and adventure within a nurturing environment full of energy, imagination, music, dancing and playful delight. A materials fee of \$25 is payable to instructor on first day of class.

Eight Sessions \$100.00 Parent/Child \$75.00 Additional Sibling

Dorbrook Rec Area Vis Ctr

Wed, Jan 9-Feb 27 9:30-10:15 AM	A6591X
Wed, Jan 9-Feb 27 10:30-11:15 AM	A6691X
Sat, Jan 12-Mar 2 9:30-10:15 AM	A6391X
Sat, Jan 12-Mar 2 10:30-11:15 AM	A6491X
Tatum Pk Red Hill Act Ctr	
Fri. Jan 11-Mar 1 9:30-10:15 AM	A6791X

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Fri, Jan	11	-Mar	1	10:30	0-11:1	5 AM	I	••••	A689	1X

Miss Melissa's Aardvarks

(ages 6 months-5 years, with adult)

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

Ms. Bri

Dorbrook Rec Area Vis Ctr

Fri, Jan 11-Mar 15 9:30-10:15 AMA7691X Fri, Jan 11-Mar 15 10:30-11:15 AMA7791X Fri, Jan 11-Mar 15 11:30 AM-12:15 PMA7891X
Tatum Pk Red Hill Act Ctr
Mon, Jan 7-Mar 25 9:30-10:15 AMA8191X
No class 1/21 & 2/18
Mon, Jan 7-Mar 25 10:30-11:15 AMA8291X
No class 1/21 & 2/18
Mr. Rob
Dorbrook Rec Area Vis Ctr
Mon, Jan 7-Mar 25 9:30-10:15 AMA7191X
No class 1/21 & 2/18
Mon, Jan 7-Mar 25 10:30-11:15 AMA7291X
No class 1/21 & 2/18

Mon, Jan 7-Mar 25 4:00-4:45 PMA7391X No class 1/21 & 2/18

Tatum Pk Red Hill Act Ctr

Tue, Jan 8-Mar 12 9:30-10:15 AM	.A7491X
Tue, Jan 8-Mar 12 10:30-11:15 AM	.A7591X

Mommy & Me Ballet

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

We are excited to offer this pre-ballet class for our littlest students! Your little ones will experience rhythms, gross motor skills and creative movement with the help of mom and with the instructor's guidance. Moms should be dressed to move for the entire class. Students please wear ballet attire, (leotard, tights and dance skirt) and ballet shoes.

Instructor: Ms. Michele Neiberlien Ten Sessions \$100.00 Per Pair

Tatum Pk Red Hill Act Ctr

Tue, Jan 8-Mar 12 3:00-3:45 PMA1791A

Morning Playtime Plus Two

(ages 11 months-3 years, with adult)

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

Please Note: Parent must remain present in the room during program. Drop-offs are not permitted. Five Sessions \$80.00 Mom & 2 children

Tatum Pk Holland Act Ctr

Wed, Dec 12-Jan 16 9:15-10:00 AM	.X7191A
No class 12/26	
Wed, Jan 23-Feb 20 9:15-10:00 AM	.X7291A

Morning Playtime

(ages 9 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. Children must be walking to take this class.

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

Stage 1

(ages 9 months-18 months, with adult) Five Sessions \$60.00 Parent/Child Henry Hudson Trail Act Ctr

Tue, Dec 4-Jan 15 9:00-9:45 AM X6791A No class 12/25 & 1/1 Tue, Jan 22-Feb 19 9:00-9:45 AM X6891A Tatum Pk Holland Act Ctr Wed, Dec 12-Jan 16 10:00-10:45 AM X6991A No class 12/26 X6991A X6991A

Wed, Jan 23-Feb 20 10:00-10:45 AMX7091A



Morning Playtime continued...

Stage 2

(ages 18 months-2 years, with adult) Three Sessions \$36.00 Parent/Child Dorbrook Rec Area Vis Ctr

Tue, Dec 4-18 11:00-11:45 AM.....X9091A Six Sessions \$72.00 Parent/Child Stage 3 (ages 2-3 years, with adult) Three Sessions \$36.00 Parent/Child Dorbrook Rec Area Vis Ctr Tue, Dec 4-18 10:00-10:45 AM......X8891A Five Sessions \$60.00 Parent/Child Henry Hudson Trail Act Ctr No class 12/25 & 1/1 Tatum Pk Holland Act Ctr Wed, Dec 12-Jan 16 11:00-11:45 AMX7391A No class 12/26 Fri, Dec 14-Jan 18 11:00-11:45 AM.....X7791A No class 12/28 Wed, Jan 23-Feb 20 11:00-11:45 AMX7491A Fri, Jan 25-Feb 22 11:00-11:45 AM.....X7891A Thompson Pk Vis Ctr Tulip Room Wed, Dec 5-Jan 9 10:00-10:45 AMX7991A No class 12/26 Wed, Jan 23-Feb 20 10:00-10:45 AMX8591A Six Sessions \$72.00 Parent/Child Dorbrook Rec Area Vis Ctr

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.

Five Sessions \$60.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 5-Jan 9 11:00-11:45 AMX8691A	
No class 12/26	
Wed, Jan 23-Feb 20 11:00-11:45 AMX8791A	

LEARNING SIGN LANGUAGE

The introduction of sign language at an early age increases a child's vocabulary and language skills, encourages communication, teaches the ABCs and spelling, and can promote fine motor skills.

My Smart Hands - Level 1

(ages 3 months-18 months, with adult)

In a playful, educational and language rich environment parents/caregivers and babies will learn over 100 signs to use in everyday life. You will build your American Sign Language(ASL) vocabulary through instruction, interactive games and songs. You will learn recommended first signs, discuss the benefits of using ASL with infants and easy techniques for successfully integrating signs into everyday life. Please bring \$25 to the first class to purchase the required book and CD.

Four Sessions \$55.00 Per Child • Dorbrook Rec Area Act Ctr

Fri, Jan 11-Feb 1 9:45-10:30 AM #D2091A Fri, Feb 8-Mar 1 9:45-10:30 AM #D2191A

Sing and Sign

(ages 2-4, with adult)

Ready for laughter and a fun time? Learn ASL signs that go along with traditional children's songs and new modern ones. You will play games, read books and do some arts and crafts, while learning to sign.

Four Sessions \$55.00 Per Person • Dorbrook Rec Area Act Ctr

Fri, Jan 11-Feb 1 10:45-11:30 AM #D2291A Fri, Feb 8-Mar 1 10:45-11:30 AM #D2391A

SPORTS & FITNESS

Freneau Woods Park Yoga Series

(all ages)

Are you interested in taking a yoga class but not sure which one best suites you? You are in luck! This series has four classes for you to try.

One Session \$15.00 Per Person Freneau Woods Park Vis Ctr Program Room 1

Mommy & Me Yoga

(ages 9 months-2 years, with adult)

Come join fellow mamas and kiddos in this fun, playful yoga class. Looking to get back to yoga but don't have childcare? This class is for you! Join Kimberley Buono as she leads parents through an all levels yoga class that is sprinkled with songs and poses to include the kids. Children two and under are welcome to attend and practice alongside parents or play with each other. Please bring a yoga mat and blankets for your baby. Toys will be provided. If your little one has something that keeps them happy, please bring it!

Sun, Jan 20 9:30-10:25 AM XA091A

Yoga 4 Kidz

(ages 4-7, with adult)

Welcome to a playful and fun day of series designed to stimulate a child's imagination, promote flexibility and build self-confidence! Lessons including creative movement, basic yoga postures, breathing and visualization. The class is geared for 4-7 year old children and there are no strict expectations.

Sun, Jan 27 9:30-10:25 AM..... XA191A

Freneau Woods Park Yoga Series continued... Beginners Yoga

(adults)

The beginner class introduces the fundamental principles of alignment and breath work in a flow of postures linked together by the breath. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. Emphasis is placed on student understanding, safety, and stability within each pose. Gradually these poses will be linked together into a gentle flowing sequence. If you have never tried yoga this is the class for you, designed to meet the needs of those new to yoga as well as those seeking continued understanding of basic yoga poses. Students are welcome to repeat this class as often as they like.

Sun, Feb 3 9:30-10:25 AM..... XA291A

Restorative Yoga

(adults)

This gentle class will guide you through body opening poses, loosening tension and relieving stress. Moving at a slower pace and holding stretches longer will allow you to relax your mind and your body. Leave relaxed, content, and ready to take on the day! Open to students of all levels. This class is also gentle enough to take during pregnancy.

Sun, Feb 10 9:30-10:25 AM..... XA391A

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 \$48.00 Parent/Child

Fort Monmouth Rec Ctr Gym A

Sat, Jan 12-Feb 2 11:00-11:45 AM	X9891A
Sat, Feb 16-Mar 9 11:00-11:45 AM	X9991A

Wee Sports

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

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

Five Sessions \$50.00 Parent/Child

Dorbrook Rec Area Act Ctr

Fri, Jan 18-Feb 15 9:30-10:15 AM	X8391A
Fri, Jan 18-Feb 15 10:30-11:15 AM	X8491A

THOMPSON PARK

805 Newman Springs Road, Lincroft • 732-842-4000

Home to the Park System's Headquarters, Thompson Park was established in 1968 with a donation of 215 acres from the estate of Geraldine Livingston Thompson. Mrs. Thompson's "Brookdale Farm" was a premier thoroughbred race horse breeding/training facility.

Today, the park is home to a wide variety of amenities for visitors to enjoy:

- Playgrounds
- Creative Arts Center
- Trails (easy and moderate)
- Tennis Courts
- Marlu Lake (for fishing and boating)
- Off-Leash Dog Area
- Visitor Center
- Reservable Group Picnic Area

During the winter months and when conditions are favorable, the park also offers cross-country ski and snowshoe rentals at the Ski Hut. Groomed cross-country ski trails are also available after a snowfall. For more information on cross-country skiing and snowshoeing, see the inside front cover of this Parks & Programs Guide.

For more information about Thompson Park, visit www.MonmouthCountyParks.com.



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 (118)

Holiday Party Clothes

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

Sat, Dec 8 10:30-11:30 AM M0191A

Winter Sports

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

Sat, Jan 19 10:30-11:30 AM M1491A

Valentine's Day Treats

Delectable dishes she can present to her sweetheart. Sat, Feb 9 10:30-11:30 AM M1591A

Beginner Sewing

(ages 10-15)

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

Six Sessions \$72.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Jan 22-Feb 26 6:00-8:00 PMZ8391A

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 5-Feb 16 9:30-11:30 AM.....Z2591A



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 7-Feb 11 4:30-6:00 PM.....Z3791A

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: John Fossa

Sat, Jan 5-Feb 16 9:00-11:00 AMZ2491A
Instructor: Joyce Nokes
Thu, Jan 10-Feb 21 4:00-6:00 PMZ2391A

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 \$66.00 Per Child

Thompson Pk Creative Arts Center

Fri, Jan 18-Feb 22 4:15-5:45 PMZ5391A



(all ages)

Did you know that slaves trying to use the Underground Railroad had a secret code? They needed it because they were forbidden to learn to read. Find out about the meaning of the various quilt squares and create your own message.

One Session \$8.00 Per Person \$5.00 2nd Child

Tatum Pk Red Hill Act Ctr

Sun, Feb 3 1:00-1:45 PM	AA091X
Sun, Feb 3 3:00-3:45 PM	AA191X

Great Impressionism for 4 & 5 year olds™

(ages 4-5)

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

Four Sessions \$52.00 Per Child

Van Gogh's Sower with the Setting Sun Renoir's Wheatfield Cezanne's Apples and Oranges Monet's The Artist's Garden at Vetheuil Thompson Pk Creative Arts Center

Wed, Jan 9-30 1:00-2:00 PM......Z2991A Wed, Jan 9-30 4:00-5:00 PM.....Z3091A Cross' Mediterranean Seaside Van Gogh's Starry Night Monet's The Magpie Signac's St. Tropez Fort Monmouth Rec Ctr Prog Rm C (120) Sat, Feb 2-23 11:00 AM-12:00 PM.....Z6891A



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. Acrylic paints can stain clothing, so "painting clothes" are recommended for class.

Four Sessions \$88.00 Per Person

Thompson Pk Creative Arts Center

Session 1

Signac's St. Tropez Cross' Provence Landscape 1 Cross' Mediterranean Seaside Pissarro's Morning, Sunlight Effect, Eragny **Fri, Jan 4-25 4:00-6:00 PM****Z3591A**

Session 2

Van Gogh's Sower with the Setting Sun Monet's The Magpie Cezanne's Apples and Oranges Monet's The Artist's Garden at Vetheuil (detail) **Fri, Feb 1-22 4:00-6:00 PMZ3691A**

Hand-Painted Christmas Cards

(ages 6-12)

Using acrylic paints, students will create 4 hand painted holiday cards featuring a wreath, reindeer, Christmas tree, and nativity scene. All supplies are included. Artist/Instructor: Debra Stasiak

One Session \$25.00 Per Person

Thompson Pk Creative Arts Center

Fri, Dec 14 4:00-6:00 PMZ0791A

KidzArt Discover

(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 problemsolving skills.

Six Sessions \$84.00 Per Child

 Henry Hudson Trail Act Ctr Craft Room

 Thu, Jan 3-Feb 7 4:15-5:15 PM......Z5991A

 Fort Monmouth Rec Ctr Prog Rm C (120)

 Tue, Jan 8-Feb 12 4:15-5:15 PM......Z5891A

KidzArt Imagine & Explore

(ages 6-11)

KidzArt is a fun and unique art experience. Today's world requires creative thinking skills. KidzArt encourages problem solving, creative thinking and selfconfidence using our exclusive methods for teaching drawing. Students will learn to use mediums such as charcoal, watercolor, chalk pastel, oil pastel and marker and complete a finished piece in each class. Help your children face the future with a creative mind. A supply fee of \$8 is payable to KidzArt on the first day of class. **Six Sessions \$84.00 Per Person**

Six Sessions \$84.00 Per Person

Henry Hudson Trail Act Ctr Craft Room **Thu, Jan 3-Feb 7 5:30-6:45 PM.....Z6191A** Fort Monmouth Rec Ctr Prog Rm C (120) **Tue, Jan 8-Feb 12 5:30-6:45 PM.....Z6091A**

KidzArt Painting Workshop

(ages 6-11)

Create a beautiful painting in each session. Instructor will provide step-by-step instruction, and students will be encouraged to engage their own creativity to make their painting unique. Each workshop is a different lesson so come to one or all. Supplies included. One Session \$24.00 Per Child

Celebrate Winter

Fort Monmouth Rec Ctr Prog Rm A (118) Sat, Dec 1 1:00-2:30 PM......Z0291A

Thompson Pk Creative Arts Center

Sat, Dec 15 1:00-2:30 PMZ0391A

The Art of Storytelling

(ages 8-11)

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

One Session \$30.00 Per Person

Dorbrook Rec Area Prog Bldg

Sun, Feb 10 1:00-3:30 PMA3791A

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 instructions and handson practice leads to the "icing" on the cake - your own custom decorated masterpiece. A material fee of \$24 for cake decorating supplies is payable to instructor first day of class.

