2020 FALL PROGRAM GUIDE
& NEWSLETTER

Ocean County
Parks & Recreation
Natural Lands Trust

MAIL IN REGISTRATION ONLY - BEGINS FRIDAY, SEPTEMBER 4

Thank You
EAGLE SCOUTS

Ocean County Board of Chosen Freeholders
Virginia E. Haines – Chairwoman of Parks and Recreation
Joseph H. Vicari – Freeholder Director
Gary Quinn – Deputy Director
Virginia E. Haines, John P. Kelly, Gerry P. Little

Michael T. Mangum – Director of Parks and Recreation
Mary J. Bavais – Assistant Director

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Ocean County Parks Provide the Perfect Landscape for Eagle Scout Projects

With 27 park sites totaling more than 4,000 acres of land maintained by Ocean County, sometimes it's the helping hands of volunteers that assist in getting the extra, special tasks completed.

"The staff at the Ocean County Department of Parks and Recreation is top notch in maintaining all of our park sites," said Ocean County Freeholder Virginia E. Haines, Chairwoman of Parks and Recreation. "From our golf courses to our spray park, they keep every facility clean and in working order. They run great recreational programs and especially during this facility of the coronavirus they have all gone above and beyond in making certain our visitors and our staff are safe and protected from the virus."

"With all that is going on, we, now more than ever, appreciate the enthusiasm and the assistance from local scouts that have helped us with some great volunteer projects," Haines said.

Haines recently met with Grant Los, who completed his Eagle Scout project by sprucing up the area around the "Rules Garden" sign leading into Cattus Island County Park, off Cattus Island Boulevard, Toms River, complete with fresh plants, new mulch and a red brick retaining wall.

Los of Boy Scouts of America Troop 50 became the second 14-year-old Eagle Scout in his troop’s history when he completed the project at Cattus Island. A little bit about this young man - he served as Troop 50 Senior Patrol Leader for 2019. He is also Boatswains Mate of Sea Scout Ship 117 out of Tuckerton and a recent graduate of Toms River Intermediate East.

"I would like to thank Cattus Island Senior Park Naturalist Nikki Vernachio for all her help," said Los, who lives a short distance from the park. "I also want to thank French & Parrello Associates and my family for their generous donations and Del’s Farm Market for donating the plants."

For 40 years, Cattus Island County Park and the Ocean County Department of Parks and Recreation have shared a strong bond with the Boy Scouts of America Jersey Shore Council and the Girls Scouts of the Jersey Shore.

Scouting has its roots in leadership, service, and the community. By working with the Ocean County Department of Parks and Recreation, many scouts are able to practice these valued skills, quite often in a scout's own neighborhood park.

Approximately a dozen select scouts reach out to Cattus Island County Park each year to arrange a very special project on the road to earning their Eagle Scout Award or Gold Award. These elite scouts must coordinate a large service project to benefit their communities and leave lasting change. They show great leadership and delegating skills by identifying a need in their community, meeting with community members, planning, organizing, fundraising and accomplishing their project goals.

"Grant found himself working under unique circumstances as his project was delayed as a result of the coronavirus pandemic," Haines said. "Yet, he took the Boy Scout motto of 'always be prepared' a step further and persevered to get it done."

"The final project is one we are very proud of at Ocean County Parks," Haines said. "This will be here to greet visitors and outline the steps everyone should take in respecting the park facilities and the other park visitors."

More than 100 scouts have worked at Cattus Island County Park on special awards projects. An essential park project has included demolishing and rebuilding boardwalks used on our trails. Of the 6.5 miles of trails at the park, approximately a quarter of the trails system involve boardwalk paths. These are instrumental in the safety and well-being of hikers. The Orange Trail, located at Paige’s Point, is fondly referred to as "Scout Island" due to the quantity of boardwalks built on that trail by Eagle Scout candidates. Several other special projects have been accomplished over the years, such as bird blinds, osprey platforms, bat boxes, garbage can containers, bicycle racks, map kiosks, trail signs, garden improvements, and most recently, an environmental education video series.

"Many of our parks have benefitted from these Scouts and there are many long-lasting projects throughout the park system that have come about as part of the Eagle Scout program," Haines said. "We are very proud and appreciative of Grant and all of our Eagle Scouts and their families who have volunteered their time to bring improvements to our parks that will last for years to come."

*(Cover: Nikki Vernachio-Ocean County Parks Senior Naturalist, Grant Los-Eagle Scout and Freehold Virginia E. Haines)*
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MAIL IN REGISTRATION ONLY

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Newsletter Editors:  
Michelle Urban & Carolyn Hofmann  
The Ocean County Parks & Recreation Newsletter  
is sponsored by the  
Ocean County Board of Chosen Freeholders  
and is prepared by the  
Ocean County Parks & Recreation Department  
Contributors: Active Recreation, Art and Environmental Staff.
The Clam Cove Reserve is a unique 24 acre coastal marsh property that borders along Long Beach Boulevard in the Holgate section of Long Beach Township. The coastal marsh hosts a variety of waterfowl and provides opportunity for nature observation and other forms of passive recreation. Great egrets, black crowned night herons, and other wading birds can frequently be seen fishing in the tidal areas of the reserve.

Historically a wetland area, the property was the beneficiary of sand after Superstorm Sandy, creating an upland and buildable area for about 6 home sites. The Township of Long Beach made an application to the County Natural Lands Trust Fund for a partnership.

The County received an easement and the Township will own and maintain the property. The Clam Cove Reserve was preserved in May of 2020.

The Natural Lands Trust Fund Program

Clam Cove Reserve

Hunting on Natural Lands Trust Properties

Ocean County Natural Lands Trust provides hunting opportunities in various forms on approximately 22,715 acres or almost 88% of all owned properties. OCNLT are open to some form of hunting including bow and arrow, shotgun and muzzleloader. Properties are evaluated for hunting on an annual basis. This review includes newly purchased properties as well as existing properties in which neighboring property uses have changed. The review also considers property-specific complaints or issues identified during the year. Evaluation criteria include property acreage, proximity to neighboring development, safety zones, local regulations, site accessibility, and non-compatible uses including trails or paddling corridors. Hunting is allowed consistent with state and local regulations. The County maintains a prohibition on hunting on Sundays. Deer driving is only allowed during the 6-day firearm season and is limited to properties identified as safe and compatible to this use. Property visitors should refer to the most currently adopted version of the Ocean County Parks and Natural Lands Trust Rules for more information.

http://www.planning.co.ocean.nj.us/frmEPNaturalLandTrust#hunt
Ocean County Parks and Recreation COVID-19 Statement

As you browse our Ocean County Parks and Recreation 2020 Fall Program guide, you’ll notice many changes from past guides. In this time of COVID-19 we have been altered or postponed many of our regular offerings with the best interest of the health of our visitors and staff in mind.

We have reduced class sizes to ensure that we can maintain proper social distancing while still trying to offer you the best possible Parks and Recreation experience. Many of our classes will require you to wear a mask.

We have postponed all of our van trips and any hikes, jaunts or other programs that require transportation by park staff in a county van.

Many of our yoga and exercise classes will be offered outside depending on the class, masks may be mandatory.

In addition many of our Pre-K and kids classes will be offered outdoors, weather permitting, and in the event we must move them indoors, we will have covered tables and offer individual bags of items used for arts and crafts so there will be no sharing. Our program rooms are cleaned and sanitized before and after each session.

We appreciate your understanding and cooperation during these challenging and ever-changing times.

Cattus Island
WEEKEND PROGRAMS

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 McClain.

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 12th)
TIME: 2:00 – 3:00pm FEE: FREE AGE: All

October 3 & 4..........................Fire in the Pines
October 10 & 11..........................Swamps & Bogs
October 17 & 18..........................Flora & Fauna of the Pines
October 24 & 25..........................Threatened & Endangered Species
October 31 & Nov 1....................Feeder Birds
November 7 & 8..........................Along the Main Trail
November 14 & 15.....................As the Marsh Prepares for Winter
November 21 & 22.....................Cattus Island History
November 28 & 29.....................Hibernation Hike
December 5 & 6.........................Down the Boardwalk Trail
December 13..............................Trees of Winter
December 19 & 20..............Cattus Family Holiday Traditions
December 26 & 27.....................Winter Animal Adaptations
The following programs are Free, No Registration Required

MINIMUM: 5  MAXIMUM: 8

**Monthly Bird Walks**

Learn how Cloverdale Farm County Park’s bird population changes month by month. This informative two-hour bird walk is perfect for all levels of birders. 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: Pavilion, Cloverdale Farm County Park, Barnegat

DATES/TIMES: Saturdays
October 17........8:00 - 10:00 am
November 14......9:00 - 11:00 am
December 12.....9:00 - 11:00 am

AGE: 9 years - Adult

**Nature Walks**

Join us for an exploration of the flora and fauna of Cloverdale Farm’s bogs and forest habitats. Please be prepared to walk approximately 1 mile. Please dress for the weather and wear comfortable sneakers or boots. If inclement weather, the program will be canceled.

LOCATION: Pavilion, Cloverdale Farm County Park, Barnegat

DATES: Saturdays
October 31
November 14
December 12

TIME: 2:00 - 3:00 pm

AGE: 9 years - Adult

**Children’s Nature Walks**

Join park staff to walk the sandy trails of Cloverdale Farm County Park to see what we can discover! Please wear comfortable sneakers or boots. If inclement weather, the program will be canceled.

LOCATION: Pavilion, Cloverdale Farm County Park, Barnegat

DATES: Sundays
November 8
November 22
December 13

TIME: 2:00 - 3:00 pm

AGE: 6-12 years, Parent/guardian must accompany
The following programs are Free, No Registration Required

Jakes Branch
Walk-In Weekend Programs
**These programs will be on a first-come first served basis to the first 8 people that sign up upon arrival**
Masks must be worn for indoor programs.

