



**The Arc**  
of Monmouth



*Spring 2024*

# RECREATION BANNER

*Spring 2024*

## 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 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!

## Spring Has Sprung!

Come join the Recreation Department on our Springtime adventures!

Contact Recreation

The Arc Center  
1158 Wayside Road  
Tinton Falls, NJ 07712

Margie London, Recreation Manager  
Phone: (732)493-1919 ext.400  
Email: [recreation@arcofmonmouth.org](mailto:recreation@arcofmonmouth.org)  
Website: [arcofmonmouth.org/recreation](http://arcofmonmouth.org/recreation)



# Programs

## Fitness and Wellness

Join this complete fitness class where we will teach breathing, stretching, cardio, muscle strengthening with weights/bands and yoga. All of these modalities can be completed in a one-hour session. We keep the class fun with music, teacher and participant connection, teamwork within the class and an interest in health.

Date: Wednesdays - April 17 - June 19, 2024

Time: 7:00-8:00PM

Location: The Arc Center, Tinton Falls

Cost: \$65

NO SESSION: May 22nd and June 5th



## Bible Studies

An invitation to experience this popular prayer through art, reflection, and discussion.

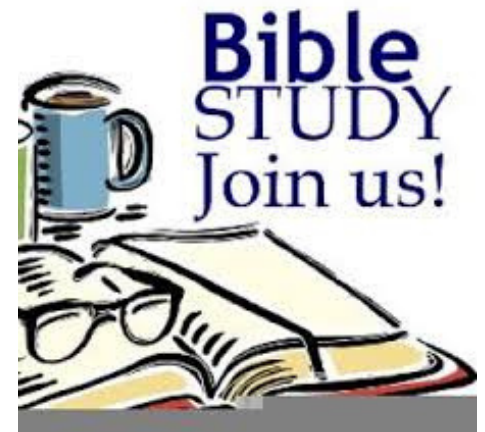
Date: Fridays - March 8-April 19, 2024

Time: 5:00-6:00PM

Location: Call Recreation office to get address.

Cost: FREE

NO SESSION: March 15th



## Line Dancing with Suzanne

Join us for a toe-tapping, hip-swaying extravaganza at our lively line dancing event! Our very own Suzanne will be teaching this class. No experience necessary.

Date: Friday - April 5, 2024

Time: 6:00-7:00PM

Location: The Arc Center, Tinton Falls

Cost: \$10

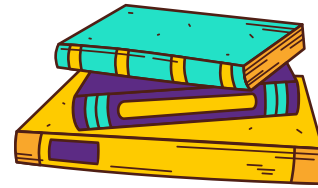
Dress the part! Cowboy hats and cowboy boots are encouraged!!



# Programs

## Turning Pages Book Club

We will be reading "The Star Outside My Window", a heartwarming tale about friendship, imagination, and the power of dreams. This book encourages the reader to embrace their uniqueness and reach for the stars. You are invited to look beyond the ordinary and find extraordinary moments in the most unexpected places!! Join me in reaching for the stars.



**Date:** Tuesdays - March 19, 2024 - until completion of book

**Time:** 5:00-6:00PM

**Location:** Virtual

**Cost:** \$25 Includes book and discussions

**NO SESSION:** March 26th

## Special Events

### “Fiddler on the Roof”

A celebration of life and all its challenges, and featuring the Broadway classics “Tradition”, “If I were a Rich Man”, “Sunrise, Sunset”, “Matchmaker, Matchmaker”, and “To Life”, this musical will have you singing, laughing and in good spirits! Prior to the show, we will feast on a catered meal at Max Devros.



**Date:** Saturday - April 13, 2024

**Time:** 11:00AM-4:30PM

**Location:** Drop off/Pick up at The Arc Center, Tinton Falls

**Cost:** \$ 90



# Special Events

## SeaQuest



This is the ultimate interactive field trip experience. You will learn about animal ecosystems and habitats, have a guided tour with our own designated animal whisperer, interact with over 500 animals from 5 continents around the world and hand feed exotic animals. Afterward, we will go to “Jose Tejas” for lunch. This is by far the best Tex-Mex food in all of NJ.



**Date: Tuesday - March 26, 2024**

**Time: 9:00AM-3:00PM**

**Location: Drop off/Pick up at The Arc Center, Tinton Falls**

**Cost: \$100 - Includes ticket to SeaQuest, tokens to feed animals and lunch at Jose Tejas, chaperones and transportation**

**\*Bring money for souvenirs at the SeaQuest gift shop**

**\*\*Space is limited\*\***



# Special Events

## Harlem Wizards

Harlem Wizards have been entertaining crowds for 60+ years with their creative and competitive basketball skills. Join us while we enjoy this laugh a minute, entertaining, interactive show on the basketball court!

**Date:** Friday - March 22, 2024

**Time:** 5:00-10:00PM

**Location:** Drop off/Pick up at The Arc Center, Tinton Falls

**Cost:** \$ 95 - Includes courtside reserved seating, pre-game meet and greet with the players, gift souvenir lanyard and a \$10 souvenir gift certificate. **NOTE:** Please eat PRIOR to arriving at The Arc Center

**\*\* Space is limited\*\***



## Cinco de Mayo Party



Get your sombrero and lets fiesta like there's no manana! We will sing, dance and eat delicious food. This is going to be a great party, do not miss it! Dinner will be catered by Chipotle.