Three Sessions \$52.00 Per Person Fort Monmouth Rec Ctr Kitchen

(aaes 8-10)

Wed, Jan 30-Feb 13 5:00-6:30 PM......A4091A (ages 11-13)

Wed, Feb 20-Mar 6 5:00-6:30 PMA3991A

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 23-Feb 13 3:00-4:00 PM	.A5991X
Wed, Feb 27-Mar 20 3:00-4:00 PM	.A6091X

Meatless Meals

(ages 7-10)

Has your child expressed an interest in a vegetarian diet but doesn't like to eat vegetables? Sometimes the trick to getting your kids to eat healthier is to have them cook it themselves. Something about being part of the process can make children more interested and excited about trying something new. From breakfast through desserts, kids will create a variety of simple to make, nutrient dense foods for the whole family to enjoy. Kitchen safety, knife skills and healthy eating habits will also be on the menu. Please bring an apron to class if you have one.

Instructed by: Jessica Jarmer Four Sessions \$75.00 Per Child

Dorbrook Rec Area Vis Ctr

Thu, Jan 31-Feb 28 4:30-6:00 PMA4891A No class 2/14



Santa's Sweet Shop

(ages 6-10)

It's nearly Christmas and Santa needs your help to finish making seasonal candy treats in time. Candy trains, reindeer food, candy cane reindeer and more are on the menu today. Use them to stuff someone's stocking or decorate your table for a sweet holiday.

One Session \$29.00 Per Child

Fort Monmouth Rec Ctr Prog Rm A (118)

Mon, Dec 24 10:00 AM-12:00 PM M1691A

Young Chefs

(ages 6-11)

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. Four Sessions \$70.00 Per Person

Dorbrook Rec Area Vis Ctr

(ages 6-8)

Sun, Jan 27-Feb 17 10:30 AM-12:00 PM ... A9091A Wed, Feb 27-Mar 20 4:30-6:00 PM A9191A (ages 9-11) Wed, Jan 23-Feb 13 4:30-6:00 PM...... A9291A

Cooking Class Participants:

It is important that you notify us during registration if you have any food allergies.

EDUCATION & ENRICHMENT

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 19 10:00 AM-12:00 PM......X4391A

Magic: The Gathering

(ages 10 and up)

Come learn to play Magic: The Gathering, the worlds oldest and most popular fantasy trading card game! Each participant will receive everything they need to build their first Magic deck and start playing. Delve deep into the rich history and storytelling of Magic's 25 year history and hone your strategical thinking as you battle with dragons, elves, goblins and more! Included in fee: Instructor, Deckbuilder's toolkit, 100ct Pro-matte Ultra-Pro Card Sleeves, 20-sided spin-down dice, and tournament.

Four Sessions \$77.00 Per Person

Thompson Pk Vis Ctr Walnut Room
Sat, Feb 2-23 1:00-4:00 PM......W3091A

Post-Apocalyptic Fiction Writing

(ages 13-17)

If your journal is crammed with vignettes of zombies, vampires and world changing catastrophes, why not tweak your writing skills to flesh them out into actual stories? We'll discuss important components like plot, character, and scene development, as well as dive into the hallmark elements of this genre. As a bonus, we'll get some real-life inspiration by wandering the vicinity of the Fort Monmouth Recreation Center, observing the man-made ruins among nature. Students should bring writing materials to each class (laptop or notebook).

Four Sessions \$59.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Sun, Jan 27-Feb 17 2:30-4:30 PM M5191A

NATURE

The Aided Eye

(ages 8-12)

Our world holds so much more than we can see with our eyes alone. Using microscopes, binoculars, and a telescope, we will view nature in new ways. Have fun learning how to use instruments properly to observe objects like tiny crystals, insect hairs, and far away planets. Parts of our program will take place outdoors so please dress for the weather.

One Session \$13.00 Per Person

Big Brook Pk Elsas Lodge	
Wed, Dec 5 4:30-6:00 PM l	KR91A
Clayton Park Act Ctr Classroom 1	
Tue, Feb 19 4:30-6:00 PM I	KS91A

Who's Tracking Who?

(ages 7-12)

Have you ever wondered which animal left a print in your garden, backyard or local trail? Join a Park System Naturalist to learn to identify animal tracks. Everyone will get to make and take home a casted animal print. One Session \$11.00 Per Child

Freneau Woods Park Vis Ctr Art Room

Sun, Dec 2 10:00-11:00 AM	I3291A
Clayton Park Act Ctr Classroom 1	
Sat, Jan 26 10:00-11:00 AM	I2091A

OUTDOOR ADVENTURES

Adventures in Cross-Country Skiing

(ages 13-17)

Going crazy with boredom this winter? Grab a friend, get outside and experience the Olympic sport of crosscountry skiing. Our Outdoor Adventures staff will guide you through everything you need to know to get you gliding on the snow like a pro. These adventures will run using natural snow or our custom ski-mats. All ski equipment is provided.

One Session \$30.00 Per Person

Thompson Pk Ski Hut

Sun, Jan 6 3:00-4:30 PM W2891A Sun, Feb 3 3:00-4:30 PM W2991A

> Cross-country skiing offers a full-body workout that's fun for all ages!

SCHOOL'S OUT DROP-IN DAYS

(ages 5-10, with adult)

January 21 & February 18 from 9:30 AM-4:00 PM

Fort Monmouth Recreation Center, Tinton Falls

We promise you won't be bored on your day off from school!

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. This is a self guided program, so adults, please make sure one of you stays in the building.

Cost: \$5 (cash or checks only please)

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

PERFORMING ARTS

Comedy for Tweens

(ages 9-12)

Does your child like to crack people up? Channel that creative energy! Kids will learn to think on their feet and embrace spontaneity through creative exercises similar to "Whose Line Is It Anyway?" and "Wild 'N Out". The joke writing process will also be explored. A brief performance for parents will be presented at the last class.

Instructor: Mollie Sperduto Six Sessions \$60.00 Per Child Tatum Pk Red Hill Act Ctr

Sat, Jan 5-Feb 9 11:30 AM-12:30 PMA8691A Sat, Feb 23-Apr 6 11:30 AM-12:30 PM....A8791A No class 3/23

Hip Hop

(ages 5-10)

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 \$59.00 Per Child

Fort Monmouth Rec Ctr Gym A

(ages 5-7)

Thu, Jan 24-Feb 28 4:30-5:15 PM M1791A (ages 8-10) Thu, Jan 24-Feb 28 5:30-6:15 PM M1891A

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 \$115.00 Per Child Tatum Pk Red Hill Act Ctr Tue, Jan 8-Mar 12 3:45-4:45 PMA1491A

Little Dancers 2

(ages 6-8)

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.

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

Ten Sessions \$115.00 Per Child

Tatum Pk Red Hill Act Ctr

Thu, Jan 10-Mar 14 4:30-5:30 PMA1591A

Junior Dancers

(ages 7-9)

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

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

Ten Sessions \$115.00 Per Child

Tatum Pk Red Hill Act Ctr

Tue, Jan 8-Mar 12 4:45-5:45 PMA1691A

Showcase!

(ages 8-10)

Designed with creative minds and play as the focus. Using theatre games and mini- performances the participants are immersed in the various aspects of acting and performing. The young actors will perform for each other every class which will culminate in a showcase for family and friends.

Four Sessions \$50.00 Per Person

Tatum Pk Red Hill Act Ctr

Sun, Jan 20-Feb 10 11:00 AM-12:00 PM ... A8391A

Stage Craft for Young Actors

(ages 4-6)

Join this fun, imaginative romp through the world of theatre. Young actors will explore imagination, responsibility and most importantly, socialization. Instructor: Mollie Sperduto

Six Sessions \$56.00 Per Child

Tatum Pk Red Hill Act Ctr

Sat, Jan 5-Feb 9 10:30-11:15 AM......A8491A Sat, Feb 23-Apr 6 10:30-11:15 AMA8591A No class 3/23



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 8-Mar 12 9:15-10:00 AM	.A1891A
Tue, Jan 8-Mar 12 10:00-10:45 AM	.A1991A
Thu, Jan 10-Mar 14 3:00-3:45 PM	.A2091A

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.

Prerequisite: 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 8-Mar 12 10:45-11:30 AM	.A2191A
Thu, Jan 10-Mar 14 3:45-4:30 PM	.A2291A

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 12-Feb 2 10:00-10:55 AMX5491A

Football Skills at St. John Vianney

(ages 7 and up)

The Monmouth County Park System has designed this camp to emphasize improvement of fundamentals and techniques related to each camper's age and skill level. Campers will be coached in offensive, defensive and special team skills as well as speed and agility techniques. A well-rounded curriculum will provide opportunities for participants with a variety of positions and skills. We welcome all skill levels.

Six Sessions \$150.00 Per Person

St. John Vianney HS

(ages 7-10)

Sun, Feb 17-Mar 24 10:00-11:00 AMX5791A (ages 10 and up)

Sun, Feb 17-Mar 24 11:00 AM-12:00 PM...X5891A

Future Stars of Tomorrow

(ages 3-5)

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

Five Sessions \$48.00 Per Child

Dorbrook Rec Area Act Ctr

Fri, Jan 18-Feb 15 11:30 AM-12:15 PMX8291A

Get Fit, Have Fun! with KIDZ WIN

(ages 7-12)

This fun and interactive fitness class is geared towards children of all abilities. The goal of this class is to improve your child's overall strength, endurance, and coordination, as well as boost their confidence. Kids want to move and be involved in physical activities; however, they may not have the coordination, endurance or strength to do so. We engage children through a variety of fun and interactive exercises set to music, in a no pressure atmosphere. They'll soon be motivated to get away from the TV or computer and participate in recreational activities with their family and friends.

Presented by pediatric physical therapists: Noreen Giovannone, MSPT and Jennifer Santaniello, MSPT, Owners/Operators, KIDZ WIN, LLC

Four Sessions \$59.00 Per Child

Fort Monmouth Rec Ctr Group Fitness Room (ages 7-9)

Wed, Jan 23-Feb 13 4:30-5:15 PM...... M1991A Wed, Feb 27-Mar 20 4:30-5:15 PM M2091A (ages 10-12)

Wed, Jan 23-Feb 13 5:30-6:15 PM..... M2191A Wed, Feb 27-Mar 20 5:30-6:15 PM M2291A

> When kids play they develop higher order cognitive skills that complement classroom learning. www.rwjf.org

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 16-Mar 9 10:00-10:55 AMX6091A

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 12-Feb 2 12:00-12:55 PM......X9691A Sat, Feb 16-Mar 9 12:00-12:55 PM......X9791A

Winter Yoga & New Year Goals Camp > NEW S for Teens

(ages 12 and up)

With the approach of the New Year, time is well worth spent reflecting on the past year and creating goals for what's to come. Allow your teen to take the necessary time for introspection, exploring the self through yoga and fun goal- oriented activities. Guided meditations will open the mind to all dreams and possibilities. Breathing exercises will help center and ground. Each day will close with the sharing of self- examining ideas, as we sit in our wisdom circle sipping on flavorful tea and hot chocolate. All will be introduced in a fun, safe, and non- competitive space.

Three Sessions \$195.00 Per Person

Seeking Self, Fairfield Rd, Freehold

Wed-Fri, Dec 26-28 9:00 AM-2:00 PMX5691A

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

(ages 3-5)

Sat, Jan 19-Feb 16 10:00-10:55 AMX8091A (ages 4-7)

Sat, Jan 19-Feb 16 11:00-11:55 AMX8191A

Strength and Conditioning at St. John Vianney

(ages 8-15)

Are you an athlete looking to get an edge before your season starts? This clinic combines skills and drills with alternating strength training and cardio circuits. May also include plyometrics, sprints and calisthenics.

Six Sessions \$150.00 Per Child

St. John Vianney HS

Sun, Jan 6-Feb 10 10:00 AM-1:00 PMX5991A

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 12-Feb 2 9:00-9:55 AM......X5291A Sat, Feb 16-Mar 9 9:00-9:55 AM.....X5391A

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

(ages 6-10)

Fort Monmouth Rec Ctr Prog Rm C (120)

Fri, Dec 7-Jan 25 5:00-5:55 PM XA491A (ages 11-14)

Fort Monmouth Rec Ctr Prog Rm D (121) **Fri, Dec 7-Jan 25 6:00-6:55 PM XA591A**

SHARK RIVER PARK

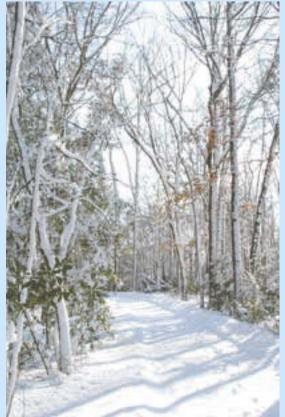
1101 Schoolhouse Road, Wall • 732-922-4080

Established as the first park of the Monmouth County Park System in 1960, Shark River Park occupies 988 acres on either side of the Shark River in Neptune, Wall and Tinton Falls. The park's waterways, sandy hills, forests and ponds attract anglers and hikers in the summer, and cross-country skiers and ice skaters in the winter. Children enjoy climbing, swinging and sliding on the playground year round. The park is also the perfect place to bring a picnic with more than 95 shady picnic tables and 35 grills available to visitors on a first come, first served basis.

Visitors can fish for largemouth bass, catfish, sunfish, yellow perch, shiners and black crappie in the pond that is also stocked seasonally with trout. A state fishing license is required for angers over the age of 16.

Over eight miles of trails running through the forested park range from easy to challenging, so you're sure to find one that suits your fitness level. There is even a fitness trail to guide you through a 20 station/32 exercise fitness workout. Trails are a fantastic opportunity to enjoy an outdoor workout while in the midst of nature.

For more information about Thompson Park, visit www.MonmouthCountyParks.com.



REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, NOVEMBER 7. SEE PAGE 74 FOR FULL DETAILS.

Check out the variety of amenities available in vour local Monmouth

Check out the variety of amenities available in your local Monmouth County parks!	Campor	Canoeric Canoeric	Cross-C	Disc Gois	Environ.	Fishing Center	Footcess	Golf	Historic	Off-Lessing Location	Playaro	Trails 6	Trails (Trails (c.	Trails (Generalienging)	Trails (not
Bayshore Waterfront Park		х				х			х							
Bel-Aire Golf Course							х	х								
Big Brook Park												х	x			
Charleston Springs Golf Course								х					х			
Clayton Park			х									х	х			
Crosswicks Creek Park		х				х							х			
Deep Cut Gardens												х				
Dorbrook Recreation Area											х	х				
Fisherman's Cove		х				x										
Fort Monmouth Rec Center																
Freneau Woods Park																
Hartshorne Woods Park			х			х			х							
Henry Hudson Trail																
Holmdel Park			х			х					х	х	х	x	x	х
Hominy Hill Golf Course								х				х				
Howell Park Golf Course		х						х								
Huber Woods Park			х		х							х	х	x		х
Historic Longstreet Farm									х							
Manasquan Reservoir		х			х	х					х	х	х			х
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Perrineville Lake Park		х				x							x			
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Union Transportation Trail												х				
Historic Walnford						х			х							
Weltz Park												х				
Wolf Hill Recreation Area				х						х				1		

For more information about these and other activities and facilities available in your Monmouth County parks, visit us at www.MonmouthCountyParks.com.

ACTIVE ADULTS 55+

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 7-Feb 25 1:00-2:00 PM.....X0191X Henry Hudson Trail Act Ctr

Fri, Jan 11-Mar 1 12:00-1:00 PMX0291X

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 7-Feb 25 12:15-1:15 PM D1791A No class 1/21 & 2/18

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.