Live Animal Talks
Come in and meet the animals of Jakes Branch County Park. Visitors will get an up-close look at the park’s inhabitants and learn about each species. Talks will last approximately 20 minutes.
LOCATION: Nature Center, Jakes Branch County Park, Beachwood
DATES: Sundays, October 4 – December 27
TIME: 12:30 pm & 1:30 pm
AGE: All

Discovery Nature Walks
Join a park naturalist on these brief, but informative nature walks through Jakes Branch. **Weather permitting** walks will not exceed 30 minutes.
LOCATION: Nature Center, Jakes Branch County Park, Beachwood
DATES: Sundays, October 4 - December 27
TIME: 2:00 pm
AGE: 6 years - Adult

Jakes Branch County Park
400 acres
1100 Double Trouble Road
Beachwood, NJ
732-281-2750

*"The Gateway to the Pines", Jakes Branch County Park offers both active and passive recreation opportunities. The Jakes Branch Nature Center highlights the beauty, history and natural surroundings of the Pine Barrens through informational exhibits, live animals and environmental programs. Breathtaking views of the surrounding Pine Barrens forest can be taken in from the observation deck perched 5-stories atop the nature center. Jakes Branch County Park also offers families the opportunity to picnic, play sports, visit the playground, walk the discovery playtrail or hike and bike our 8+ miles of nature trails.*
Dog Walk at Natural Lands Trust Pulverizing

Walking area is wide with plenty of room to move with Fido. All dogs must be “dog and stranger” friendly. Please use only a 6-foot leash, no retractable leashes allowed. All dogs must be up to date on shots and have a valid license. One dog per adult

LOCATION: Barnegat Branch Trail, Maryland Ave Parking lot, Bayville

DATE: Saturday, October 17 ………………………………………………………345466 – 5A

TIME: 10:00 am – 12:00 pm

FEE: $5.00 per person

MINIMUM: 5

MAXIMUM: 8

*NEW* Puppy Enrichment and Socialization

This class will provide you with many ways to enrich your dog’s life, provide them mentally tiring games to play and observe good dog to dog socialization so your dog can get the most out of each new opportunity. This class is for puppies from 3-6 months. Bring to class proof of 1st round of vaccinations, leash (no retractable), harness or a flat collar and treats broken into tiny pieces. There will also be an introduction to foraging fun and enrichment toys and an E-Book of Enrichment DIY puzzles for your dog sent via email after class. *Please bring a check for $20.00 made payable to Compassionate Canine Training the day of the class.

LOCATION: Outside the program room, Parks Administration Office, Toms River

DATE: Wednesday, October 7 ………………………………………………………343466 – 3B

TIME: 5:00-5:45pm

FEE: $5.00 per person for registration

MINIMUM: 4

MAXIMUM: 6

Trails and Tails Dog Walk

This is a great opportunity for you and your pet to get a little exercise and allows you to socialize your dog. All dogs must be “dog and stranger” friendly. Please use only a 6-foot leash, no retractable leashes allowed. All dogs must be up to date on shots and have a valid license. One dog per adult.

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

DATE: Wednesday, November 18 (rain date 11/24) ……………………………343466 – 3A

TIME: 2:00 - 3:00 pm

FEE: $6.00 per team

MINIMUM: 2 teams dog/adult

MAXIMUM: 6 teams dog/adult
**Toddler Nature Trek**

Leave the stroller behind and get those little feet moving down the trail with Cloverdale's Naturalist staff. We will use our five senses to take in the wonders of nature.

**LOCATION:** Pavilion, Cloverdale Farm County Park, Barnegat

**DATES:** Fridays,
- October 16  Cranberry Picking.............................................346326 – 6A
- November 20 Nature ABC’s......................................................346326 – 6B

**TIME:** 10:00 - 11:00 am

**FEE:** $5.00 per child, Adults are free but must register.

**AGE:** Infant-5 years, Parent or guardian must accompany child.

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**The Buzz About Bees**

Did you know that pollinators produce roughly 1 out of every 3 bites of food we eat? That’s a lot of pollination! It’s not too late in the season to learn about and help our pollinator friends before the cold of winter sets in. Explore the basic process of pollination, pollinator habitats and how pollinators impact our daily lives, with a special focus on bees. Hands on activities and a fun craft are sure to be the buzz of the town so be sure to join us on our pollinator journey!

**LOCATION:** Nature Center, Jakes Branch County Park, Beachwood

**DATE:** Saturday, October 3..........................................................345332 – 5A

**TIME:** 10:30 - 11:30 am

**FEE:** $5.00 per child. Adults are free, but must register

**AGE:** 6 – 9 years

**MINIMUM:** 4

**MAXIMUM:** 6

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**Craft & Nature Walk with Santa**

Let your child, experience nature with Santa Claus this holiday season. During this program, Santa Claus will read a few stories and will lead them on a short ¼-mile nature exploration walk!

**LOCATION:** Program Room, Cloverdale Farm County Park, Barnegat

**DATE:** Saturday, December 5....................................................346326 – 6C

**TIME:** 2:00 - 3:00 pm

**FEE:** $5.00 per child, Adults are free but must register

**AGE:** 3 - 7 years

**MINIMUM:** 5

**MAXIMUM:** 8
The following programs are designed for preschool children without parent participation. These are drop-off programs only. PLEASE NOTE: CHILDREN MUST BE POTTY-TRAINED. Weather permitting classes will be held outside. Please dress accordingly.

FEE: $5.00 per child  
AGE: 3 – 5 years

**Pre-K Gym**

We will get moving with fun games and activities with other children. We will set up an obstacle course, compete in scooter races, and play with a giant parachute. Kids will learn to follow directions and improve coordination while supporting other playmates. Please wear sneakers.

LOCATION: Program Room, Parks Administration Office, Toms River  
DATE: Monday, October 5..................................................343021 – 3A  
TIME: 10:00 - 11:00 am

**Pumpkin Patch**

Welcome to the Pumpkin Patch! We will listen to stories, play games and make all sorts of pumpkin crafts. We will share a tasty pumpkin treat at the end.  
*Please advise all allergies at the time of registration*

LOCATION: Program Room, Parks Administration Office, Toms River  
DATE: Tuesday, October 13..................................................341021 – 1A  
TIME: 10:00 – 11:00 am

**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  
DATE: Tuesday, October 20..................................................341021 – 1B  
TIME: 10:00 – 11:00 am

**Halloween Fun and Games**

Come dressed in your Halloween costume and join us in some spooky fun and games. We will play several Halloween themed games and prizes will be awarded to all participating.

LOCATION: Program Room, Parks Administration Office, Toms River  
DATE: Friday, October 30..................................................343021 – 3B  
TIME: 10:00 - 11:00 am

**NEW* Monday Play Dates**

Come join us every Monday in November for a playdate. Children will get plenty of exercise while learning how to follow directions and practice sharing, taking turns and good sportsmanship. Every Monday a new set of activities will be planned. We will work on gross motor skills and hand eye coordination which will aid in physical development and self-confidence. Please wear sneakers

LOCATION: Program Room, Parks Administration Office, Toms River  
DATE: Mondays, November 2 – 30............................................343021 – 3C  
TIME: 10:00 - 11:00 am  
FEE: $14.00 per child

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PRESCHOOL PROGRAMS
Who Lives in the Forest

WHOOOO lives in the forest? We will take a look at all our feathered and furry friends of the forest with games, stories and fun crafts.
LOCATION: Program Room, Parks Administration Office, Toms River
DATE: Thursday, November 12
TIME: 10:00 – 11:00 am

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
DATE: Tuesday, November 17
TIME: 10:00 – 11:00 am

Agility Balance and Coordination

This class is designed to develop a child’s ABC’s (agility, balance and coordination.) Children will practice jumping, hopping, balancing and other basic skills. We will incorporate different props including agility ladders, small hurdles and balancing tools which will help build a foundation for simple sports skills. Please wear sneakers.
LOCATION: Program Room, Parks Administration Office, Toms River
DATE: Wednesday, December 2
TIME: 10:00 - 11:00 am

Tis the Holiday Season

Join us as we start to brighten the holiday season. We will have a holly jolly time with stories, games and crafts.
LOCATION: Program Room, Parks Administration Office, Toms River
DATE: Tuesday, December 8
TIME: 10:00 – 11:00 am

A Pinch of Grinch

He’s a green meanie but we’ll soften him up. After reading How the Grinch Stole Christmas we will play Grinch games and make crafts.
LOCATION: Program Room, Parks Administration Office, Toms River
DATE: Tuesday, December 15
TIME: 10:00 - 11:00 am
**FUN FOR KIDS**

**Soccer Fundamentals**

This class is designed for children with little to no experience playing soccer. We will practice the fundamental skills of the game using fun drills and games that will incorporate dribbling, passing and shooting in a non-competitive atmosphere. Soccer is a great form of exercise and will help improve a child’s balance and coordination. No equipment is required, only comfortable clothing, sneakers or cleats and a drink.

LOCATION: Field E, Patriots County Park, Jackson

DATE: Tuesdays, October 13-27 (rain date 11/10) ……………………343332 – 3A

TIME: 4:00 - 5:30 pm

FEE: $10.00 per child

AGE: 7 – 10 years

MINIMUM: 4

MAXIMUM: 10

**NEW*  Pre-Teen Fitness Boot camp**

This exciting class will most defiantly get your heart pumping and keep you on your toes. We will prove that exercise and fitness can be fun for all. Classes will include a warm-up and stretch followed by a series of games that will help improve your cardiovascular health and muscular strength. Kids won’t even realize their exercising. The games we will be playing will allow kids to run, jump and move in various patterns and directions incorporating all muscle groups. Please dress appropriately for the weather, wear sneakers and bring beach towel or yoga mat and a drink.

