



Spring 2026

RECREATION BANNER

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Welcome to Recreation!

The Arc of Monmouth's Recreation Department offers a variety of social and recreational programs for individuals with intellectual and developmental disabilities. Our programs are designed to support a wide range of ability levels and are supervised by our dedicated staff and wonderful volunteers.

To register for programs, simply complete the registration page in this Recreation Banner and email or mail the form to the Recreation Department.

If you are a new participant, please contact our office to receive a Welcome Packet. We look forward to having you join us!

Spring Has Sprung!

Come join the Recreation Department on our springtime adventures!



The Arc Center
1158 Wayside Road
Tinton Falls, NJ 07712

Brianna Quigley, Recreation Coordinator
Phone: (732)493-1919 ext.400
Email: recreation@arcofmonmouth.org
Website: arcofmonmouth.org/recreation

Contact Recreation





Programs

Fitness Fusion

Join us for this complete fitness class where we incorporate breathing techniques, stretching, cardio, muscle strengthening with weights and bands, and yoga. All of these modalities are combined into one energizing one-hour session. We keep the class fun and engaging with music, strong instructor and participant connection, teamwork, and a shared interest in health and wellness. Come ready to move, connect, and feel your best!

Dates: Wednesdays – May 6, 13, 27 and June 3, 10, 24, 2026

Location: The Arc Center, Tinton Falls

Time: 7:00PM-8:00PM

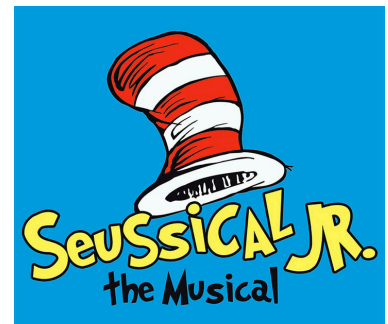
Cost: \$65



Special Events

BROADCAST CLUB PERFORMANCE

Keep an eye out for the upcoming event our club has been waiting for. More information will be sent out later in the month.



Special Events

Work of Art for The Arc of Monmouth

A picture says a thousand words. Help us make our mark at The Arc of Monmouth by creating a mural made by all of you! Each participant will design their own canvas, and together we will combine them to create one beautiful piece of art that represents the heart and soul of our organization. All are welcome – we can't wait to see your creativity shine!

Date: Friday, April 10, 2026

Location: The Arc Center, Tinton Falls

Time: 5:30PM–7:00PM

Cost: \$20 art supplies, snacks and refreshments

This event will have low music and is sensory friendly



Movie Night

Join us for a fun movie night as we watch the story of our very own New Jersey resident, Bruce Springsteen! See his journey unfold – from his early days on the Jersey Shore to his incredible rise to fame as one of rock and roll's most iconic performers. Come relax, enjoy the film, and celebrate a true Garden State legend with us!

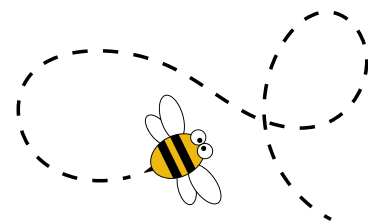
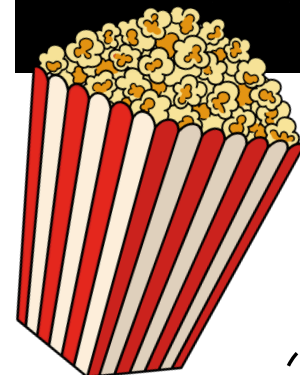
Date: Friday, April 17, 2026

Location: The Arc Center, Tinton Falls

Time: 5:30PM–8:15PM

Cost: \$25 Includes pizza, snacks and movie

This event will have loud noises and low lighting



Special Events

Dino Fest

Join us for a springtime adventure at Arrowhead Farmstead!

We'll wander through the stunning tulip fields—with a dino-sized twist. At this event there will be interactive activities and eye-catching displays scattered throughout. It's the perfect mix of spring beauty and prehistoric fun.

Date: Sunday, April 19, 2026

Location: Arrowhead Farmstead

135 Iron Ore Rd, Manalapan Township, NJ 07726

Time: Drop-Off: 11:00 AM

Pick-Up: 1:15 PM

Cost: \$40 (Includes access to the tulip fields and interactive activities.)

***Please bring additional money for snacks and souvenirs.**

***There is no transportation provided for this event.**

***This event will take place outdoors in a large public setting and there will be a lot of walking on grass surfaces, so please plan accordingly.**



Sweet Treats and Flower Arranegments Get Together

Spring has sprung. Join us for a fun and relaxing event where you'll create a sweet treat and design your own personalized bouquet of beautiful flowers. Whether you're making something special for Mother's Day or simply looking for a fun experience to enjoy with friends, this is the perfect way to celebrate the season together. Let's make something sweet, pick out some blooms, and have a great time!

