



RECREATION BANNER



Winter 2024-2025

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
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!



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 Class

The class will be broken down into 20 minute intervals: Cardio, weights and bands, yoga and balance. You will leave feeling happy and relaxed. All equipment is provided, and no experience is necessary.

Date: Wednesdays, Session #1: January 8-February 26, 2025

Session # 2: March 12-April 30, 2025

Location: The Arc Center, 1158 Wayside Rd., Tinton Falls

Time: 7:00PM-8:00PM

Cost: \$65.00 Each Session



The Broadcast Club

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

Date: Thursdays, October 10, 2024- June 26, 2025

Location: The Arc Center, 1158 Wayside Rd., Tinton Falls

Time: 7:00PM-8:00PM

Cost: \$175.00 (for the year)

NO sessions October 24th, October 31st, November 28th, December 26th, January 2nd, April 17th and May 15th



Christmas Pajama Movie Night

Come join us as we watch a favorite Holiday movie on the big screen; the movie will be a surprise! Wear your comfy pajamas and enjoy pizza and snacks.

Date: Monday, December 23, 2024

Location: The Arc Center, 1158 Wayside Rd., Tinton Falls

Time: 6:00PM-8:30 PM

Cost: \$25 - Includes pizza, snacks and drinks





Programs



Rock your ugliest sweater to our Holiday party! Prize will be given to the person wearing the ugliest sweater. Holiday cupcake decorating, music, games and dessert will be provided.

Date: Friday, December 13, 2024
Location: The Arc Center, 1158 Wayside Rd., Tinton Falls
Time: 6:30PM-8:30PM
Cost: \$25.00

Bowl-A-Thon

The Knights of Columbus have been gracious enough to sponsor another Bowl-A-Thon for us. Bowling, food, drinks and medals will be provided. This event is free but you **must** register with the recreation department in order to participate.

Date: Saturday, March 1, 2025
Location: Meet at Bowlero, Airport Plaza, 1400 Rte. 36, Hazlet
Time: TBA
Cost: Free *Must register with the Recreation Department*



Drumming Circle Class

We will be offering a drumming circle class for you to enjoy. Drumming reduces anxiety, tension and stress. It also boosts your brain power, elevates your mood and gives you a sense of community. You do not need anything to participate; come and give it a try.

Date: Monday, December 9, 2024
Location: The Arc Center, 1158 Wayside Rd., Tinton Falls
Time: 6:00PM-6:45PM
Cost: Free *Must register with the Recreation Department*





Special Events



Paint and Sip Party

Lets create a one of a kind masterpiece you can take pride in and enjoy for years to come. You do not have to be a professional artist. The goal of this class is to open up and enjoy an evening of creative expression. All skills are welcome!



Date: Wednesday, December 11, 2024

Location: The Arc Center, 1158 Wayside Rd., Tinton Falls

Time: 6:00PM-8:00PM

Cost: \$65 - Includes art instructor, materials, dessert and drinks

Come see this musical with Snoopy, Charlie Brown and the rest of the Peanuts gang as they capture your heart with their lovable antics.



Date: Saturday, January 18, 2025

Location: The Arc Center, 1158 Wayside Rd., Tinton Falls

Time: Drop Off 12:30PM, Pick Up 5:00PM

Cost: \$65 - Includes ticket to show, transportation and chaperones

Rainforest Cafe is "a wild place to shop and eat." They have delicious food and delectable desserts. Discover the rainforest, complete with cascading waterfalls, tropical rainstorms, trumpeting elephants and entertaining gorillas.



Date: Saturday, March 22, 2025

Location: The Arc Center, 1158 Wayside Rd., Tinton Falls

Time: Drop Off 11:00AM, Pick Up 3:00PM

Cost: \$65 - Includes transportation, chaperones and lunch

Valentine's Day Dinner and Karaoke Party



Karaoke



Wear something red as we sing our favorite love songs and feast on a delicious catered meal from Olive Garden fit for a King and Queen. Take home a small box of chocolates at the end of the evening for a sweet treat!