LOCATION: Soccer Field Parking Lot, Jakes Branch County Park, Beachwood

DATE: Fridays, October 2 - 23 (rain date 10/30) ……………………343332 – 3B

TIME: 4:00 - 5:00 pm

FEE: $12.00 per person

AGE: 9 – 12 years

MINIMUM: 4

MAXIMUM: 10

**NEW*  Teen Fitness Boot camp**

This class will help kick start your fitness journey using fun games and activities that will help build muscle, strengthen bones and improve cardiovascular health all while burning calories and having a blast. No two classes will be the same to keep participants guessing. Every class will include a warmup and cool down, stretching for flexibility and various cardio and strengthening components presented in a fun atmosphere. Not only is exercise good for your physical well-being but it also helps decrease levels of stress and anxiety and helps improve self-esteem, confidence and your ability to concentrate. Please dress appropriately for the weather, wear sneakers and bring a beach towel or yoga mat and a drink.

LOCATION: Soccer Field, Jakes Branch County Park, Beachwood

DATE: Thursdays, October 8- 29 (rain date 11/5) ……………………343332 – 3D

TIME: 4:00 - 5:00 pm

FEE: $12.00 per person

AGE: 13 – 17 years

MINIMUM: 4
Evening Exploration and Full Moon Walk
Autumn is one of the best times of the year to take in the beauty of Nature. Breathe in the crisp air and enjoy the sunset along Silver Bay. This 2 mile walk is great for the whole family!
LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River
DATE: Friday, October 2
TIME: 6:00 – 7:30 pm
FEE: $5.00 per person
MINIMUM: 2
MAXIMUM: 10
AGE: 5 years - Adult

Cranberry Ramble & Pick
Join us for a half-hour ramble around the cranberry bogs to learn about how these “Rubies of the Pines” grow. After, we will hit the bogs for a short time for cranberry picking.
Please bring a quart size zip-loc bag for cranberries, dress for the weather and wear old sneakers or boots that can get wet.
LOCATION: Pavilion, Cloverdale Farm County Park, Barnegat
DATE: Saturday, October 17
TIME: 2:00 - 3:00 pm
FEE: $5.00 per person
MINIMUM: 5
MAXIMUM: 8
AGE: All

Autumn Evenings at Jakes Branch
Take time to enjoy the “little” things. Fall sunsets are some of the prettiest around when viewed from the Observation Deck at Jakes Branch. Take advantage of our extended fall hours to go on a naturalist-led late afternoon nature walk. Or relax and take in the view atop the Nature Center’s 5-story tower or from your own blanket/chair from the grass. Feel free to pack some refreshments to enjoy during your visit.
**Walks will be on a first come first served basis open to the first 8 participants**
**PLEASE NOTE - Observation Deck capacity is limited**
LOCATION: Nature Center, Jakes Branch County Park, Beachwood
DATES: Saturday, October 3
Friday, October 16
Saturday, October 31
TIME: 5:00 – 7:00 pm
FEE: FREE
AGE: All

Jakes Branch in Lights
Jakes Branch Nature Center will be decorated in thousands of lights for the month of December
Monday - Friday 8:30 - 4
Saturday & Sunday 10 - 4
Special evening viewing hours: December 4 & 19 from 6-8 pm
Warm refreshments served
Observation Deck will be open.
*Building capacity will be regulated
Carnivorous Plants
Carnivorous plants have the most amazing adaptations to living in a low-nutrient environment. Most plants absorb nitrogen from the soil through their roots. These plants obtain their nutrients by capturing insects and other invertebrates in their modified traps. Join a park naturalist as we investigate the bog garden at Cattus Island County Park. We will show you how you can set up your own bog garden of carnivorous plants.
LOCATION: Cooper Environmental Center, Cattus Island County Park
DATE: Friday, October 9 .............................................................. 342166 – 2A
TIME: 2:00 – 3:00 pm
FEE: $5.00 per person
AGE: 9 years – Adult

Reptiles as Pets
Are you thinking about bringing home a new addition to the family? Reptiles can be a fun, rewarding option, especially for those who are allergic to cats and dogs. Come learn about the wide variety of scaly friends available, as well as how to choose your pet responsibly. We will discuss the basics of care, lighting, and feeding, as well as resources should you no longer be able to care for your reptile.
LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River
DATE: Saturday, October 17 .......................................................... 342166 – 2B
TIME: 11:00 am – 12:00 pm
FEE: $5.00 per person
AGE: 9 years – Adult

Medicinal Plants of the Pine Barrens
This program focuses on some of the species of medicinal plants that grow in the New Jersey Pine Barrens. Participants will sit through a short PowerPoint presentation identifying several plants with medicinal value, where these plants are found, and what ailments they can be used to treat. Following the PowerPoint, participants will go into the woods to forage for specimens of medicinal plants. There will be a demonstration about how to prepare the specimens for use either in the field or for a long term scenario.
LOCATION: Cooper Environmental Center, Cattus Island County Park
DATE: Tuesday, October 20 ............................................................ 342166 – 2C
TIME: 1:00 - 2:30 pm
FEE: $5.00 per person
AGE: Adult

Birds of Ocean County
Many bird species make Ocean County their home. Through this PowerPoint presentation, you will see the diverse bird species found in our unique habitats. This is a great beginning birding lecture.
LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River
DATE: Wednesday, October 28 ...................................................... 342166 – 2D
TIME: 6:00 – 7:00 pm
FEE: $5.00 per person
AGE: All
LECTURES

Introduction to Medicinal Herbalism
Herbal Medicine has been used for hundreds of years and many of our modern medicines are derived from these natural wonders. Today, herbal medicine is again on the rise, and many of these plants can be found growing in your backyard! Join us as we discuss the some of the history of this craft, the plants you can use, and how to prepare them.

LOCATION: Nature Center, Jakes Branch County Park, Beachwood
DATE: Friday, November 20..............................................345166 – 5A
TIME: 7:00 – 8:00 pm
FEE: $5.00 per person AGE: 14 years - Adult

Field ID of Birds
How is it that a birder can identify a vulture or an eagle from miles away, or identify the species of duck in flight? Birders use field marks and behavior to help them identify species. Some of these identifying characteristics would include wing positioning, plumage, size and speed of flight. In this presentation we will discuss what to look for and how to properly identify various bird species.

LOCATION: Nature Center, Jakes Branch County Park, Beachwood
DATE: Friday, December 18..............................................344166 - 4A
TIME: 6:00 – 7:30 pm
FEE: $5.00 per person AGE: Adult

Photo: Frank Langella
“In order to adapt to COVID-19 restrictions and continue to provide quality programs, we have adjusted our hike, jaunt and nature walk focus to Ocean County and what it has to offer. We will now be meeting at our program location instead of traveling by County van. GPS coordinates and basic directions are provided in the write-ups where needed. Please look for the County van to know where best to park. For additional directions or questions, please call Wells Mills County Park at 609-971-3085 or Jakes Branch County Park at 732-281-2750. Due to the nature of some of our program locations, you may be parking on unimproved or sand roads/ lots or possibly on the shoulder of a roadway.”

OCEAN COUNTY HIKING CLUB

When you register and participate in any hike or jaunt offered below we automatically begin to record and keep track of your mileage. Pins and credits for free hikes are earned at the 50, 100, 250, 500 and 1000 mile marks. Join us as we get outdoor exercise, learn about our natural history, and make lasting friendships!
For more information call Wells Mills County Park at 609-971-3085.

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. 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 weekday programs, we recommend wearing bright colors.

Any questions, please call Wells Mills County Park at 609-971-3085

Winding River Jaunt

This jaunt, situated along what’s known as the “Toms River Corridor” is considered environmentally sensitive and rich in natural resources. Part of the site which was permanently preserved in 2014, was home to the locally well-known Albacondo Campground. Rich in the typical flora and fauna of the area the property is also home to a few notable landmarks including the old police chief’s home and the remnants of an old mill.

MEET AT: Winding River Park, 50 Route 37 West, Toms River

DATE: Friday, October 30…………………………………….345536 – 5C

DEPARTURE/RETURN: 9:00 am – 1:00 pm

RATING & MILEAGE: Easy: mostly flat, may be wet – 3 miles

NJ Pulverizing Jaunt

Switch it up and join us for the unconventional jaunt! Not the typical “trail” walk, this loop is sure to provide participants with many interesting sights along with an interesting history of the property. Acquired through the Natural Lands Trust Fund, this 775 + acre parcel boats many unique features including Caribbean blue ponds.

MEET AT: Maryland Avenue Parking Lot, Barnegat Branch Rail Trail, Bayville

DATE: Saturday, November 14…………………………………….345536 – 5D

DEPARTURE/RETURN: 9:00 am – 1:00 pm

RATING & MILEAGE: Easy: mostly flat, sandy – 3.5 miles
Jakes Branch-Pinewald Keswick Jaunt
This jaunt will take us through familiar Jakes Branch trails then eventually onto adjacent property owned by NJ Department of Environmental Protection. Please be prepared at the possibility of some rough cut trails and wet areas.
LOCATION: Parking Lot, Jakes Branch County Park, Beachwood
DATE: Friday, November 20……………………………………………..345536 – 5E
TIME: 9:00 am – 12:30 pm
RATING & MILEAGE: Easy: mostly flat, may be wet - 4 miles

Pygmy Pines Jaunt
On this jaunt we will explore one of the most interesting habitats of the New Jersey Pine Barrens, walking through areas of forest no taller than the average person. Once part of a much larger military bombing range, the tract is currently part of Stafford Forge Wildlife Management Area, and is habitat for several rare and unique plant species adapted to these harsh growing conditions. Meet .25 miles down Range Rd, 4 miles west of the Parkway or 6.25 miles from Rt. 72. GPS Coordinates: 39.705942, -74.370205
LOCATION: Range Road, Barnegat
DATE: Sunday, November 22……………………………………………..344536 – 4A
DEPARTURE & RETURN: 9:00 – 11:00 am
RATING & MILEAGE: Easy: mostly flat - 4 miles

Stafford Forge Jaunt
Stafford Forge gets its name from an iron operation that was carried out here from the 1790s to the 1830s. Daniel Gowdy, one of Ocean County’s cranberry pioneers, later established successful bogs here. The site eventually became a NJ Wildlife Management Area and is open to the public for a variety of outdoor pursuits. We will explore the old roads and dikes of the former cranberry farm and perhaps catch a glimpse of the migratory waterfowl drawn to its waters. Bug spray with DEET is recommended. Meet at field entrance on Forge Rd., 1.5 miles from Rt. 539 or 2 miles from Rt. 9. GPS Coordinates: 39.667271, -74.319300
LOCATION: Forge Rd, Stafford Forge WMA, Manahawkin
DATE: Sunday, December 20……………………………………………..344536 – 4B
DEPARTURE/RETURN: 9:00 – 11:00 am
RATING & MILEAGE: Easy: flat – 4 miles
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. For weekday programs, we recommend wearing bright colors. 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.

