



## 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)

## 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!

## WINTER GLOW DECEMBER 2021



Our Broadcast Club members performed at The Arc of Monmouth's 55th Annual Winter Glow at Navesink Country Club. The theme for the Winter Glow was Follow the Yellow Brick Road to the Emerald City. The Club performed *Side-by-Side* from The Wiz and Dawn DeLorenzo, performed a solo of *Somewhere Over the Rainbow*. Their performances brought the house down! We are so proud of them. If you are interested in becoming a member of the Broadcast Club, please indicate on the registration page.



Our Holiday Trip to see "Elf The Musical" in Manasquan, was a huge hit! Before the show, we enjoyed dining at Squan Tavern, where the food was delicious.



# PROGRAMS

## Fitness Class or Yoga class

Fitness class will incorporate light weights and seated chair exercises. Yoga class uses breath movements with various postures that help to relax and lengthen muscles. Join us this Spring on your wellness journey.

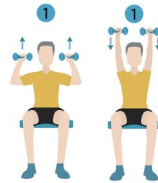
**Dates:** Session 1, March 16-April 27 (Wednesdays)

Session 2 , May 18-June 29 (Wednesdays)

**Location:** The Arc Center

**Time:** 7:00-8:00PM

**Cost:** \$ 65 for each session



## Let's Get LITerature with Book Club

Come enjoy our Tuesday evening book club where we will read and discuss our newest book, *The One and Only Ivan*. Come ready for an engaging discussion.

**Date:** Starts Tuesday, March 15th—Until book is finished

**Location:** Virtual

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

**Cost:** \$25, includes book



## Walking Club

Let's get out and enjoy the Spring weather! We will be meeting at the Bradley Beach Boardwalk for low to moderate intensity walking.

**Dates:** May 7th, May 21st and June 4th

**Location:** Bradley Beach Boardwalk

**Time:** 8:30– 9:45 AM

**Cost:** This is a free event but you must register for this program. Wear comfortable shoes and bring your water.



## Bible Stories

This is a four week series that focuses on what The Bible speaks about being a good friend and neighbor. The program is being offered by Bonnie Deroski, Director of Children and Youth, UMC of Red Bank.

**Dates:** Mondays February 21st, 28th, March 7th and 14th

**Time:** 7:00PM

**Location:** To be held virtually—the cost is: Free



# SPECIAL HAPPENINGS

## Creative Cooking Class

We are partnering up with No Limits Café and their Chef to provide you with a delicious meal that you can enjoy with your friends at The Arc. You will go home with the recipe and knowledge to prepare this dinner at home.

Date: TBA (April)

Location: The Arc Center

Time: 6:30-8:30PM

Cost: \$25



**eat well.  
do good.**



## Aromatherapy

Come discover the goodness of Aromatherapy with Kelly, our yoga instructor. This 1 1/2 hour session will teach you about various scents, what they are good for, and how they are created. Make your own personal spray to take home. We will be making our own chocolate bar with your choice of either peppermint or orange flavoring. Yummy!

Date: Friday, April 29th

Location: The Arc Center

Time: 6:30-8:00 PM

Cost: \$35



## Karaoke Party at The Arc

Calling all music lovers for making this karaoke party loudest and funniest. Please come, join me for food, dance, music and most of all fun!

Date: Friday, March 25, 2022

Location: The Arc Center

Time: 7:30-10:00 PM

Cost: \$22

**\*\* This is a rescheduled event, if you already signed up and paid, no need to register again.**





## SPECIAL TRIPS

### Cinderella

Lets revisit the classic enchanting tale of Cinderella this Spring at the Algonquin Theatre. \*

**Date:** Saturday, April 9, 2022

**Location:** Drop off/pick up at The Arc Center

**Time:** Meet at The Arc Center at 12:30 PM

Pick up at The Arc Center at 5:30 PM

**Cost:** \$45.00

\*For this event you will need to provide proof of vaccination in order to come to the Algonquin Theatre.



### A true Jersey Shore Treat!

Enjoy an upbeat vaudeville-style cabaret show where performers interact with patrons while you indulge in your favorite ice cream. It is a very entertaining and interactive experience.

**Date:** Friday, June 10, 2022

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

**Time:** 4:00PM– 9:00PM

**Cost:** \$30

### Medieval Times

We will be participating in this family-friendly dinner show. You will feast on a four-course banquet all while watching jousting knights, horses, hand-to-hand combat and so much more! It's a thrilling non-stop show. Due to a generous donation from Mutual of America, the cost of the trip is significantly reduced. The trip includes dinner, show, chaperones and transportation by coach bus. Please bring money if you would like to purchase any souvenirs.

**Date:** Saturday, March 12th, 2022

**Location:** Drop off/pick up at The Arc Center

**Time:** 12:00PM– 5:00PM

**Cost:** \$50



## SPECIAL TRIPS (CONT.)

### Movie and lunch at Eatontown Mall

The DC SuperPets are ready to sit, stay and save the world. Krypto the Super-Dog and Superman are inseparable best friends, sharing the same superpowers and fighting crime side-by-side. This movie is sure to have us laughing and having a good old time. Dinner will be at Applebee's in Eatontown before the show.

**Date:** Friday, May 20, 2022

**Location:** Eatontown Mall Movie Theatre

**Time:** TBA

**Cost:** \$50, includes dinner, show and chaperone. Please bring money for snacks at the Theatre.



## IN THE NEWS



### Interested in joining a Garden Club?

If you think you might be interested in starting a vegetable and/or flower garden with us...Please indicate interest on the registration page. More details to come this Spring.

### Save-the-Date

The Step Up for The Arc Walk & 5K  
will be returning IN-PERSON on:

**Saturday, November 5, 2022**

at

**Joe Palaia Park**

**240 Whalepond Rd, Oakhurst, NJ 07755**



# 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, 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.

### 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:

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



# Spring 2022 Registration Page

Participant's Name: \_\_\_\_\_

Address: \_\_\_\_\_ Town/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Participant Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_ Parent Cell Phone \_\_\_\_\_

Parent/Sponsor Name: \_\_\_\_\_

## Programs & Special Happenings

☐ Book Club Starts March 15th

☐ Karaoke Party (3/25)

☐ Broadcast Club with Chris

☐ Yoga with Kelly

☐ Session 1:  
March 16—April 27

☐ Session 2:  
May 18-June 29

☐ Fitness with Margie

☐ Session 1  
March 16-April 27

☐ Session 2  
May 18-June 29

☐ Bible Stories (2/21), (2/28), (3/7) and (3/14)

☐ Creative Cooking Class (April TBA)

☐ Aromatherapy (4/29)

☐ Walking Club (5/7), (5/21) and (6/4)

## Interests

☐ I am interested in becoming a Circles Club Member

☐ I am interested in participating in a Gardening Club

## Special Events

☐ Medieval Times (3/12)

☐ Cinderella (4/9)

☐ Movie and Dinner (5/20)

☐ Music Man—"The Singing Ice Cream Shoppe" (6/10)

☐ Step Up with The Arc Walk and 5K (11/5)





## Recreation Program

**Margie London**

Recreation Manager

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

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

**Leigh Ann Grauer**

Recreation Assistant

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

Phone: (732) 499-1919 ext. 222

**Email:** [Recreation@arcofmonmouth.org](mailto:Recreation@arcofmonmouth.org)



### 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)