REGISTRATION BEGINS THURSDAY, August 29

Your guide to Programs, Events, Classes & More 2024 FALL PROGRAM GUIDE & NEWSLETTER

Ocean (C) County Parks & Recreation Natural Lands Trust BARNEGAT BRANCH TRAIL MOVING FORWARD





Brought to you by the Ocean County Board of Commissioners Virginia E. Haines – Chairwoman of Parks and Recreation

Barbara Jo Crea– Director, Gary Quinn – Deputy Director Virginia Haines, John P Kelly, & Frank Sadeghi

Mary J. Bavais Director of Parks and Recreation

www.oceancountyparks.org

The Barnegat Branch Trail - Moving Forward

by Donna Flynn - Ocean County Public Information Director

Cover Photo (bottom L) Ocean County Commissioner Virginia E. Haines, (right), Liaison to the Ocean County Parks & Recreation Department discusses future plans of the trail.

Winding its way north from Barnegat Township, Ocean County's 15.6 mile linear park – the Barnegat Branch Trail – is one of the largest and most-visited parks within the Ocean County Department of Parks and Recreation.

With just over 12 miles of trail completed, it provides an important connection between the communities along the Route 9 corridor in the heart of Ocean County.

"This park is unique to Ocean County and features areas that residents and visitors may not have been able to experience since they are deep in our natural woods," said Ocean County Commissioner Virginia E. Haines, chairwoman of Parks and Recreation for the County. "Each time we add to it, the park also grows in popularity."

The newest phase of trail construction is nearly completed in Berkeley Township. This phase extends north from Hickory Lane and will connect to the existing Beachwood Municipal Trail at Railroad Avenue. The new 1.5 mile section will be one of the most scenic areas of the trail as it passes along the forest and lakes of the former New Jersey Pulverizing property preserved by the Ocean County Natural Lands Trust Fund Program in 2016. Visitors will be sure to spot a variety of wildlife including turtles, deer, osprey and bald eagles. This section will also provide a continuous connection from Route 166 in Beachwood to South Street in Lacey Township. Completion is anticipated by fall of 2024.

The Barnegat Branch trail follows the existing right of way of the former Barnegat Branch Division of the Central Railroad of New Jersey. The Ocean County Board of Commissioners has been advancing construction of different areas of the trail with the first areas completed in the southern part of the County. Once completed, the trail will span more than 15 miles from Barnegat Township to Toms River Township.

So far, Ocean County has completed seven phases of the trail, which includes over 7.8 contiguous miles from Burr Street in Barnegat Township to Musket Road in Lacey Township. In addition, almost 3.25 miles from South Street in Lacey Township to Hickory Lane in Berkeley Township have been completed.

"The Barnegat Branch Trail is very popular with the residents and visitors of Ocean County not only by giving residents a route to travel by bike or walking, but also allowing access to many of our County Parks along the way," Haines said.

This linear "rail-to-trail" serves as both a recreational destination for walkers, runners and bicyclist as well as a safe transportation route connecting residential areas to many adjacent parks and businesses through Barnegat, Ocean, Lacey and Berkeley townships. The trail's wide, firm and flat trail surface caters to people of all ages and abilities. Parking and restroom facilities are located all along the trail, allowing for short and long trips. The trail is also dog friendly for your leashed companions.

"The Barnegat Branch trail is readily accessible to the more than 150,000 residents of its host municipalities and is within a short drive of Ocean County's population of more than 650,000," Haines said. "As the county's population continues to grow, the Barnegat Branch Trail plays an increasingly vital role in meeting recreational objectives."

As part of the trail's ongoing upkeep and maintenance program, Ocean County is putting the finishing touches on the renovation of 2-miles of trail from Barnegat Boulevard in Barnegat Township to Memorial Drive in Ocean Township. The work included resurfacing of the trail and parking areas as well as new fencing, trail signage, bike racks, and picnic tables. Additional improvements to the trail will take place in the winter months beginning at Volunteer Way in Ocean Township and heading north into Lacey Township.

Ocean County is also preparing to begin construction of the next phase of the Barnegat Branch Trail from the Beachwood Municipal Trail at Admiral Avenue to Herflicker Boulevard in South Toms River. This section of trail will include a new pedestrian bridge over the Jakes Branch of the Toms River, and will continue Ocean County's plans to complete a linear connection from Toms River to Barnegat.

"Even though parts of the trail are still being constructed, residents and visitors are all enjoying the over 12 miles of completed trail," Haines noted. "This started as a vision by former Ocean County Freeholders Jim Lacey and the late John Bartlett and what an outstanding addition to our park system it has turned out to be."

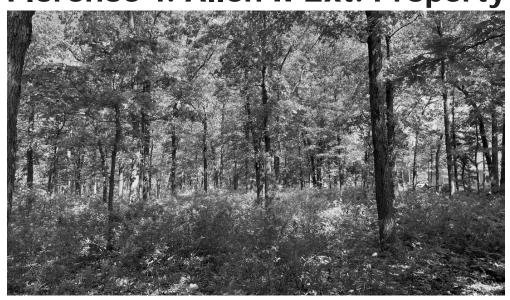
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Newsletter Editors: Michelle Urban & Carolyn Hofmann The Ocean County Parks & Recreation Newsletter is sponsored by the Ocean County Board of Commissioners and is prepared by the Ocean County Parks & Recreation Department Contributors: Active Recreation, Art and Environmental Staff.

Your Ocean County Lands Trust Property Florence T. Allen II Ext. Property



The Florence T. Allen Ext. II Property is 26.67 acres located in Berkeley Township, New Jersey. Located directly off of Route 9, this property was formerly known as the popular amusement park called 'Blackbeard's Cave'. When you approach the property, you will first notice the grassy area where the old driving range used to be. As you move towards the back of the property, you will notice the property turns into densely mixed forest with a trail that leads directly through our Northeast Mall Donation property. From there, you would be able to access Ocean County's Barnegat Branch Trail as well as the 800+ acre NJ Pulverizing property. The once known amusement park has since been demolished and no structures remain on the property.

Now, the property connects to the Ocean County's Natural Lands Trust's various properties located in Berkeley Township, connecting multiple preserves together to make it a nice opportunity for residents to utilize the properties for walks and runs throughout the preserves.



FREE WEEKEND PROGRAMS These programs are FREE and will be on a first-come first served basis. CATTUS ISLAND COUNTY PARK

Scales and Tales

Join a park naturalist as they dispel the myths and fears of native reptiles. You will see some of our live snakes and turtles up close and personal. Learn what makes these native species so special, and why they are such an important part of the ecosystem. This program is sure to inspire all young nature lovers. **No registration required.** LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River DATE: Saturdays and Sundays (excluding December 14 & 15th) TIME: 1:30 -2:00 pm AGE: All

Cattus Island Nature Walks Be a part of a 40-year Ocean County tradition! Join a park naturalist	
and follow in the footsteps of such legendary local environmentalists as A. Morton and Betty Cooper, Dorothy Hale and Pete McLain. Be prepared to discover the fascinating and diverse wonders of the natural world. *No registration required. LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River DATE: Saturdays and Sundays (excluding December 14) TIME: 2:00 – 3:00pm FEE: FREE AGE: AII	
October 5 & 6 Colors of Fall	
October 12 & 13 Carnivorous Plants	
October 19 & 20 Flora & Fauna of the Pines	
October 26 & 27 Cattus Island History	
November 2 & 3 Along the Main Trail	
November 9 & 10 As the Marsh Prepares for Winter	
November 16 & 17 Cattus Island History	
November 23 & 24 Hibernation Hike	
November 30 Feeder Birds	
December 1 Feeder Birds	
December 7 & 8 Down the Boardwalk Trail	
December 21 & 22 Cattus Family Holiday Traditions	
December 28 & 29 Trees in Winter	

Discovery Backpacks at Cattus Island

Cattus Island County Park has discovery backpacks that may be borrowed for FREE*. The packs include: a pair of binoculars, field guides, an audio guide to bird sounds, a dip net, tools for catching and observing insects, and a list of suggested activities and games. The packs are appropriate for groups of children of any age. *A member of the group must provide a driver's license for the staff to hold until the pack is returned.

Tour Cattus Island by Bike

Cattus Island has a small amount of bikes to loan out for use within the park. The bicycles are FREE* to use. Twenty-six inch adult bikes and twenty inch children's bikes and helmets are available. Helmets are required. You may borrow a bike for 2 hours, seven days a week between 10:00am and 2:00pm. Bicycles may not be taken out of the park. No baby/toddler seats are permitted. * A member of the group must provide a driver's license for the staff to hold until the bike is returned. Available until November 1st.

JAKES BRANCH COUNTY PARK

The following programs are Free, No Registration Required

Live Animal Talks

Come in and meet the animals of Jakes Branch County Park. Visitors will get an upclose look at the parks inhabitants and learn about each species. Talks will last approximately 20 minutes LOCATION: Nature Center, Jakes Branch County Park, Beachwood DATE: Sundays, October 6 – December 29 TIME: 1:30 pm FEE: Free

Discovery Nature Walks

Join a park naturalist on these brief but informative nature walks through Jakes Branch Park. Weather permitting - walks will not exceed 30 minutes. LOCATION: Nature Center, Jakes Branch County Park, Beachwood DATE: Sundays, October 6 – December 29 TIME: 2:00 pm AGE: All FEE: Free

Drop In and Discover

What will you discover about nature when you drop by and join us for a FREE activity and craft?

No registration required

LOCATION: Nature Center, Jakes Branch County Park, Beachwood

DATE: Saturdays, beginning October 5 - December 28

TIME: 1:30 – 3:00 pm, ongoing

FEE: Free

CEDAR BRIDGE TAVERN

The following programs are Free, No Registration Required

Tour of the Grounds at Cedar Bridge Tavern

Step back in time and walk the Cedar Bridge grounds with parks staff. Each stop along the way feature different historical or environmental topics. Tours will begin and end at the Cedar Bridge Tavern. Walking shoes required! No registration required. LOCATION: Cedar Bridge Tavern Historic Site, 200 Old Half-Way Road, Barnegat DATE: Fridays, October 4 & 18 TIME: 1:30 - 2:30 pm DATE: Saturdays, November 16 & 30, December 21 & 28 TIME: 10:00 - 11:00 am FEE: Free AGE: All

CLOVERDALE FARM COUNTY PARK

Monthly Bird Walks

Learn how Cloverdale Farm County Park's bird population changes month by month. This informative, one-hour bird walk is perfect for birders of all levels. Adults must remain with child. Please be prepared to walk a mile. Dress for the weather, wear comfortable sneakers or boots, and bring a pair of binoculars. If inclement weather, the program will be canceled.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat DATES/TIMES: Saturdays, September 7 8.00 - 0.00 am

0.00 - 9.00 am
8:00 - 9:00 am
9:00 - 10:00 am
9:00 - 10:00 am

AGES: 9 years - Adult

AGE: 3 - 5 years

AGE: All

CLOVERDALE FARM COUNTY PARK Armchair Birding

During this program, we will set up our chairs on the back porch of our Visitor Center to watch the birds at the feeders. A Naturalist will be at your side to help with bird identification. This program is great for beginning birders and those who may have limited mobility. Adults must remain with child. **Please bring a camp chair. If inclement weather, the program will be canceled.**

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat DATES/TIMES: Saturdays,

 DATES/TIMES: Saturdays,

 September 7
 9:30 - 10:30 am

 October 19
 9:30 - 10:30 am

 November 16
 10:30 - 11:30 am

 December 14
 10:30 - 11:30 am

 FEE: Free
 FEE: Free

AGES: 9 years - Adult

Family Bird Walk

Get those little feet moving and out in nature while learning about the birds that call Ocean County home. Adults must remain with child. Please be prepared to walk a mile. Dress for the weather, wear comfortable sneakers or boots, and bring a pair of binoculars. If inclement weather, the program will be canceled.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

DATES/TIMES: Sundays,

 October 20
 10:00 - 11:00 am

 November 17
 10:00 - 11:00 am

 December 15
 10:00 - 11:00 am

 FEE: Free
 10:00 - 11:00 am

AGES: All

Mushroom Walk

Join members of the New Jersey Mycological Association for a "hands-on" mushroom foray through Cloverdale. The New Jersey pinelands offer a wide array of fungal growth for us to explore. **This program will run rain or shine. Dress according to the weather.**

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat DATE: Saturday, November 9 TIME: 10:00 am - 12:00 pm FEE: Free, no registration required. AGES:

AGES: 12 years - Adult

Calling All Artists! Cloverdale Farm's Plein Air Weekend

Some of the most awe-inspiring works of art are associated with nature. Vincent Van Gogh's Starry Night, Claude Monet's Water Lilies, John James Audubon's watercolors of North American birds, and Albert Bierstadt and Georgia O'Keeffe's paintings of land-scapes all have left impressions upon our hearts. Cloverdale Farm County Park is opening its gates to all types of artists from dawn to dusk. Bring your own blank canvases and medium materials and get ready to create in this plein air-style (outside in open air) event. Keep in mind your eco footprint. Anything you bring in must be brought back home with you, including solvents or paint water, so be sure to pack containers and plastic bags.