Location Varies Week to Week

Twelve Sessions \$51.00 Per Person

Level 1 – Thursdays

Hikes cover 3 to 3.5 miles in 1.5 hours. Level 1 is the shortest distance and slowest-paced Senior Hiking program.

Thu, Jan 10-Mar 28 9:30-11:00 AM D1091A Level 2 – Wednesdays

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

Wed, Jan 9-Mar 27 9:30-11:30 AM D1191A

Level 3 – Tuesdays

These hikes are at a moderate pace and go from 5 to 5 ¹/₂ miles in 2 hours. The Tuesday and Friday hikes are the same pace, but the schedules are different from each other week to week. Level 3 is brisker paced hike than Level 2, but easier than Level 4.

Tue, Jan 8-Mar 26 9:00-11:00 AM D1291A

Level 4 – Mondays

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

Mon, Jan 7-Mar 25 9:00-11:00 AM D1391A



REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, NOVEMBER 7. SEE PAGE 74 FOR FULL DETAILS.

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

Advanced

Thompson Pk Creative Arts Center

Instructor: Travis Coatney **Tue, Jan 8-Feb 19 7:00-10:00 PMZ1291A** Instructor: Christina Carlson **Thu, Jan 10-Feb 21 9:30 AM-12:30 PMZ2191A**

All Levels

Instructor: Don Bradford Thu, Jan 10-Feb 21 6:30-9:30 PMZ1191A

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.

Thompson Pk Creative Arts Center Seven Sessions \$150.00 Per Person

Instructor: John Fossa

Sat, Jan 5-Feb 16 11:30 AM-2:30 PMZ1391A
Instructor: Laura Copeland
Mon, Jan 7-Feb 18 9:00 AM-12:00 PMZ1491A
Instructor: Pete MacConnell
Mon, Jan 7-Feb 18 6:30-9:30 PMZ1591A
Instructor: Christina Carlson
Tue, Jan 8-Feb 19 4:00-7:00 PMZ1691A
Instructor: Joanne Traskiewicz
Wed, Jan 9-Feb 20 9:00 AM-12:00 PM Z1791A
Instructor: Mary Leather
Wed, Jan 9-Feb 20 6:30-9:30 PM
Seven Sessions \$199.00 Per Person
Instructor: Sue Johnson
Tue, Jan 8-Feb 19 9:00 AM-1:00 PM Z1991A
Instructor: Joyce Nokes
Eri Jan 11 Ech 22 10:00 AM 2:00 DM 72001A

Fri, Jan 11-Feb 22 10:00 AM-2:00 PMZ2091A

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.

Instructor: Janet Wollman

Seven Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 10-Feb 21 9:00 AM-12:00 PMZ2691A

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 9-Feb 20 1:00-4:00 PM.....Z7091A Instructor: Kathy Bennett

Wed, Jan 9-Feb 20 6:30-9:30 PM.....Z7191A

Vintage Ceramic Christmas Tree

(adults)

Remember the ceramic Christmas tree with all the brightly colored lights? Well they're back! It probably took your grandma weeks to make hers. We have the trees all ready for glazing so you can come and have some fun. This workshop includes everything you need to make a 12" ceramic Christmas tree; light kit and plastic insert lights are included. It's never too early to start thinking of the holidays!

One Session \$55.00 Per Person

Thompson Pk Creative Arts Center

Sat, Dec 1 1:00-4:00 PM......Z8291A

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 \$31.00 Per Person

Thompson Pk Creative Arts Center

Van Gogh's Three Sunflowers in a Vase Sat, Jan 5 1:30-4:00 PM	Z2791A
Signac's St. Tropez Sat, Jan 19 1:30-4:00 PM	Z2891A
Van Gogh's Wheatfield with Cypresses Sat, Feb 2 1:30-4:00 PM	Z6291A
Monet's Sunset at Maggiore Sat, Feb 16 1:30-4:00 PM	Z6391A

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 \$78.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 15-Feb 19 6:30-8:30 PMZ3191A

Figure Drawing 101

(adults)

Improve your skill of drawing the human figure in this six week intensive drawing class. The class is designed to cover all the basics of anatomy and proportion to perfect your ability. We will graduate to drawing from a live model the last three classes. Prior drawing experience is recommended, but not a necessity. A onetime \$20 fee for the cost of the model will be collected the first day of class.

Artist/Instructor: Katie Stone

Six Sessions \$98.00 Per Person

Thompson Pk Creative Arts Center Thu, Jan 10-Feb 14 3:30-5:30 PMZ7391A



Call for Entries

for the

5th Annual

Creative Arts & Music Festiva Saturday, May 4, 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 20, 2019. 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.



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 theory and unique styles of these painters. Acrylic paints and cardstock paper are included, however if you prefer to paint on canvas, bring your own 11x14 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 \$88.00 Per Person

Thompson Pk Creative Arts Center

Cross' Provence Landscape 1 Pissarro's Morning, Sunlight Effect, Eragny Fri, Jan 4-25 10:00 AM-12:00 PMZ3391A Pissarro's Woman Reading Van Gogh's Sower with the Setting Sun Fri, Feb 1-22 10:00 AM-12:00 PMZ3491A

Hand Painted Christmas Cards

(adults)

Using acrylic paints, students will create 4 hand painted holiday cards featuring a wreath, reindeer, Christmas tree, and nativity scene. All supplies are included. Artist/ Instructor: Debra Stasiak

One Session \$25.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C (120)

Mon, Dec 10 10:00 AM-12:00 PMZ0491A Thompson Pk Creative Arts Center

Fri, Dec 14 10:00 AM-12:00 PMZ0591A

Intermediate Drawing

(adults)

This course is designed for students who have basic drawing experience and would like to develop their skills. Join us as we work to perfect your ability by introducing some different techniques that will focus on line, value and shadow to bring your drawings to the next level. A supply list will be provided upon registration.

Artist/Instructor: Katie Stone Six Sessions \$80.00 Per Person Thompson Pk Creative Arts Center Thu, Jan 10-Feb 14 1:00-3:00 PMZ1091A

Intro to Drawing

(adults)

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

Artist/Instructor: MaryAnn Goodwin Six Sessions \$78.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 17-Feb 21 6:30-8:30 PMZ3291A

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

Mon, Jan 7-Feb 25 9:00-11:00 AMZ0891A No class 1/21 & 2/18

Oil Painting Techniques

(adults)

Students will gain confidence by learning the proper structure of technique and application of the material. In this advance technique class you will learn step-bystep instruction on different methods of applying oils onto canvas. Many methods are never taught properly such as: how to mix colors, how to apply paint, and creating textures. Learn to understand the amazing flexibility of this diverse media. Mixing styles, varieties of paint application, and finally how to put color theory to work to create sharp contrasts, soft edges and understand the importance of values in your art.

You will receive a supply list on your registration receipt. Instructor: Gina Torello, Professional Artist, MFA

LightScapes Studio LLC

Six Sessions \$120.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A (118)

Fri, Feb 8-Mar 15 10:00 AM-12:30 PM Z7491A

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

Six Sessions \$80.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 7-Feb 25 11:30 AM-1:30 PM.....Z0991A No class 1/21 & 2/18

Mon, Jan 7-Feb 25 2:00-4:00 PM.....Z3991A No class 1/21 & 2/18



Pastel Impressionism

(adults)

Explore the forgiving and simple media of pastels. We will work from original references every class, learning techniques that are invaluable in creating masterful works of art. Discover how to render your work to give it depth and accuracy in this step-by-step course. A finished painting for every class period is our goal. All levels are welcome. You will receive your supply list in your email confirmation upon registration.

Instructor: Gina Torello, MFA Professional Artist, LightScapes Studio LLC

Six Sessions \$120.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A (118)

Mon, Feb 4-Mar 11 10:00 AM-12:30 PM ... Z7591A

Renaissance Drawing

(adults)

Learn to draw like the masters, Leonardo DaVinci and Michelangelo. Come experience my new style of teaching using several different methods of charcoal, graphite and ink. We will draw from still lives and photos; learning perspective, proportion, and shading while building your self-confidence. Join me in this step-by-step rewarding technique of drawing all levels welcome. You will receive a supply list on your registration receipt.

Instructor: Gina Torello MFA Professional Artist, LightScapes Studio LLC

Six Sessions \$120.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A (118) Wed, Feb 6-Mar 13 10:00 AM-12:30 PM ...Z7891A

Renaissance Painting

(adults)

Learn to paint with oils like the masters in this all-level class. We will be using a fabulous step-by-step approach with inspirational references from several renaissance master artists as well as contemporary references. You will paint with confidence from the very first stroke, using chiaroscuro, the value study under painting that is the basis of oil painting. You will learn the simplicity of how to use glazes to bring out the color and depth needed. This enriching technique is rewarding for all skill levels, especially the skilled painter if you have not been taught in this manner. You will receive a supply list on your registration receipt.

Instructor: Gina Torello, MFA Professional Artist,

LightScapes Studio LLC

Six Sessions \$120.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A (118) Wed, Feb 6-Mar 13 1:00-3:30 PMZ7791A

Studio Time with Gina

(adults)

This class is designed to sharpen and improve your artistic abilities. Lessons will be given individually each class on how to improve your painting, drawing and compositional skills along with reinforcement daily on color theory. Please join us, work side by side with advanced and seasoned artists, to improve your skill and proficiency in all media and at all levels. All students will bring in their supplies necessary to complete their work. A new smaller group format will provide personalized attention and more importantly artistic growth. You will receive a supply list on your registration receipt.

Instructor: Gina Torello, MFA Professional Artist, LightScapes Studio LLC

Six Sessions \$120.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A (118)

Mon, Feb 4-Mar 11 1:00-3:30 PMZ7991A Fri, Feb 8-Mar 15 1:00-3:30 PMZ8091A

Watercolor Adventures

(adults)

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

Instructor: Jane Lux

Ten Sessions \$180.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C (120)

Fri, Jan 11-Mar 15 10:00 AM-12:30 PM	.Z4491A
Fri, Jan 11-Mar 15 1:00-3:30 PM	Z4591A

Looking for a location for your next meeting or event? Rent a room at your favorite park!

For more information about rental spaces, call 732-842-4000, ext. 1, Monday through Friday from 8:00 AM-4:30 PM or visit www.MonmouthCountyParks.com.



Visitor Center

Jewelry

Jewelry Fundamental Studio

(adults)

This studio time is for students that have taken the Jewelry Fundamental 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 \$10.00 tool usage fee will be collected by the instructor the first day of class.

Four Sessions \$90.00 Per Person

Big Brook Pk Elsas Lodge

Mon, Feb 4-25 9:00 AM-12:30 PM.....Z8591A

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 by email at students@decorativewonders.com.

Four Sessions \$90.00 Per Person

Big Brook Pk Elsas Lodge

Sun, Feb 3-24 10:00 AM-1:30 PMZ8491A

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 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: Jeong Eun Kim

Six Sessions \$148.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 7-Feb 18 6:30-9:30 PM......Z5491A No class 1/21 Tue, Jan 15-Feb 19 1:30-4:30 PMZ5591A Wed, Jan 16-Feb 20 9:30 AM-12:30 PM....Z5691A

Knitting & Sewing

Beginner Sewing and Beyond (adults)

Learn the basic sewing skills you will need to make clothing, items to beautify your home, gifts, etc. We will start by making a simple skirt and move on to other items as time allows. We will cover understanding and using a pattern, assembling a garment, including inserting a zipper, hemming, etc. A supply list will be forwarded upon registration.

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

Instructor: Janice Beeby Six Sessions \$80.00 Per Person Fort Monmouth Rec Ctr Prog Rm C (120) Mon, Jan 7-Feb 11 7:00-9:30 PM......Z5791A

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 Vis Ctr Tulip Room

Thu, Jan 10-Feb 14 6:30-8:30 PMZ6591A

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 12-Feb 16 10:30 AM-12:30 PM....Z6491A

ADULTS

Miscellaneous

Beginner Mosaics

(adults)

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

Instructor: Harry Belkowitz

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Jan 5-Feb 16 1:00-3:00 PMZ6691A No class 1/12 Clayton Park Act Ctr Classroom 1

Thu, Jan 17-Feb 21 10:00 AM-12:00 PMZ8691A

Broken China Mosaics

(adults)

China mosaics are a fun and addictive art form. Let us show you how to cut and assemble china to decorate a wall hanging and seal it with grout. Once you made one you'll never want to stop. A \$40 materials fee (cash or check only) is due to the Instructor Harry Belkowitz the first day of class.

Six Sessions \$75.00 Per Person

Big Brook Pk Elsas Lodge

Wed, Jan 9-Feb 13 10:00 AM-12:00 PM.....Z7691A



Creative Card Making

(adults)

Create beautiful, 3-D, handmade cards worth sending. You'll experiment with a variety of paper-crafting techniques, including heat and dry embossing, stamping, paper folding, die cuts, punches and more. Each class will focus on a theme, such as anniversary or seasonal, with 12 cards being completed by the end of the program.

Six Sessions \$45.00 Per Person Fort Monmouth Rec Ctr Prog Rm A (118) Tue, Jan 15-Feb 19 4:00-5:00 PMA3591A

Garden Inspired Holiday Gift Trio

(ages 12 and up, under 18 with adult)

Handcrafted items make meaningful, personal holiday gifts. Create four different gifts that will be sure to please. During this three-session class you will create a set of 12 plant print note cards, a clay leaf-print dish, a set of botanically-inspired note pads and a leaf-themed journal. You will make this holiday's gifts truly special!

Three Sessions \$65.00 Per Person

Deep Cut Gardens Horticultural Center Wed, Dec 5-19 6:30-8:30 PM IK391A

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 \$30 fee payable during the first class.

Instructor: Harry Belkowitz

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Jan 5-Feb 16 10:00 AM-12:00 PM.....Z6791A No class 1/12

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. There is a material fee of \$10.00 payable to the instructor.

Four Sessions \$33.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A (118)

Tue, Jan 15-Feb 5 5:30-7:00 PM	A3391A
Tue, Feb 19-Mar 12 5:30-7:00 PM	A3491A

Indigo Shibori Boro Tote Bag

(adults)

Decorate a tote bag with a hand sewn Japanese inspired accent! Participants will hand stitch indigo shibori fabric onto a tote using boro stitch techniques to create a decorative focal point. Boro (translated as "ragged") is the Japanese tradition of using small stitches (or functional embroidery) to mend clothing. All levels welcome - previous sewing experience not required. All basic materials are included. Please bring 5-10 small scraps of lightweight fabric to integrate into your design (old clothes, quilting fabric, etc), and \$5.00 material fee payable to instructor Kate Eggleston.

One Session \$40.00 Per Person

Clayton Park Act Ctr Classroom 1

Sat, Dec 8 10:00 AM-1:30 PM	Z8791A
Sat, Jan 19 10:00 AM-1:30 PM	Z8891A
Wed, Feb 20 10:00 AM-1:30 PM	Z8991A



(adults)

Looking for something fun to do on a Friday night? 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.

