



RECREATION BANNER



Winter 2022-2023

CONTACT RECREATION

The Arc Center
1158 Wayside Road
Tinton Falls, NJ 07712

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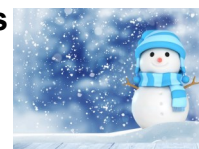
Welcome to Recreation!

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!



The Recreation Department would like to thank you for your continued support. We take great pride in providing exciting and interesting programs and trips for your enjoyment. Open the Winter Banner and see what surprises are in store!

We wish you all a Healthy and Happy Holiday Season!



PROGRAMS

Fitness with Margie

We will be doing a seated cardio workout designed to increase your heart rate, burn calories and build strength. The best part is it leaves you feeling great! Light weights will be provided, but not necessary to be used for class.



Dates: **Session 1:** Wednesday evenings
November 30, 2022 - February 1, 2023
Session 2: February 22— April 12, 2023

Time: 7:00-8:00PM

Location: The Arc Center, Tinton Falls

Cost: \$65 Each session

Yoga with Kelly

Kelly will be leading this gentle Yoga class focusing on pose-to-pose and linking movement with breath. Kelly will offer a variety of modifications to encourage participation at every level. We will do sitting, standing and inverted postures. Come join this non-intimidating class. All levels - **BEGINNERS WELCOME**

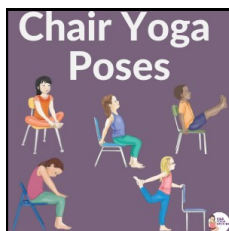
Dates: **Session 1:** Wednesday evenings November 30, 2022- February 1, 2023

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Cost: \$65 each session



Bocci

This program is new and has already become very popular. We will be playing indoors for the winter. In the spring time we will be playing outdoors and competing in the Special Olympics games.

Date: Monday evenings,
January 23, 2023—

March 20, 2023

Time: 6:30-7:30 PM

Location: The Arc Center,
Tinton Falls

Cost: \$65.00

***NO GAME 2/20/23**

President's Day Holiday



Pajama Movie Night

The Recreation Department is hosting our annual Pajama Movie Night at The Arc Center. Come join your friends as we watch a movie on the big screen cozy in our PJ's. Pizza will be served for dinner. Enjoy hot chocolate with whipped cream and marshmallows for a snack.

Date: Friday, January 13, 2023 &
February 17, 2023

You can register for one or both dates!
Remember to wear cuddly pajamas!!

Time: 6:30 - 9:00 PM

Location: The Arc Center, Tinton Falls

Cost: \$25 each **OR** \$45 for both dates



The Broadcast Club

If you're interested in developing your acting, singing or dancing skills, come join our wonderful performers and become part of the Broadcast Club.

Date: Thursday evenings, January 5, 2023 – June 22, 2023

Location: The Arc Center, Tinton Falls

Time: 7:00-8:30 PM

Cost: \$175

PROGRAMS

Turning Pages Book Club

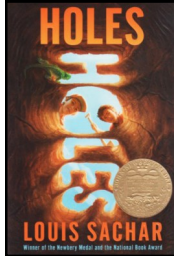
"Holes" is an incredible book that would be a great addition to any bookshelf. It has received many awards, including the 1999 Newbury Medal. Come join us in reading and discussing this very interesting novel.

Date: Tuesday evenings
January 24, 2023 until we finish
reading the book

Location: Virtual

Time: 5:00 PM– 6 PM

Cost: \$25



Special Olympics Bowling

Bowling Meet to be held on
Sunday, January 29, 2023.

Location: Ocean Lanes
2085 Lanes Mill Road
Lakewood, NJ



Movie and Lunch

The highly anticipated "Wonka" is coming to a theatre near you.

This is a prequel to Ronald Dahl's iconic novel, "Willy Wonka & the Chocolate Factory". This movie will give us a look into the Chocolatier's origins before he became the Wonka we have come to know over the years. Bundle up and come enjoy a good movie with friends! Lunch will be at Chick-Fil-A.

Date: TBA

Time: TBA

Location: Cinemark Theatre, Hazlet, NJ

Cost: \$55

***Cost includes movie, chaperones and lunch



Shrewsbury Slam Dunkers

Basketball is back!

The team has competed in Special Olympics in the past. If you are interested in joining, you must know the rules of the game and be able to play full court.

Please indicate on the registration page if you are interested in playing.



Brunch and Swim

Lets enjoy some yummy pancakes, eggs and sausage at Perkins, then walk right next door to Powerhouse Gym, where we will swim in an Olympic- size heated indoor pool. Also, enjoy the sauna and steam room. It doesn't get any better than that!