LOCATION: Entire Park, Cloverdale Farm County Park, Barnegat DATES:

Friday, September 6 - Sunday, September 8

Friday, October 4 - Sunday, October 6 Friday, November 1 - Sunday, November 3 TIME: 8:00 am - 6:00 pm TIME: 8:00 am - 5:30 pm TIME: 8:00 am - 4:30 pm

FEE: Free

AGES: All; children must be accompanied by adult

Family Campout at Ocean County Park

Our hope is to give families some outdoor exposure. You should arrive having eaten dinner. We will have a campfire, take an evening nature walk and bed down for the night. You will need a tent, sleeping bag, marshmallows for roasting and a "no-cook" breakfast for the following morning. Children must be accompanied by an adult. If you have questions on what else to bring call 732-506-5122.

FEE: \$5.00 per person

AGE: 5 years - Adult

"Night of the Stars" at Jakes Branch

Spend the night under the stars with A.S.T.R.A., The Astronomical Society of the Toms River Area. Whether you're a budding astronomer or simply a casual stargazer, this night is for you. Volunteer members of the club will be on-site to share their out-of-this-world knowledge and answer your questions about the great unknown. They will have telescopes that will leave your mind reeling in amazement for days from the views you see. If you have your own telescope, feel free to bring it along and come a little early. The club members will be happy to give you pointers on how to find the planets and locate constellations. **No registration required**

. ****ENDING TIME APPROXIMATE. WEATHER PERMITTING!**** LOCATION: Sports Field Parking Lot, Jakes Branch County Park, Beachwood DATE: Saturday, October 5 TIME: 7:00 – 9:00 pm DATE: Saturday, November 9 TIME: 6:00 – 8:00 pm FEE: Free AGE: ALL

Beach Campfire at Barnegat Lighthouse State Park

Bring a chair or beach blanket, marshmallows and a roasting stick and settle in for a cozy evening around the campfire with beautiful Barnegat Lighthouse in the background. Our entertainment will be storyteller Robin Moore who will enchant you with eerie stories from Revolutionary times. **Programs are in cooperation with Barnegat Lighthouse State Park.**

LOCATION: Barnegat Light State Park DATE: Saturday, October 26 TIME: 7:00 - 9:00 pm FEE: Free

AGE: ALL

Jersey Shore BlueClaws Ballpark Tour

Shoretown Ballpark

Shoretown Ballpark first opened its gates in 2001 when the BlueClaws came to the Jersey Shore. This state-of-the-art facility features 6,588 reserved seats, 16 luxury suites, 2 party decks, 2 picnic areas, and a new 1,859-square foot video scoreboard. Bring your family and tour the ballpark. Take lots of pictures, as this is a thrill for any baseball fan. This is a great way to enjoy the day while many kids are off from school.

LOCATION: Shoretown Ballpark, New Hampshire, and Cedar Bridge Ave, Lakewood. Meet under the Tower by the Ticket Booth. NOTE: Due to possible stadium upgrades this tour may be altered or canceled.

Cattus Island Gingerbread House Contest and People's Choice Voting

Create and enter your very own Gingerbread House with the theme "Out in Nature". Entries must be mounted on a 12 inch by 12 inch board, and no taller than 12 inches. It must be constructed of edible materials. Entries can be dropped off at the Cooper Environmental Center from December 18-22 from 10am-4:30pm. All entries are displayed in the lecture room from December 26-January 5 from 10am-4pm for People's Choice Voting. Only one entry per person. Only one voting ticket per person. Categories include: Youth (0-6) (7-12) Teen (13-17) Adult (18+). Please email nvernachio@co.ocean.nj.us for the official rules. There is no fee or pre-registration.



Photo Opportunity with Santa Claus Families and Pets

Santa Claus will visit Cattus Island County Park for a fun photo opportunity with your family or pet. Bring your own camera, as one of Santa's helpers will be on hand to take your perfect holiday photo. All pets must be on a leash. This event is first come first served. LOCATION: Lecture room, Cooper Environmental Center, Cattus Island County Park, Toms River

DATE: Sunday, December 15 TIME: 11:00 am - 2:00 pm

FEE: Free



Christkindlmarkt in Bethlehem, PA

Come experience the Christmas City this season at Christkindlmarkt. This destination is one of the top holiday markets in the world. Enjoy aisles of exquisite handmade works by the nation's finest artisans, the heartwarming sounds of live holiday music, demonstrations of ice carving and glass blowing along with authentic German and Austrian foods!

Admission ticket into Christkindlmarkt is not included but can be purchased online or upon arrival

PICK-UP: Depart from the Beach Complex, Ocean County Park, Lakewood DATE: Friday, December 13.....BETHPA24 TIME: Bus departs at 8:00 am and returns approximately 6:30 pm FEE: \$ 55.00 (includes round trip bus transportation only)

LECTURES

12 Elements of a Thoughtful Bird Feeding Station with Wild Birds Unlimited

Join Wild Birds Unlimited, Toms River, to learn where to place your feeders, what food to offer and how to create a safe and inviting habitat for birds all year round. LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River TIME: 1:00 - 2:00 pm FEE: \$5.00 per person AGE: 12 years - Adult

Fall Garden Prep for Winter and Spring

Despite the weather cooling down, the garden work isn't over yet! Fall is the ideal time to save your summer bulbs, lay down compost for next year's bed, and take care of the overwintering pollinators in your ecosystem. In this lecture we'll go over your mustdo fall gardening checklist for a productive end-of-year and a healthy spring start. LOCATION: Program Room, Wells Mills County Park, Waretown

DATE: Tuesday, October 8 FEE: \$5.00 per person

AGE: Adult



TEACHERS!...Borrow-A-Naturalist

Calling all Ocean County teachers. Sick of fluorescent lights? Tired of cutting through the red tape to run a field trip? Invite a naturalist to do a nature walk on your school's grounds. Most of Ocean County's schools are located in some of the richest and most unique natural areas in the county. The naturalist can also answer questions and provide program ideas. Perfect for all grade levels.

> Contact Christopher Claus at (732) 506-5122 or cclaus@co.ocean.nj.us for more information or to set up an appointment.

LECTURES

Tuesday Talks

Legends of the Jersey Devil

You may have heard the famous Jersey Devil story, but do you know some of the other	
folk tales that have been told throughout the Pines for decades or even centuries?	
Ghost and cryptids, mysterious animal spirits, pirates and pine robbers, and more! Per-	
fect for spooky season!	
LOCATION: Cedar Bridge Tavern Historic Site, 200 Old Half-Way Road, Barnegat	
DATE: Sunday, October 27	1
TIME: 2:00 - 3:00 pm	
FEE: \$5.00 per person AGE: All	

International Incident: The Hanging of Captain Huddy

Beginner Astronomy – Buying Your First Telescope

Cattus Island Living Shoreline Restoration Project

Cattus Island is the most significant salt marsh and the largest breakwater in the northern portion of Barnegat Bay. The overall goal of this project is to restore critical shoreline areas of Cattus Island County Park to address significant erosion and prevent extreme wetlands and habitat loss in the Barnegat Bay. Some areas of the park have lost more than 300 feet over the past 85 years. This erosion is likely to increase over time, if the shoreline, and especially the northeast peninsula known as "Page's Point," is not stabilized. This power point presentation is an overview of the changes along the shoreline and the plans for restoration. LOCATION: Cooper Environmental Center, Lecture Room, Cattus Island County Park,

LECTURES

Bone Identification for Beginners

Have you ever found a skull in the forest and wondered what is was? Learn how to identify common bones and recognize different bone characteristics. LOCATION: Program Room, Jakes Branch County Park, Beachwood TIME: 10:30 - 11:30 am FEE: \$5.00 per person AGE: 16 years - Adult

Artwork of the Mary Etta Cox House

Get a first-hand view of the artwork found at the Mary Etta Cox House County Historic Site. The Cox Family collected over 200 pieces of artwork. Learn how the Parks Department has curated the items and about the future plans for the Cox House Ocean County Historic Site.

LOCATION: Cedar Bridge Tavern Historic Site, 200 Old Half-Way Road, Barnegat TIME: 2:00 - 3:00 pm

FEE: \$5.00 per person

AGE: All

WALKS and TALKS

World Migratory Bird Day Walk With Wild Birds Unlimited

World Migratory Bird Day is held twice a year, once in the spring and the fall. Join staff from Wild Birds Unlimited, Toms River for a fall migration walk through Cattus Island County Park. Plan to walk at least 1 to 2 miles. Binoculars are provided if needed. LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River TIME: 9:00 am -12:00 pm FEE: \$5.00 per person

AGE: 12 years - Adult

Spooky Evening Stroll: Hunter's Moon

Enjoy an evening of fresh air and folklore during October's full moon! Leading by lantern light, our Cattus Island Naturalists will get you into the spirit of spooky season as we explore the lives of nocturnal creatures and tell some shadowy tales of Cattus Island's past. Please wear comfortable walking or hiking shoes and dress for the weather. LOCATION: Cooper Environmental Center, Lecture Room, Cattus Island County Park, Toms River TIME: 6:30 – 8:00 pm FEE: \$5.00 per person AGE: 16 years - Adult

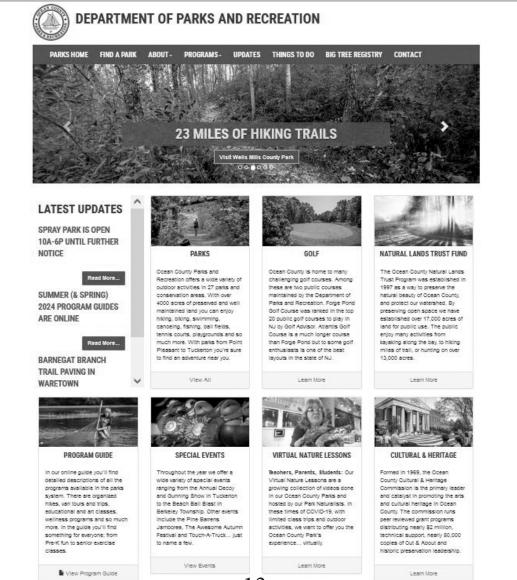
Sip N Stroll

Join us for a stroll down Great Bay Boulevard as we talk about various historical and environmental points of interest. First we will stop for some locally brewed coffee and other goodies at the Union Market. Walk will not exceed 2.5 miles. PICK UP: Parking Lot, Tip Seaman County Park, Tuckerton RETURN/DEPARTURE: 9:00 am - 11:30 pm FEE: \$6.00 per person AGE: 12 years - Adult

WALKS and TALKS

Wednesday Walks

Dock Road Full Moon Walk



JAUNTS

Jaunts are shorter and traverse easier terrain than most of our hikes. These programs are well suited for beginners or those simply seeking a shorter walk. Feel free to bring along a snack or lunch to eat at the end of the jaunt as we will generally be finished with our walk by lunch time. For later ending programs, we will have lunch at the location. Please wear shoes appropriate for hiking and dress for the weather. We recommend you arrive 15 minutes prior to departure time. All return times are approximate.