Any questions, please call Wells Mills County Park at 609-971-3085

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

AGE: 9 years to Adult

MINIMUM: 5

MAXIMUM: 10

**Trails of Wells Mills Series**
The trails of Wells Mills County Park range from wet Atlantic White Cedar swamps to dry Pine/Oak uplands. On our walks, we will discover the habitats, wildlife and plant life present in our backyard.

LOCATION: Parking Lot, Wells Mills County Park, Waretown

**Estlow Trail- 3.2 miles**
DATE: Sunday, October 4……………………………………………………..344536 – 4D
DEPARTURE/RETURN: 9:00 am – 12:00 pm

**Macri Trail- 8.4 miles**
DATE: Sunday, December 6……………………………………………………344536 – 4E
DEPARTURE/RETURN: 9:00 am – 3:00 pm

**Old Half Way Hike**
We will meet at and start our hike near the former site of the Bullock freight station, from which cranberries were once shipped on the Central of New Jersey Railroad up to the 1920s, when trucks replaced freight cars for that task. After several views of the abandoned bogs we will make our way to Old Half Way, where the clay pits once excavated by the Adams Clay Mining Company are now filled with aquamarine water. We will also get view the aftermath of several past wildfires and the forest’s progress at re-growth.

Meet at grass parking along railroad tracks on Pasadena Rd., 5 miles from Rt 539 or 2.25 miles from Rt. 72.

GPS Coordinates: 39.881631, -74.449050

LOCATION: Mt. Misery/Pasadena Rd, Browns Mills

DATE: Friday, October 23……………………………………………………..344236 – 4A
DEPARTURE/RETURN: 9:00 am– 12:00 pm

RATING & MILEAGE: Easy: flat – 5 miles

**Double Trouble Hike**
Join us as we hike the trails in historic Double Trouble State Park. We will hike along old cranberry dikes and past historic cranberry bogs, next to Atlantic White Cedar forests and through some Pine Barrens uplands. If we have time, we will talk a little about the history of this former company town. Meet at the parking lot of Double Trouble State Park on Pinewald Keswick Rd.

GPS Coordinates: 39.898116, -74.221380

LOCATION: Parking Lot, Double Trouble State Park, Berkeley

DATE: Friday, November 13……………………………………………………344236 – 4B
DEPARTURE/RETURN: 9:00 am– 12:00 pm

RATING & MILEAGE: Easy: flat – 5 miles
Lake Shenandoah Roundabout
Join us for a picturesque, easygoing three mile circuit around this beautiful body of water that translates to “beautiful daughter of the stars”. Surrounding forest boasts pitch and white pines, intermingled with birch, cedar, oaks, and understory shrubs. Good views of several large lush islands, prime habitat for fish and fowl. Mossy cellar holes of homes long gone to seed. Within the Metedeconk River watershed.
LOCATION: Parking Lot, 660 Ocean Ave., Lake Shenandoah Park, Lakewood
DATE: Monday, October 19 ……………………………………………………………….345536 – 5A
DEPARTURE/RETURN: 9:00 am – 1:00 pm

Barnegat Light History & Maritime Forest Birding & Botany Nature Walk
Long before LBI was developed it was covered in dunes and maritime forests. One of the places on the island to see such a forest is at Barnegat Lighthouse State Park. We will explore their Maritime Forest Trail and then walk down the inlet to see what birds can be found. Each date will have a different birding focus. Dress for the weather and bring your binoculars. We will have limited number of loaners available. Meet at the Lighthouse parking lot, 208 Broadway, Barnegat Light.
GPS Coordinates 39.763026, -74.107517
LOCATION: Parking Lot, Barnegat Light State Park, Barnegat Light
Fall Warbler Migration Birding Focus
DATE: Saturday, October 3 ……………………………………………………………….344536 – 5A
Winter Sea Ducks Focus
DATE: Friday, December 11 ……………………………………………………………….344536 – 5B

Barnegat Light History & Maritime Forest Birding & Botany Nature Walk
Cedar Bonnet Island Birding & Botany Nature Walk
Join us for a nature walk on the newly opened Cedar Bonnet Island trail, part of the Edwin B. Forsythe refuge system located in Manahawkin. This area was at one point a dredge spoil dump but has recently been reclaimed and enhanced for public use. The trail goes through forested and salt marsh ecosystems and allows visitors to get an up close look at a reclamation project. Bring bug spray and dress for the weather. Bring your binoculars if you have them. We will have a limited number of loaners available. Parking lot is on eastbound side of Rt. 72, 6 miles east of the Parkway, just after the Dorland J Henderson Memorial Bridge and beyond the Edwin B. Forsythe National Wildlife Refuge sign.
GPS Coordinates: 39.657251, -74.193943
LOCATION: Edwin B. Forsythe National Wildlife Refuge, Rt. 72, Stafford Twp.
DATE: Saturday, October 31
DEPARTURE/ RETURN: 9:00 am – 12:00 pm

Manahawkin Wildlife Management Area Birding & Botany Nature Walk
Coastal forests are home to many species not found in the interior Pine Barrens. We will explore abandoned farmland and salt marsh impoundments, looking for plants and wildlife adapted to these habitats. We will also be looking for migrating waterfowl and wading birds while we explore the marsh habitat. Bug spray with DEET is recommended. Bring your binoculars if you have them. We will have a limited number of loaners available. Park on unimproved road beyond guardrail, 2 miles from Rt. 9 or .14 miles from East Bay Ave.
GPS Coordinates: 39.683765, -74.228749
LOCATION: Hilliard Ave Parking Lot, Manahawkin WMA, Manahawkin
DATE: Sunday, November 15
DEPARTURE/ RETURN: 9:00 am – 12:00 pm

Barnegat Branch Rail Trail Nature and History Walk
Join a park naturalist for this stroll along the historic and environmentally interesting tour along the southern section of the BBRT ending in the town center of Barnegat.
LOCATION: Memorial Drive Parking Lot, Barnegat Branch Rail Trail, Barnegat
DATE: Saturday, December 5
DEPARTURE/RETURN: 9:00 am – 12:30 pm
Awesome Autumn Campfire
FREE
November 7
1-4pm

Perfect Family Afternoon
Bonfire in the big field
Live Music
by Brue Crew
Pack a picnic lunch, blanket/chairs

JAKES BRANCH COUNTY PARK
1100 Double Trouble Road, Beachwood

Lighting Up Nature
FREE

Discovery Play Trail will be lit up to walk through
December 12 & 13
6-8 pm
Warm refreshments will be served
*Trail capacity will be regulated

JAKES BRANCH COUNTY PARK
1100 Double Trouble Road, Beachwood
Due to Covid-19 restrictions we are offering an online alternative to the Old Time Barnegat Bay Decoy & Gunning Show this year. Instead of visiting the show in person, please check out our Facebook and YouTube pages during the show weekend, September 26 & 27, for videos new and old, commentary and a few decoy contests.

38th Old Time Barnegat Bay Decoy & Gunning Show

There will be Non-Public Judging

2020 CONTEST CATEGORIES:
Barnegat Bay Gunning Decoy Traditional
Barnegat Bay Gunning Decoy Contemporary
Delaware River Gunning Decoy
Traditional Shorebird
Youth Gunning Decoy
Youth Shorebird

JUDGING ONLY
NON-PUBLIC EVENT

Back in 1983, the show had its beginnings when a small group of decoy collectors began selling and trading decoys from the back of their pickup trucks. The gathering also included a few decoy carving contests. 38 years later, due to Covid-19, we will go back to our roots. No selling or vendors at the show this year but we will still have the core decoy carving contests which can be seen on our Facebook page on the weekend of the show. A list of vendors typically found at the show can be found on our website as well.

We can't wait to see you in person in 2021!!!

2020 Contest Rules and additional information can be found at our website under www.oceancountyparks.org >Programs >Special Events
26th Annual Pine Barrens Jamboree

Wells Mills County Park  905 Wells Mills Road (Rt 532) Waretown
Saturday October 10th  10:00am ~ 4:30pm

Music of the Pines  Cultural Demonstrations
Nature & History Programs  Limited Food & Vendor Tables
BRING YOUR OWN CHAIRS

Due to COVID-19 restrictions, the show is limited to 500 people at a time. No canoe rentals, van trips or hands-on activities this year.

Winter Solstice Celebration

Games ~ Crafts ~ Live Animal Talks ~ Horse Carriage Rides ~ Campfire Storytime
Food ~ A Visit from Santa ~ Candy Cane Nature Walk

Saturday, December 12 ~ 11am - 3pm
Cattus Island County Park
Cooper Environmental Center
Your Ocean County Golf Courses

Atlantis Golf Course
261 Country Club Boulevard
Little Egg Harbor
(609) 296-2444

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

Tournaments
Unlimited Play Packages
Pro Shops
Reserve Tee Times Online

Atlantis Golf Course is an exceptional par-72 championship course. It is meticulously maintained and has many challenging holes, such as the scenic but tricky par-three sixth hole, where the golfer must negotiate a pond in the middle of the fairway in order to reach the green. Restaurant is on the premises.

Forge Pond is a perfectly manicured par-60 executive course tucked into a 300-acre conservation area. These fairways offer a challenge to even the most experienced golfer, yet allow the novice to perfect his game. Here too, rates are very reasonable, especially for resident senior citizens.