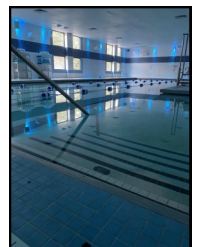
Date: Saturday, January 28, 2023

Location: Airport Plaza, Hazlet, NJ

Time: 11:00AM-3:00PM

Cost: \$ 65.00

***Cost includes brunch, chaperones and lifeguard



SPECIAL EVENTS



We will be visiting this southern themed restaurant and enjoying down-home country cooking. Afterward, we will shop at the Cracker Barrel Old Country Store, which sells everything from throw-back toys to vintage candy you haven't seen in decades.

Date: February 11, 2023

Location: The Arc Center

Time: 10:30– 2:30 PM

Cost: \$65.00

*** Cost includes transportation, chaperones and lunch



Monster Golf and Pizza

Imagine playing 18-holes of glow-in-the-dark mini-golf surrounded by witty comical monsters! These animated monsters will interact with you at every twist and turn, and that's just the beginning. Experience a state-of-the-art arcade that offers a vast array of gaming choices. Jurassic Park, SpongeBob SquarePants, skeet ball, glow air hockey... and too many others to list. Playing games is only a portion of the fun! We will have our own party room with pizza and drinks.

Date: March 11, 2023

Location: 749 Hope Road, Eatontown, NJ

Time: 12:00 – 3:00PM

Cost: \$55

*** Cost includes chaperones and lunch



KARAOKE PARTY AT THE ARC CENTER

Calling all music lovers for making this karaoke party loudest and funniest. Please come join us in singing, dancing, food and most of all FUN! Wear green in celebration of **St. Patty's Day!**

Date: Friday March 17, 2023

Location: The Arc Center

Time: 7:00 - 9:00 PM

Cost: \$25



“Seussical” is a fantastical and magical musical extravaganza. Watch as all of Dr. Seuss’ characters come to life. “Seussical” is based on the works of Dr. Seuss and how he weaves together his most famous tales and characters from at least fifteen of his books. Come laugh and sing as we watch this entertaining musical.

Date: March 4, 2023

Location: Middletown Arts Center, 36 Church St, Middletown, NJ

Time: TBA

Cost: \$25



HERSHEY

The Sweetest Place On Earth®

Hershey Park Trip Coming Soon!

Join us as we experience thrilling rides and attractions, say hello to Hershey characters, visit Zoo America North American Wildlife Park and the wonderful Hershey's Chocolate World!

Indicate in the Winter Registration page in you're interested in going on this trip. More details will follow.

Date: Saturday, April 29, 2023

Location: The Arc Center

Time: Bus departing The Arc Center promptly at 8:00AM
and returning at approximately 7:30PM

Cost: \$95

*** Cost includes tickets to Hershey Park, Zoo America and chaperones

**Transportation is being funded through a generous grant from
Brooklyn Home for the Aged Foundation.**



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.

Joke of the Month

Question: What do you get when you cross a snowman with a vampire?

Answer:
Frostbite



Recreation Office Hours:

The Recreation Department office hours are 9:00 AM—4:30 PM; 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:

- \$35 Regular Member
- \$45 Supporting Member
- \$50 Patron
- \$100 Benefactor
- \$200 President's Council



Winter 2022- 2023 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

☐ Pajama Movie Night (1/13) **and/or** (2/17) ****Please circle which date(s) you'd like****

☐ Turning Pages Book Club—Virtual (1/24-until completion of book)

☐ Broadcast Club with Chris (1/5-6/22)

☐ Yoga with Kelly ☐ Session 1 (11/30—2/1) ****Please check which session(s) you'd like****
☐ Session 2 (2/22-4/12)

☐ Fitness with Margie ☐ Session 1 (11/30—2/1) ****Please check which session(s) you'd like****
☐ Session 2 (2/22-4/12)

☐ I am interested in Slam Dunkers Basketball

☐ I am interested in Hershey Park Trip (4/29/23)

Bowling & Bocci

☐ Joymakers (Wednesdays) ☐ Keansburg Keglers (Thursdays)

☐ Bocci (1/23-3/20)

Special Events

☐ Movie & Lunch (Date TBA)

☐ Cracker Barrel (2/11)

☐ Monster Mini Golf (3/11)

☐ Karaoke Party at The Arc (3/17)

☐ Brunch and Swim (1/28)

☐ "Seussical" (3/4)



Recreation Program

Margie London
Recreation Manager
Email: mlondon@arcofmonmouth.org

Direct Office Line: (732) 493-1919 ext. 400
Email: Recreation@arcofmonmouth.org

Office Hours

9:00 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

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