Bug spray with DEET is recommended.

For any questions, please call Wells Mills County Park at 609-971-3085.

Cheesequake State Park Jaunt

Traveling to Monmouth County

This 1,569-acre State Park consists of two divergent ecosystems; coastal salt marsh and upland forest, transitioning from saltwater and freshwater marshes and a white cedar swamp to a northeastern hardwood forest. Be prepared to climb many steps. PICK-UP: Nature Center Parking Lot, Jakes Branch County Park, Beachwood DEPARTURE/RETURN: 9:00 am - 1:00 pm

RATING & MILEAGE: Easy to Moderate: Hilly, some steep steps, may be wet- 4.5 miles

FEE: \$8.00 per adult / \$6.00 per child (ages 9-16)

Songbird Trail at Brigantine National Wildlife Refuge Jaunt

Traveling to Atlantic County

This jaunt will start off with a little birding along the 8-mile bird loop that we will drive around to get to the trail head. Then we will hike through a variety of upland habitats. For a small portion of the jaunt we will be walking along the wildlife drive. You are welcome to bring binoculars if you have them.

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DEPARTURE/RETURN: 9:00 am - 2:00 pm

RATING & MILEAGE: Easy: flat - 3.5 miles

FEE: \$8.00 per adult / \$6.00 per child (ages 9-16)

Jaunt to Reevestown Cemetery

Join the Cedar Bridge Tavern staff on a two mile nature walk through the forest and woods roads to explore the nearby historic Reevestown Cemetery. The terrain will be uneven and may be wet in some sections. Participants should wear hiking shoes and bug spray.

LOCATION: Cedar Bridge Tavern Historic Site, 200 Old Half-Way I	Road, Barnegat
DATE: Mondays, October 28	
November 25	349530 – 9B
December 16	349530 – 9C
TIME: 1:00 - 3:00 pm	
FEE: \$8.00 per adult / \$6.00 per child (ages 9-16)	AGE: 9 years - Adult

Clayton Jaunt

Traveling to Monmouth County

14

Moderate terrain and gentle hills make this an interesting yet easy hike. The stately stands of huge oak, beech and ash trees are a testament to the long period of undisturbed history of this tract.

PICK-UP: Nature Center Parking Lot, Jakes Branch County Park, Beachwood

DEPARTURE/RETURN: 9:00 am -1:00 pm

RATING & MILEAGE: Easy to Moderate: Flat, with some hills - 3.5 miles FEE: \$8.00 per adult

\$6.00 per child (ages 9-16)

AGE: 9 years - Adult

AGE: 9 years - Adult

AGE: 9 years - Adult

JAUNTS

Hike N Hops

Experience the diverse beauty of Cloverdale under the light of the full moon. Please be prepared to hike 2 miles on varied terrain. Dress for the weather, wear comfortable sneakers or boots.

FEE: \$5.00 per person

AGES: 9 years - Adult

HIKES

Our naturalists cover the diverse terrain of New Jersey through our hiking programs. Pack your lunch and dress for the weather. **Trail ratings follow each departure time**. Please read them carefully to determine the best program for your endurance level. **Unlike our nature walks, these are recreational programs with minimal interpretation**

and break stops. You should be able to walk at a continuous pace on the given terrain of the hike. Please wear hiking shoes and be sure of your abilities.

We recommend you arrive 15 minutes prior to departure time. All return times are approximate. Bug spray with DEET is highly recommended. Staff reserves the right to deny a participant entry into a program if they are deemed physically unfit or inadequately prepared to participate in said program.

If you have any questions, please call Wells Mills County Park at 609-971-3085.

Merrill Creek Reservoir Hike

Traveling to Warren County

Our loop around this 650-acre reservoir will provide us with views of the Kittatinny Mountains and the Delaware Water Gap. We'll pass an old farmhouse and other stone ruins as well. The majority of the hike will be on flat surface around the reservoir but we will have to cross a stream on rocks. Feet might get wet depending on water levels. Wear appropriate footwear.

PICK-UP: Beach Complex Parking Lot, Ocean County Park, Lakewood

DEPARTURE/RETURN: 7:30 am - 3:30 pm

RATING & MILEAGE: Moderate: hilly with a few rocky areas – 6.5 miles FEE: \$12.00 per adult / \$8.00 per child (ages 9-16) AGE: 9 years to Adult

Five Ponds Loop at Ringwood

Traveling to Passaic County

This new trail built in 2020 by the volunteers of the NY-NJ Trail Conference will take us past five ponds that are located in Ringwood State Park. We will be following woods roads and footpaths, some of which were created with the help of Jersey Off-Road Bicycle Association, along with some steep climbs to gain beautiful vistas of these ponds and the surrounding area.

PICK-UP: Beach Complex Parking Lot, Ocean County Park, Lakewood	
DATE: Sunday, November 17	Е
DEPARTURE/RETURN: 7:30 am – 4:00 pm	
RATING & MILEAGE: Moderate to Strenuous: Some steep, rocky climbs, may be	

slippery - 5 miles

FEE: \$12.00 per adult / \$8.00 per child (ages 9-16)

AGE: 9 years- Adult

HIKES

Estelle Manor Hike

Traveling to Atlantic County

Our hike will take us through this 1,700 acre park, home to the Warren E. Fox Nature Center, and bordered by the Great Egg Harbor River/ South River. Estelle Manor was once the site of an 1800's glassworks, then a munitions plant during World War I. PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DEPARTURE/RETURN: 8:30 am - 3:30 pm

RATING & MILEAGE: Easy to Moderate (due to length): Flat, may be wet – 6.5 miles FEE: \$12.00 per adult/ \$8.00 per child (ages 9-16) AGE: 9 years- Adult

Maurice River Bluffs Hike

This hike will take us along the "Wild and Scenic" Maurice River. Unlike the mostly flat terrain in southern New Jersey, we will be walking on the hilly terrain of this former sand mine and chicken feed operation. This preserve is also a major stopover habitat for migrating songbirds, waterfowl and raptors. If we are lucky, we should see bald eagles during this hike. Trails may be wet.

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

RATING & MILEAGE: Easy to Moderate: few hills, may be wet, some sand & steps-5 miles

FEE: \$12.00 per adult/ \$8.00 per child (ages 9-16)

AGE: 9 years – Adult

Tourne County Park Hike

Traveling to Morris County

We will start our hike with a climb up a gravel road with a moderate grade to the Top of the Tourne, 897 feet above sea level, where on a clear day we can see the Freedom Tower and the New York City skyline. After a few more elevation changes we will pass a glacial erratic, the rail bed for an 1898 railroad that never was and Rattlesnake Meadow, but don't worry, the rattlesnakes were eliminated from the area over a century ago. PICK-UP: Beach Complex Parking Lot, Ocean County Park, Lakewood

RATING & MILEAGE: Moderate: Hills, rocky footing at times, may be wet - 5 milesFEE: \$12.00 per adult/ \$8.00 per child (ages 9-16)AGE: 9 years - Adult

Tripod Rock Hike

Traveling to Morris County

We will pass many glacial erratics as we hike through Pyramid Mountain National Historic area. The most notable will be Tripod Rock, a 160-ton boulder sitting atop 3 smaller boulders. This unusual landmark helped rally support from the public and helped save the area from development.

DEPARTURE/RETURN: 7:30 am - 3:30 pm

RATING & MILEAGE: Moderate to Strenuous: Steep, rocky, may be slippery - 5 miles

FEE: \$12.00 per adult/ \$8.00 per child (ages 9-16)

AGE: 9 years - Adult

Barnegat Branch Trail Ocean County Parks & Recreation



On October 15, 2007 the Barnegat Branch Trail was officially opened to the public. This "rail-to-trail" project follows the abandoned Barnegat Branch Division of the Central Railroad of New Jersey. The trail will be constructed in several phases, and will stretch 15.6 miles from Barnegat to Toms River once completed.

In your travels on the BBT, you'll encounter many information signs about Points of Interest or Historical Reference.

PARENT CHILD FUN

Toddler Nature Trek

The Wonders of the Natural World

During this program, we will get your little one's mind whirling about the wonders of the natural world through reading different, fun and beautifully illustrated storybooks before we go outside and explore Cloverdale Farm County Park on a mini nature walk. LOCATION: Program Room, Cloverdale Farm County Park, Barnegat DATES/TIMES:

Sunday, October 13	10:00 -11:00 am	346326 – 7D
Saturday, November 16	1:00 - 2:00 pm	
FEE: \$5.00 per team (1 child &	1 adult)	AGES: Infant - 8 years

Maker Mondays Kids Craft Drop In

Nature Crafts and activities are an easy way to inspire kids to develop a love and appreciation of the outdoors. Drop by with your child any time between 10 and 11 am and help them create their own natural wonder!

LOCATION: Nature Center, Jakes Branch County Park, Beachwood DATE: Mondays,

October 14Fantastic FishOctober 28Bird Feeder BonanzaNovember 4Wonderful Wind chimesNovember 25Perfect Pinch PotsDecember 9Sensational SuncatchersDecember 23Nature Necklace

TIME: 10:00 - 11:00 am FEE: Free

AGE: 3 – 5 years

Fireside Storytelling and Craftmaking

Pull up a chair in front of the warm fire as we read a few children's stories inside. Afterward, the children will make a craft related to the story.

LOCATION: Program Room, Jakes Branch County Park, Beachwood TIME: 10:30 – 11:30 am

FEE: \$5.00 per child

AGE: 3 - 5 years

Halloween Hokum

The fog rolls in and the goblins and ghosts are getting ready for the fall festivities. Monsters and mummies join in on the fun, adding their own ghoulish glee to the mix. Join us for a frightening good time and celebrate the spookiest time of year! We will hear a few Halloween themed stories and create a craft so fiendishly fun your child will howl with delight all night!

Wonder-Fall!

PARENT CHILD FUN

Fall Mum Pinecones

Mums are cheery fall flowers whose rich yellows, reds, and o	ranges brighten our days.	
Join us as we get crafty this fall by creating adorable fall mum pinecones. Please wear		
old clothing as we will be painting. Adult must accompar	ny any participating child.	
LOCATION: Program Room, Cloverdale Farm County Park, I	Barnegat	
DATE: Saturday, November 2		
TIME: 10:00 - 11:00 am		
FEE: \$5.00 per team (1 child & 1 adult)	AGES: 3 years - Adult	
· · · · ·	-	

Lenape

TIME: 10:00 - 11:00 am

FEE: \$5.00 per team (1 child & 1 adult)

AGES: 5 years - Adult

Turkey-astic fun!

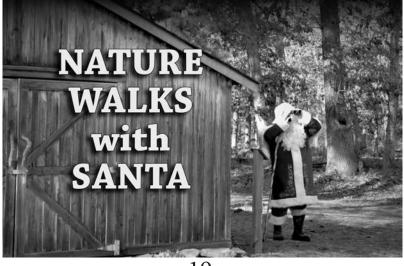
Nature Walk With Santa

Let your child experience nature with Santa Claus this holiday season. During this program, Santa and his helpers will read a few stories to the children before taking them on a short ¼-mile nature exploration walk! Please dress for the weather as this is an outside program!