★ Asbury Park Press: Currently rated as One of the best Golf Courses in Ocean County.

★ Currently ranked as a Golf Advisor top 20 Golf Course in New Jersey.

Visit us at:
www.oceancountyparks.org
VIRTUAL CLASSES

Frogwarts from Afar

Headmaster Silverwolf has found a new batch of students ready to enter the world of wizardry. The magical world of Frogwarts is calling you right at your own home! Sign your mini magician up for this stay-at-home version of our popular Wacky Wizards class and you will receive a post packed with everything you'll need to have your own surprisingly sorcerous adventure. We will even provide a link so you can watch our very own headmaster provide instruction on how to make powerful potions, cast stupendous spells and much more! Participants will receive a “House” questionnaire which must be filled out and mailed back before their package will arrive.

Please mail registration to: Jakes Branch County Park, 1100 Double Trouble Road, Beachwood, NJ 08722
LOCATION: Mail-In/Virtual Program, Registration required by October 26
FEE: $15 per child
AGE: 10 – 13 years

Christmas Crafting

Looking for a little something extra to make this holiday season merry and bright? Look no further than these simple yet elegant ornaments that you can complete from the comfort of your own home! Everything you need along with easy to follow instructions. After registration a link to a video will be provided. Do your children want to get in on the fun? Sign them up and they will receive their own ornament to make! Deck the halls of your own home or bring your ornament back to Jakes Branch and help us decorate our holiday tree during our “Jakes Branch in Lights” nights (see page 21 for dates).

Please mail registration to: Jakes Branch County Park, 1100 Double Trouble Road, Beachwood, NJ 08722
LOCATION: Mail-In/Virtual Program, Registration Required by December 1.
FEE: $5 per person
AGE: 5 years- Adult
MAXIMUM: 20

VIRTUAL ACTIVE RECREATION

OCP&R Virtual 5K

Lace up those running shoes and come join us in our very first Ocean County Parks and Recreation Virtual 5K. Participants are encouraged to challenge themselves and to have fun in this safe social distancing event. The beauty of a Virtual Race is that you can run whenever and wherever you want. All runners/walkers will receive a bag and a bib number which will be mailed to your home when you register and a finisher medal will be mailed out upon completion. Participants must either send us their time or a photo of themselves with their number before a medal will be sent out. All participants who qualify for a medal will also be entered into a drawing for additional prizes. Remember your time does not matter, our goal is to get everyone outside safely for some friendly competition.

Please send your times and photos to Victoria at VWagner@co.ocean.nj.us

LOCATION: You choose
DATE: August 28........................................................................................343544-3E
Last day to submit times and photos for drawing is December 11.
FEE: $15.00
AGE:10 years – Adult
MINIMUM: 10
MAXIMUM: 100
Due to COVID-19 restrictions, we have to pause our van trips for this season. We will begin to offer them again as soon as it is safe to do so.

Due to COVID-19 restrictions, we have to pause our canoe trips for this season. We will begin to offer them again as soon as it is safe to do so.

Kayaking Touring Trips

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

• All participants must have their own boat, paddle and PFD and be able to transport themselves to the meeting location. Kayak must be a “sit in” style kayak measuring 12 feet.

*** NO Sit On Top Kayaks ***

• All "sit-in" style boats are required to have a full spray skirt. Ocean County Parks and Recreation cannot supply equipment for people who bring their own boats.

• Please avoid cotton clothing. Synthetic-fiber clothing is preferred. Come prepared with water shoes. No flip-flops or Crocs.

• It is strongly recommended that participants have practiced a wet exit (turning the kayak over, releasing spray skirt and swimming out of boat) PRIOR to signing up for a trip.

• 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.

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

RATING SYSTEM

A. No experience required.

B. Novice Paddlers: Must have some paddling experience, preferably in a “sit-in” style boat. Trip will be in somewhat protected waters. May experience small waves and current/tide. Plan to paddle 3-5 hours.

C. Intermediate: May experience larger waves and/or stronger current/tide. Trip will have more open water paddling. Plan to paddle 4-5 hours.

D. Intermediate/advanced: Open water paddling. Possible large waves and strong current/tide. Plan to paddle 4-5 hours.

E. Cold Water Trip: Wetsuits recommended.

Tuckerton Creek Fall Paddle

This trip will take us though some open water, followed by an up and back on scenic Tuckerton Creek and weather permitting, a stop on the beach on Great Bay Boulevard. This trip is for experienced paddlers only.

MEET AT: Parking Lot, 1199 South Green Street Park, Tuckerton

DATE: Saturday, October 31…………………………………345306 – 5A

DEPARTURE/RETURN: 9:00 am – 2:00 pm

RATING: C/D, E

FEE: $10.00

AGE: 14 years - Adult

MINIMUM: 4

MAXIMUM: 7
DEPARTMENT OF PARKS AND RECREATION

LATEST UPDATES

EVENTS & SWIMMING UPDATES

SPRAY PARK & PLAYGROUNDS TO OPEN JULY 2

CAROUSEL OF MUSIC SCHEDULE 2020

PARKS

Ocean County Parks and Recreation offers a wide variety of outdoor activities in 27 parks and conservation areas. With over 4000 acres of preserved and well maintained land you can enjoy hiking, biking, swimming, canoeing, fishing, ball fields, tennis courts, playgrounds and so much more. With parks from Point Pleasant to Tuckerton you’re sure to find an adventure near you.

GOLF

Ocean County is home to many challenging golf courses. Among these are two public courses maintained by the Department of Parks and Recreation. Forge Pond Golf Course was ranked in the top 20 public golf courses to play in full by Golf Advisor. Atlantis Golf Course is a much longer course than Forge Pond but some golf enthusiasts is one of the best layouts in the state of NJ.

NATURAL LANDS TRUST FUND

The Ocean County Natural Lands Trust Program was established in 1997 as a way to preserve the natural beauty of Ocean County, and protect our watershed. By preserving open space we have established over 17,000 acres of land for public use. The public enjoy many activities from kayaking along the bay, hiking miles of trail, or hunting on over 13,000 acres.

SUBSCRIBE TO OUR NEWSLETTER

Get the latest news and events delivered right to your inbox for FREE!

LIKE US ON FACEBOOK

FOLLOW US ON INSTAGRAM

Ocean County Freeholder Virginia E. Haines serves as Freeholder Liaison to the Ocean County Parks & Recreation Department.

Michael Mangum, Director - Mary J. Bavais, Assistant Director
HORTICULTURAL HAPPENINGS

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.
LOCATION: Ocean County Tree Nursery, 499 South Stump Tavern, Jackson
DATE: Tuesday, September 29..................................................347166 – 7A
TIME: 11:00 am - 12:00 pm
FEE: Free
AGE: Adult
MINIMUM: 2
MAXIMUM: 8

Growing Fresh Herbs throughout the Fall/Winter Months
Hold off buying those kitchen herbs at the store just yet! Come join us and learn how to keep those tasty fresh herbs flourishing all year long. Outdoor event, please dress accordingly.
LOCATION: Ocean County Tree Nursery, 499 South Stump Tavern, Jackson
DATE: Wednesday, October 7..............................................347166 – 7B
TIME: 10:30 - 11:30 am
FEE: Free
AGE: Adult
MINIMUM: 2
MAXIMUM: 8

America’s Victory Gardens
During WW1 and WW2, people were encouraged to turn their flower gardens into vegetable gardens in order to increase food production. Join us for an interesting look into this era of gardening history. Outdoor event, please dress accordingly.
LOCATION: Ocean County Tree Nursery, 499 South Stump Tavern, Jackson
DATE: Tuesday, October 13.....................................................347166 – 7C
TIME: 11:00 am - 12:00pm
FEE: Free
AGE: Adult
MINIMUM: 2
MAXIMUM: 8
Hydrangea Wreath

One's favorite spring flower in nature: hydrangeas; light, airy puffballs of petals that scream spring. Add to your wicker wreath a mix of hydrangea blossoms, greenery and vines to make a fine decoration gracing your front entryway.

LOCATION: Program Room, Parks Administration Office, Toms River
DATE: Thursday, October 1 ……………………………………………341186 – 1B
TIME: 6:00 – 8:00 pm
FEE: $14.00 per person
AGE: Adult
MINIMUM: 6
MAXIMUM: 10

Canning Jar Lid Pumpkin

Recycle those unused canning jar lids! Whether you’re crafty or not, this simple canning jar lid pumpkin is easy as apple (or pumpkin!) pie. Perfect for the novice crafter, yet elegant enough for the experienced crafter to all have a good time. Please bring any canning lids (just the lid ring) you no longer need. This is the perfect opportunity to create a fun, festive, fall piece of décor sure to impress family and friends!

LOCATION: Nature Center, Jakes Branch Nature Center, Beachwood
DATE: Friday, October 2 ……………………………………………345186 – 5A
TIME: 7:00 - 8:30 pm
FEE: $5.00 per person
AGE: 16 years - Adult
MINIMUM: 4
MAXIMUM: 6

Farmhouse Chic

Using repurposed household items, watch the ordinary become extraordinary. Each project will become a creative masterpiece.

LOCATION: Program Room, Parks Administration Office, Toms River
DATE: Thursday, October 8………………………………………………341186 – 1C
TIME: 6:00 – 8:00 pm
FEE: $14.00 per person
AGE: Adult
MINIMUM: 4
MAXIMUM: 10

Recycled Book Pumpkin

Have a ton of old books just laying around? Fall into the autumnal spirit by giving an old book a new purpose as a clever pumpkin craft! We will cut, paint and glue to create this festive project. Crafters are encouraged to bring an old book that they no longer read, but aren’t quite ready to part with. This project works best with chapter books (no picture books). Apple cider and a light snack will be provided.

Please let staff know of any food allergies at the time of registration.