One Session \$25.00 Per Person

 Thompson Pk Creative Arts Center

 Fri, Jan 18 6:15-9:15 PM
 Z4691A

 Clayton Park Act Ctr Classroom 1

 Fri, Feb 22 6:15-9:15 PM
 Z4791A

Photography

Digital SLR 2

(adults)

This class is specifically designed for those who have participated in the "Meet Your DSLR" class at Thompson Park or anyone with a basic understanding of the socalled "exposure Triangle": shutter speed, aperture and ISO. We will explore the process of finding the best exposure for any given situation. We will also explore the RAW file format vs JPEG, and the pros and cons of each. This is not an advanced class! It is a class for anyone who has a basic understanding of Manual exposure and would like to gain more confidence shooting manually. You will need either a DSLR or one of the newer mirrorless cameras that can shoot in Manual mode (please consult instructor Gary Dates for camera eligibility (gary@garydatesphotos.com).

Four Sessions \$54.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Jan 8-Feb 5 6:30-8:30 PM......Z5091A No class 1/29

Photography Exhibit Call for Entries – The Cycle of Life

DEEP CUT GARDENS, MIDDLETOWN

Photographers may enter in one of three divisions: youth, amateur and professional. This year we introduce a new category, macro photography, as well as continuing the general photography category. The exhibition will hang through the month of January 2019.

Rules and entry form available on the Deep Cut Gardens page at www.MonmouthCountyParks.com.

MANASQUAN RESERVOIR ENVIRONMENTAL CENTER, HOWELL

This year's theme illustrates the amazing diversity of plants, wildlife and scenery that makes the Manasquan Reservoir a local treasure.

Photographers may enter in one of three divisions: youth, adult amateur and adult professional. First, second and third place honorees will be chosen from each category.

Rules and entry form available on the Manasquan Reservoir Environmental Center page at www.MonmouthCountyParks.com.

Entry Deadline: December 1, 2018

For exhibit details, see page 9.

Meet Your DSLR - Beyond Snapshots (adults)

Are you only using 10% of your camera's potential? Millions of people buy an expensive DSLR or Mirrorless camera and never take it out of AUTO mode. If that sounds like you, then you're missing out on making some great photos! This class is designed for people who want to go beyond snapshots to real photographs. Unlock your creativity by taking control of your camera! Please Note: This class requires a Digital SLR or Mirrorless camera, Point and Shoot cameras do not qualify (please consult instructor for camera eligibility at gary@garydatesphotos.com).

Instructor: Gary Dates

Six Sessions \$75.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Jan 8-Feb 19 10:00 AM-12:00 PMZ4891A No class 1/29

CULINARY ARTS

Appetizers, Hors d'Oeuvres & More: New Year's Eve Edition

(adults)

What IS the difference between appetizers and hors d'oeuvres, anyway? This and other questions are answered as you create all new recipes to wow your guests as you ring in the New Year! Chef Stephen guides you step-by-step through restaurant-style foods that can be made easily in your home. Soon you'll be creating decadent flavors for any occasion.

Presented by: Chef Stephen Wolff, Culinary Creations, LLC One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Dec 27 6:00-8:30 PM M2391A

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

Sat, Feb 23 10:00 AM-12:00 PMA5091A

Cooking in Season - Winter

(adults)

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

Presented by: Chef Stephen Wolff, Culinary Creations, LLC Fort Monmouth Rec Ctr Kitchen One Session \$45.00 Per Person

Soups & Stews - One pot comfort food! Thu, Feb 7 6:00-8:30 PM M3791A Modern Casserole Creations

Thu, Feb 21 6:00-8:30 PM	M3891A
Crock Pot Paradise Thu, Feb 28 6:00-8:30 PM	M3991A
Full Series	
Register for all three classes and save!	
Three Sessions \$95.00 Per Person	
Thu, Feb 7-28 6:00-8:30 PM	M4091A

Cooking Class Participants:

It is important that you notify us during registration if you have any food allergies.



Cooking Outside the Box

(adults)

Ditch that box of dried mac'n' cheese; toss out that stale taco kit. You can learn how to create restaurant style dishes using ordinary ingredients, in a few simple steps. Along the way you'll refine your measuring, mixing and cooking skills, as well as learn how to aesthetically plate up your meals. Bring a box or kit, and Chef will spend time at the end of class deciphering how you can reproduce it from scratch!

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

Fort Monmouth Rec Ctr Kitchen

Sat, Feb 9 10:00 AM-2:00 PM M4291A

Dinner in 20 Minutes - All New Recipes!

(all ages)

Fresh hot meals don't have to take hours, it's all in the planning and preparation. See how to create steaming stir-fries, pan seared meats, and more, from scratch when you're crunched for time. Different recipes featured in each class.

Presented by: Chef Stephen Wolff, Culinary Creations, LLC One Session \$49.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jan 31 6:00-8:30 PM M3491A

Eat Like a French Peasant (or King!)

So what's not to like - cheese, potatoes, bacon, and sausage! These dishes are simple to prepare and you can add them to your repertoire for a lifetime of great eating! Tonight everyone will prepare their own tartiflette. This Savoy classic dish of potatoes, bacon, wine and Reblochon cheese from the French Alps will warm your soul. Then we will all indulge in a common classic French ski resort favorite – Raclette. This dish has as many interpretations as there are skiers. Sea salted potatoes, a variety of sausages, wild mushrooms, and cheeses – Morbier, Raclette from Savoie. To finish a light dessert - Gateau de Savoie and Chantilly cream. This classic is as light as a genoise, a thin crisp exterior topped with whipped cream and mountain blueberries. Yummy! Please bring a knife and apron to this hands-on class. Instructor: Chef Peter De Celie

One Session \$50.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Feb 19 6:00-9:30 PMA9891A

Frugal Gourmet

(adults)

Think gourmet food must be pricey and exotic? Think again! Learn the hallmarks of gourmet meals including quality, flavor, creativity and artful presentation. Begin with fresh ingredients like herbs and vegetables, step out of your culinary comfort zone and create subtle, flavorful dishes that don't break your budget.

Presented by: Chef Stephen Wolff, Culinary Creations, LLC One Session \$65.00 Per Person

Jacques Pepin

Chef Stephen presents three recipes from the iconic Chef Pepin's repertoire to guide you through making a fabulous meal on a budget. Fort Monmouth Rec Ctr Kitchen

Sat, Feb 23 10:00 AM-2:00 PM...... M4191A

Homemade Pizza, Stromboli & Zeppole (adults)

Working with fresh dough, you'll learn the techniques of rolling it to make these delish Italian favorites. Practice hands-on with Chef Stephen, 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.

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

Fort Monmouth Rec Ctr Kitchen

Sat, Jan 12 10:00 AM-2:00 PM M3691A

Home-Style Meals from Grandma's Kitchen (adults)

Oh, those carefree days as a child spent in Grandma's kitchen, helping her cook and getting to lick the spoon. Now her tattered, treasured recipes are yours, but how can you recreate her masterpieces? Enjoy a trip through the world of childhood comfort foods, with tips and tricks that help you reproduce the flavors you remember. Chef Stephen digs deep into the recipe box to share with you some of his own family favorites, and to dish on food, memories and Grandmas.

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

Fort Monmouth Rec Ctr Kitchen

Sat, Jan 19 10:00 AM-2:00 PM M4791A

Indian Vegetarian Cooking for Beginners (adults)

Whether you are vegetarian or just trying to add more plant based options to your diet, Indian food is both healthy and delicious. This class de- mystifies ingredients, including some of the basic spices necessary to Indian cooking. Additionally, you will learn some of the different techniques essential to Indian cooking. We will cook black- eyed peas with garlic and ginger, a dal, a simple potato and peas sauté, savory chickpea flour pancakes and one very typical Indian vegetable, based upon seasonal availability. We will round off our meal with some basmati rice and a raita. This class is taught in demonstration format, though

participation is encouraged.

Instructor: Gauri Shah

One Session \$48.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Jan 28 6:00-9:00 PM......A3891A

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 26 10:00 AM-12:00 PM......A4991A

Italian Christmas Cookies

(adults)

Memories come alive as we re-create a few of Nonna's classic Christmas treats, as well as some new ones of our own. Mrs. Chef introduces you to some of her family's Siciliano traditions. Bring a taste of Italy to your holiday gathering!

Presented by: Lisa Consiglio-Wolff with Chef Stephen Wolff One Session \$49.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Class 1

Featuring Nonna Consiglio's Biscotti al Cioccolato con Pepe Nero (Chocolate and Black Pepper Biscotti) and, back by popular demand: Strufoli!

Thu, Dec 6 6:00-8:30 PM M4384A

Class 2

Featuring Nonna Consiglio's Gembelli Cookies and Ricotta Cookies

Thu, Dec 13 6:00-8:30 PM M0391A

Full Series

Register for both classes and save!

Two Sessions \$69.00 Per Person

Thu, Dec 6-13 6:00-8:30 PM M0491A



(adults)

At one time the number of folds on a chef's hat told all how many egg preparations he had in his repertoire. Tonight is your chance to gain a few folds! You will make savory morning egg dishes - Eggs Benedict and crustless quiche. Also savory supper egg dishes - Caesar Salad, garlic aioli, to go with a shrimp sauté and eggs baked in a Parmesan tomato sauce. To finish – two desserts: a flourless chocolate torte and chocolate raspberry mousse with whipped cream, of course! Please bring a knife and apron to this hands-on class. Instructor: Chef Peter De Celie.

One Session \$50.00 Per Person Dorbrook Rec Area Vis Ctr

Savory to Sweet: Preparing the Perfect

Course

(adults)

Preparing a nice meal for family or friends can be daunting, but not when Chef Stephen is in the kitchen! From intimate dinner party to weekend family meal, learn how to pair complimentary starters and main dishes with a sweet finale that will leave your guests happily satiated. Presented by: Chef Stephen Wolff, Culinary Creations, LLC

Fort Monmouth Rec Ctr Kitchen

One Session \$49.00 Per Person

Starters & Light Bites

Thu, Jan 10 6:00-8:30 PM	M4491A
Main Dishes Thu, Jan 17 6:00-8:30 PM	M4591A
Sweet Finales Thu, Jan 24 6:00-8:30 PM	
Full Series	
Register for all the classes and save!	

\$95.00 Per Person

Thu, Jan 10-24 6:00-8:30 PM M4391A

GROUP COOKING CLASSES

Book a private class for your family or friends! You'll have more time 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. Classes are available for booking on weeknights at the Fort Monmouth Recreation Center.

Cost: \$325, 4-10 people, ages 13 to adult, 2.5 hours Instructor: Chef Stephen Wolff, Culinary Creations, LLC

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

Sicilian 101: Tomato Sauce or Tomato Gravy?

(adults)

The debate rages on, but one thing is certain: it's delicious by any name. Engage in the discussion as you sharpen your knife skills on juicy red tomatoes that become the base for father-in-law Pop Consiglio's Sunday Sauce. Once the sauce (or is it gravy?) is simmering, it's time to mix and roll meatballs to throw in before you stop to mangia!

Presented by: Chef Stephen Wolff, Culinary Creations, LLC One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Jan 26 10:00 AM-2:00 PM M4891A

Snow Day Baking

(adults)

What is it about softly falling snow that evokes the urge to bake? One thing is sure, the magnificent aroma of home baked delights always brings a smile. 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. From Cinnamon Rolls to Old Fashioned Coffee Cake, Chef will get you prepared for your next snow day baking!

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

Fort Monmouth Rec Ctr Kitchen

Sat, Feb 16 10:00 AM-2:00 PM..... M5091A

Super Bowl Full of Chips & Dips

(adults)

So Atlanta is hosting the 2019 Super Bowl! What's going to be in your super bowl? Let us make super chips & dips. Four different chips will be made tonight: pita, potato, wonton, & tortilla. The dips - from the unusual: ginger sweet chili, shrimp, lobster roll, hot crab dip and chipotle to the classics: hummus, spinach, tapenade, salsa and guacamole. Also let's make dippable zucchini fritters & pine nut dipping sauce, cheese puffs & spicy tomato salsa and sea salt crusted tiny potatoes with aioli. Lots of munchies! Bring your knife & apron to this hands-on class.

Instructor: Chef Peter De Celie. One Session \$50.00 Per Person Dorbrook Rec Area Vis Ctr

Tue, Jan 29 6:00-9:30 PMA9791A

NEWEST PARK SYSTEM LOCATIONS

Be sure to check out the latest additions to your Monmouth County Park System!

CLAYTON PARK ACTIVITY CENTER

202 Davis Station Road, Upper Freehold

Acquired in late 2015, the Activity Center was once the Imlaystown School. A fantastic addition to this scenic park, it is now our western-most Activity Center offering a wide variety of programs. This winter's programs at Clayton Park include:

- Beginner Mosaics (p. 38)
- Carnivorous Plant Terrarium Build (p. 7)
- Indigo Shibori Boro Tote Bag (p. 39)
- Mosaic Trivet (p. 39)
- The Aided Eye (p. 25)
- Valentine Animal Show (p. 7)
- Who's Tracking Who? (p. 25)
- Wondrous Winter Walks (p. 51)

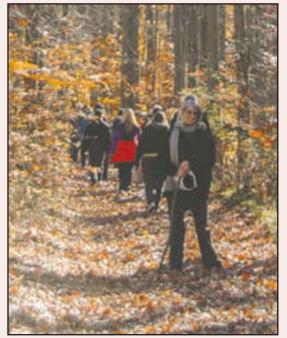


FRENEAU WOODS PARK

360 Monastary Lane, Aberdeen Township

Located along the headwaters of Matawan Creek and Lake Lefferts, this 196-acre park is comprised mostly of woodland and protects critical wildlife habitat and bolsters water quality in the region. The former Monastery is now home to an Activity Center for a variety of programs. This winter's programs Freneau Woods Park include:

- Be the Story! (p. 17)
- Carnivorous Plant Terrarium Build (p. 7)
- Drum Circle Beats (p. 46)
- Freneau Woods Park Yoga Series (p. 19)
- Mindful Walk and Yoga (p. 52)
- Owl Prowl at Freneau Woods Park (p. 9)
- **Roving Naturalist** (p. 51)
- Wandering Winter Bird Walks (p. 51)
- Who's Tracking Who? (p. 25)
- Wondrous Winter Walks (p. 51)



For more information on these sites, visit us at www.MonmouthCountyParks.com.

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 23 8:30 AM-5:00 PMX6191A

Coffee Club Mahjong

(adults)

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

Seven Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Tue, Dec 18-Feb 12 9:30-11:30 AM M2791/	A
No class 12/25 & 1/1	
Thu, Dec 20-Feb 14 9:30-11:30 AM M2891/	A
No class 12/27 & 1/3	
Tue, Feb 19-Apr 2 9:30-11:30 AM M2991/	A
Thu, Feb 21-Apr 4 9:30-11:30 AM M3091/	A



Beginner Mahjong

(adults)

Beginners, shuffle your tiles and build your walls as you play this ancient, fast-paced Asian game. Both American rules and Chinese rules will be followed. This program is for beginners only.