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat	
DATE: Saturday, December 7	
TIME: 10:00 - 11:00 am	
DATE: Saturday, December 7	346326 – 7J
TIME: 11:30 am – 12:30 pm	
EEE & Oo a se shild. A dulta and fase but sever the sister	

FEE: \$5.00 per child; Adults are free but must register

AGES: 2 - 7 years



PARENT CHILD: ACTIVE RECREATION

Family Nature and Animal Poses: Little Kids & Me Yoga

This playful and fun yoga class will allow creative self-expression while exploring the world of yoga for little kids ages 3-6 years with an adult. Through various nature and animal-themed poses, breathing exercises, games, stories and songs, your child will learn stretching, strengthening, focus and relaxation. This program is hosted by yoga teacher and health coach, Kim Buono. Please bring \$10 the day of the class for each day you will be attending. Please wear loose comfortable clothing and bring a yoga mat for you and your child. Class will be held outside; however, if there is inclement weather, the program will be held inside.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

DATES:	Sunday, September 15	 	 346326 – 7K
	Saturday, October 19	 	 346326 – 7L
	Friday, November 8	 	 346326 – 7M

TIME: 10:00 - 10:45 am

FEE: \$5.00 per team (one child & one adult)

AGES: 3 years - Adult

PRESCHOOL CLASSES

Please dress for the weather as many of the classes will be held outside Please note any food allergies or special needs The following programs are designed for preschool children without parent participation. These are drop-off programs only. PLEASE NOTE: CHILDREN MUST BE POTTY-TRAINED

Colorful Fall Fun!

Pumpkin Patch

My Little Monster

PRESCHOOL CLASSES

Silly Scarecrows

Scarecrows have a very busy job chasing birds from the fields. Come join in on some silly fun with crafts and games. LOCATION: Program Room, Parks Administration Office, Toms River TIME: 10:00 - 11:00 am FEE: \$5.00 per child AGE: 3 - 5 years

Me and Mom Pumpkin Painting

Moms and their little ones will have a great time decorating their very own Halloween Pumpkin. A simple craft will also be made. LOCATION: Program Room, Parks Administration Office, Toms River TIME: 10:00 - 11:00 am FEE: \$5.00 per team AGE: 3 – 5 years

Hallo-ween Spooky Tales Halloween is time for a little silly, spooky fun. It wouldn't be Halloween without a few ghosts, bats and Jack-O-Lanterns. Creepy crafts, spooky stories and ghostly games will be part of this fun holiday program.

Please list any food allergies at the time of registration LOCATION: Program Room, Parks Administration Office, Toms River TIME: 10:00 - 11:00 am FEE: \$5.00 per child AGE: 3 – 5 years

Halloween Fun and Games

Come dressed in your Halloween costume and join us for some spo	ooky fun and games.
We will play several Halloween-themed games and prizes will be a	warded to all partici-
pating. Please wear sneakers and bring a drink.	
LOCATION: Open Field Waterside, Parks Administration Office, Tor	ns River
DATE: Tuesday, October 29	343021 – 4A
TIME: 10:00 - 11:00 am	
FEE: \$5.00 per child	AGE: 3 - 5 years
	-

Away We Go!

Children have a fascination with things that go! Your child will go on an imaginary journey, exploring many different forms of transportation through stories, games, and crafts. LOCATION: Program Room, Parks Administration Office, Toms River TIME: 10:00 - 11:00 am FEE: \$5.00 per child AGE: 3-5 years

Here we go round the Year

Why does it snow in the winter? Why is summer so hot? We will take a fun look at the four seasons, through crafts, games and stories. LOCATION: Program Room, Parks Administration Office, Toms River TIME: 10:00 - 11:00 am FEE: \$5.00 per child AGE: 3 - 5 years

What's in an Elephant's Trunk?

Let's have some enormous fun making jumbo sized crafts, playing games and reading stories about elephants. Come and find out, does an elephant pack his trunk when he goes on vacation? LOCATION: Program Room, Parks Administration Office, Toms River TIME: 10:00 -11:00 am FEE: \$5.00 per child AGE: 3 - 5 years

Little Ace's Tennis

This program is designed to teach children the basics of the game of tennis. Children will get a feel for a racket and will learn the basic groundstrokes and footwork for the game. Drills and games will be incorporated so that kids will have loads of fun learning a new sport. Rackets will be provided. This class may be held inside if the weather is not favorable. Please wear sneakers and bring a drink. LOCATION: Tennis Courts 5 & 6, Ocean County Park, Lakewood TIME: 10:00 - 11:00 am FEE: \$5.00 per child AGE: 3 - 5 years

Elf Magic

Let's start the holiday season with a little elf magic! Our little elves will have a holly, jolly time with elfin crafts, games and a story or two. There will be a special treat for all the elves. *Please list any food allergies at time of registration* LOCATION: Program Room, Administration Office, Toms River TIME: 10:00 - 11:00 am FEE: \$5.00 per child AGE: 3 - 5 years

A Pinch of Grinch

He's a green meanie but we'll soften him up. After reading How the Grinch Stole Christmas we will make Grinch crafts and share a special "green Grinchy" treat. *Please list any food allergies at time of registration* LOCATION: Program Room, Parks Administration Office, Toms River TIME: 10:00 - 11:00 am FEE: \$5.00 per child AGE: 3 – 5 years

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PRESCHOOL CLASSES

Back Yard Friends Did you ever look out your window and see all the animals and birds living and playing

there? Through stories and crafts we will discover our backyard friends.

LOCATION: Program Room, Parks Administration Office, Toms River TIME: 10:00 - 11:00 am FEE: \$5.00 per child AGE: 3 - 5 years Gobble Gobble Thanksgiving Day will soon be here, it comes around just once a year. Pilgrims, Turkey

and pumpkin pie. We will have fun making Thanksgiving crafts. LOCATION: Program Room, Parks Administration Office, Toms River TIME: 10:00 - 11:00 am FEE: \$5.00 per child AGE: 3 - 5 years

FUN FOR KIDS

Homeschool Gym - North

This class is designed for children who are being homeschooled, but still want that gym class atmosphere. Every week, fun new activities will be introduced to allow children the opportunity to get some exercise, learn new skills, and play and interact with other children. The instructors will bring various pieces of equipment for all to use depending on the activity planned for the day. Please wear sneakers and bring a drink. We will have two instructors from 10:30 – 11:30 am teaching separately.

Homeschool Gym – South

TIME: 10:30 – 11:30 am LOCATION: Softball Field 1, Stanley "Tip" Seaman County Park, Tuckerton DATE: Wednesdays, October 30 – December 4 (no class 11/27)......343332 – 4E TIME: 12:00 – 1:00 pm FEE: \$14.00 per child AGE: 8 – 13 years

Mini Mad Halloween

Owl Pellet Dissection

FUN FOR KIDS

Beginner Tennis for Kids & Teens

This program is designed for children who are beginners in tennis. This two-session program will incorporate all of the basics needed for a child to get a feel for the sport. Groundstrokes, volleying, and more will be taught through fun drills and games to introduce a child to the wonderful game of tennis.

Please wear sneakers and bring a drink. Rackets will be provided.

LOCATION: Tennis Courts 1 & 2, Ocean County Park, Lakewood TIME: 4:30 - 5:30 pm FEE: \$8.00 per child AGE: 8 - 15 years

The Three Sisters

Join us as we learn about the famed Lenni Lenape "Three Sisters" garden and many other of their unique farming techniques. After, kids will get to make a garden craft of their very own. Corn, beans, squash, and pumpkin seed packets will be available to take home, as well as instructions on how to make your own three sisters garden. LOCATION: Program Room, Jakes Branch County Park, Beachwood TIME: 10:30 - 11:30 am FEE: \$10.00 per person AGE: 8 – 12 years

Acorn Marble Necklaces

This unique craft blends nature with colorful glass marbles. Other beads and decorations will be offered to further decorate and make each necklace unique. LOCATION: Program Room, Jakes Branch County Park, Beachwood TIME: 10:30 - 11:30 am FEE: \$10.00 per person AGE: 8 – 12 years

Archery at Cedar Bridge

Be a part of the exciting world of archery by learning the essentials, including safety, equipment and technique. Our NASP certified instructor will get you hitting the bullseye in no time! Students will practice what they have learned on our outdoor range. This class is suitable for all archery experience levels and all equipment is provided. Participants should wear sneakers and bug spray.

LOCATION: Cedar Bridge Tavern Historic Site, 200 Old Half-Way Road, Barnegat TIME: 1:00 - 3:00pm

FEE: \$10.00 per person

NEW Youth Pickleball

Pickleball is the newest sports sensation taking the country by storm, and it is loved by all age groups. This class is designed for children and teens to get to know the basics of this wonderful game. Dinking, serving, volleying, and scoring are some of the topics of instruction in this class. Come out and learn to play pickleball with your peers! Please wear sneakers and bring a drink. Paddles and balls will be provided. LOCATION: Pickleball Courts 3 & 4, Jakes Branch County Park, Beachwood TIME: 4:30 - 5:30 pm FEE: \$8.00 per person AGE: 10 - 16 years

AGE: 10 - 15 years



Stay tuned to your Ocean County Parks & Recreation

Search: Ocean County Parks & Recreation on FACEBOOK

search: MyOCParks on INSTAGRAM

www.oceancountyparks.org



42nd OLD TIME BARNEGAT BAY DECOY and GUNNING SHOW

Contest Schedule: Saturday, Spetember 28, 2024

Skeet/Dog Area					
	Preliminary Skeetshoot from a Sneakbox Women's Skeetshoot from a Sneakbox Youth Skeetshoot from a Sneakbox Retriever Contest- Puppy Retriever Contest- Novice Preliminary Skeetshoot from a Sneakbox	7:00 am-10:30 an 10:30 ar 11:00 ar 12:30 pr 1:30 pr 3:00 pm-5:00 pr	n n n n		
Decoy	Tent Traditional Shorebird Rig Contest Delaware River Gunning Decoy Contest Contemporary Gunning Decoy Contest Youth Shorebird Contest Youth Decoy Contests Shorebird Decoy Contests (Decorative Slick & Tradition Miniature Decoy Contest Barnegat Bay Gunning Decoy Contest - Traditional	10:30 ar 11:00 ar 12:00 pr 12:00 pr 12:30 pr 1:30 pr 1:30 pr 2:00 pr	n m m m m m		
Park (Community Center Art & Photo Contests Decorative Contests	11:00 a 12:00 p			
Park	Boat Building Contests (Judging)	10:00 am-12:00 p	m		
Stage	Duck & Goose Calling Contest-Adult	10:00 a	m		

Contest Schedule: Sunday, September 29, 2024

Skeet/Dog Area Preliminary Skeetsho World Championship Retriever Contest-A	Skeetshoot Finals	7:00 am-11:00 am 11:30 am 1:00 pm
Barnegat Bay Gunnin Cork Gunning Decoy Head Whittling Conte	ning Decoy Rig Contest ng Decoy Rig Contest contest est ng Decoy Contest - Decorative Slick	8:30 am 9:00 am 9:30 am 10:00 am 10:00 am-12:00 pm 11:00 am 12:00 pm
Park Community Center Model Boat Contest	r	10:00 am
Park Athletic Field Archery Contest-You Archery Contest- Adu		10:30 am 11:30 am
Stage Duck & Goose Callin Awards Ceremony &	g Contests-Youth Conklin Presentation	10:00 am 3:30 pm-4:00 pm

NOTE: All contest entries must be checked in at event site by 10:00 am the day of the contest.

*see show program for exact schedule

Aunual Old Time Barnegat Bay Decoy & Gunning Show

Music Schedule

SATURDAY, SEPTMEBER 28, 2024 Jackson Pines Basement Musicians Guild

SUNDAY, SEPTEMBER 29, 2024

Gary Struncius & Debbie Lawton

Basement Musicians Guild

TIME 10:00 am – 12:00 pm 1:00 pm - 3:00 pm

TIME

10:00 am - 12:00 pm

1:00 pm - 3:00 pm

LOCATION Park Park

LOCATION Park Park

Seminar Schedule* 3, 2024 TIME

SATURDAY, SEPTMEBER 28, 2024 Heritage Tent Demonstrations Advanced Dog Obedience Demonstration Tuckerton Creek Boat Rides

SUNDAY, SEPTEMBER 29, 2024 Heritage Tent Demonstrations Advanced Dog Obedience Demonstration Tuckerton Creek Boat Rides TIME All Day 11:30am-12:15pm See Program

TIME All Day 12:00-12:45 See Program LOCATION Park Park Tuckerton Seaport

LOCATION Park Park Tuckerton Seaport

* Music & seminars subject to change. Please check official show program when available.