LOCATION: Nature Center, Jakes Branch County Park, Beachwood
DATE: Saturday, October 10…………………………………………345186 – 5B
TIME: 6:00 – 7:30 pm
FEE: $5.00 per person
AGE: 16 years – Adult
MINIMUM: 4
MAXIMUM: 6
CREATIVE EXPRESSIONS

Vintage Wall Art
Come and enjoy an evening of crafting using recycled wood that will become an accent piece on your wall! You will be painting a sunflower on your recycled wood pallet. (Don’t worry ladies for those who aren’t good at painting there will be stencils to trace with). This weathered look for your design will brighten up your Fall Decor in your household.
LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River
DATE: Thursday, October 15 ………………………………………… 341186 – 1D
TIME: 6:00 – 8:00 pm
FEE: $14.00 per person
AGE: Adult
MINIMUM: 6
MAXIMUM: 10

Welcome to the Patch
Pumpkins, such an iconic symbol of the season. Using various materials we will create some charming Pumpkin Décor.
LOCATION: Program Room, Parks Administration Office, Toms River
DATE: Thursday, October 22 ………………………………………… 341186 – 1E
TIME: 6:00 – 8:00 pm
FEE: $14.00 per person
AGE: Adult
MINIMUM: 4
MAXIMUM: 10

Pinecone Star
“Fix your course on a Star and you’ll navigate any storm.” Using pinecones and other seasonal decorations our star shaped wreath will be a bright spot for any home.
LOCATION: Program Room, Parks Administration Office, Toms River
DATE: Thursday, November 5 ………………………………………… 341186 – 1F
TIME: 6:00 – 8:00 pm
FEE: $14.00 per person
AGE: Adult
MINIMUM: 4
MAXIMUM: 10

Scarecrow Clothespin Wreath
Come and create a unique wreath for your home this fall season. A cute scarecrow to be hung up in your home made with a pizza pan and clothespins it’s that simple and easy and it’ll look adorable anywhere in your home.
LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River
DATE: Thursday, November 12 ………………………………………… 341186 – 1G
TIME: 6:00 – 8:00 pm
FEE: $14.00 per person
AGE: Adult
MINIMUM: 4
MAXIMUM: 10

Reversible Pumpkin/Snowman Display
Reverse, reverse! Everybody create a snowman! Connect with friends and fellow crafters as we create a pumpkin and snowman display, great for fall and winter. You will paint, decorate and assemble the display made out of wood cookies from the park. All materials will be provided. This is one craft that is sure to be as fun to admire as it is to make!
LOCATION: Nature Center, Jakes Branch County Park, Beachwood
DATE: Friday, November 13 ………………………………………… 345186 – 5C
TIME: 7:00 - 9:00 pm
FEE: $5.00 per person
AGE: Adult
MINIMUM: 6
MAXIMUM: 6
Felt Tree Forest
Mini trees are a popular decoration, adorable anywhere and for any season. Using various materials you will make your very own felt tree.
LOCATION: Program Room, Parks Administration Office, Toms River
DATE: Thursday, November 19
TIME: 6:00 – 8:00 pm
FEE: $14.00 per person
AGE: Adult
MINIMUM: 4
MAXIMUM: 10

Holiday Planters
We will be using a 20" Plastic Container, fresh greens and branches to create a wonderful addition to your outdoor holiday decorating. We will be suppling all materials but feel free to bring your own embellishments. Please bring gardens gloves and pruners.
LOCATION: Program Room, Parks Administration Building, Toms River
DATE: Monday, November 30
TIME: 6:00 – 8:00 pm
FEE: $30.00 per person
AGE: Adult
MINIMUM: 6
MAXIMUM: 12

Whimsical Holiday Ornaments
These whimsical ornaments, silly snowmen and shining stars are just a few of the crafts you will be making this merry and bright season.
LOCATION: Program Room, Parks Administration Office, Toms River
DATE: Thursday, December 3
TIME: 6:00 – 8:00 pm
FEE: $14.00 per person
AGE: Adult
MINIMUM: 4
MAXIMUM: 10
South Jersey Basket Making

Basket making has been a tradition in the Pine Barrens since the Lenni Lenape first settled our region. Baskets were used for gathering food and carrying supplies. Join us as Mary May, a local basket maker, speaks about South Jersey basket traditions and demonstrates how to create a basket.

**MINIMUM:** 4  
**MAXIMUM:** 8

**Candy Corn Basket**

This whimsical candy corn basket will offer a bit of fall fun to grace your doorstep and will be a perfect addition to your autumn décor. Please have $45.00 in exact change to cover instructor fees and material costs.

**LOCATION:** Program Room, Cloverdale Farm County Park, Barnegat  
**DATE:** Tuesday, October 6………………………………………346186 – 6C  
**TIME:** 5:30 - 9:30 pm  
**FEE:** $5.00 per person registration fee  
**AGE:** 12 years-Adult

**Double Wine Bottle Basket**

Weave your own two-bottle wine basket just in time for late spring and summer get-together with friends. Please have $45.00 in exact change to cover instructor fees and material costs.

**LOCATION:** Program Room, Cloverdale Farm County Park, Barnegat  
**DATE:** Tuesday, November 10……………………………………346186 – 6D  
**TIME:** 5:30 - 9:30 pm  
**FEE:** $5.00 per person registration fee  
**AGE:** Adult

**Snowman Basket**

Come out for a fun night out and make an adorable woven snowman just in time for the holidays. Please bring $25.00 in exact change for the instructor and materials.

**LOCATION:** Program Room, Cloverdale Farm County Park, Barnegat  
**DATE:** Tuesday, December 8……………………………………346186 – 6E  
**TIME:** 5:30 - 9:30 pm  
**FEE:** $5.00 per person registration fee  
**AGE:** Adult

**Scandinavian Snowflakes**

This beautiful 7-inch snowflake design is a real pleaser. Made of maple strips, the woven center adds to its beauty and makes a great hostess gift, ornament for Christmas tree, or window ornament for year-long display. Please have $25.00 in exact change to cover instructor fees and material costs.

**LOCATION:** Program Room, Cloverdale Farm County Park, Barnegat  
**DATE:** Tuesday, December 15……………………………………346186 – 6F  
**TIME:** 5:30- 9:30 pm
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, gloves, and dress for the weather. Celebrate the holiday season with us and go home with a great-looking wreath.

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

DATE: Tuesday, December 1 – 342186 – 1A
Wednesday, December 2 – 342186 – 1B
Friday, December 4 – 342186 – 1C
TIME: 5:00 – 7:00 pm
DATE: Tuesday, December 1 – 342186 – 2A
Wednesday, December 2 – 342186 – 2B
Friday, December 4 – 342186 – 2C
TIME: 7:00 – 9:00 pm
MINIMUM: 6
MAXIMUM: 10
LOCATION: Pavilion, Cloverdale Farm County Park, Barnegat
DATE: Friday, December 4 – 346186 – 6B
TIME: 1:00 – 3:00 pm
MINIMUM: 4
MAXIMUM: 8
LOCATION: Program Room, Jakes Branch County Park, Beachwood
DATE: Friday, December 11 – 345186 – 5D
TIME: 5:00 – 7:00 pm
DATE: Friday, December 11 – 345186 – 5E
TIME: 7:30 – 9:30 pm
FEE: $12.00 per person
AGE: 10 years - Adult
MINIMUM: 4
MAXIMUM: 8

RUSTIC CHRISTMAS DÉCOR

Rustic décor is warm, comfortable, and traditional like a family heirloom. Our rustic Christmas projects will become new heirlooms for years to come.

LOCATION: Program Room, Parks Administration Office, Toms River
DATE: Thursday, December 17 – 341186 – 1J
TIME: 6:00 – 8:00 pm
FEE: $14.00 per person
AGE: Adult
MINIMUM: 4
MAXIMUM: 10

BEGINNERS MAH JONGG

Learn the American version of Mah Jongg, it is a tile game for all ages in the rummy family and is played typically with four people. It's a sociable, competitive, exciting, and addictive game that exercises your mind. The Instructor, Christine Blackford will explain; the tiles and their function to the Charleston and the National Mah Jongg League rules, how to understand and use the current 2020 yearly card, to strive to the winning hand. A practice Mah Jongg set is provided during the duration of the four week class.

*PLEASE NOTE: Please purchase an official National Mah Jongg League 2020 yearly card before class! It is available online at www.nationalmahjonggleague.org/store.aspx#*

*Please bring exact change or a check payable to instructor Christine Blackford for $60.00 on the first day of class*

LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River
DATE: Wednesdays, October 7 – 28 – 341186 – 2A
TIME: 10:00 - 12:00 pm
DATE: Mondays, November 2 – 23 – 341186 – 2B
TIME: 1:00 – 3:00 pm
FEE: $5.00 per person
AGE: Adult
MINIMUM: 4
MAXIMUM: 10
6 Week Adult Boot Camp
This 6 Week Boot Camp style workout class will be held twice a week. Each class is a one hour full body workout with styles ranging from High-Intensity Interval Training (HIIT), cardio, mobility, functional movements, and more. Participants will be provided with a weekly workout routine and nutritional information for maximum results. Body measurements will be taken and goals will be set on the first day of class. Participants only need to bring a yoga mat, water bottle and towel. Most of the exercises will be done using only your body weight, any other workout equipment will be provided. Classes will be led by Dan Chandler, a certified personal trainer and strength conditioning coach through American Aerobic Association International and the International Sports Medicine Association.