Date: Tuesday, May 5, 2026

Location: The Arc Center, Tinton Falls

Time: 6:00PM-7:30PM

Cost: \$30 (includes supplies for flowers and treats)

This event will have low music and is sensory-friendly



Special Events



Brunch and Show

The Algonquin Arts Theatre presents Pippin! This beloved musical uses the premise of a mysterious performance troupe—led by the charismatic Leading Player—to tell the story of Pippin, a young prince on his search for meaning, purpose, and significance. It’s a whimsical, high-energy, and visually captivating musical experience filled with unforgettable music, humor, and heart. Before the show, we will have lunch at the Blue Swan Diner before heading to the theater.



Date: Saturday, May 9, 2026

Location: The Arc Center, Tinton Falls

Time: Drop-Off 11:00AM
Pick-Up 5:00PM

Cost: \$85 includes food, tickets, transportation and supervision

****Transportation is provided for this event****

****This event will be in a theater setting with low lighting and loud noises****



BlueClaws

Let’s enjoy a fun spring outing at the Jersey Shore watching the Lakewood BlueClaws!

The day will include a visit the team mascot, live entertainment, food and drinks, and carnival games—fun for everyone! Come join us for an exciting day at the ballpark.

Date: Sunday, May 31, 2026

Location: The Arc Center, Tinton Falls

Time: Drop-Off 11:30AM
Pick-Up 5:00PM

Cost: \$45 Includes food, drinks, ice cream, carnival game, transportation.

****Transportation is provided for this event****

****Bring a hat, sunscreen and money for souvenirs****

****This event will be outdoors and in a large public setting****



Special Events



Disney Themed Trivia Night

Calling all Disney fans and trivia lovers! Join us for a magical night of trivia and Disney-themed treats. Gather your own team or let us create one for you – either way, it's sure to be a great time filled with fun, laughter, and a little friendly competition!

Date: Monday, June 1, 2026

Location: The Arc Center, Tinton Falls

Time: 6:00PM-7:30PM

Cost: \$25 includes trophies, Disney themed snacks and refreshments.

****This event will have music and group setting activity****



Holmdel Park

We will be walking around the beautiful, serene setting of Holmdel Park. Please bring a bagged lunch and wear comfortable shoes as we will be exploring trails and the Shaw Arboretum.

Date: Saturday, June 20, 2026

Location: Holmdel Park, 44 Longstreet Road, Holmdel

Time: Drop-Off 10:00AM in first parking lot
Pick-Up 12:00PM in first parking lot

Cost: FREE

****No transportation for this event****

****This event will be outdoors and in a large public setting****

****Please bring sunscreen and a hat****



Special Events

Welcome Summer Party

Let's kick off the summer by having our annual summer karaoke party! Dancing, singing, desserts and drinks are in store for a fun evening. Don't miss out!

Date: Friday, June 26, 2026

Location: The Arc Center, Tinton Falls

Time: 6:00PM-8:00PM

Cost: \$25 includes games, desserts and refreshments

****This event will have loud music and singing****



Step Up for The Arc

Saturday, April 25th, 2026

Dorbrook Park, Colts Neck, NJ

Music • Games • Food • Community



The Arc[®]
of Monmouth

All proceeds support programs and services for 1,600 individuals in Monmouth County with intellectual and developmental disabilities (IDD)

Walk With Us!

Scan below to register.



Special Events




The Arc
of Monmouth

SAVE THE DATE

THE ARC OF MONMOUTH

2026 Golf Classic

Monday, June 8th

Battleground Country Club
1 Covenhoven Rd, Manalapan, NJ

Annual Meeting & Arc Awards!

We will be honoring our wonderful employees, our served individuals, and our community partners for their leadership and dedication to The Arc of Monmouth. Stay tuned for more information about this year's honorees.

Date: Tuesday, June 23, 2026

Time: 7:00PM

Location: The Arc Center, Tinton Falls

More Details to Follow

732-493-1919 ext. 663





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 and 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 or please check your email for updates. Our phone number is (732) 493-1919 ext. 400. 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. 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 8:30AM–4:30 PM; Monday through Friday.
The office phone number is (732) 493-1919 ext. 400



Recreation Program

Brianna Quigley

Recreation Coordinator

Email: bquigley@arcofmonmouth.org

Direct Office Line: (732) 493-1919 ext. 400

Email: Recreation@arcofmonmouth.org

Office Hours

8:30 AM—4:30 PM

Monday through Friday

IN CASE OF INCLEMENT WEATHER

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

CREDIT CARD PAYMENTS

Will no longer be accepted.

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 or email hr@arcofmonmouth.org, and complete the online form at arcofmonmouth.org/volunteer.html

Spring 2026 Registration Page

Participant's Name: _____
Address: _____ Town/Zip: _____
Home Phone: _____ Participant Cell Phone: _____
Email Address: _____ Guardians Cell: _____
Guardian/Sponsor Name: _____

Programs/Events

	Fitness Fusion (5/6, 5/13, 5/27, 6/3, 6/10, 6/24) \$65
	Work of Art for The Arc (4/10/26) \$20
	Movie Night (4/17/26) \$25
	Dino Fest (4/19/26) \$40
	Sweet Treats and Flower Arrangements Get Together (5/5/26) \$30
	Brunch and "Pippin" (5/9/26) \$85
	BlueClaws (5/31/26) \$45
	Disney Themed Trivia (6/1/26) \$25
	Holmdel Park (6/20/26) FREE
	Welcome Summer Party (6/26/26) \$25