Seven Sessions \$25.00 Per Person Drop by for one session for \$5.00 (cash or check only) Fort Monmouth Rec Ctr Prog Rm C (120)

Tue, Dec 18-Feb 12 11:30 AM-1:30 PM M3191X
No class 12/23 & 1/2
Tue, Feb 19-Apr 2 11:30 AM-1:30 PM M4991X

Save a Life! Basic First Aid

(ages 14 and up)

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

One Session \$55.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Feb 2 10:00 AM-1:00 PMX4491A

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

Thompson Pk Vis Ctr Beech Room Mon, Dec 10 6:00-9:30 PM

Mon, Dec 10 0.00-9.50 PM	217
Thu, Jan 24 6:00-9:30 PMX46	91A
Mon, Feb 25 6:00-9:30 PMX47	91A

Y/501A

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 Beech Room

Thu, Dec 6 7:00-9:30 PM	.X4891A
Thu, Jan 10 7:00-9:30 AM	.X4991A
Thu, Feb 14 7:00-9:30 PM	.X5091A

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 12 10:00 AM-12:30 PM......X5191A

HEALTH & WELLNESS

Brain Health

(adults)

Would you like to have a better memory? Clearer thinking? Better sleep? Learn how to improve cognitive function naturally.

Presented by: Lisa Vento CHHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Feb 7 6:00-7:30 PM AA491A

Digestion Connection

(adults)

"Health begins in the gut." - Socrates. Discover how and why your digestive health is essential to a healthy mind and body. Learn the secrets to improving chronic health conditions, preventing illness and aging beautifully. Presented by: Lisa Vento CHHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Jan 31 6:00-7:30 PMA4691A

Drum Circle Beats

(all ages)

Whether you are an expert drummer or have always wanted to bang a drum, drum circles are an excellent way to let loose. Grab a drum and join us for this energized experience as we learn rhythms, improvise, and above all else make noise! Participants are required to bring their own drums, djembes or similar hand drums recommended.

One Session \$6.00 Per Person

(all ages, under 18 with adult)

Thompson Pk Training Center

Sat, Dec 15 10:00-11:00 AM IKG91A (adults)

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Francau	Moode	Dark Vic	Ctr Program	Room 1
rieneau	voous		Curroyiani	NOOTH 1

Sun, Jan 13 10:00-11:00 AM IKH9	€1A
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Big Brook Pk Elsas Lodge

Sat, Feb 23 10:00-11:00 AM	A
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Essential Oils for Self-Care

(adults)

Are you stressed out? Do you burn the candle at both ends? Do you feel tired or wired all the time? If so, this class is specifically designed for YOU! Join wellness educator Lora Sasiela for an educational and hands-on workshop where you will learn which essential oils will easily support your self-care and will help "keep your cup full". You're only a sniff away from some of the most effective self-care - gifts from the plant world! You will also make and take home an essential oil product. All recipes and supplies are provided.

One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center Sat, Feb 9 10:00-11:00 AMA1391A

For Moms - Releasing Stress & Releasing Stress & Finding Focus Through Tapping

(adults)

Being a mom can be very stressful. From juggling kid schedules and being a part-time taxi driver, to managing and running the household, while also working either at a part-time or full- time job. Dee Ballington, Holistic Life Coach, will teach you how to use light tapping on acupressure points to de-stress and re-focus. Tapping studies have found that it affects your nervous system, resulting in lower stress levels, lower blood pressure and helping to increase focus and concentration. You will leave knowing how to use this quick and easy self-help tool, enabling you to cope with any stressful situation that may come up.

One Session \$22.00 Per Person Fort Monmouth Rec Ctr Prog Rm C (120) Sat, Feb 9 11:00 AM-12:00 PM.....A5691A

Programs for Caregivers & People with Memory Loss

Art Classes for Individuals with Memory Loss

(adults, with age related memory loss)

This workshop series is designed for people with mild memory loss and reduced physical dexterity, facilitated 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 (118)

Thu, Feb 7-28 1:00-2:00 PM D2491A

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. This is a free program; however, registration is encouraged. Four Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Jan 8-Apr 9 7:00-8:00 PM..... D1991A Workshop Meets: 1/8, 2/12, 3/12 & 4/9

Memory Cafe 🕬

(adults)

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

Four Sessions FREE!

Fort Monmouth Rec Ctr Atrium Room

Tue, Jan 22-Apr 23 1:00-2:30 PM PD089A Program Meets on the Fourth Tuesday of Each Month.

Handmade Holiday Gifts

(adults)

Come and get your crafty on just in time for the holidays! In this fun hands-on workshop, led Lora Sasiela, you will make and take home three products using essential oils that you can keep for yourself or gift to others: peppermint patty lip balm, "smells like the holidays" room spray and a lemon drop sugar scrub. All recipes and supplies will be provided.

One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Dec 8 10:30-11:30 AMA0891A

Natural Solutions for Anxiety &

Depression

(adults)

Do you experience panic attacks, mood swings, insomnia and low energy and motivation? Learn the underlying causes of anxiety and depression and simple steps to begin feeling better.

Presented by: Lisa Vento, CHHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room Thu, Feb 21 6:00-7:30 PMA4791A

Natural Solutions to Lyme Disease NEW (adults)

Have you been diagnosed with Lyme Disease? You can recover from this debilitating disease. This discussion will help you to better understand the disease, minimize unnecessary fears surrounding Lyme and discover simple and natural ways to recover and strengthen your immune system to protect yourself.

Presented by: Lisa Vento, CHHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Dec 13 6:00-7:30 PMA0991A

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

(adults)

Practicing mindful eating or 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 be able to receive a digital recording of the meditation.

One Session \$22.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C (120) Sat, Jan 19 11:00 AM-12:00 PM.....A5591A

Singing Bowl Meditation

(adults)

Experience the soothing sounds of the Tibetan and crystal singing bowls! The class begins with breathing exercises to prepare our mind for a state of meditation. We transition with a brief guided meditation before diving into playing the bowls. Please bring your own yoga mat and blanket for comfort.

Presented by: Chris Rölke

One Session \$25.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Sun, Feb 10 2:00-3:00 PMA4191A

T'ai Chi Chih Joy Thru Movement®

(adults)

A great way to learn more about Tai Chi Chih. The Chih method teaches the ancient art of "moving meditation" in a series of 20 simple movements that are joyous and easy to learn. Discover the wonders of this gentle stress- reliever and physical conditioner.

Instructor: Dan Pienciak

Two Sessions \$36.00 Per Person

Manasquan Res Vis Ctr Program Room 1

Tue, Jan 8-15 5:30-7:00 PM......A5891A

ADULTS

Tai Chi Chih® 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

Begin or Review!

(adults)

This class is both an initial exposure for the new student and a review for the returning student.

Four Sessions \$90.00 Per Person

Manasquan Res Program Room 1 Vis Ctr

Tue, Jan 29-Feb 19 5:30-7:30 PMA5791A Beginner

beginner

(ages 55 and up)

The simpler movements will be taught in this class. Six Sessions \$90.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jan 4-Feb 8 11:30 AM-12:50 PM......A5191A Mon, Feb 11-Mar 25 11:30 AM-12:50 PM..A5291A No class 2/18

Ongoing

(ages 55 and up) Six Sessions \$90.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jan 4-Feb 8 10:00-11:20 AMA5391A Mon, Feb 11-Mar 25 10:00-11:20 AMA5491A No class 2/18

Wintertime Essentials

(adults)

Join wellness educator Lora Sasiela for an educational and hands-on workshop where you will learn which essential oils support wellness during the cold, dark days of winter including how to boost immunity, how to combat the wintertime blues, respiratory support and more! You will make and take home two essential oil products to support you and your family's wintertime wellness. All recipes and supplies are provided.

One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jan 12 10:30-11:30 AMA1291A

HORTICULTURE

Bonsai Care Part 1: Pruning and Reverse Styling

(adults)

Art or horticulture? Both come together in these wonderful trees that are trained into beautiful shapes that we know of as Bonsai. In this lecture and demonstration you will learn the basics of training and styling. The class is presented by the Deep Cut Bonsai Society so you will be learning from the best! One Session \$12.00 Per Person

One Session \$12.00 Per Person

Deep Cut Gardens Horticultural Center Sun, Dec 9 10:00 AM-12:00 PM IKZ91A

Bonsai Care Part 2: Roots and Rew Containers

(adults)

When we picture growing a Bonsai in our minds, we imagine the glamorous part - creating art out of shaping the tree. However, shaping and care for the roots is even more important to the health of the plant. Take this lecture and demonstration, taught by the Deep Cut Bonsai Society, to learn how to ensure the health of your Bonsai by focusing below ground.

One Session \$12.00 Per Person

Deep Cut Gardens Horticultural Center Sun, Feb 10 10:00 AM-12:00 PMIM091A

Holiday Teapot and Poinsettia

(adults)

Create a beautiful centerpiece for your winter table. You will take an unglazed ceramic teapot planter and, with evergreens, pine cones, wax and poinsettias, create an elegant centerpiece. No crafting experience needed.

One Session \$35.00 Per Person

Deep Cut Gardens Horticultural Center Sat, Dec 15 10:00 AM-12:30 PM IK491A

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 \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Tue, Feb 5 10:00-11:30 AM	IM191A
Wed, Feb 13 7:00-8:30 PM	IM291A
Sat, Feb 23 10:00-11:30 AM	IM391A

Whose Beautiful Yard is That? Yours!

(adults)

Do you want to have a beautiful yard but don't know how to get started? Or, maybe you have started but aren't as successful as you had hoped. This three-session class is just what you need! We have combined three of our top landscaping classes into a top notch series taught by a Master Horticulturist. You will learn the secrets of low maintenance landscaping and then learn strategies for difficult spots like full shade. Everyone, no matter how experienced of a gardener, is sure to come away with something to

Three Sessions \$45.00 Per PersonTatum Pk Red Hill Act CtrSat, Feb 9-23 1:30-3:00 PM...... IKY91A

NATURE

Explore A Winter Wetland

Join a Park System Naturalist as we explore the saltwater wetlands along Raritan Bay in the winter. The season might be chilly, but we hope to see winter's most beautiful birds like snowy owls, long-tailed ducks, and buffleheads. We will also look for the buds, bark, and branches of plants and look for tracks and signs of which animals are active during the winter. Join us as we enjoy the beauty and biodiversity of plants and animals in a winter wetland. 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 will be via minibus.

One Session \$20.00 Per Person Bayshore Waterfront Park Act Ctr

Sat, Jan 12 9:30 AM-12:00 PM (approx) ... IKB91A

Free

Drop-in Local Nature Lecture Series

Bayshore Waterfront Park Activity Center, 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 Monmouth County

Thursday, January 17, 7:00-8:00 PM

Believe it or not a variety of seals call the shores of Monmouth County home each winter, including harbor seals, harp seals, and grey seals. Find out where to see them and when, and other information about the lives and ecology of our local seal population. This presentation will also provide ways for you to care for the marine environment.

Herons, Egrets and other Wading Birds

Thursday, February 28, 7:00-8:00 PM

After decades of being difficult to find, many people are now able to spot a variety of long-legged birds, such as the Great American Egret, the Glossy Ibis, and the Great Blue Heron, the tallest native bird in New Jersey. Wading birds come in all shapes, sizes and colors. Find out who calls the coastline and mudflats of Monmouth County home as we spend time discovering what makes a bird a wading bird, where do they nest, what they eat, where they migrate, and what unique characteristics do wading birds have in common. We will also find what we can do to protect these beautiful birds.





Backyard Birds Count at the Monmouth County Parks

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

Saturday, February 16 at 9:00 AM at Big Brook Park

Sunday, February 17 at 9:00 AM at Huber Woods Environmental Center

The Casual Birder

During these laid-back morning bird walks, we'll meander through the parks for about an hour and a half to see what birds we can find. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available to borrow if needed.

Thursday, December 6 at 9:00 AM at Fisherman's Cove Conservation Area Thursday, January 3 at 9:00 AM at Henry Hudson Trail Popamora Point Parking Lot Thursday, January 24 at 9:00 AM at Hartshorne Woods Claypit Creek Section Thursday, February 28 at 9:00 AM at Bayshore Waterfront Park

Roving Naturalist

Let's take a leisurely walk on well maintained trails to discuss seasonal points of interest, search for signs of wildlife and identify a bird or two. This is a free 1.5 to 2 hour program, but feel free to join in or drop out at any point during the walk. Dress for the weather as light rain and snow are not deterrents. Saturday, December 1 at 9:00 AM at Seven Presidents Oceanfront Park Pavilion Saturday, December 15 at 9:00 AM at Manasquan Reservoir Environmental Center Parking Lot Saturday, January 12 at 9:00 AM at Crosswicks Creek Greenway Province Line Rd. Parking Lot Saturday, February 9 at 9:00 AM at Freneau Woods Park Activity Center Parking Lot

Wandering Winter Bird Walks

Celebrate the Christmas bird count a little early with a Park System Naturalist as we explore some of our Monmouth County parks in search of winter birds. These walks are intended for any level birder and are a great intro for new birders. A limited number of binoculars will be available to borrow if needed.

Thursday, December 13 at 9:00 AM at Freneau Woods Park Friday, December 14 at 9:00 AM at Fisherman's Cove Conservation Area

Winter Beach Walk

11:00 AM-12:30 PM on Fridays, December 7, January 4 & February 1 Fisherman's Cove Conservation Area, Manasquan

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

Wondrous Winter Walks

Nature walks are like snowflakes, each one is unique in its own way. Tag along with a Park Naturalist as you explore the serenity that is nature in the wintertime. Please wear appropriate Winter clothes and sturdy footwear. **Thursday, December 6 from 10:00-11:30 AM** at Huber Woods Environmental Center Parking Lot **Thursday, December 20 from 10:00-11:30 AM** at **Big Brook Elsas Lodge Parking Lot Thursday, January 3 from 10:00-11:30 AM** at **Thompson Park Old Orchard Parking Lot Thursday, January 17 from 10:00-11:30 AM** at **Clayton Park Emley's Hill Parking Lot Thursday, January 31 from 10:00-11:30 AM** at **Manasquan Reservoir Environmental Center Parking Lot Thursday, February 14 from 10:00-11:30 AM** at **Hartshorne Woods Rocky Point Parking Lot Thursday, February 28 from 10:00-11:30 AM** at **Freneau Woods Activity Center Parking Lot**

Intro to Fly Tying

(ages 17 and up)

Fly tying is an art dating back to the early 1500's, 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

Manasguan Res Env Ctr

Sat, Jan 12 11:00 AM-1:00 PM I1791A

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, by lantern light and peek into the lives of how people lived many years ago. We will discover the role the house played from 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.

One Session \$10.00 Per Person

Bayshore Waterfront Park Act Ctr

Fri, Jan 4 8:00-9:00 PM	IK991A
Fri, Feb 1 8:00-9:00 PM	IKA91A

Mindful Walk and Yoga

(adults)

"The clearest way into the Universe is through a forest wilderness" - John Muir. Explore the benefits to mind and body through meditation, exercise, and connecting with nature. Take a peaceful guided walk along our beautiful trails. Follow with gentle and relaxing yoga led by instructor Barbara Sager, 1200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists. Register for both sessions or just one. Please wear closed toe footwear for walk and bring a yoga mat and blanket or towel.

One Session \$13.00 Per Person

Tatum Pk Holland Act Ctr

 Mon, Jan 7 3:30-5:15 PM......IM991A

 Freneau Woods Park Vis Ctr Program Room 1

 Mon, Feb 25 3:30-5:15 PMIMA91A

Walk with a Botanist

(all ages)

"Ideas above ID" focuses on learning the how and why of living things above learning how to identify them. If you've ever wondered why plants have differently shaped leaves or how trees send water to the top branches without a heart pumping it, then these walks are for you. The pace will be slow and the conversation stimulating. Register early as space is limited.