30th Annual Pine Barrens amboree Saturday October 12th



Music of the Pines Cultural Demonstrations **Nature & History Programs** Food & Vendor Tables FREE

10am-4:30pm



Wells Mills County Park 905 Wells Mills Road (Rt 532) Waretown For more info call (609) 971-3085 /ww.oceancountyparks.org

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JAKES BRANCH COUNTY PARK Beachwood







HAYRIDES, PETTING ZOO, LAWN GAMES LIVE MUSIC, KIDS CRAFTS, FOOD TRUCK ON SITE



YOUR OCEAN COUNTY GOLF COURSES BOOK YOUR TEE TIMES www.oceancountyparks.org

HIGHLIGHTS:

Sign up at either golf course pro-shop for an Ocean County Golf ID Card for \$25 which will entitle you to all of our resident rates

Unlimited play packages are available at both county golf courses. Check our website or stop in to one of the pro-shops for further details and pricing

Book future tournaments and group outings with us at Forge Pond and Atlantis

Like us on Facebook to keep a close eye on upcoming events and weekly happenings at our County Courses

We will be offering group lessons in the Spring of 2025. Intro to golf, chipping and putting, and proper setup are to name just a few of the lessons coming in the Spring. Call the pro-shop and give us your email so you can keep updated on the specific times and dates these lessons will be available

> Spring Leagues will be back in 2025. Keep an eye out for our registration date and pricing.

Gift Certificates are always available and are a great idea as a gift for that special someone around the holidays

> Come on over to our two courses Forge Pond located in Brick and Atlantis located in Little Egg Harbor and see what our Ocean County Golf Courses have to offer.

Tee Times Are Required Year Round

Atlantis Golf Course 261 Country Club Boulevard Little Egg Harbor, NJ 609-296-2444



Forge Pond Golf Course 301 Chambers Bridge Road Brick, NJ (732) 920-8899



VAN TOURS

Our Ocean County Parks van tours are held throughout the year. Each trip focuses on a specific theme. Here are some things to keep in mind when signing up for a van tour:

- •Pack a lunch (unless otherwise noted). We will try to stop at a picnic/park area to eat, when available.
- •Dress for the weather. Layering is best as in most cases we will be in and out of the van.
- •Be prepared for some walking (amount of walking will be indicat ed by the trip description)
- •We often travel on rough unpaved roads to accomplish the goals of the trip. Be sure to wear your seatbelt.
- •Read each description carefully so that you are adequately pre pared.

Please arrive 15 minutes prior to departure. All return times are approximate.

Seating is first come, first choice. Following the van is not permitted.

The History of Hangers and Airships Walking Tour & Borough of Lakehurst Historical Society Museum

Although Navy Lakehurst will forever be remembered as the site of the Hindenburg disaster, many other significant events have taken place here. The all-volunteer Navy Lakehurst Historical Society in cooperation with the Joint Base McGuire-Dix-Lakehurst & NSA Public Affairs Office offers walking tours of the Lakehurst Naval Base. The 2.5 hour walking tour includes: The Cathedral of The Air, The Hindenburg Crash Site, The Navy Lakehurst Heritage Center, The Ready Room, The POW-MIA Room, Historic Hangar One and Gift Shop. We will stop at Lake Horicon for a picnic lunch, then off to the Borough of Lakehurst Historical Society Museum. Tours may be canceled for the following reasons: military operations, security issues, weather. At time of registration, participants must provide social security number and date of birth for security clearance. Please pack a lunch.

PICK-UP: Lobby Cooper Environmental Center, Cattus Island Cou	unty Park
PICK-UP: Lobby Cooper Environmental Center, Cattus Island Cou DATE: Wednesday, October 23	
DEPARTURE/RETURN: 9:00 am - 3:30 pm	
FEE: \$14.00 per person	AGE: 9 years - Adult

****THIS TOUR IS FULL****

NEW Piney Primer Van Tour

Whether you are new to the area or simply would like a refresher about the Pine Barrens, this is the van tour for you! We will travel through New Jersey's Pine Barrens and learn about the characteristics that make this region one of the most unique in the world. We will discuss why the area is both naturally and historically significant. Stops may include the Pygmy Pines, a NJ Forest Fire tower, a former company town and agriculture such as blueberries and cranberries. **Please pack your lunch and dress for the weather.** We will be taking short walks on trails. Wear appropriate footwear. Bug spray with **DEET is recommended**.

 PICK-UP: Parking Lot, Wells Mills County Park. Waretown

 DATE: Friday, October 25......

 FULL

 DEPARTURE/RETURN:

 9:00 am – 3:00 pm

 FEE:

 \$14.00 per person

 AGE:

 9 years - Adult

VAN TOURS

Forgotten Towns of Burlington County

It has been said that there are more "ghost towns" in the New Jersey Pine Barrens than the old west. We will visit and investigate the history and ruins of these forgotten villages that have fallen into obscurity from the decline of the various industries that once supported them. Some possible locations include Harrisville, Martha, Speedwell and Friendship. Please pack a lunch, bring insect repellent, be prepared for walking on uneven ground and dress for the weather. Layering is best as we will be in and out of the van

· contra	
PICK-UP: Parking Lot, Wells Mills County Park, Waretown	
DATE: Friday, November 15	344516 – 5B
DEPARTURE/RETURN: 9:00 am - 4:00 pm	
FEE: \$14.00 per person	AGE: 9 years - Adult

THIS TOUR IS FULL*

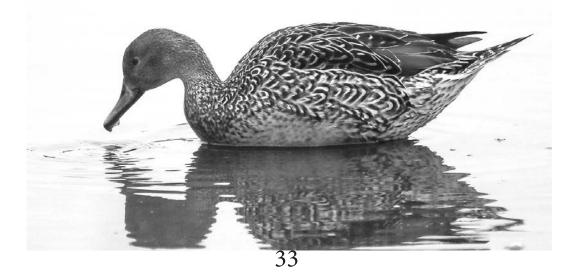


Early Winter Birds: Barnegat Lighthouse State Park and Edwin B. Forsythe Wildlife Refuge

December offers Jersey birders opportunities to view waterfowl in their breeding plumage, as ducks and geese arrive on our shores to pair-up during the long winter. A 1-mile trek by foot over the sandy beach and jetty at Barnegat Lighthouse State Park allows for best views. We will also bird-by-van around the auto-loop at Forsythe, which offers excellent views of a variety of ducks. Wear appropriate shoes, dress for the weather, pack a lunch, bring binoculars. Must be prepared for walks in sand for up to one mile. PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DEPARTURE/RETURN: 8:30 am - 4:00 pm FEE: \$14.00 per person

AGE: 9 years - Adult



KAYAK TOURING TRIPS

It is the participant's responsibility to consult the ratings listed below for each trip and match their skills accordingly.

Please read the following considerations BEFORE signing up for a program:

•Ocean County Parks and Recreation kayak program utilizes "sea" kayaks or "touring" kayaks. These boats are 14' to 16' in length and are "sit-in" style boats.

•Participants who choose to bring their own boat must have a kayak that measures at least 12 feet in length and is a "sit-in" style boat.

*** NO Sit On Top Kayaks will be permitted ***

Ocean County Parks and Recreation cannot supply equipment for people who bring their own boats.

•Avoid wearing cotton clothing. Synthetic, quick-drying fabrics are preferred. Come prepared with water shoes. NO flip-flops/Crocs/slide-ins.

As with all recreation programs, we reserve the right to deny a participant entry into a program if we deem the participant is not physically fit, does not match the skill level of the program or is ill-prepared. A participant will be turned away the day of the trip if the criteria listed here is not met.

•Trips will run unless dangerous or threatening weather is forecasted. Participants will be notified in a timely manner.

•OCPR staff may opt to change trip location in the interest of safety.

If you have specific questions or concerns regarding any of the kayak programs please call Jakes Branch County Park at 732-281-2750.

****ALL RETURN TIMES APPROXIMATE****

RATING SYSTEEM

- A. Prior wet exit with spray skirt recommended
- B. Prior participation in either OCPR Beginner Kayaking class OR participation in 2 OCPR trips required
- C. Full day trip 3 to 5 hours- pack lunch/snacks/water
- D. **Novice:** Trip will be in somewhat protected waters. May experience small waves and current/tide.
- E. Intermediate: May experience larger waves and/or stronger current/tide. Trip will have more open water paddling.
- F. Intermediate/advanced: Open water paddling. Possible large waves and strong current/tide.
- G. **Cold Water Trip:** Wetsuits recommended. NO cotton clothing. Must bring a full change of clothes in a waterproof bag
- H. Spray skirts required
- I. Plan to eat in your boat or exit on uneven ground for the lunch stop
- J. **NO BATHRÓOM FACILITIES ALONG ROUTE**

Fall Foliage Float

Join us for this scenic down and back paddle on the lower Wading River where we hope to catch peak fall colors.



HORTICULTURAL HAPPENINGS

Planting Spring Flowering Bulbs

Don't put away those garden tools just yet. Now is the time to start thinking about how you want your garden to greet you in the spring. Learn about choosing and planting an array of bulbs; like tulips, crocus and daffodils. **Outdoor event, please dress accordingly.**

TIME 10.30 - 11.30 am FEE: \$5.00 per person

AGE: Adult



Tips for Growing Garlic

Learn how to introduce a wide variety of garlic to your summer veggie harvest. Growing your own garlic is rewarding, low cost and a tasty addition to your kitchen creations. **Outdoor event, please dress accordingly.**

AGE: Adult

Growing Fresh Herbs throughout the Fall/Winter Months

FEE: Free

FEE: \$5.00 per person

AGE: Adult

CREATIVE EXPRESSIONS

Potterv Classes

Enjoy the exciting world of pottery. You will study hand building techniques	, use of the
potter's wheel and glazing techniques.	
LOCATION: Pottery Barn, Ocean County Park, Lakewood	
DATES: Tuesdays, September 17 - December 3	
TIMES: 10:00 am -12:00 pm	.341384 – 1A
5:00 – 7:00 pm.	
7:00 – 9:00 pm	.341384 – 1C
DATE: Wednesdays, September 18 - December 4	
10:00 am - 12:00 pm	341384 – 1D
FEE: \$180.00, includes expert instruction, firing and glazing	AGE: Adult
CLASSES IN RED ARE FULL	

Adult Drawing & Painting Come and join us for an afternoon of creativity! In this 8 week course we will touch on a short drawing lesson and then spend the rest of the time exploring acrylic painting. This class will cover and practice some color theory and we will do some experimenting with various techniques and mediums. Participant input is highly encouraged. Participants must bring basic paints, brushes and canvas boards, everything will be discussed at the first day of class. TIME: 1:30 – 3:00 pm

FEE: \$60.00 per person

AGE: Adult

Create a Walking Stick

Spring hiking season is here, and what better way to k	kick it off than to make your very		
own personalized walking stick? Join us for an afterne	oon with Brad Koller who will teach		
us how to handcraft a beautiful walking stick. Wood, t	ools, gloves, and aprons will be		
provided. The program will be held outside so please	dress for the weather.		
Please bring exact cash or check payable to instructor Brad Koller for \$30.00.			
Children age 8-13 must be accompanied by an adu	ult.		
LOCATION: Cedar Bridge Tavern Historic Site, 200 O	ld Half-Way Road, Barnegat		
DATE: Sunday, October 6			
TIME: 12:00 - 3:00 pm			
FEE: \$5.00 per person registration fee	AGE: 8 years – Adult		

THIS PROGRAM IS FULL It's October Witches

It's spooky season so you know what that means! Come and make your own Wood Witch hat to display on your mantle or dining room table. Mesh ribbon, raffia and netting will just be some of the extras this hat needs to make your home look halloweenie. TIME: 6:30 - 8:30 pm FEE: \$20.00 per person AGE: Adult