*Please bring exact cash or a check payable to Instructor Dan Chandler for $85.00*

LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River
DATE: Wednesdays/Saturdays October 7 – November 14..............341544 – 2A
TIME: Wednesdays 5:00 – 6:00 pm/ Saturdays 9:30 – 10:30 am
FEE: $5.00 per person

AGE: Adult
MINIMUM: 4
MAXIMUM: 10
Exercise with Ease
This Exercise Program uses gentle activities to help increase joint flexibility, maintain range of motion and muscular strength. The gentle workout also helps to increase overall stamina. Participants may perform the exercises while seated in a chair. A perfect class for people suffering with arthritis. Please have a check for $45.00 made payable to Linda Osowski on the first day of class. MUST WEAR MASKS INDOORS
LOCATION: Program Room, Parks Administration Office, Toms River
DATE: All classes are on Mondays and Fridays
SESSION 1: October 2 – October 30 (no class 10/12).........................343544 – 3F
SESSION 2: November 2 – November 27.................................343544 – 3G
SESSION 3: December 4 – December 28 (no class 12/25)..............343544 – 3H
TIME: 2:30 – 3:30 pm
FEE: $5.00 per person for registration
AGE: Adult
MINIMUM: 6
MAXIMUM: 10

SeniorCise Exercise
Let’s get moving ...This gentle exercise class includes low-impact aerobics, stretching and strengthening routines. Improve joint flexibility, balance, range of motion and muscular strength. Participants may perform these exercises seated. Some equipment will be supplied. MUST WEAR MASKS INDOORS
LOCATION: Classroom, Jakes Branch County Park, Beachwood
DATE: All classes are Tuesdays and Fridays
SESSION 1: October 2 – October 27.............................................343544 – 3I
SESSION 2: November 6 – November 27.................................343544 – 3J
SESSION 3: December 1 – December 29 (no class 12/25)..............343544 – 3K
TIME: 9:15 – 10:15 am
FEE: $45.00 per person
AGE: Adult
MINIMUM: 6
MAXIMUM: 10

Walk N’ Workout
Calling all energetic adults…this class is just what you’re looking for. It is easy, fun and the perfect exercise workout for adults. You can also meet new workout buddies. Using high energy and low impact exercises, you will enjoy this total body experience. In this class, you will get range of motion, strength, flexibility and endurance along with some mind and body exercises. The instructor will provide all equipment needed to get that total body workout. Exercise can be completed standing or seated. Complete your day with a short walk on the beautiful trails of Cattus Island County Park. Please have a check for $40.00 made payable to Linda Osowski on the first day of class.
LOCATION: Classroom, Cattus Island County Park, Toms River
DATE: All classes are on Tuesdays and Fridays
SESSION 1: October 2 – October 27.............................................343544 - 3L
SESSION 2: November 6 – November 27.................................343544 – 3M
SESSION 3: December 1 – December 29 (no class 12/25)..............343544 – 3N
TIME: 11:00 am – 12:00 pm
FEE: $5.00 per person for registration
AGE: Adult
MINIMUM: 6
MAXIMUM: 20
NEW Couch to 5K
Welcome to the Couch to 5K club. Come join some likeminded individuals who share in the same fitness goals. This program is specifically designed to help people with little to no running experience the ability to successfully complete a 5K. The schedule we will be following will get new runners used to working out on a consistent basis. The program we will be following will require participants to commit to exercising 3 days a week (MWF) for a total of 10 weeks. The 5th week a fourth day will be added. EVERY MONDAY the group will meet at one of our county parks and get a group workout in under the supervision of a personal trainer. The PT will assist in the training and be available to answer questions. The other 2-3 workouts will be done independently on the participants own time. We will start off slow (5min walk, 2min jog, 5min walk) and gradually increase the times and distances. At the conclusion of the 10 weeks all participants will have the tools to complete a 5K. The first 2 Mondays will be conducted at Beaver Dam County Park. Other locations may include Jakes Branch, Cattus Island, Wells Mills, Mill Creek, Ocean County Park and portions of the Barnegat Branch Trail.
LOCATION: Soccer Field, Beaver Dam County Park, Point Pleasant
DATE: Mondays, September 28 – November 30 (no class 10/12)………..343544 – 3O
TIME: 3:30 - 4:30 pm
FEE: $15.00 per person
AGE: Adult
MINIMUM: 4
MAXIMUM: 10

OCP&R Virtual 5K
Lace up those running shoes and come join us in our very first Ocean County Parks and Recreation Virtual 5K. Participants are encouraged to challenge themselves and to have fun in this safe social distancing event. The beauty of a Virtual Race is that you can run whenever and wherever you want. All runners/walkers will receive a bag and a bib number which will be mailed to your home when you register and a finisher medal will be mailed out upon completion. Participants must either send us their time or a photo of themselves with their number before a metal will be sent out. All participants who qualify for a medal will also be entered into a drawing for additional prizes. Remember your time does not matter, our goal is to get everyone outside safely for some friendly competition. Please send your times and photos to Victoria at VWagner@co.ocean.nj.us
LOCATION: You choose
DATE: August 28........................................................................................343544-3E
Last day to submit times and photos for drawing is December 11.
FEE: $15.00
AGE:10 years – Adult
MINIMUM: 10
MAXIMUM: 100

The Ocean County Fall Golf Tournament
Welcome back to the Ocean County Parks System biannual Golf Tournament hosted by Atlantis. This beautiful course was designed by George Fazio and is considered one of the finest in the County. Bring your “A” game and play 18 holes to see how your team matches up against some friendly competition. Prizes will be awarded to the top overall teams in addition to the top male and female finishing with the longest drive and the closest to the pin categories. There will also be a putting contest for all to compete in.
LOCATION: Ocean County Golf Course at Atlantis, Tuckerton
DATE: Thursday, October 1 (rain date 10/6)........................................153214 – 1A
TIME: Check in starts at 7:30am with a shotgun start to follow
FEE: $35.00 includes green fee, cart, hot dog lunch and prizes
AGE: Adult
MINIMUM: 72
MAXIMUM: 110
**Stress Relief for Women**

Meditation has tremendous benefits for managing everyday stress. Find out ways everyone can live more in the present moment and effectively deal with stress in your present life. Give yourself permission to stop for an hour and just relax and breathe! This is a perfect class for those who are new to meditation. Dress comfortably and bring a mat, pillow and or blanket. Very gentle stretching and aromatherapy included!

*Please bring a check payable to instructor Karen English for $48.00*

**LOCATION:** Program Room, Parks Administration Office, Toms River

**DATE:** Session 1: Tuesdays, September 22 – October 27 ..........................341544 – 1A
**DATE:** Session 2: Tuesdays, November 10 – December 15 ......................341544 –1B

**TIME:** 5:30 - 6:30 pm

**FEE:** $5.00 per person registration fee  
**AGE:** Adult  
**MINIMUM:** 4  
**MAXIMUM:** 10

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**Chair Yoga**

Chair Yoga is one of the gentlest forms of yoga. With this type of yoga class, you can do poses in either standing, seated or in prone postures. You will learn many different breathing techniques, meditations and ways of relaxation with the aid of a chair. *Please have a check for $45.00 made payable to Linda Osowski on the first day of class.*

**LOCATION:** Program Room, Parks Administration Office, Toms River

**DATE:** All classes are on Mondays and Fridays  
**SESSION 1:** October 2 – October 30 (no class 10/12) ..........................343544 – 4A  
**SESSION 2:** November 2 – November 27 ..............................................343544 – 4B  
**SESSION 3:** December 4 – December 28 (no class 12/25) ....................343544 – 4C

**TIME:** 1:30 – 2:15 pm

**FEE:** $5.00 per person registration fee  
**AGE:** Adult  
**MINIMUM:** 6  
**MAXIMUM:** 10

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**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 six basic movements along with some meditation. *Please have a check for $45.00 made payable to Linda Osowski on the first day of class.*

**LOCATION:** Program Room, Parks Administration Office, Toms River

**DATE:** All classes are on Mondays and Fridays  
**SESSION 1:** October 2 – October 30 (no class 10/12) ..........................343544 – 4D  
**SESSION 2:** November 2 – November 27 ..............................................343544 – 4E  
**SESSION 3:** December 4 – December 28 (no class 12/25) ....................343544 – 4F

**TIME:** 3:30 – 4:15 pm

**FEE:** $5.00 per person registration fee  
**AGE:** Adult  
**MINIMUM:** 6  
**MAXIMUM:** 10
*NEW* The Ins and Outs of Essential Oils

Come and learn all about the fundamentals of essential oils. Discover hands on the benefits, quality, safety and use of the oils in your daily life to support you and your family’s well-being. You will experience the aromas of many different essential oils and their uses. Topics will include the process of the essential oils from the plant to the final product, what to look for when purchasing, discover different carrier oils to blend with and much more! We will close with a palm inhalation to experience the therapeutic benefits of the oils. Please refrain from the wearing of perfume, so it does not interfere with your smelling of the different oils.

*Please bring exact cash or a check payable to certified Holistic Aromatherapist Kathy Gabrielli for $15.00*

LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River
DATE: Wednesday, October 7………………………………………......341544 – 1C
TIME: 6:00 – 8:00 pm
FEE: $5.00 per person registration fee
MINIMUM: 4
MAXIMUM: 10

Acupressure for Self-Care

The ancient practice of applying finger pressure to points on the body has long been used to balance and recharge us. In this class you will learn and practice Seva Acupressure for Self-Care through demonstration and hands on practice. Seva, means compassionate service. This simple acupressure program can be used to help release stress, anxiety, reduce pain and promote relaxation. You will also learn to use an Awareness Journal and how to practice a movement meditation.

*Please bring exact cash or a check payable to Instructor Regina Rosenthal for $15.00*

LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River
DATE: Thursday, October 29……………………………………………341544 – 1K
TIME: 6:00 – 8:00 pm
FEE: $5.00 per person registration fee
MINIMUM: 4
MAXIMUM: 10

*NEW* Gracefully Aging

In this two part series, participants will understand and experience the proven health benefits of mindful whole person practices, such as meditation, simple body movements (to lubricate joints, improve balance, and aid digestion) and other preventative health care tools. Our goal is to compassionately work with any limits we have, increase aspects of our strengths, and relax our guard by tapping into the indestructible place within each of us that is calm, restful, and anchored in peace.

*Please bring exact cash or check payable to instructor Grace Conte for $30.00*

LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River
DATE: Mondays, October 19 & 26 …………………………………341544 – 1D
TIME: 3:00 – 5:00 pm
FEE: $5.00 per person registration fee
MINIMUM: 4
MAXIMUM: 10

Yoga After Work

Keep calm and try yoga. This 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 own comfort level. Please wear loose comfortable clothing and bring a yoga mat. Lores Way is registered yoga instructor with the Yoga Alliance.