One Session \$8.00 Per Person

Tatum Pk Red Hill Act Ctr Parking Area	
Sat, Dec 8 10:00 AM-12:00 PM	IM491A
Huber Wds Env Ctr Parking Lot	
Sat, Jan 12 10:00 AM-12:00 PM	IM591A
Holmdel Pk Shelter Bldg	
Sat, Feb 9 10:00 AM-12:00 PM	IM691A

Wandering Winter Walks Park Tour

(all ages, under 18 with adult)

Have you ever wanted to visit all of the different Monmouth County Parks? We do too! Come take a mini multi park tour for a sample of what the Monmouth County Parks has to offer. Enjoy a small guided hike of sections of each park we visit. Participants should pack a lunch/snack, water, and dress for the weather. Transportation from Manasquan Reservoir Environmental Center via minibus.

One Session \$30.00 Per Person

Manasquan Res Env Ctr

South Western Monmouth County Parks Tour

Clayton Park, Perrineville Lake Park & Turkey Swamp Park Sat, Dec 1 9:00 AM-4:00 PM I1291A

North Western Monmouth County Parks Tour

Big Brook Park, Freneau Park, Holmdel Park Sun, Feb 3 9:00 AM-4:00 PM I1391A

Winter Birding Outing



Come celebrate the Christmas Bird Count by joining a park system naturalist on a field trip to a local birding hot spot. Bring your binoculars and lunch as we go on the search of winter birds. Dress for the weather. Meet at the Thompson Park Visitor Center parking lot for transport via mini bus.

One Session \$22.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sandy Hook Outing

Sat, Dec 15 9:00 AM-1:00 PM I1891A

Assunpink Wildlife Management Area Outing Sun, Dec 16 9:00 AM-1:00 PM I1991A

OUTDOOR ADVENTURES

SOLO Wilderness First Aid Course

(ages 16 and up)

If you travel off the beaten path as a first responder, outdoor leader or outdoor enthusiast, you need to know how to handle back-country emergencies. This two-day, 16-hour workshop taught by SOLO Wilderness Medical School will give you the tools you need! The course teaches you how to employ proper prevention through trip planning, equipment selection, and preparation. You will also learn how to perform wilderness emergency care and know when it's needed. Indoor and outdoor sessions are included.

Two Sessions \$165.00 Per Person

Big Brook Pk Elsas Lodge

Sat-Sun, Jan 12-13 8:00 AM-5:00 PM..... W3691X

HIKING

Almost a Full Moon Winter Hikes, Music and S'mores



Feel the exhilaration of a winter hike under the light of the full moon. We will retire to the warmth of a fire in the park's shelter building to enjoy live music, s'mores and hot cocoa/tea. Please dress for the weather; headlamp/ flashlight and boots are recommended.

Rating: Easy, some seasonal trail conditions could be challenging: ice, snow, mud. Miles: Approx. 2+

Younger hikers age 10 and up are welcome to register with a participating adult.

One Session \$22.00 Per Person \$12.00 Additional Person

Shark River Pk Shelter Bldg

Sat, Jan 19 6:30-9:00 PM	W3291X
Turkey Swamp Pk Shelter Bldg	
Sun. Feb 17 6:30-9:00 PM	W3391X

Armchair Travel Adventures for **NEW** Inspiration

(adults)

Escape the winter blues by planting the seeds of ideas for active recreational vacations. By viewing 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. Preregistration is suggested; however, walk-ins are welcome (cash or check only).

One Session \$5.00 Per Person Thompson Pk Vis Ctr Walnut Room

Explore Your National Parks

Michael S. Miller, Professional Photographer, National Park Service Authorized Guide and long-time Park System volunteer, will share his experiences, knowledge and amazing photographs of his many visits to National Parks. Yellowstone, Grand Teton, Yosemite, Acadia and more will be explored from the comfort of a warm, cozy environment.

Tue, Jan 8 7:00-9:00 PM..... W2091A

British Columbia Trekking Adventure

Witness the beauty that can be found in Canada on this week long hiking adventure through the eyes of Lois Lyons, a group participant and long time Park volunteer. The highlights will include views of mountains and lakes, glaciers, wildflowers and frontier towns.

Tue, Feb 12 7:00-9:00 PM W2191A

Bundled-Up Hikes

(adults)

Welcome Old Man Winter with open arms by discovering the trails in your State Parks. Winter can be a spectacular time to be outdoors as long as you are prepared. Our hikes will take us though deciduous forests, past meadows, scenic waterfalls, and panoramic views to mention a few of the amazing winter sights.

Rating: Moderate, moderate pace, rocky-icy-snowy trails possible. Miles:4.5-6+

One Session \$42.00 Per Session

Thompson Pk 3 Barns Parking Lot

Jenny Jump State Park

Sat, Jan 5 8:00 AM-5:00 PM (approx).... W0891A Ringwood State Park

Sun, Jan 20 8:00 AM-5:00 PM (approx) . . . W0991A Rancocas State Park

Sat, Feb 2 8:00 AM-5:00 PM (approx) W1091A Ramapo State Park

Sun, Feb 17 8:00 AM-5:00 PM (approx)... W1191A Allamuchy Mountain State Park

Sat, Mar 2 8:00 AM-5:00 PM (approx) W0192A Wawayanda State Park

Sun, Mar 17 8:00 AM-5:00 PM (approx) . . W0292A

LADIES ONLY ADVENTURES

These programs are designed for women looking for a like-minded group that's ready to get outside and enjoy the outdoors throughout the year.

Ladies Adventure Course Series

(adults)

Experience adventure, thrills and excitement during this three course series. Challenges include cross country skiing, geocaching, archery and a winter hike all at Thompson Park. Cross Country ski session will run with or without snow. As you set your goals and move beyond your fears, you'll gain self-awareness, confidence and the joy of receiving and giving support to your fellow womankind.

Four Sessions \$70.00 Per Person

Thompson Pk Activity Barn

Thu, Jan 17-Feb 7 9:30 AM-12:00 PM W0591A

Ladies Weekend of Adventure and Relaxation

(adults)

Join "just the ladies" hiking during the daylight, some basic yoga stretches and a warm cabin to relax in the evening. We stay at the AMC's Mohican Outdoor Center surrounded by the beautiful Kittatinny Mountains. Lodging amenities include bunk rooms, private baths, full kitchen, and fireplace. Price includes one dinner, two breakfasts, snacks, warm drinks, snowshoes, transportation, and Park System leaders.

Rating: Moderate, rocky terrain, some steep ascents and descents. Miles: 3-6 per day.

REGISTRATION DEADLINE: December 16, 2018 (registration will remain open until February 13 if minimum is met by December 16)

\$240.00 Per Person

Orientation (mandatory)

Thompson Pk Vis Ctr Walnut Room

Wed, Feb 137:00-9:00 PM

Trip

Board: 7:00 PM. Return: 3:00 PM (approx)

Ladies Winter Hiking Club

(adults)

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

Rating: Easy/moderate, sandy, rocky, some hills, fields, muddy, icy, or snowy trails. Miles: 2-4 Ten Sessions \$100.00 Per Person

1/2 - Thompson Pk Estate Grounds Parking Lot
1/9 - Shark River Pk Shelter Bldg
1/16 - Turkey Swamp Pk Shelter Bldg
1/23 - Holmdel Park Lake
1/30 - Huber Woods Env Ctr Parking Lot
2/6 - Freneau Woods Pk Vis Ctr Parking Area
2/13 - Tatum Pk Holland Act Ctr Parking Area
2/20 - Thompson Pk 3 Barns Parking Lot
2/27 - Clayton Park Parking Lot

3/6 - Hartshorne Woods Rocky Point Parking Lot

Wed, Jan 2-Mar 6 10:00 AM-12:00 PM.... W1391A

Hike and Campfire at Big Brook Park



(adults)

The weather outside is frightful but the fire is so delightful! Take a hike at Big Brook Park. Once you're done warm up at the outdoor campfire and sip on some hot cocoa. Dress for the weather; hiking/snow boots required.

Rating: Easy, muddy, snowy, icy trails possible. Miles: 1+ One Session \$12.50 Per Person

Big Brook Pk Parking Lot

Sun, Dec 9 12:30-2:00 PMU0591A Sun, Jan 27 12:30-2:00 PMU0291A

Hook Mountain Hike



(adults)

Climb to the summit of Hook Mountain with outstanding views over the Hudson River, and returns via a trail that runs along the river.

Please Note: Hiking boots are required.

Leader: Andrew Imperieale

Rating: Moderate to strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 6

One Session \$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Dec 1 7:30 AM-4:00 PM (approx) W0691A

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. Boot stabilizers (yak tracks) and trekking poles are highly recommended.

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

Five Sessions \$60.00 Per Person

1/12 - Thompson Pk 3 Barns Parking Lot

1/26 - Tatum Pk Holland Act Ctr Parking Lot

- 2/9 Turkey Swamp Pk Shelter Bldg
- 2/23 Huber Woods Env Ctr Parking Lot

3/9 - Hartshorne Woods Rocky Point Parking Lot

Sat, Jan 12-Mar 9 9:00-11:00 AM W1491A

Paws on the Trail

(adults)



Time to walk the dog? Why not get out there with other dog lovers hiking in a different county park each week. Hit the trails with your canine friend on this friendly four pawed series. Be sure you have a leash and your dog must be up-to-date on all vaccinations. (Bring documentation records with you). This is a trail hiking program so proper footwear for wet, muddy, icy, trails expected.

Rating: Easy/moderate Miles: 3+ approx Four Sessions \$45.00 Per Person 12/1 - Thompson Pk 3 Barns Parking Lot 12/8 - Huber Woods Pk South Parking Lot

12/15 - Holmdel Pk Ramanessin Parking Lot

12/22 - Tatum Pk Holland Rd Parking Lot

Sat, Dec 1-22 8:30-10:30 AM W3584A

Polar Bear Hiking Series



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 snow shoes. 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, rocky, wet, inclines and declines. Miles: 2.5-4

Seven Sessions \$100.00 Per Person

- 1/6 Thompson Park
- 1/20 Allaire State Park
- 2/3 Cheesequake State Park
- 2/17 Huber Woods Park
- 3/3 John Philips
- 3/17 Hartshorne Woods

3/31 - Cattus Isle

Thompson Pk Estate Grounds Parking Lot Sun, Jan 6-Mar 31 8:00 AM-12:00 PM (approx) .. W1291A

Cross-Country Ski & Snowshoe Rentals

Cross-country ski equipment is available for rent on a first come, first served basis at the *Thompson Park Ski Hut*, Lincroft. Check the Winter Activities page of our website for current conditions and modified hours.

December 15, 2018-March 15, 2019 (when snow conditions are favorable)

Cost: Ski equipment - \$20.00 per set Snowshoes - \$15.00 per pair (cash or check only)

For more details, see the inside front cover.

Twin Forts Historical Hike



Fort Montgomery and Fort Clinton were the scenes of fierce revolutionary War battles in 1777. We will have a tour of the important military post before embarking on a hike to Bear Mountain via the Popolopen Foot Bridge and through Trailside Zoo which is a part of the Appalachian Trail. Discover the great history and enjoy the panoramic views along the Hudson River.

Please Note: History buffs 10 and up welcome to register with participating adult.

Rating: Easy/moderate, seasonal trail conditions: ice, snow, rocks, dirt. Miles: 4

One Session \$40.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sat, Feb 23 8:00 AM-5:00 PM (approx) ... W3191A



(adults)

The Museum at Bethel Woods is dedicated to the study and exhibition of the social, political and cultural events of the 1960s, including the Woodstock festival, the legacies of the times, all on the site of the 1969 Woodstock Music and Art Fair Grounds. To borrow from 1960s ideology, everyone has the power to change the world. (Makes a great Holiday Gift)

One Session \$55.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Dec 9 8:30 AM-5:30 PM (approx).... W1591A

WINTER OUTDOOR ADVENTURES

Cross-Country Ski and Snowshoe Trips

(adults)

Cross Country/Snowshoe Touring centers offer groomed trails for both the novice and experienced skier with a cozy retreat from the weather and an opportunity to grab a bite to eat. This is a ski/snowshoe on your own or with the leader. Cross country skis/snowshoes can be provided please give shoe size/height/weight at registration. Which touring center will be determined the day before due to changing snow conditions and an email will be sent out with the destination. Skier/ Snowshoer responsible for trail fees. Contact 732-842-4000, ext. 4238, for additional information.

One Session \$50.00 Per Person

Thompson Pk 3 Barns Parking Lot Sat, Feb 23 7:00 AM-5:30 PM (approx) ... W3491A Sat, Mar 9 7:00 AM-5:30 PM (approx) W0692A



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 experience will run using natural snow or our custom ski-mats. All ski equipment is provided.

One Session \$30.00 Per Person

Thompson Pk Ski Hut

Sun, Dec 16 12:30-2:30 PM	W1691A
Sun, Jan 6 12:30-2:30 PM	W1791A
Sun, Feb 3 12:30-2:30 PM	W1891A

Curling - Let's Try It!

(adults)

"Chess on Ice." The Plainfield Curling Club will be ready to teach you how to play, including throwing and sweeping stones before we are divided into teams to play games. You could be our next USA Olympian why not? Makes a great holiday gift! Transportation via minibus. Please Note: Ages 12 and up welcome to register with registered adult.

One Session \$216.00 Per Person

Thompson Pk Estate Grounds Parking Lot Sun, Jan 20 12:00-3:30 PM (approx) W0791A

Weekday Downhill Ski Trip



Hit the slopes hard and relax as we do the driving on this Thursday downhill ski trip. Blue Mountain is known for its friendly atmosphere and excellent ski opportunities with 16 lifts, 39 trails and PA highest vertical drop. The skier is responsible for equip rental/lessons/food and the lift ticket.

Please Note: Skiers age 10 and up are welcome to register with a participating paying adult.

One Session \$50.00 Per Person

Thompson Pk Estate Grounds Parking Lot Thu, Feb 7 6:30 AM-5:00 PM (approx) W3591A

ADULTS

PERFORMING ARTS

Ballroom Latin Dancing

(adults)

Feel the beat as you learn the Cuban Motion, Rumba, Cha Cha Cha, Salsa, Bachata and, time permitting, the Disco Hustle.

Six Sessions \$64.00 Per Couple

Tatum Pk Red Hill Act Ctr

Tue, Jan 8-Feb 12 7:30-9:00 PM	A4291A
Tue, Feb 26-Apr 2 7:30-9:00 PM	A4391A

Ballroom Smooth Dancing

(adults)

This program will provide the techniques to allow you to enjoy an evening of dancing which includes the Foxtrot (basic and alternate rhythms), Waltz (both in a box and traveling around a room), and the Tango. Time permitting we may also work on the Merengue.

Six Sessions \$64.00 Per Couple

Tatum Pk Red Hill Act Ctr

Wed, Jan 9-Feb 13 7:30-9:00 PM	A4491A
Wed, Feb 27-Apr 3 7:30-9:00 PM	A4591A

Hula: Sacred Dance of Hawaii

(adults)

Bring a little piece of the Hawaiian Islands here to Monmouth County by learning the beautiful ancient art of the hula. You will practice the various steps and arm movements of the dance and the cultural and spiritual significance of each, all taught by a native Hawaiian instructor. Please also bring a short sarong or dancing scarf if you have one, a bottle of water, and a notebook and pen to take notes.