Mossy Moon Wreath

For thousands of years, the moon has fascinated and inspired all who look into the night sky. In any phase, it is truly a wonder to behold! Join us as we bring a bit of that moonlight magic indoors and create our own moon wreaths. We will decorate our creations with a variety of natural elements including different mosses and gems. Feel free to bring any of your own embellishments you wish to add to your creation. LOCATION: Program Room, Jakes Branch County Park, Beachwood

TIME: 7:00 – 8:30 pm FEE: \$15.00 per person

AGE: 14 years - Adult

Make Your Own Magic Wand

Come join the magical fun. Please wear work cloths. Children age 8-13 must be accompanied by an adult. Please bring exact cash or check payable to instructor Brad Koller for \$30.00. All materials are provided. Participants may make a second wand if time permits at no additional cost. LOCATION: Cedar Bridge Tavern Historic Site, 200 Old Half-Way Road, Barnegat TIME: 12:00 - 3:00 pm

FEE: \$5.00 per person registration fee

AGE: 8 years - Adult

Chunky Yarn Pumpkins

Let's make some new pumpkin decorations using chunky yarn. Chunky yarn is an easy material for beginners and their trendy crafts. Join us as we guide you step-by-step on how to make pumpkins by hand crocheting yarn. This crafty DIY project will give you something new to decorate your fall festive home. No knitting experience is needed and all supplies will be provided. LOCATION: Cooper Environmental Center Lecture Room, Cattus Island County Park, Toms River

TIME: 5:30 – 7:30 pm FEE: \$25.00 per person

AGE: 14 years - Adult

Decorative Garden Stepping Stone In this beginner-friendly workshop, you will create a unique 8" round mosaic garden stepping stone using bright colored tiles which you can take home. Garden stepping-stones will brighten up your lawn, patio and any garden.

Tools, tiles and garden stone base will be provided by the instructor

Please bring exact cash or a check payable to instructor Harry Belkowitz for \$50.00

LOCATION: Program Room, Parks Administration Office, Tom River	
DATE: Wednesday, October 16	341186 – 3B
TIME: 1:00 – 3:00 pm	
FEE: \$5.00 per person registration fee	AGE: Adult

Paper Flower Wreath

Learn techniques to make an array of paper flowers and use them to make a beautiful wreath. LOCATION: Program Room, Jakes Branch County Park, Beachwood TIME: 10:30 - 11:30 am FEE: \$8.00 per person AGE: 16 years – Adult

Halloween Candy Wreath

Primitive Hearts and Burlap Sacks

There is a worn and tattered appeal to Primitive crafts. We will create a trio of primitive hearts and a burlap sack accent piece. All supplies included but feel free to bring any extra touches you may want from home.

Create Your Own Walking Stick

Hiking season is here, and what better way to kick it off than to make your very own personalized walking stick? Join us for an afternoon with Brad Koller, who will teach us how to handcraft a beautiful walking stick. Wood, tools, gloves, and aprons will be provided and sanitized. **Please bring exact cash or check payable to instructor Brad Koller for \$30.00. Children age 11-13 must be accompanied by an adult**. Dress for the weather.

LOCATION: Cooper Environmental Center Lecture Room, Cattus Island County Park, Toms River

Decorative Trivet

A hands-on workshop in creating a decorative and functional mosaic trivet. A unique art decor for the kitchen and the dinner table. Learn how to arrange, glue and grout ceramic tiles to create a one-of-a-kind handmade mosaic trivet.

All workshop materials provided by instructor

Please bring exact cash or a check payable to instructor Harry Belkowitz for \$50.00

Autumn Pressed Leaf Bookmarks

Give Thanks

DIY Chunky Blanket		
FEE: \$25.00 per person	AGE: Adult	
TIME: 6:30 – 8:30 pm		
DATE: Thursday, November 7	341186 – 3E	
LOCATION: Program Room, Parks Administration Office, Toms River		
will be placed in a beautiful wood planter box to display this craft in.		
painting and distressing fall colored mason jars that will be filled with art	ificial flowers and	
Come and make the perfect fall craft centerpiece to furnish your home w	vith. You will be	

Would you love to cozy up this winter with a big chunky blanket? Do you love to give handmade gifts for the holidays? Join us as we guide you step-by-step on this new trend in DIY.... knitting your own chunky blanket! This class will make you want to create more and more until everyone in the family has one. No knitting experience is needed and all supplies will be provided to get your blanket started.

DATE: Thursday, November 7 TIME: 5:30 – 8:00 pm FEE: \$40.00 per person

AGE: 14 years - Adult

AGE: 14 years – Adult

Fall Nature Theme Needle Felting

Learn basic needle felting techniques and create a fall themed needle felted sculpture. All supplies will be provided by the instructor.

Crochet Basics: Breakfast Edition

Grab a muffin and join us for a morning crochet session. We will first learn about tools, types of yarn, and how to read patterns. Then we will practice basic stitches by crocheting some tasty-looking breakfast foods! Coffee and tea will be served. No experience required.

TIME: 10:00 am - 12:30 pm FEE: \$20.00 per person

Decorative Tray

Chunky Yarn Snowman

Love a cute DIY project? Join our staff to learn how to knit snow	man decorations with
chunky yarn by hand. Fill your home with these cute items or give	ve them as gifts this holi-
day season. All supplies will be provided and no experience is n	ecessary.
LOCATION: Cooper Environmental Center, Cattus Island Count	y Park, Toms River
DATE: Tuesday, November 19	
TIME: 5:30 – 7:30 pm	
FEE: \$25.00 per person	AGE: 14 years – Adult

39

Frozen Felt Forest

Create a magical winter forest inspired by the frosty colors of winter. Using felt, cones	
and wooden dowels, our winter wonderland will come alive.	
LOCATION: Program Room, Parks Administration Office, Toms River	
DATE: Thursday, November 21	3
TIME: 6:30 – 8:30 pm	
FEE: \$20.00 per person AGE: Adult	t

Burlap Owl Wreath

Owls sure are a hoot! Join us as we create a fast and fun owl wreath sure to liven up		
your door or any room between the many fall days this year!		
LOCATION: Program Room, Jakes Branch County Park, Beachwood		
DATE: Friday, November 22	345186 – 1F	
TIME: 7:00 – 8:00 pm		
FEE: \$15.00 per person	AGE: 14 years – Adult	
Wheat Weaving: Candy Cane		

wheat weaving: Candy Cane

Christine Metzler will teach you the practice of wheat weaving using an arrow plait tech- nique to make the traditional Christmas favorite, a candy cane. This adorable ornament will make a perfect keepsake for years to come. Please have \$24.00 in exact change to cover instructor fees and material costs.		
LOCATION: Program Room, Cloverdale Farm County Park, Ba		
DATE: Saturday, November 30 TIME: 10:00 am - 1:00 pm	346186 – 7C	
FEE: \$5.00 per person registration fee	AGES: 15 years - Adult	

Learn Amigurumi

It's a wonderful time to cozy up and crochet, while enjoying tasty course! Learn the Japanese art of crocheting stuffed toys as we	
a cute little s'mores plush. This beginner-level project may be co	mpleted during class or
taken home to finish. Some basic crochet experience is recomm	ended.
LOCATION: Cooper Environmental Center, Lecture Room, Cattu	is Island County Park,
Toms River	-
DATE: Wednesday, December 11	342186 – 3G
TIME: 5:30 – 8:00pm	
FEE: \$20.00 per person	AGE: 14 years – Adult

Evergreen Holiday Wreaths Everybody loves the scent of holiday greens, and making your own homemade wreath is even more enjoyable. Evergreens cut from some of our Ocean County Parks will be provided along with wire and a wreath frame. Please bring your own pair of hand pruners and gloves. Celebrate the holiday season with us and go home with a great-looking wreath.

LOCATION: Cooper Environmental Center Lecture Room, Cattus Island County Park, Toms River

DATE: Tuesday, December 3	342186 – 3A
Wednesday, December 4	342186 – 3C
Friday, December 6	
TIME: 5:00 - 7:00pm ΔΙΙ ΕΙΙΙΙ	
DATE: Tuesday, December 3.	342186 – 3B
Wednesday, December 4	
Friday, December 6	
TIME: 7:00 - 9:00pm	
LOCATION: Beach Complex, Ocean County Park, Lakewood	
DATE: Tuesday, December 3	348186 – 8A
LOCATION: Program Room, Jakes Branch County Park, Beachv	
DATE: Friday, December 6	
TIME: 7:00 - 9:00pm	
FEE: \$12.00 per person	AGE: 10 years – Adult
	AGE. TO years - Adult

Wheat Angel

Please join us as Christine Metzler teaches us how to create a 6" angel out of wheat just in time for the holidays. This adorable angel can be used as a tree ornament or as a small tree topper or even just as a stand-alone decoration. This class covers the fundamentals of creating figures from wheat by tying straw. Participants will need to attach the wings to the figure outside of class the following day after the wings have dried.

Please have \$24.00 in exact change to cover instructor fees and material costs.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

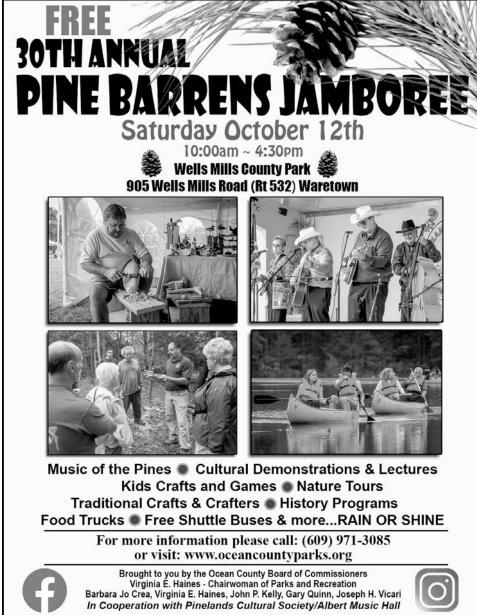
FEE: \$5.00 per person registration fee

AGES: 15 years - Adult

Modern Christmas DIY

Let's put a modern twist on Holiday classics. We will create a trio tree display and some contemporary ornaments. All supplies provides but feel free to bring any extra touches you may want from home.

FEE: \$20.00 per person



South Jersey Basket Making

Join us as Mary May, a local basket maker, speaks about South Jersey basket traditions and demonstrates how to create a basket. Be prepared to weave, as you will be creating your very own basket.



Sunday Down on the Farm - Long Basket

This low, long handled basket is a true beauty that could easily elevate your Thanksgiving table as a masterfully handcrafted centerpiece or serve as a practical yet elegant breadbasket. This basket is perfect for beginners. **Pack a bagged lunch. Please bring** \$50.00 in exact change for the instructor and materials.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

TIME: 11:00 am - 4:00 pm

FEE: \$5.00 per person registration fee



Cherokee Picnic Basket

This beautiful flat reed, hand shaped basket with a swing handle and lid is truly a treat to weave. You will use a new technique of start and stop woven rows to give your basket a truly complex look. This class is for experienced basket weavers as it will require intricate weaving detail. Please pack a bagged lunch and have \$140 in exact change for instructor fees and material costs.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

TIME: 10:00 am - 4:00 pm

FEE: \$5.00 per person registration fee

Reindeer Pair

This classic reindeer set will add a perfect holiday touch to your home or make a beautiful gift for a close friend or family member this holiday season. During this class, you will make two reindeer of varying sizes, either large, small, or one each size, using a simple, fun weaving pattern that will leave you yearning to make enough to help pull Santa's sleigh! Please pack a bagged lunch and have \$28 in exact change for instructor fees and material costs.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat TIME: 10:00 am - 3:00 pm FEE: \$5.00 per person registration fee AGE: Adult 42

AGE: Adult

Seniorcise Exercise

Let's get moving! This gentle exercise class includes low-impact aerobics, stretching, and strengthening routines. Improve your joint flexibility, balance, range of motion, and muscular strength. Participants may perform these exercises while seated. Some equipment will be supplied. Linda is an AAAI-certified personal trainer with over 20 years of experience.

