



RECREATION BANNER

Spring/Summer 2021

Contact Recreation

The Arc Center
1158 Wayside Road
Tinton Falls, NJ 07712

Phone: (732) 493-1919 ext.400
Email: recreation@arcofmonmouth.org
Website: arcofmonmouth.org/recreation

Welcome to Recreation!

The Arc of Monmouth Recreation Department offers a variety of social and recreational programs for individuals with intellectual and developmental disabilities. The programs are designed to serve various levels and are supervised by our staff and/or our wonderful volunteers. To register for programs, just complete the registration page of this Recreation Banner and email/mail the form to the Recreation Department. For new participants, please contact our office for our welcome packet!

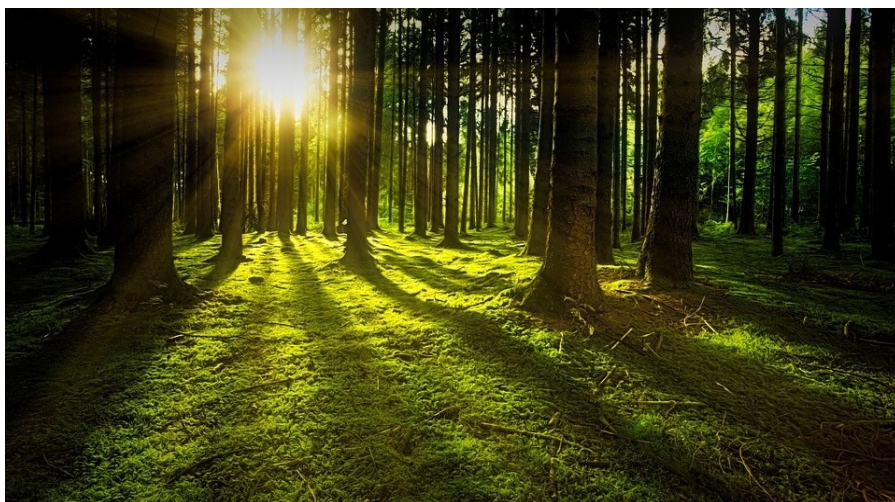
Nature Walks

Let us enjoy the fresh air and explore our wonderful parks and trails., with a nature guided tour.

Bring water and wear comfortable shoes.

The parks that will be visited are:

- ◇ Holmdel Park, Holmdel
- ◇ Huber Woods Park, Middletown
- ◇ Deep Cut Gardens, Middletown



Dates: Holmdel Park (June 12), Huber Woods Park (June 19), Deep Cut Gardens (June 26)

Time: 8:00AM - 12:00 PM, Holmdel Park
9:30AM—12:00PM, Middletown Parks

Location: Meet at the individual parks

Cost: \$15 for Arc Members, \$25 non-members. If you wish to join all park trips total would be \$30 for Arc members, \$60 for non-members.

Dates and Times subject to change

Programs



Zumba

Come join our energetic Zumba instructor, **Michelle**, as we dance to great music. This class will boost your mood and get you moving!

Date: Friday, June 18, 2021

Time: 7:00-8:00 PM

Location: The Arc of Monmouth (outdoors)

Cost: \$10 for members, \$15 for non members



Fitness Class

This class will work your upper body, lower body, and core. We will provide light weights but you can always use your own body weight.

Date: Wednesday June 30, 2021

Time: 7:00-8:00PM

Location: The Arc of Monmouth (outdoors)

Cost: \$10 for Arc members, \$15 for non-members



Summer Swim at Fort Monmouth Recreation Center

We will be swimming, floating and relaxing at the Fort Monmouth Rec Center. Bring a towel, sunscreen and do not forget your bathing suit!

Date: (Tuesdays) 7/6, 7/20, 7/27, and 8/3.

Pick up /drop off Location: The Arc of Monmouth

Time: 9:30AM—12:00PM

Cost: \$125 for the season

* Lifeguard, transportation and chaperone included.



Yoga

Our wonderful instructor, **Kelly**, will be teaching a gentle yoga class with various poses modified to individual needs.

Bring water, mat and towel

Date: 6/16/2021

Location: The Arc of Monmouth (outdoors)

Time: 7:00-8:00PM

Cost: \$10

* All equipment will be sanitized before and after each use.

Special Events



Tie-Dye Your Summer!

Join us for a groovy tie-dye party! We will create one-of-a-kind **Tie-Dye** tees as we celebrate the summer season. Listen to 60's music and enjoy each others' company.