Six Sessions \$80.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Jan 21-Feb 25 6:00-7:00 PMA3691A

Square Dancing - Level 2

(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 \$52.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Jan 8-Mar 26 7:30-9:30 PMA8991A

BASKETBALL

SPORTS & FITNESS

Co-Ed Open Basketball - 20 & up

(ages 20 and up)

Looking for a place to play some hoops but don't want the commitment of a structured league? This basketball program is open to men and women age 18 and over. Emphasis of this program is exercise and fun. Prefer to just drop in? Pay \$5 per person, cash or check only, to drop by for one session.

Eight Sessions \$40.00 Per Person

Drop in for one session and pay \$5.00 per person (cash or check only).

Fort Monmouth Rec Ctr Gym A

Mon, Dec 10-Feb 25 8:00-10:00 PM M2691X No class 12/24, 12/31, 1/21, 2/18

Men's Open Gym Basketball

(adults)

When you're looking for a place to shoot hoops where weather is not a factor, our climate controlled gymnasium is available.

Twelve Sessions \$55.00 Per Person

Drop-in for one day for \$5.00 per person (cash or check only).

Fort Monmouth Rec Ctr Gym A

Sun, Dec 9-Feb 24 8:00-10:00 AM..... M5691X

FENCING

Touché! Intro to Fencing

(adults)

Make new friends, embark on new adventures and develop new skills. 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 B (119)

Fri, Dec 7-Jan 25 7:00-7:55 PM XA691A

FITNESS

Aerostep

(adults)

Burn mega calories and build lean muscle mass in this fun and easy to follow fitness program! Through a combination of cardiovascular and strength training, you will increase your stamina and condition your entire body. Our instructor will keep you moving and motivated as a variety of equipment will be used to keep those muscles guessing. Break through to a new level of fitness as we alternate between different step combinations, plyometric drills, and weighted exercises. All levels of fitness are welcome as modifications are shown accordingly throughout class.

Fourteen Sessions \$98.00 Per Person Tatum Pk Red Hill Act Ctr

Tue, Thu, Jan 8-Feb 21 5:30-6:30 PMX3291X

Basic Belly Dance

(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.

Eight Sessions \$104.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Jan 10-Feb 28 7:30-8:30 PMX3991X

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.

Eight Sessions \$112.00 Per Person Dorbrook Rec Area Act Ctr

Tue, Jan 8-Feb 26 7:20-8:50 PM.....X3891X

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.

Fourteen Sessions \$112.00 Per Person

Dorbrook Rec Area Act Ctr

Mon,Wed, Jan 7-Feb 27 9:30-10:25 AM ...X2491X No class 1/21 & 2/18

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.

Seven Sessions \$56.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 8-Feb 19 6:30-7:00 PM.....X3391X

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 8 6:00-7:30 PM..... XA791A

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

Six Sessions \$78.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Jan 12-Feb 16 8:00-9:00 AM.....X3591A

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, 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 10-Mar 31 10:00-11:00 AM M5291A



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.

Fourteen Sessions \$112.00 Per Person

Dorbrook Rec Area Act Ctr

Mon,Wed, Jan 7-Feb 27 10:30-11:25 AM . . X2591X No class 1/21 & 2/18

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.

Eight Sessions \$64.00 Per Person

Dorbrook Rec Area Act Ctr **Thu, Jan 10-Feb 28 9:30-10:30 AM.....X2691X** Tatum Pk Holland Act Ctr

Fri, Jan 11-Mar 1 8:15-9:15 AMX2791X Fourteen Sessions \$112.00 Per Person

Dorbrook Rec Area Act Ctr

Mon,Wed, Jan 7-Feb 27 7:15-8:15 PM X4191X No class 1/21 & 2/18

Tatum Pk Holland Act Ctr

Tue, Thu, Jan 8-Feb 21 6:30-7:30 PMX4291X

TENNIS

Indoor Tennis



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

Five Sessions \$140.00 Per Person Colts Neck Racquet Club

Intermediate

Wed, Jan 2-30 6:00-6:55 PM	X9291A
Wed, Jan 2-30 7:00-7:55 PM	X9591A
Wed, Feb 13-Mar 13 6:00-6:55 PM	X9391A
Wed, Feb 13-Mar 13 7:00-7:55 PM	X9491A

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. 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 9-Mar 20 6:30-9:00 PM......X6291A

YOGA

Brand New to Yoga Series! Level 1

(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. Instructors: Talena Ward (Evenings) & Lisa Mandragona (Mornings)

Six Sessions \$78.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 7-Feb 25 6:00-7:00 PM.....X1991A No class 1/21 & 2/18 Thu, Jan 10-Feb 14 6:00-7:00 PMX2391A

Ten Sessions \$130.00 Per Person Thompson Pk Vis Ctr Tulip Room

Thu, Jan 10-Mar 14 11:00 AM-12:00 PM...X1591A

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

Six Sessions \$78.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Fri, Jan 11-Feb 15 9:30-10:30 AMX0891X Fri, Feb 22-Mar 29 9:30-10:30 AMX0991X



(ages 17 and up)

Curious about yoga philosophy and interested in feeling more at peace? This yoga class will help us connect to the energy within, becoming more in tune with the natural energy cycles of our body. As we explore the chakras and dive deep into various yoga flows and positions, knowledge of these chakras will help us to understand what life balance looks like in our personal life. This class culminates in a long savasana (resting pose) with reiki and gentle massage. Please bring a yoga mat and water.

Instructor: Shannon Nelson, Certified Hatha Yoga Teacher and Reiki Practitioner, Owner of Seeking Self Ten Sessions \$135.00 Per Person

Manasquan Res Vis Ctr Waterview Room

Wed, Jan 9-Mar 13 9:30-11:00 AMX5591A

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.

Six Sessions \$78.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 7-Feb 25 7:00-8:00 PM.....X1891A No class 1/21 & 2/18

Easy Morning Yoga

(adults)

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

Instructor: Talena Ward, Certified Kripalu Yoga Instructor Eight Sessions \$104.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Jan 10-Feb 28 10:00-11:00 AM.....X3191X

Hatha Yoga AM

(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. All levels welcomed!

Instructor: Lisa Mandragona

Ten Sessions \$130.00 Per Person Tatum Pk Holland Act Ctr

Tue, Jan 8-Mar 12 10:00-11:00 AM.....X1391X

Hatha Yoga PM

(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 Red Hill Act Ctr

Thu, Jan 10-Mar 14 6:45-7:45 PMX1491X

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 5 to 8 breaths. We will complete our practice with meditation to enhance & 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 7-Feb 25 6:00-7:00 PM.....X4091X No class 1/21 & 2/18

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 10-Mar 14 10:00-11:00 AMX1791X**

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)

Six Sessions \$81.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 7-Feb 25 9:15-10:45 AMX1291X No class 1/21 & 2/18

Thompson Pk Vis Ctr Tulip Room

Tue, Jan 8-Feb 12 9:15-10:45 AM	.X1091X
Tue, Feb 19-Mar 26 9:15-10:45 AM	.X1191X

Vinyasa Flow Yoga

(adults)

Yoga is a process of self-awareness, self- discovery, and self-realization. Most of us are seeking a path to spirituality, even if we do not consciously realize it or express it. Lotus Flow style 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.

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 and immersions in Yin, Anusura and Lotus Flow.

Twelve Sessions \$162.00 Per Person

Manasquan Res Vis Ctr Waterview Room

Tue, Dec 18-Mar 19 8:00-9:30 AM.....X2291X No class 12/25 & 1/1

Thompson Pk Vis Ctr Tulip Room

- **Mon, Dec 17-Mar 18 7:00-8:30 PMX2191X** No class 12/24 & 12/31
- Sat, Dec 22-Mar 16 8:00-9:30 AMX2991X No class 12/29

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 8-Mar 12 11:00 AM-12:00 PMX1691X

Yin/Yang Yoga

(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, and strengthening poses working on the yang tissues for building strength and fitness while the second part of the class focuses on soothing, grounding, restorative poses that turn off the overdrive switch. The long, 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 and immersions in Yin, Anusura and Lotus Flow.

Twelve Sessions \$156.00 Per Person

Manasquan Res Vis Ctr Waterview Room

Tue, Dec 18-Mar 19 9:45-11:00 AMX2891X No class 12/25 & 1/1

Thirteen Sessions \$169.00 Per Person

Thompson Pk Vis Ctr Oak Room

Wed, Dec 19-Mar 20 9:30-10:45 AM.....X2091X No class 12/26

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 19-Mar 20 7:00-8:15 PMX3091X No class 12/26

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, 1200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

Ten Sessions \$135.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jan 7-Mar 25 6:45-8:15 PMX0691X No class 1/21 & 2/18

Yoga for Baby-Boomers

(adults)

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

Please bring a yoga mat, a blanket or large beach towel and bottled water for hydration.

Instructor: Sonya Burke, RYT Yoga Alliance Certified Instructor

Please Note: Participants must be able to get up and down off the floor independently.

Eight Sessions \$108.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

 Tue, Jan 8-Feb 26 10:00-11:30 AM
 X0391X

 Henry Hudson Trail Act Ctr

Fri, Jan 11-Mar 1 10:00-11:30 AM.....X0591X

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

Instructor: Laurie Vuksanovich

Six Sessions \$78.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Jan 12-Feb 16 9:00-10:00 AMX3491A

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. Weather permitting, yoga is on the boardwalk or beach. In case of cold or inclement weather, class is in the Activity Center. Please bring a yoga mat, a towel or blanket, and water. In warmer weather bring a hat and sun screen. Instructor: Barbara Sager, 1200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists.

Thirteen Sessions \$175.50 Per PersonSeven Presidents Pk Act CtrSat, Jan 5-Mar 30 8:00-9:30 AMX0791X

ZUMBA

Brand New to Zumba

(adults)

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

Eight Sessions \$96.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Jan 10-Feb 28 6:15-7:15 PMX3791A

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 reenergize while having FUN! All you need are sneakers, comfortable clothing, water and a ready-to-move attitude!

Eight Sessions \$96.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 8-Feb 26 6:15-7:15 PM.....X3691A

2019 E. MURRAY TODD HALF MARATHON

Sunday, March 10, 8:30 AM Brookdale Community College Collins Arena, Lincroft

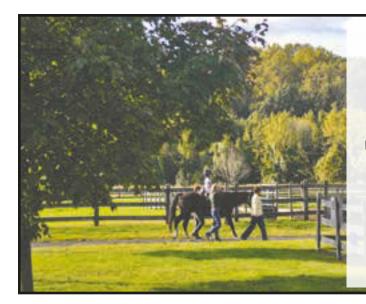
Forty-two years of racing tradition returns to one of New Jersey's most attractive courses. Run 13.1 miles on a beautiful course through Lincroft, Holmdel and Colts Neck.

Pre-registration is suggested and closes on February 28, 2019. Pre-registration can be done online at www.MonmouthCountyParks.com or by calling our Reservations staff at 732-842-4000, ext. 1, Monday through Friday, 8:00 AM-4:30 PM.

Race day registration will also be accepted beginning at 7:00 AM.

For additional information, visit us at www.monmouthcountyparks.com, call 732-542-1642, ext. 27, or email Jeff.Papcun@co.monmouth.nj.us.





Sunnyside Equestrian Center is located on Middletown-Lincroft Road in Middletown and is home to Special People United to Ride (SPUR). This program, which is offered through the Monmouth County Park System and sponsored by SPUR, is designed primarily to serve individuals with disabilities.

Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For information on horseback riding lessons for individuals with disabilities or about volunteering with the program, please call 732-224-1367.

Beginner Youth Horseback Riding Lessons (ages 8-12)

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 2018-2019

Fri, Nov 30-Feb 1 5:30-6:30 PMV1484A No lesson 12/21 & 12/28

Winter 2019

Fri, Feb 22-Apr 12 5:30-6:30 PMV0191A

Equine Environment for Learning

(entering grades 6-10)

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 Workshop (2) (all ages)

Sunnyside Equestrian Center is proud to offer our Veterans and Active duty military personnel specially tailored Horses For Heroes Workshops. Learning about horse behavior and utilizing non- mounted interactive activities a bond between Veterans and their equine partner develops. The workshops are run by PATH certified therapeutic riding instructors and PATH certified Equine Specialists. The workshops are provided at no cost to the Veterans. Group size maximum is 10 Veterans. To schedule a workshop 732-224- 1367, ext 1#

SPUR Horseback Riding Lessons for Ø

(ages 4 and up)

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.



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 in Monmouth County's rural past. This interpretation includes the breeds of animals and crops raised a this 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. Visitors may enter at their leisure, free of charge. Please note that dogs are not permitted on the farm. *For more information about the Farm, visit www.MonmouthCountyParks.com.*

Christmas Candymaking

Brandy McCann will be demonstrating the art of candy making, creating tasty chocolate delicacies and other sweet treats from the 1890s Fannie Farmer's cookbook. **Saturday, December 8, 1:00-3:00 PM**

Blacksmith Demonstration 🔗

Visit Longstreet Farm and see what the blacksmith is making in his shop.

Sunday, December 9, 1:00-3:00 PM Sunday, January 13, 1:00-3:00 PM Sunday, February 10, 1:00-3:00 PM

The Sounds of Christmas 🟸

Celebrate the holidays 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 9, 1:00-3:00 PM**

Christmas Sing-Along 🕬

This holiday season, enjoy an old-fashioned singalong as Rick Garland plays the piano in the Longstreet farmhouse.

Saturday, December 15, 1:00-3:00 PM

Visit with Santa ᅞ

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 you camera.

Saturday & Sunday, December 22 & 23, 12:00-3:00 PM





(ages 7 and up)

Join the Longstreet Farm staff for an informal session on hand-sewing basics - learn 5 basic stitches, easy mending techniques, 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 in a no- pressure environment!

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

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, January 19, 11:00 AM-3:00 PM Saturday, February 16, 11:00 AM-3:00 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 26, 12:00-2:30 PM

Purls of Wisdom Knitting Bee 🕬

Gather your needles and yarn, and come sit a spell! This gathering is a great opportunity to share patterns, get some work done on a forgotten project, or to learn a new hobby. Farm staff will be on hand to help newcomers with casting on or to teach the basics. More seasoned knitters are welcome to share their love of knitting!

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

Rug Hooking Gathering

(adults)

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 8-Mar 12 10:00 AM-3:00 PMF0291A Tue, Mar 19-May 21 10:00 AM-3:00 PMF0192A





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 the Farm, visit www.MonmouthCountyParks.com.

Sleigh Selfies 💯

Our decorative red sleigh and a selection of historical hats and bonnets will be ready for your selfie. Create a charming Currier & Ives style image to share for the holidays. Please no professional photographers.

Saturday & Sunday, December 1 & 2, 1:00-4:00 PM

Samplers: Historical Documents 🕬 🕬

View local 18th and 19th century samplers from a private collection. This special Show and Tell afternoon at Historic Walnford will include what has been learned about the young women who created the samplers and share the progress of the carefully executed stitches recreating an 18th century Waln family sampler.

Sunday, December 9, 1;00-4:00 PM

Historic Myths BUSTED 💬

It can be tricky to sort out fact from fiction; do we record and remember history as it was or as we want it to be? What can skew our perspective? We will explore some common historical misunderstandings and share fun facts and credible accounts about the past.