LOCATION: Program Room, Jakes Branch County Park, Beachwood	
SESSION 1: Oct 1 – Oct 22 7 total classes	343123 – 3A
LOCATION: Program Room, Parks Administration Office, Toms River	
SESSION 2: Dec 3 – Dec 24 7 total classes.	343123 – 3B
DATE: Tuesdays and Fridays	
TIME: 9:15 - 10:00 am	
FEE: \$60.00 per person	AGE: Adult

Walk N' Workout

Calling all energetic adults! If you love being social and being out in nature, then this is the perfect class for you. We will walk up to an hour and experience the beautiful trails of Cattus Island County Park. This class will include some warm-up exercises, and end with a few stretches. In each class, we will walk a different trail, weather permitting. Please wear comfortable clothing and proper footwear. Please have a check for \$60.00 made payable to Linda Osowski on the first day of class. Linda is an AAAI-certified personal trainer with over 20 years of experience.

LOCATION: Meet outside Nature Center, Cattus Island County Park, Toms River DATE: Tuesdays and Fridays

SESSION 1: Oct 1 – Oct 22	7 total classes	343123 – 3C
SESSION 2: Dec 3 – Dec 24	7 total classes	
TIME: 11:00 am – 12:00 pm		
FEE: \$5.00 registration fee pe	r person	AGE: Adult

Chair Tai Chi

This new and exciting Tai Chi stretch class will improve balance, strength, mobility, flexibility, and reduce stress. All movements will be safely performed in and around a chair. Adaptable for all fitness levels and physical challenges. In this class, you will be doing exercises that involve multiple body parts and muscle groups. You will be working the FULL BODY, not just body parts. The Tai Chi part of the class will be actual Tai Chi-inspired movements in a fluid way. Please have a check for \$60.00 made payable to Linda Osowski on the first day of class. Linda is an AAAI-certified personal trainer with over 20 years of experience.

LOCATION: Program Room, Parks Administration Office, Toms River

DATE: Tuesdays and Fridays SESSION 1: Oct 1 – Oct 22 SESSION 2: Dec 3 – Dec 24 TIME: 1:15 - 1:45 pm

FEE: \$5.00 registration fee per person

Tai Chi with a Yoga Twist

This program improves the quality of life for people with joint pain without any knowledge of Tai Chi. This ancient practice combines agile steps, joint safe exercise, and mental strength to improve mobility, breathing, and relaxation in ways that help you feel better. In this class, you will learn warm-up and cool-down exercises, and eight basic movements, along with some meditation. Please have a check for \$60.00 made payable to Linda Osowski on the first day of class. Linda is an AAAI-certified personal trainer with over 20 years of experience. LOCATION: Program Room, Parks Administration Office, Toms River DATE: Tuesdays and Fridays

Brite. Tabbaayo ana Thaayo			
SESSION 1: Oct 1 – Oct 22	7 total cl	asses	
SESSION 2: Dec 3 – Dec 24	7 total c	lasses	
TIME: 2:00 - 2:45 pm			
FEE: \$5.00 registration fee pe	er person	43	AGE: Adult
		1U	

NEW ZUMBA GOLD

Zumba Gold is the low-impact version of the dance and fitness program Zumba. While the class is designed for active older adults, all are welcome to join. No experience is necessary! Various genres of music will be incorporated. This new program is 5 weeks long. Please wear sneakers and bring some water. Please have a check for \$35.00 made payable to Gabrielle Molino on the first day of class. Gabrielle is a licensed Zumba instructor and has been teaching Zumba for over 10 years. This is a women's only class.

LOCATION: Beach Complex Program Room, Ocean County Park, Lakewood DATE: Wednesdays

FEE: \$5.00 registration fee per person

AGE: Adult

Beginners Gentle Yoga at the Bogs

The morning hours are when the day is just starting and everything is fresh and new. Birds are calling and the sky is forming into the making of a glorious day. It's just the right time to give your body and soul the attention they deserve. This program is hosted by yoga teacher and health coach, Kim Buono. Please bring \$40 the first day of class for the four class session. Please wear loose comfortable clothing and bring a yoga mat. Class will be held outside; however, if there is inclement weather, the program will be held inside.

Sunset Yoga

Unwind from your hectic day with yoga teacher and health coach, Kim Buono. This class features a flowing sequence of poses partnered with breath awareness, meditation and relaxation. Please bring \$10 the day of class. Please wear loose comfortable clothing and bring a yoga mat. Class will be held outside; however, if there is inclement weather, the program will be held inside.

Gentle Yoga

Join us for this class teaching the essentials of yoga. This 6 week-long class is for anyone new to yoga, as well as those with experience. Exercise, meditation, and breathing are key components of this practice. Connect with yourself...relax. Please wear loose comfortable clothing and bring a yoga mat. Lores Way is a registered yoga instructor with the Yoga Alliance.

LOCATION: Program Room, Parks Administration Office, Toms River DATE: Mondays, October 21 – December 9 (no class 11/11 & 11/25).......343123 – 3I TIME: 5:00 - 6:00 pm FEE: \$40.00 per person **FULL** AGE: 16 years – Adult

Yoga after Work

Keep calm and try yoga. This 6 week-long class is designed for students of any level interested in furthering their yoga knowledge. The practice of yoga benefits the body, mind, and spirit. Focus on exercise, breathing, and meditation for a transforming experience. Feel free to move at your comfort level. Please wear loose, comfortable clothing and bring a yoga mat. Lores Way is a registered yoga instructor with the Yoga Alliance. LOCATION: Program Room, Parks Administration Office, Toms River DATE: Thursdays, October 24 - December 12 (no class 10/31 & 11/28)......343123 - 3J TIME: 5:00 - 6:00 pm FEE: \$40.00 per person AGE: 16 years - Adult Intro to Pickleball

Join in on the fastest-growing sport in the country. Pickleball is a sport that combines tennis, badminton, and ping pong. The game is played with a solid pickleball paddle and a plastic ball on a court about 1/3 the size of a tennis court. Learn how to play the game in this fun and exciting 4-day clinic. Pickleball is a social sport you can learn quickly. All equipment will be supplied. Please wear sneakers and bring a drink.

You must complete this class BEFORE taking the Pickleball Rally Class. LOCATION: Pickleball Courts 1-3, Ocean County Park, Lakewood TIME: 9:00 - 10:30 am LOCATION: Pickleball Courts 1,2 & 3, Stanley H. "Tip" Seaman County Park, Tuckerton TIME: 3:00 - 4:30 pm FEE: \$12.00 per person AGE: Adult

Pickleball Rally

This 3-day Pickleball Rally class is designed for newer players who have some experience playing pickleball but want to play more matches to practice their newly acquired skills. Players should have a basic understanding of the rules of pickleball before signing up for this class. Staff will be available to answer questions and go over positioning and strategy to help get you on your way. Equipment will be available if needed. Please wear sneakers and bring a drink.

You must have taken the Intro to Pickleball BEFORE taking this class. LOCATION: Pickleball Courts 2, 3, & 4, Ocean County Park. Lakewood TIME: 3:00 - 4:30 pm LOCATION: Pickleball Courts 1,2 & 3, Stanley H. "Tip" Seaman County Park, Tuckerton TIME: 5:00 - 6:30 pm FEE: \$10.00 per person AGE: Adult

Sunday Pickleball Social

Come join us on Sunday mornings here at Ocean County Park for some friendly competition and to practice your pickleball skills. This 3-week social will allow you to meet up with other pickleballers and play matches against a variety of opponents. This is a great opportunity for newer players to practice and improve their newly acquired skills with others with similar experience. Participants should have some experience playing pickleball, and have a working knowledge of the rules and how to keep score. Staff will be available to organize matches and answer questions. Snacks and water will also be available to all who are participating.

LOCATION: Pickleball Courts 1-4 Ocean County Park. Lakewood TIME: 9:00 - 11:00 am FEE: \$10.00 per person AGE: Adult

Intro to Disc Golf

Disc Golf is played much like traditional golf, but instead of clubs and balls, players use specialized flying discs much like a Frisbee. This class is for people who have never played and are curious about the sport. Ocean County Park hosts a magnificent 18-hole disc golf course amongst the many trees and paths. Players must practice their skills to avoid hazards and score as low as possible. All equipment will be provided. LOCATION: Disc Golf Course, Ocean County Park, Lakewood TIME: 11:30 am - 1:00 pm FEE: \$10.00 per person

AGE: 16 years - Adult



A Walk in the Park "Central Edition"

Have you been interested in exploring some new parks within the Ocean County Parks system but just didn't know where to start? Then this is the class for you. We will meet at a new park every week and explore the unique beauty each park has to offer. We will be walking at a brisk pace to get some cardiovascular exercise for no more than an hour. Walking is a great low-impact exercise that can help manage your weight, relieve stress, and improve your mood.

Please wear comfortable sneakers or boots and bring a drink. LOCATIONS WHERE WE WILL BE MEETING:

11/12: Pavilion, John C. Bartlett Jr. County Park at Berkeley Island, Berkeley Twp.

- 11/19: Pavilion, Mill Creek County Park, Berkeley Twp.
- 11/26: Outside Nature Center, Jakes Branch County Park, Beachwood
- 12/3: BB Trail Parking Lot, Serpentine Dr. & Princeton Ave, Berkeley Twp.
- 12/10: Outside Restrooms, Eno's Pond County Park, Lacey Twp.
- TIME: 10:00 -11:00 am

FEE: \$14.00 per person

HEALTH & WELLNESS

Mediation for Busy Women

If you've ever considered introducing a meditation practice into your life, this is the class for you! In this six-week session, you'll learn different styles of meditation and take home methods to begin an at-home practice of your own. Meditation done on a daily basis reduces stress, improves memory as well as your ability to focus, improves the quality of sleep and helps you develop the mental discipline needed to avoid unhelpful habits. If you think you don't have the time, let me change your mind! (Please bring a mat, blankets, and pillows and wear comfortable clothes. Aromatherapy will be provided. A journal will be helpful as well).

Please bring exact cash or check payable to Instructor, Karen English for \$60.00. LOCATION: Program Room, Parks Administration Office, Toms River

DATE: Tuesdays, October 22 - November 26 (NO CLASS 11/5)

TIME: 6:00 - 7:00 pm211544 – 3E FEE: \$5.00 per person registration fee AGE: Adult

Natural Cleaning Supplies with Essential Oils

Clean while supporting your health. Have fun creating your very own non-toxic home products with the use of essential oils and common items in your home.

In this hands-on workshop you will be making a 2-ounce jar of a sink/tile scrub to keep your space clean without the harsh chemicals, and a 1-ounce cleaning spray to use in various ways. Discover why certain essential oils are beneficial for being anti-bacterial and anti-fungal. All supplies and handouts will be provided.

Please bring exact cash or check payable to Instructor - Kathy Gabrielli (Certified Holistic Aromatherapist) for \$25.00

Chronic Disease Self-Management Program

This six week workshop was designed at Stanford University. It is sponsored locally by Community Services Inc. of Ocean County (Meals on Wheels). In this workshop, you will manage symptoms including fatigue and depression, use relaxation techniques, increase awareness for balanced nutrition, improve communication skills, increase self-confidence and solve problems and set weekly action plans.

AGE: Adult

Movement Meditation with Chakra Tai Chi

Chakra Tai Chi is a simple, powerful self-care practice for activating and aligning energy from the base of the body to the crown. It cultivates mindful presence and supports deeper understanding and connection with self and others. As a movement meditation, it brings more conscious awareness and integration through the whole being and the chakra system. *Please bring exact cash or a check payable to Instructor Regina Rosenthal for \$20.00*

LOCATION: Program Room, Parks Administration Office, Toms River	
DATE: Wednesday, October 23	341544 – 3C
TIME: 6:00 – 8:30 pm	
FEE: \$5.00 per person registration fee	AGE: Adult

HEALTH & WELLNESS

Acupressure for Anyone: Central Channel Release

How can we strengthen our health and sense of well-being using acupressure for selfcare? During this workshop you will learn about Chinese medicine, two Extraordinary Vessels (Governing and Conception Vessels) directly connected with the spine, and the chakra system.