Date: Session 1 (July 17)

Session 2 (July 24)

Location: The Arc of Monmouth (outdoors)

Time: 10:00AM—12:00PM

Cost: \$25, includes tee-shirt and Tie-Dye kit

Virtual classes will continue for the summer season

Google Earth - Monday, 2:00—3:00PM

Fitness class—Wednesday 5:30-6:30PM

Book Club - Thursday 5:00-6:00PM

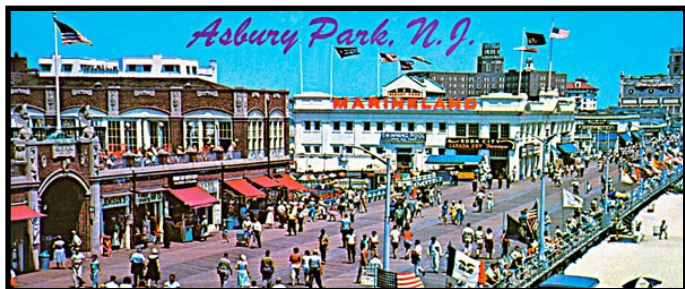
Check recreation Calendar on The Arc of Monmouth Website for new Programs and events:

<https://arcofmonmouth.org/what-we-do/programs-and-supports/recreation.html>



Special Events

Evening at the Boardwalk



Come and enjoy a weekday evening stroll at the Asbury Park Boardwalk with your friends! We will be eating dinner at one of the many food stands along the beach. Please bring enough money for your meal and entertainment for the evening.

Date: July 2, 2021

Location: Meet up /drop off will be in front of the Lagosta Lounge on the Asbury Boardwalk

Time: 5:00-8:00PM

Cost: \$10

Announcements

The Recreation Department is excited to announce that we are reopening at reduced capacity for in person programs. We will continue to offer virtual classes throughout the summer season. Our in-person programs and events will be all held outdoors until further notice. To maintain the wellbeing of our served individuals we have established certain protocols:

- ♦ Modified group size (8 participants, maximum, per program)
- ♦ Daily COVID-19 health questionnaire and temperature monitoring
- ♦ Social distancing, hand washing or hand sanitizer
- ♦ Outdoor gathering attended by fully vaccinated participants will not be required to wear a face covering. If you have not been vaccinated, you **MUST** wear a mask.
- ♦ Face covering should be carried in the event we are in a public setting in the presence of others.
- ♦ Proactive response procedures for COVID-19 symptoms and/or exposure. Anyone exhibiting signs/symptoms of COVID-19, will be sent home to quarantine per CDC guidelines.

Although the **Fall** is still several months away, the current course of the pandemic and state regulations may change, we remain optimistic for fully reopening our Recreation Programs!

- ♦ Welcoming you back face-to-face
- ♦ Meeting in person
- ♦ Enjoying special events and trips

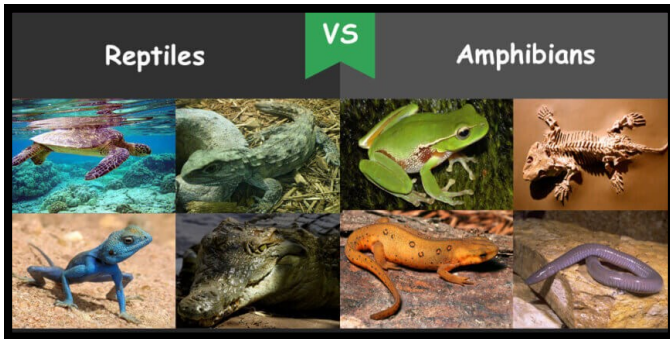
Thank you for your resilience and dedication as we head back to the future and great things to come!



Special Events

Live Animal Presentation

We will be viewing a live presentation highlighting live specimens of reptiles, amphibians or insects. Information on the life cycle, habitat and habits of the animals are the focus of these presentations.



Date: July 10, 2021

Location: Huber Woods Environmental Center,
Middletown

Time: 9:30AM-12:00PM

Cost: \$15

Golf Classic—June 28, 2021

Coming Back Strong After COVID-19

At The Arc of Monmouth, we know you're looking forward to getting outside after what seems like a lifetime of social distancing to battle COVID-19. Fortunately, the Golf Classic 2021 is back stronger than ever after we had to suspend last year's event out of concern for the health of all.

This year, thanks to the progress with the vaccination program and a better understanding of how the virus spreads, we can safely hold the event for players, sponsors, and volunteers.

Your generous support allows The Arc of Monmouth to do its work of empowering people with I/DD to live full, meaningful lives and to engage with their community.

Join us in this mission as a sponsor, a player, or a volunteer and make a meaningful impact on those with I/DD!

When: Monday, June 28

Where: Beacon Hill Country Club at 8 Beacon Hill Rd, Atlantic Highlands, NJ 07716

For more information, contact—Theresa Valentino, Director of Development, The Arc of Monmouth
732-493-1919 ext 125 or tvalentino@arcofmonmouth.org



Recreation Registration Information

Registration

Please indicate on the Registration Page the programs and special events that you are interested in attending. **DO NOT SEND IN ANY MONEY AT THIS TIME!** We will notify you through a letter to indicate which programs you are confirmed for and which ones you are on the waiting list for. The Recreation staff has final approval for participation in all events. Please do not pay online via credit card until you have received confirmation.