Date: Friday, February 7, 2025

Location: The Arc Center, 1158 Wayside Rd., Tinton Falls

Time: 6:00PM-8:30PM

Cost: \$55



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

Date: Friday, March 14, 2025

Location: The Arc Center, 1158 Wayside Rd., Tinton Falls

Time: 6:30PM-8:00PM

Cost: \$ 25.00



Special Events

Goat Yoga

Goat yoga is a yoga class where participants interact with baby goats while a yoga teacher leads the class. Goat yoga can have many benefits. Interacting with animals can improve mental and physical health, reduce anxiety and promote relaxation. How can you not smile and giggle while doing yoga with goats!

Date: Friday, January 10, 2025

Location: The Arc Center, 1158 Wayside Rd., Tinton Falls

Time: 6:00PM-7:00PM

Cost: \$60 - Includes yoga mat



Jill van Tuyl



Lunch and Movie

Join us as we enjoy lunch at Chick-Fil-A. We will then head over to see **"Captain America: A Brave New World."** This superhero movie is a sequel to "Captain America", and it's an action-packed adventure.

Date: Saturday, February 22, 2025

Location: Cinemark Hazlet 12 Theatre, 2821 Rte. 35, Hazlet

****Meet in front of Chick-Fil-A****

Time: TBA

Cost: \$60 - Includes lunch, movie ticket and chaperones



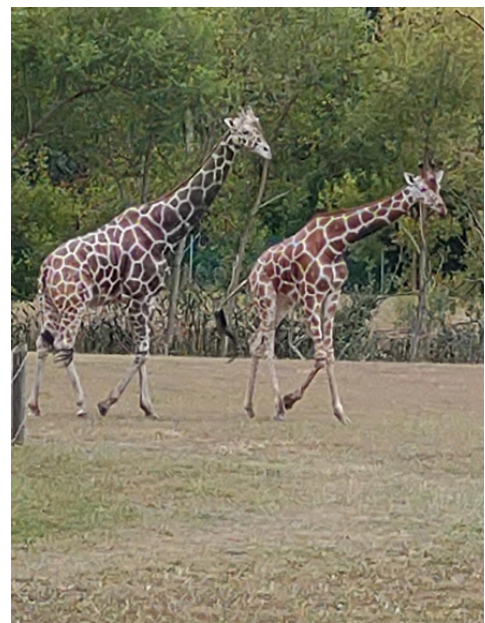
American Red Cross



The Arc of Monmouth will celebrate A Day of Giving on Tuesday, December 3, 2024 by teaming up with the Red Cross to host a blood drive at The Arc Center, 1158 Wayside Rd., Tinton Falls, from 2:00PM-7:00PM. Please spread the word and give the gift of life to someone in need. For any questions, please contact Jill at (732)493-1919 ext. 773 or email jvantuyl@arcofmonmouth.org



LET OUR
adventures
begin



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.

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

Joke of the Month

Question:

What do you call it when a snowman throws a temper tantrum?

Answer:

A meltdown



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

Winter 2024-2025 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
	Broadcast Club (10/10/24-6/26/25)
	Drumming Circle Class (12/9/24)
	Paint & Sip Party (12/11/24)
	Ugly Sweater Party (12/13/24)
	Christmas Pajama Movie Night (12/23/24)
	Fitness: Session #1 (1/8/25-2/26/25)
	Fitness: Session #2 (3/12/25-4/30/25)
	Goat Yoga (1/10/25)
	"You're a Good Man, Charlie Brown" (1/18/25)
	Valentine's Day Dinner & Karaoke (2/7/25)
	Lunch and Movie (2/22/25)
	Bowl-A-Thon (3/1/25)
	St. Patrick's Day Karaoke Party (3/14/25)
	Rainforest Cafe (3/22/25)



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
(732) 493-1919 ext. 400 for cancellations

CREDIT CARD PAYMENTS :

Please **DO NOT** make a payment until you have received written confirmation 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