Saturdays & Sundays from January 5-20, 1:00-4:00 PM



We've made it half way through the Winter; have you been to Walnford this season? We have facts and folklore about groundhogs, historical winter fun, seasonal chores and maybe a few signs of spring to share with you. Sunshine or clouds, come to see the past from a new perspective.

Saturday, February 2, 9:00 AM-4:00 PM

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.

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 5-Feb 16 10:00 AM-12:00 PM.... D1891A Class meets 1/5, 1/19, 2/2 & 2/16

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.

Twelve Sessions \$132.00 Per Person

Tatum Pk Holland Act Ctr

Wed, Jan 9-Mar 27 6:00-7:00 PM..... D0691A

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 Program. Please call Anne at 732-460-1167, extension 24 for more information.

Night Out

(ages 16 and up, with special needs)

Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff to participant ratio. Please call Justin at 732-460-1167, ext. 22, for more information.

One Session \$25.00 Per Person

Monster Mini Golf and Pizza!

Tonight we will be meeting at the Fort Monmouth Rec Center on Hope Road for a pizza dinner and then heading down the road to Monster Mini Golf in Eatontown for a fun night with friends! 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 extension 22 ahead of time. Pick up will be from Monster Mini Golf.

Fort Monmouth Rec Ctr Prog Rm A (118)

Fri, Jan 25 5:30-9:00 PM D0491A Inclement Weather Date: 2/1

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 in the Monmouth Mall parking lot; 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.

Dorbrook Rec Area Act Ctr Parking Lot

Fri, Feb 22 5:15-10:00 PM D0591A Inclement Weather Date: 3/1

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. Participants must be able to function in at least a 1:2 staff to participant ratio. Please call Justin at 732-460-1167, ext. 22, for more information and to give notification about any food allergies or dietary considerations.

Please Note: Beginning in 2019, all Now We're Cooking programs are now three hours instead of two. One Session \$28.00 Per Person

A Tour of Italy

Prepare a delicious feast featuring some of your favorite dishes. On the menu for the evening are chicken parmigiana, spaghetti, risotto, vegetables, salad, and several desserts. Bring your culinary skills and appetite! Dorbrook Rec Area Vis Ctr

Fri, Jan 11 6:00-9:00 PM D1691A

Inclement Weather Date: 1/18

Special Trip

(ages 16 and up, with special needs)

Come join us as we travel to exciting events and destinations outside 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. Please call Justin at 732-460-1167, ext. 22, for more information. **One Session \$65.00 Per Person**

Liberty Science Center

Looking to get out of the house on a cold winter's day? Join us as we travel to the Liberty Science Center in Jersey City. You can spend the day checking out the many fun exhibits, animals, and activities that they have to offer. Enhance your love of learning and adventure! Registration fee covers transportation, supervision, and admission. Please bring at least \$20 for lunch at the Skyline Café on the premises.

Dorbrook Rec Area Act Ctr Parking Lot

Sat, Feb 2 9:30 AM-4:00 PM D1591A Inclement Weather Date: 2/9

TRIPS

Inflation Eve

(all ages, under 18 with adult)

Bundle up and join the excitement on 77th Street and Columbia Avenue. Preview the big balloons as they are inflated by Macy's employees and volunteers in preparation for the Thanksgiving Day parade. Rain or shine.

\$35.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Board: 1:00 PM..... Return: 9:00 PM (approx)

A Christmas Carol - The Musical

(all ages, under 18 with adult)

Dutch Apple Dinner Theater presents a season favorite. Even for a grumpy old miser like Ebenezer Scrooge, it's never too late to change. But when he's visited by three ghosts - Past, Present, and Future - he discovers his selfish ways and greets Christmas morning with a new found happiness. Through the enduring love of Tiny Tim, he learns to spread goodwill and be happy. Price includes a traditional American style buffet dinner, soup & dessert, a Broadway-caliber show, motor coach transportation and volunteer Park System leader. **One Session \$110.00 Per Person**

Thompson Pk Estate Grounds Parking Lot

Sun, Dec 9 8:00 AM-7:30 PMA0291X

Metropolitan Museum of Art

(all ages, under 18 with adult)

Spend the day exploring the museum including 19th century European paintings, the American Wing, the Old Masters, and the Costume Institute. Fee includes bus transportation and Park System leader only; suggested donation for admission is payable at the entrance.

\$35.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Dec 15	A0791A
Board: 1:00PM	Return: 9:00 PM (approx)

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 19 8:00 AM-4:30 PM	IKC91A
Wed, Jan 30 8:00 AM-4:30 PM	IKD91A
Wed, Feb 20 8:00 AM-4:30 PM	IKE91A



(all ages, under 18 with adult)

2019 is the Year of the Pig and you can be part of the Festivities. See the spectacle of the parade followed by the firecrackers at Sara D. Roosevelt Park. Immerse yourself in this cultural spectacle featuring exotic delicacies and exuberant celebration. Chinatown at its best! Fee includes bus transportation and Park System leader. Rain or Shine.

\$37.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Feb 10	A9591A
Board: 9:00 AM	Return: 6:00 PM (approx)

Brrr-onx Zoo



(all ages, under 18 with adult)

Why hibernate in your home when you can see the Bronx Zoo in winter? Don't worry about getting chilled you can always warm up in Jungle World. Fee includes Park System leader and bus transportation. Rain or shine.

\$35.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Feb 16	A9491A
Board: 9:30 AM	Return: 5:30 PM (approx)

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.

\$35.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Feb 23......A9391A Board: 8:30 AM Return: 5:00 PM (approx)

2019 Philadelphia Flower Show

(all ages, under 18 with adult)

The Pennsylvania Horticultural Society presents "Flower Power!"This show pays tribute to the enormous impact of flowers in our lives. From the first blooms of spring in your home garden to the expansive fields that fuel economies, flowers influence how we feel, think and act in small and global ways. The Pennsylvania Horticultural Society is also proud to announce that the FTD World Cup 2019 floral design competition will take place at the Flower Show. This once-in-a-lifetime experience combines breathtaking talent with floral perfection. Don't miss the magic! Price includes admission to the flower show, bus transportation and volunteer Park System leader.

\$68.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Mar 2	A0292X
Board: 11:30 AM	Return: 8:30 PM (approx)
Fri, Mar 8	A0392X
Board: 11:30 AM	Return: 8:30 PM (approx)
Sat, Mar 9	A0492X
Board: 9:30 AM	Return: 6:30 PM (approx)

One World Observatory

(adults)

View New York City from 102 stories high! In the heart of Tribeca in downtown Manhattan, One World Observatory offers more than just a birds-eye view of the city. Also known as the Freedom Tower, a trip to the Observatory offers quests an interactive and historical experience regarding the area, a chance to see the bedrock below on which the tower is built and a thrilling ride in the "SkyPod" up 102 stories in 47 seconds! After, you can explore on your own other local attractions such as St. Paul's Chapel, Federal Hall or the 9-11 Memorial and Museum and some of the many lunch options this area is home to. Price includes group reservations to One World Observatory, "SkyPod" elevators, Park System volunteer leader and round-trip motor coach transportation. Please Note: Reservations are suggested in advance for the 9-11 Memorial and Museum.

\$75.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Mar 13	A1592X
Board: 8:00 AM	Return: 6:00 PM (approx)

Monmouth County Park Locations

PARKS/HISTORIC SITES

Mount Mitchill Scenic Overlook, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670 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 Manasquan River Greenway*, Freehold to Howell 732-462-7286 or 732-919-0996 Bayshore Waterfront Park, Port Monmouth Road, Port Monmouth 732-787-3033 Sunnyside Equestrian Center, Middletown-Lincroft Road, Lincroft 732-224-1367 Monmouth Cove Marina, Port Monmouth Road, Port Monmouth 732-495-9440 Seven Presidents Oceanfront Park, Ocean Avenue, Long Branch 732-229-7025 Wolf Hill Recreation Area, Eatontown Boulevard, Oceanport 732-229-7025 Manasquan Reservoir, Windeler Road, Howell 732-751-9453, 732-919-0996 Metedeconk River Greenway[†], Freehold to Howell 732-462-7286 or 9265 Dorbrook Recreation Area, Route 537, Colts Neck 732-542-1642 or 1643 Fort Monmouth Recreation Area, Guam Lane, Tinton Falls 848-456-4278 Hartshorne Woods Park, Navesink Avenue, Locust 732-872-0336 or 2670 **DeBois Creek Recreation Area**[†], Highway 33, Freehold 732-842-4000 Henry Hudson Trail, Highlands to Aberdeen to Freehold 732-787-3033 Huber Woods Park, Browns Dock Road, Locust 732-872-2670 or 0336 Swimming River Park, West Front Street, Middletown 732-741-9676 Shark River Park, Schoolhouse Road, Neptune 732-922-4080 or 3868 Historic Longstreet Farm, Longstreet Road, Holmdel 732-946-3758 Turkey Swamp Park, Georgia Road, Freehold 732-462-7286 or 9265 Perrineville Lake Park*, Sweetmans Lane, Millstone 609-259-5794 Historic Walnford, Walnford Road, Upper Freehold 609-259-6275 Clayton Park*, Emley's Hill Road, Upper Freehold 609-259-5794 Thompson Park, Newman Springs Road, Lincroft 732-842-4000 Tatum Park, Red Hill Road, Middletown 732-671-6050 or 1987 **Wickatunk Recreation Area**[†], Rt. 79, Marlboro 732-946-9562 Deep Cut Gardens, Red Hill Road, Middletown 732-671-6050 Union Transportation Trail*, Upper Freehold 609-259-5794 **Freneau Woods Park**[†], Marlboro & Aberdeen 732-842-4000 Baysholm Tract^T, Burlington Road, Freehold 732-431-4664 Crosswicks Creek Park*, Upper Freehold 609-259-5794 Holmdel Park, Longstreet Road, Holmdel 732-946-9562 Weltz Park*, West Park Avenue, Ocean 732-229-7025 Big Brook Park*, Route 520, Marlboro 732-834-9607

GOLF COURSES

Bel-Aire Golf Course, Allaire Road, Wall 732-449-6024
 Charleston Springs Golf Course, Smithburg Road, Millstone 732-409-7227
 Hominy Hill Golf Course, Mercer Road, Colts Neck 732-462-9222
 Howell Park Golf Course, Preventorium Road, Howell 732-938-4771
 Pine Brook Golf Course, Covered Bridge Boulevard, Manalapan 732-536-7272
 Shark River Golf Course, Old Corlies Avenue, Neptune 732-912-4141



Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.

Protecting the Jersey Shore's apidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.



* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable tollets, etc.) at this time.
† Monmouth County Park System sites that are undeveloped for use and offer to facilities (parking lot, trails, restrooms, etc.) at this time.

Cellow Brook Tract[†], Highway 33, Howell 732-751-9453 or 732-919-0996



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 ¹/₂ hours prior to a program's starting time to find out whether it has been cancelled due to BAD WEATHER. The message includes only programs cancelled due to bad weather. Call 732-842-4000, ext. 6.

Americans with Disabilities Act

The County of Monmouth does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities. Joseph Sardonia, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4264, has been designated by the Board of Recreation Commissioners to be the Park System's Compliance Officer, to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice Regulations. Information concerning the provisions of the Americans with Disabilities Act, and the rights provided thereunder are available from the above named coordinator. If you require any accommodations because of a disability, please indicate at time of registration.

Please Register Early

Due to limited space, there may be times when a program cannot accommodate all who want to register. Park System programs and events are promoted in many different ways. Due to the necessity of printing far in advance of circulation, there may be times when a program included in this publication will be sold out prior to general circulation.

Programs that do not meet minimum enrollment may be cancelled. Please provide accurate contact information when you register so that we may notify you in the event that a program is cancelled.

Program Refunds/Fees

In planning trips and programs, the Monmouth County Park System incurs many non-recoverable expenses on behalf of the participant.

Refund Policy

1. A full refund will be given when a program or trip is cancelled by the Monmouth County Park System.

2. No refunds or credits will be given for any sessions missed by the participant.
3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.

- General program or one-day trip: full refund with at least 10 days advance notice, less \$5 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
- Multi-day bus/van trip or ticketed day trip: full refund with at least 45 days advance notice, less a \$25 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
- Camps: full refund with at least 45 days advance notice, less a \$25 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)

If adequate advance notice is not provided, and your space can not be filled, all fees are forfeited.

Vacation Insurance

Travelers on overnight tour packages are encouraged to secure travel insurance. For additional information, contact Rachel Cohen at 732-542-1642, ext. 29.

Registration Information

Unless otherwise stated, all programs require pre-registration. Registrations are on a first-come, first-served basis.

Fees

Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard, or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to "Board of Recreation Commissioners".

Registration

You may register:

• Online 24/7 beginning at 8:00 AM on November 7. Visit the "Program Registration" page at www.MonmouthCountyParks.com to become a registered user.

• By Phone beginning at 8:00 AM on November 7. 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 7. 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 7, 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 Ph	none	
Payment Method:	🔾 Check	🔾 Visa	MasterCard	O Discover	
Card Number			Expiration	Date	CVV (last 3 digits in signature strip on back of card)
Do you require any sp	pecial accomn	nodations to	participate in this	orogram/activity?	Yo 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.



It may be getting colder outdoors, but we're already thinking about how we can make your family's summer excellent! Be sure to check out the Camp/Swim volume of our Parks & Programs Guide.



"The counselors were absolutely fantastic and more than met our expectations:"

"The coach and counselors were great with children. They were very professional and kind."

The Monmouth County Park System's Camp/Swim Parks & Programs Guide will be available in most county parks and online on February 22.

Camp/Swim Registration can be done:

- Online 24/7 at www.MonmouthCountyParks.com beginning at 12:00 PM on Sunday, March 3
- By Phone at 732-842-4000, ext. 1, from 12:00-2:00 PM on Sunday, March 11 and will then resume Monday-Friday, 8:00 AM-4:30 PM
- In Person beginning Monday, March 12, 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



Monmouth County Park System 805 Newman Springs Road Lincroft, NJ 07738

DECEMBER 2018 Visit with Santa

Saturday & Sunday, December 22 & 23 12:00-3:00 PM Historic Longstreet Farm, Holmdel



JANUARY 2019 Photography Exhibit

January 2-31 10:00 AM-4:30 PM Deep Cut Gardens, Middletown

Seashore Open House

Sunday, January 20 1:00-4:00 PM Seven Presidents Oceanfront Park, Long Branch

DATED MATERIAL – PLEASE DELIVER BY 11/2/2018

FEBRUARY 2019 Photography Exhibit February 2-28 10:00 AM-4:30 PM Manasquan Reservoir Environmental Center, Howell

MARCH 2019 E. Murray Jodd Half Marathon

Sunday, March 10 8:30 AM Brookdale Community College Collins Arena, Lincroft

INFO: 732-842-4000, ext. 4312 • МоммоитнСоимтуРаккs.com 🗗 😏 🔟



Board of Chosen Freeholders:	Thomas A. Arnone, Director • Lillian G. Burry, Deputy Director John P. Curley • Patrick Impreveduto • Gerry P. Scharfenberger, Ph.D.		
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	CAPRA).	
	Thomas W. Adcock • James J. Truncer, Secretary-Director		