**Date:** Friday - May 3, 2024

**Time:** 6:30-8:30PM

**Location:** The Arc Center, Tinton Falls

**Cost:** \$45 - Includes catered dinner, drinks and desserts



## Welcome Summer Party

Lets 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 21, 2024

**Time:** 6:30-8:30PM

**Location:** The Arc Center, Tinton Falls

**Cost:** \$25



# Special Events

## Out of Sight Alpaca Farm and Harvest Buffet

We are going back to Out of Sight Alpaca Farm where we will learn about the mystical alpaca and their habitat. We will tour the farm, feed and pet alpacas, emus and more. We will also enjoy a delicious meal at Harvest Buffet.

**Date:** Saturday - June 15, 2024

**Time:** 10AM-3:30PM

**Location:** Drop off/Pick up at The Arc Center, Tinton Falls

**Cost:** \$75

**Please wear closed toed shoes**



Lola London



Colleen Ciecura



Karen slonski



Joseph Malewski

Interesting fact about Alpacas; they can be therapeutic! Most people associate dogs as a therapy animal, however therapy alpacas are becoming increasingly common in hospitals and retirement homes around the world. They make great hiking partners and bedside companions.

# Step Up for The Arc Walk-A-Thon

Saturday, April 20, 2024

Long Branch Boardwalk

The Great Lawn

10 Ocean Avenue North

Long Branch, NJ 07740

THE ARC OF MONMOUTH



75TH ANNIVERSARY



Registration Opens: 9am, Walk starts:  
9:30

Walker Registration:

\$30 early bird price until March 13th

\$35 price if registering after March 13th  
Online payment at [www.arcofmonmouth.org/walk](http://www.arcofmonmouth.org/walk)

**Rain or Shine Event**

Consider Walking as a Team

Live band, food,  
activities and lots of  
community spirit

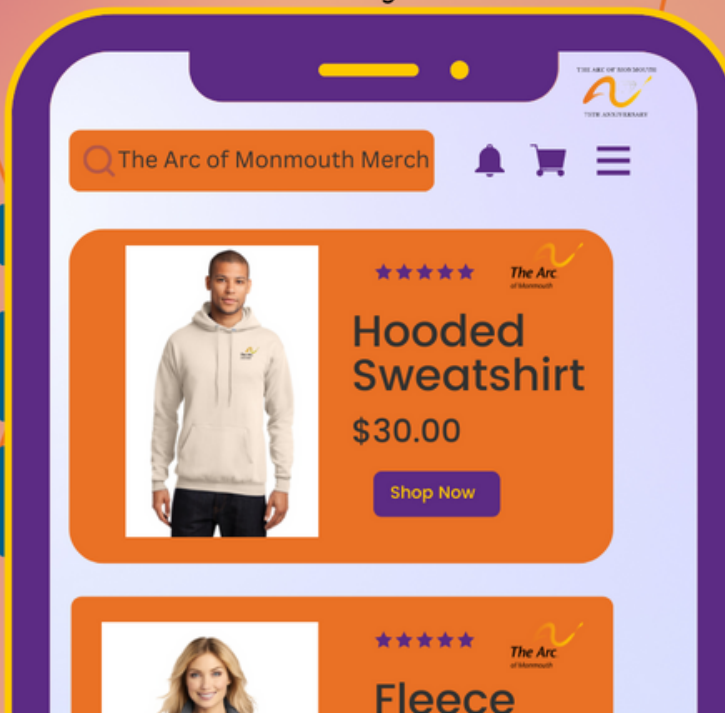
## Register Now

# [www.arcofmonmouth.org](http://www.arcofmonmouth.org)

# Merch Store Open



The Arc of Monmouth's Apparel Shop is now OPEN!  
Visit: [www.arcofmonmouth.org](http://www.arcofmonmouth.org) and click "Merch Store"



# *Special Events*



If you would like to golf, please register with the Development Office 732-493-1919 ext. 773

## **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: June 18, 2024**  
**Time: 6:30PM**  
**Location: TBA**  
**More Details to Follow**  
**732-493-1919 ext. 663**





# nickelodeon UNIVERSE.

AMERICAN  
DREAM™



## *Joke of the Month*

„Hello, Honey.“

What did the bee say to the flower  
to make it blush?

# nickelodeon UNIVERSE.

AMERICAN  
DREAM™



# 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. 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.

## COVID-19 Protocols

To maintain the wellbeing of our served individuals, we have established certain protocols: Daily COVID-19 health questionnaire and temperature monitoring, social distancing, and hand washing or hand sanitizer. Outdoor gatherings attended by fully vaccinated and non-vaccinated participants will be required to wear a mask (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.

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

### 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



## Recreation Program

Margie London

Recreation Manager

Email: [mlondon@arcofmonmouth.org](mailto:mlondon@arcofmonmouth.org)

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

Email: [Recreation@arcofmonmouth.org](mailto: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](mailto:hr@arcofmonmouth.org), and complete the online form at [arcofmonmouth.org/volunteer.html](http://arcofmonmouth.org/volunteer.html)

# Spring 2024 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/Events

	<b>Bible Studies</b> <i>March 8th-April 19th</i>
	<b>Turning Pags Book Club</b> <i>March 19th-Until completion of book</i>
	<b>Harlem Wizards</b> <i>March 22nd</i>
	<b>SeaQuest</b> <i>March 26th</i>
	<b>Line Dancing with Suzanne</b> <i>April 5th</i>
	<b>"Fiddler on the Roof"</b> <i>April 13th</i>
	<b>Fitness &amp; Wellness</b> <i>April 17th-June 19th</i>
	<b>Cinco de Mayo Party</b> <i>May 3rd</i>
	<b>Out of Sight Alpaca Farm &amp; Harvest Buffet</b> <i>June 15th</i>
	<b>Welcome Summer Party</b> <i>June 21st</i>