Please bring exact cash or check payable to Instructor Regina Rosenthal for \$20.00

LOCATION: Program Room, Parks Administration Office, Toms River	
DATE: Thursday, November 14	341544 – 3D
TIME: 6:30 – 9:00 pm	
FFF: \$5.00 per person registration for	

FEE: \$5.00 per person registration fee

AGE: Adult



Body Scrub and Respiratory Salve with Essential Oils

Create your wellness kit for wintertime with your choice of a salt scrub or a sugar scrub for your body in a 2-ounce jar. See how to melt beeswax with nourishing carrier oils and add your choice of respiratory supporting essential oils to create a

1-ounce salve to use when caring for a cold or experiencing a lack of energy.

Please bring exact cash or check payable to Instructor - Kathy Gabrielli (Certified Holistic Aromatherapist) for \$25.00

LOCATION: Program Room, Parks Administration Office, Toms River

FEE: \$5.00 per person registration fee





Tick exposure can occur year-round, but ticks are most active during warmer months (April-September)

Before You Go Outdoors:

 Know where to expect ticks. Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard.

- Treat clothing and gear with products containing 0.5% permethrin.
- Use Environmental Protection Agency (EPA)-registered insect repellentss.

Avoid Contact with Ticks:

Avoid wooded and brushy areas with high grass and leaf litter. Walk in the center of trails.

After You Come Indoors:

Check your clothing for ticks. Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 mins. to kill ticks on dry clothing after you come indoors. Water will not kill ticks.

Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and daypacks.

Shower soon after being outdoors. Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.

Check your body for ticks after being outdoors. Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or fulllength mirror to view all parts of your body. Check these parts of your body and your child's body for ticks:

- Under the arms
- In and around the ears
- Inside belly button
- Back of the knees
- In and around the hair
- · Between the legs
- · Around the waist

Preventing Ticks on Your Pets

Dogs are very susceptible to tick bites and tickborne diseases. Vaccines are not available for most of the tickborne diseases that dogs can get, and they don't keep the dogs from bringing ticks into your home. For these reasons, it's important to use a tick preventive product on your dog.

Tick bites on dogs may be hard to detect. Signs of tickborne disease may not appear for 7-21 days or longer after a tick bite, so watch your dog closely for changes in behavior or appetite if you suspect that your pet has been bitten by a tick.

Talk to your veterinarian about:

- The best tick prevention products for your dog
- Tickborne diseases in your area

To further reduce the chances that a tick bite will make your dog sick:

- Check your pets for ticks daily, especially after they spend time outdoors.
- If you find a tick on your pet, remove it right away.
- Réduce tick habitat in your yard.

Note: Cats are extremely sensitive to a variety of chemicals. Do not apply any tick prevention products to your cats without first asking your veterinarian!



Adult/Child/Infant CPR AED Certification

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!! Come and learn life-saving CPR and AED use, as well as how to relieve choking in adults, children and infants. This hands-on course is taught in a relaxed and comfortable environment by certified instructors and is designed for anyone with limited or no medical training. Upon completion, participants will receive a CPR AED Course Completion Card.

Please bring a check for \$60.00 payable to Ocean Side CPR.

LOCATION: Program Room, Parks Administration Office, Toms River

DATE: Wednesday, October 30	341166 – 3A
DATE: Wednesday, November 13	
DATE: Wednesday, December 18	
TIME: 6:30 – 9:00 PM	
FEE: \$5.00 per person	AGE: 14 years – Adult



Basic Life Support (BLS) for the Healthcare Provider Designed for the health care professional, 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.

Please bring a check for \$80.00 payable to Ocean Side CPR.

LOCATION: Program Room, Parks Administration Office, Toms	River
DATE: Wednesday, October 9	341166 – 3D
DATE: Wednesday, November 6	
DATE: Wednesday, December 11	341166 – 3F
TIME: 6:30 – 9:00 PM	

FEE: \$5.00 per person

AGE: 14 years – Adult

Stay tuned to your **Ocean County Parks & Recreation**

search: Ocean County Parks & Recreation on FACEBOOK

Search: MyOCParks on INSTAGRAM

www.oceancountyparks.org



Recreation Program Policy and Information

- 1. Recreation personnel in charge of each program will have the final decision in all matters, especially where participant safety is concerned.
- 2. Due to the strenuous nature of some of our activities, recreation personnel reserve the right to deny a participant entry into a program. If the participant has already paid a fee, this fee will be reimbursed in accordance with our refund/credit policy.
- 3. Alcoholic beverages are strictly prohibited on all recreational programs.
- 4. All participants and their guardians must realize there may be some unavoidable hazards involved in all recreation programs. At the start of the program you will be asked to sign a Waiver of Liability Form, which is mandatory in order to attend the program and must be signed.
- 5. It is the participant's or guardian's responsibility to inform staff members of any medical problems that may inhibit your participation in a program. Please consult your doctor if you are not sure.
- 6. Please be advised that all return times are approximate. The actual times depends on the ability of the participants, prevailing weather, field conditions, and unforeseen circumstances.
- 7. All children under 18 years of age must be accompanied by an adult, except programs specifically designed for young children.
- 8. Age range for programs have been designated according to program content and will be strictly adhered to.
- 9. WARNING! Ticks may be present on all outdoor programs. To protect yourself from Lyme Disease, we recommend participants spray clothing with insect repellent which contains DEET, wear light color clothes, tuck pants into your boots or socks, always change clothes as soon as you return home and check yourself over closely for ticks. Deer ticks are present all year round.
- 10. WARNING! The rabies epidemic is present throughout the state. For your safety, please enjoy wildlife from a distance, report any wildlife behaving strangely to park staff.

REGISTRATION INFORMATION

Unless otherwise stated, all programs require registration along with payment in full at time of **registration**. Anyone attending a program or trip, without registering in advance, must pay by check or money order (cash is unacceptable). Participants will only be permitted upon availability. When a program/trip has been advertised in a previous newsletter we will accept enrollment prior to the registration date listed in this newsletter issue.

SPECIAL ASSISTANCE/ACCOMMODATIONS available upon request For program availability or a program guide please call: (732) 506-9090

MAIL-IN REGISTRATION IS PREFFERED (early mail-ins will be returned) REGISTRATION LOCATIONS:

Monday – Friday 8:30am to 3:30pm Jakes Branch County Park, Beachwood (732) 281-2750 Parks & Recreation Administrative Office, Toms River (732) 506-9090 Wells Mills County Park, Waretown (609) 971-3085

PROGRAM REGISTRATION APPLICATION

When registering by mail or in person, you must complete and sign the entire **Program Registration Application.** For your convenience you can print our **"Program Registration Application"** right from our website or you may copy this application; however, an original signature must be on each application. Incomplete and unsigned applications will be returned unprocessed. Please return your completed Program Registration Application along with your payment to:

Ocean County Parks & Recreation Administrative Offices 1198 Bandon Road, Toms River, N.J. 08753-3138 MAKE CHECK PAYABLE TO "COUNTY OF OCEAN"

If you would like to register in person, please visit one of our three locations listed above. Mail ins are also accepted.

Refund and Cancellation Policy

Once a program has started, fees will not be refunded nor credit issued, regardless of the reason.

REFUND POLICY

- 1. When the **Department** reschedules or cancels a program costing \$15 or more per person, a full refund will be issued by means of **a properly completed and signed Program Registration Application.**
- 2. When the **Customer** cancels participation in a program costing \$15 or more per person, having given at least two weeks notice prior to the scheduled program start date, a full refund will be issued by means of a properly completed and signed Program Registration Application.
- 3. Vouchers or credits will only be issued to the **individual whose name appears** on the check and/or reservation.

CREDIT POLICY

- 1. When a program costing less than \$15 per person is cancelled or rescheduled by the **Department**, the customer will receive a credit which is valid up to one year from the original date of that program. The credit will be applied to the household that the class was registered to.
- 2. When the **Customer** cancels participation in a program costing less than \$15 per person, having given at least two weeks notice prior to the scheduled program start date, the customer will receive a credit which has no expiration date.
- 3. If a Customer cancels a program less than two weeks prior to the scheduled program start date, regardless of the cost per person, the customer **does not** receive a credit or a refund on that program.
- 4. Once a credit has been issued, it may not be **exchanged for a cash refund** This includes all credits applied to future registrations. NO EXCEPTIONS.

The Department of Parks & Recreation reserves the right to cancel or postpone any trip or program. NOTE: See application for Refund and Cancellation Policy.

REGISTRATION FORM

Each of the undersigned, with the intention of binding himself or herself and any other persons for whom his or her signature is requested as parent or legal guardian, and the heirs, executors, administrators, and assigns of the undersigned or said other persons, does hereby knowingly and voluntarily release and discharge the County of Ocean and its officers, employees and agents, from any and all claims, demands, actions, judgements, and executions which each of the undersigned or the persons for whom his or her signature has been requested ever had, or now has, or may have or claim to have out of participation or any activity conducted, sponsored or approved by the Ocean County Parks and Recreation Department or the County of Ocean whether occasioned by the negligence of the county, its officers, agents or employees, or otherwise.

This Release and Waiver is given in consideration of the efforts of the County of Ocean in making these activities available to undersigned of the person for whom his or her signature is requested as parent or legal guardian and allowing the undersigned or such person to participate in these activities.

Each undersigned declares that prior to the execution of this Release he or she apprised him or herself of sufficient relevant data in order to intelligently exercise his or her own judgement in deciding whether to execute this Release and he or she further declares that this decision was not predicated on or influenced by any declarations or representations of the County of Ocean or its agent, officers or employees.

Each undersigned expressly agrees that the foregoing Release and Waiver is intended to be as broad as is permitted by the laws of the State of New Jersey and that if any portion thereof is held invalid, it is agreed that the balance shall notwithstanding, continue in full legal force and effect.

EACH UNDERSIGNED ACKOWLEDGES THAT HE/SHE HAS READ AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF ALL LIABILITY.

I need a reasonable modification for a disability to enjoy this activity ____ Yes ___ No

Upon completion of this application, please sign the Claimant's Certification & Declaration box below. In the event a program refund is necessary, for programs costing more than \$15.00 per person, this application will serve as a County Refund Voucher.

County of Ocean - Parks & Recreation Vendor Claimant's Certification & Declaration I do solemnly declare and certify under the penalties of the law that the within bill is correct in all its particulars; that no bonus has been given or received by any person or persons within the above claim; that the amount therein stated is justly due and owing.

It is understood and agreed that park visitors and participants in Ocean County Park System programs, activities, and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes.

	Participant's Signature	// Today's Date
Event #:	Refund Amount	Refund Date//
Event #:	Refund Amount	Refund Date//

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YOU MUST SIGN THE OPPOSITE SIDE OF THIS FORM

Save The Dates!



Watch for UPDATES on our Facebook pages and on the web: www.oceancountyparks.org

OCEAN COUNTY PARKS & RECREATION ADMINISTRATION OFFICE 1198 Bandon Road Toms River, New Jersey 08753-3138 (732) 506-9090

PRSPT STD U.S. POSTAGE PAID PERMIT #544 LAKEWOOD, NJ 08701

Mail in Registration is Preferred REGISTRATION WILL BE ACCEPTED BEGINNING THURSDAY, AUGUST 29 FOR PROGRAMS IN THIS ISSUE Early Mail-Ins Will Be Returned Parks & Recreation Administrative Office, Toms River 732-506-9090 www.oceancountyparks.org



Vistis our website: www.oceancountyparks.org for full information on all our parks, trail maps, rental forms, rules and regulations, etc. FOLLOW US ON SOCIAL MEDIA