Cancellation

If fewer than the minimum participants register for a program, it may be cancelled. A program reimbursement or credit will be issued. Refunds are not guaranteed for any program. If the individual cancels for a program, he or she must give at least three days notice for a refund for a ticketed event, and 24 hours notice for a non-ticketed event. Please note that in the event of a cancellation, we may not be able to refund your money.

Inclement Weather

In the event of poor or questionable weather, call our office for updated information an hour and a half prior to the scheduled time of the event.

Our phone number is (732) 493-1919 ext. 400. When the program is cancelled, a message will be left on the machine. If the agency is closed due to bad weather, all programs during that time will also be cancelled.

Transportation

Limited transportation is available for some of the special events for those individuals who have no other means of transportation. There is a small fee when transportation services are utilized.

Financial Assistance

If financial assistance is needed in order to participate in a program, special event, or vacations, please call the Recreation Dept. We will set up a payment plan if one is needed. Full sponsorships are also available. If you need financial assistance, please contact the recreation office. We will send you a sponsorship application to complete and return.

Change of Address or Phone

If you have moved or changed your phone number, please let us know. It is important that the Recreation Office records are kept up-to-date in order to provide you with the best possible service.

Recreation Office Hours:

The Recreation Department office hours are 9:00AM—4:30PM Monday through Friday.

The office phone number is (732) 493-1919 ext. 400

Why should I join The Arc of Monmouth or renew my membership annually?

Member Benefits:

- Newsletters & Communication from The Arc of the US, The Arc of NJ and The Arc of Monmouth
- Reduced Rates for Recreation Programs and Activities
- Chance to Support The Arc and Spread Awareness
- Discounted registration to annual national events, like the National Convention
- Active Online Community
- Access to Resources

Membership Options:

- \$25 Regular Member
- \$35 Supporting Member
- \$50 Patron
- \$100 Benefactor
- \$200 President's Council
- \$500 Arc Angel



Spring/Summer 2021 Registration Page

Participant's Name: _____

Address: _____ Town/Zip: _____

Home Phone: _____ Participant Cell Phone: _____

Email Address: _____ Parent Cell Phone _____

Parent/Sponsor Name: _____

☐ I am a Member of The Arc of Monmouth

☐ I am Not a Member

☐ I am Not a Member, but would like to become a member.

Programs	
<input type="checkbox"/> Fitness Class (6/30)	
<input type="checkbox"/> Zumba (6/18)	
<input type="checkbox"/> Swimming	<input type="checkbox"/> Dates 7/6—8/3
Nature walks	<input type="checkbox"/> 6/12 <input type="checkbox"/> 6/19 <input type="checkbox"/> 6/26 Check all that you would like to attend
Live Animal Presentation	<input type="checkbox"/> 7/10
Special Events	
<input type="checkbox"/> Evening at the Boardwalk (7/2)	
<input type="checkbox"/> Virtual Google Earth (6/7-8/23)	
<input type="checkbox"/> Virtual Book Club (5/6– 8/5)	
<input type="checkbox"/> Virtual Fitness-Yoga (6/5-8/18)	
<input type="checkbox"/> Tie Dye Event <input type="checkbox"/> 7/14 <input type="checkbox"/> 7/24 <input type="checkbox"/> Both Sessions	
<input type="checkbox"/> Golf Outing <input type="checkbox"/> Play <input type="checkbox"/> Volunteer	

Please send this registration form back to the Recreation office. Please do not send in any money at this time.

1158 Wayside Road
Tinton Falls, NJ 07712



Recreation Program

Margie London
Recreation Manager
Email: mlondon@arcofmonmouth.org

Phone: (732) 493-1919 ext. 400

Email: Recreation@arcofmonmouth.org

Office Hours

9:00AM—4:30PM
Monday through Friday

IN CASE OF INCLEMENT WEATHER

Call the Recreation Phone
at (732) 493-1919 ext. 400 for cancellations.

CREDIT CARD PAYMENTS

Please do not make a payment until you have
received written confirmation of being registered
for each event.

Volunteers Wanted!

The Recreation Department is based on volunteers helping out with our programs and special events. Without volunteers, we would not be able to have as many programs to offer to our participants. Many volunteer opportunities are available. We are always looking for new faces to come help out! If you or anyone you know is interested in making a difference in someone else's life, we have wonderful and rewarding opportunities waiting!

If you are interested in volunteering, please contact the Recreation Dept. (732) 493-1919 ext. 400, email hr@arcofmonmouth.org, or complete the online form at arcofmonmouth.org/volunteer.html