LOCATION: Cafeteria, County Admin Complex, 129 Hooper Ave, Toms River
DATE: Thursdays, October 29 – December 10 (no class 11/26)………343544 – 4G
TIME: 5:15 – 6:15 pm
FEE: $36.00 per person
MINIMUM: 6
MAXIMUM: 10

AGE: 16 years - Adult
**Gentle Yoga**
Join us for this class teaching the essentials of yoga. This 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:** Cafeteria, County Admin Complex, 129 Hooper Ave, Toms River
**DATE:** Thursdays, October 29 – December 10 (no class 11/26) ……….343544 – 4H
**TIME:** 6:45 - 7:45 pm
**FEE:** $36.00 per person
**AGE:** 16 years - Adult
**MAXIMUM:** 6

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**NEW** *The Blessing of Reiki Reiju*
In Japan, reiju is the name given to the method a teacher uses in order to communicate with individual students on an energetic level. During reiju, students may experience themselves as being one with the universe; that the universe is them and they are the universe. This experience will become a reference point for students' inner Reiki work. This workshop will offer students: Understanding of What is Reiki and the Health Benefits of Reiki, clearing of stagnant energy Meditations and Techniques Utilizing these reiki tools will help participants discover a path to inner peace, harmony, and balance, and will act as a catalyst for their own personal development.

*Please bring exact cash or check payable to Certified Reiki Master Grace Conte for $15.00*

**LOCATION:** Cooper Environmental Center, Cattus Island County Park, Toms River
**DATE:** Monday, November 2 .................................................................341544 – 1E
**TIME:** 6:00 – 8:00 pm
**FEE:** $5.00 per person registration fee
**AGE:** Adult
**MINIMUM:** 4
**MAXIMUM:** 10

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**NEW** *Remaining Centered*
We are all navigating a new way of being. Offer yourself some self-care with Heart Centering and Grounding essential oils. Explore the many ways in which these oils can support your body system therapeutically and emotionally. You will create a custom made 10 ml. rollerball bottle to take with you. We will tie in a self-hand massage and a soothing meditation. Supplies will be provided.

*Please bring exact cash or check payable to Instructor- Kathy Gabrielli (Certified Holistic Aromatherapist) for $15.00.*

**LOCATION:** Cooper Environmental Center, Cattus Island County Park, Toms River
**DATE:** Monday, November 9 .................................................................341544 – 1F
**TIME:** 6:00 – 8:00 pm
**FEE:** $5.00 per person registration fee
**AGE:** Adult
**MINIMUM:** 4
**MAXIMUM:** 10

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**Compassionate Touch: Learning Reiki 1**
Do you feel an intuitive need for more Self Care? Everyone struggles with making time for Self-Care. How good would you feel if you could practice Self-care and get amazing results? It’s as easy as just laying your hands over your heart, or your back or your legs. It would literally take as long as 5 minutes. The best part is not only will you feel good, you can make others feel good as well. Come and explore the wonderful world of Reiki. Utilizing these Reiki tools will help you discover a path to inner Peace, Harmony, and Balance and will act as a catalyst for your own Personal Development! Drinks and snacks are provided. Please also bring your lunch and wear comfortable clothes.*

*Please bring exact cash or a check to Certified Reiki Master Grace Conte for $140.00.*

**LOCATION:** Program Room, Ocean County Parks Administration Office, Toms River
**DATE:** Saturday, November 14 .................................................................341544 – 1G
**TIME:** 10:00 am – 3:00 pm
**FEE:** $5.00 per person registration fee
**AGE:** Adult
Sunset Yoga (Two, 6 week sessions)

What better way to “refresh, restore and renew” the senses then with a gentle yoga class on our 40 foot tall observation deck (weather permitting) as the sun sets over the vast expanse of the Pinelands. This class is intended for all levels. Please bring a yoga mat, block and strap if you have one. If not, they will be provided.*Please have check in the amount of $60 payable to Center for Health and Healing*

LOCATION: Nature Center, Jakes Branch County Park, Beachwood

DATES: Wednesdays,
- October 7 – November 18 ( NO class November 11) ……………345544 – 5A
- November 25 – December 30………………………………………345544 – 5B

TIME: 6:30 – 7:30 pm

FEE: $5.00 per person registration fee
MINIMUM: 4
MAXIMUM: 6

*NEW* Cold & Flu Protection with Essential Oils

This time of year, we are looking for healthy ways to support our immune systems. Discover which essential oils can offer comfort for your well-being. You will be making an inhaler to support your respiratory system and a gentle hand sanitizer for reducing germs. All recipes and supplies will be provided. *Please bring exact cash or check payable to Instructor- Kathy Gabrielli (Certified Holistic Aromatherapist) for $20.00.*

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

DATE: Monday, November 30…………………………………………341544 – 1H

TIME: 6:00 – 8:00 pm

FEE: $5.00 per person registration fee
MINIMUM: 4
MAXIMUM: 10

*NEW* Keep Calm & Carry on During The Holidays

Come – be – relaxed –calm- stress free- and be able to manage difficult people and situations during the holiday season. Participants will have the opportunity to practice relaxation techniques and emotional freedom practices to remain balanced, calm and able to BE in the present moment. Learn ways of managing difficult people and situations, especially during the holiday season. Experience inner peace and calm.

Please bring exact cash or check for $30.00 made payable to Grance Conte.

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

DATE: Mondays, December 7 & 14……………………………………341544 – 1I

TIME: 6:00 – 8:00 pm

FEE: $5.00 per person registration fee
MINIMUM: 4
MAXIMUM: 10

Maximizing Your Well-Being Through Self-Care

Learn how to boost your ability to bounce back amidst daily stress and challenges by increasing self-awareness using the four dimensions of wellness and simple body-mind self-care practices. Learn about the benefits of self-care and experience four practices to use immediately after this class.

*Please bring exact cash or a check payable to Instructor Regina Rosenthal for $15.00*

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

DATE: Wednesday, October 21…………………………………………341544 - 1J

TIME: 6:00 – 8:00 pm

FEE: $5.00 per person registration fee
MINIMUM: 4
MAXIMUM: 10
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 $65.00 payable to Ocean Side CPR.*
LOCATION: Program Room, Parks Administration Office, Toms River
DATE: Wednesday, October 21…………………………………………341166 – 2A
DATE: Wednesday, November 18……………………………………...341166 – 2B
DATE: Wednesday, December 16……………………………………….341166 - 2C
TIME: 6:30 – 9:00 PM
FEE: $5.00 per person registration fee
AGE: 14 years – Adult

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 $50.00 payable to Ocean Side CPR.*
LOCATION: Program Room, Parks Administration Office, Toms River
DATE: Wednesday, October 7…………………………………………341166 - 1A
DATE: Wednesday, November 11……………………………………...341166 – 1B
DATE: Wednesday, December 9……………………………………….341166 - 1C
TIME: 6:30 – 9:00 PM
FEE: $5.00 per person registration fee
MINIMUM: 4
MAXIMUM: 10
AGE: 14 years – Adult
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 depend 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 newsletter please call:
*MAIL IN REGISTRATION ONLY
1-877-0CPARKS (627-2757) TOLL FREE
REGISTRATION LOCATIONS:
TIME: 8:30a.m. • 3:30p.m. Monday-Friday
Jakes Branch County Park, Beachwood 732-281-2750
Parks & Recreation Administration Office, Toms River 732-506-9090
Wells Mills County Park, Waretown 609-971-3085
Visit our WEBSITE: www.oceancountyparks.org

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
1196 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.
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, judgments, 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 ACKNOWLEDGES 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.

MAIL IN REGISTRATION ONLY

___________________________________          ___/___/___
Participant’s Signature                         Today’s Date

Event #: __________Refund Amount _________Refund Date __/__/__
Event #: __________Refund Amount _________Refund Date__/__/__

REGISTRATION FORM
REGISTRATION FORM

CUSTOMER: please print the following information and return the entire signed and completed application to the address noted below.

OCEAN COUNTY PARKS & RECREATION
PROGRAM REGISTRATION APPLICATION

LAST ___________________________ FIRST ___________________________

ADDRESS ___________________________

APT#/BUILDING ___________________________ TOWN ___________________________

STATE ___________________________ ZIP ___________ 4 DIGIT EXT. ___________

HOME # ( ) ___________________________ EXT #. ___________________________

WORK # ( ) ___________________________ CELL # ( ) ___________________________

EMAIL ADDRESS ___________________________

Total Amount Enclosed: $ ___________ Check # __________________

Make check payable to “COUNTY OF OCEAN” and mail to: Ocean County Parks & Recreation, ADMINISTRATIVE OFFICE 1198 Bandon Road, Toms River, N.J. 08753-3138

MAIL IN REGISTRATION ONLY WILL BE ACCEPTED BEGINNING FRIDAY, SEPTEMBER 4th FOR PROGRAMS IN THIS ISSUE.

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YOU MUST SIGN THE OPPOSITE SIDE OF THIS FORM
Save The Dates!

October 10
26th Pine Barrens Jamboree
Wells Mills County Park
Waretown

November 7
Awesome Autumn Campfire
Jakes Branch County Park
Beachwood

December 12
Winter Solstice Celebration
Cattus Island County Park
Toms River

December 12 & 13
Lighting Up Nature
Jakes Branch County Park
Beachwood

Oct. 1 OC Golf Tournament - Atlantis
REGISTRATION WILL BE ACCEPTED BEGINNING
FRIDAY, September 4th FOR PROGRAMS IN THIS ISSUE
MAIL IN REGISTRATION ONLY
For more information call:
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

Visit our website: www.oceancountypark.org
for full information on all our parks, trail maps,
rental forms, rules and regulations.
FOLLOWING ON SOCIAL MEDIA