



# Recreation Newsletter Summer 2015

6550 Delilah Road, Suite 101  
 Egg Harbor Township, NJ 08234  
 609-485-0800 www.arcatlantic.org

**July, August and  
 September 2015**

**P**LEASE READ THE INFORMATION BELOW! IN ORDER TO PREVENT ERRORS AND TO KEEP FROM REGISTERING FOR TWO CLASSES ON THE SAME NIGHT OR FOR MORE THAN ONE OF THE SAME CLASS IT IS IMPORTANT THAT YOU READ THIS NEWSLETTER. PLEASE BE CAREFUL WHEN COMPLETING THE REGISTRATION FORM.

Registration will only be accepted by using the registration form inside this newsletter. You can download the newsletter and registration forms online at [www.arcatlantic.org](http://www.arcatlantic.org). Registration will not be processed unless the registration form is completed and a check and/or money order made payable to The Arc of Atlantic County is included. Cash payments must be coordinated with Allison Venezio at 609-485-0800 extension 161.

Your options for returning your registration form and money are:

**Mail to:** Recreation Registration at The Arc of Atlantic County, 6550 Delilah Road, Suite 101, Egg Harbor Township, NJ 08234.

**Bring it to:** The Arc of Atlantic County during normal business hours of 8:30 AM—4:30 PM and give it to the receptionist.

DO NOT bring a registration form to a program. DO NOT place registration forms or payments in Sue Kinsell's Office.

If you are unable to pay for everything at the same time, please contact Sue at 609-485-0800 ext. 191 about possible payment options.

A confirmation letter will be mailed to you once your registration has been processed. This form will also serve as your receipt for payment.

**There has been some confusion over what entrance to use for The Arc Administration building for evening activities.** Parking is also an issue. Hopefully this will help: **Adult Evening Classes (with the exception of computer classes) and Game Night:** Please enter at the back of the building using the Adult Training Center (ATC) entrance (there is an awning over the door. Please DO NOT park by the door, curb cutout area or any place along side of the building. There are plenty of parking spaces in the back lot after 5 pm. The area by the curb is for drop offs and pick ups only. It is the only place there is a curb cut for people who use wheel-chairs. If the door is locked, ring the door bell to your left. It is very loud inside the building and the staff person running the activity will answer the door and let you in. HINT: The door is usually unlocked 15 minutes before an activity begins while the staff can be in the kitchen area to see who is coming in. Once the activity starts, the door gets locked and you will have to ring the bell.

## *Special Olympic (SO) Sports*

The Arc of Atlantic County is a local training program with Special Olympics New Jersey. The Arc offers training and participation in the following sports:

Fall: Golf and Soccer

Spring: Bowling and Basketball

Summer: Track & Field, Softball and Bocce

Registration for these sports is done through the registration form in the quarterly newsletter.

**We are currently taking registration for Fall Sports.**

Golf practices will be held on Monday evenings starting in July in Egg Harbor Township. Golf will have two competitions. Qualifying

scores will be due the beginning of September.

Soccer will begin practices the end of August and have league games on Saturdays in September and October.

In order for you to participate and compete in any of these sports you must complete a Special Olympics New Jersey 3 year Medical Form.

## *Participant Cancellations*

If you will not be able to attend a program for which you have registered, you must follow these instructions to cancel: Call Allison at 609-485-0800 ext. 161; if you don't get her, you then call Sue at ext. 191 or Kathi at ext. 164.

**REPEATED**  
**NO CALLS/NO SHOWS**  
**MAY JEOPARDIZE**  
**YOUR PARTICIPATION**  
**IN FUTURES CLASSES**  
**AND PROGRAMS!**

# Social Events

## DANCES

### EHT ELKS DANCE

**When:** Wednesday, July 29

**Time:** 7PM - 9 PM

**Where:** Egg Harbor Township Elks Lodge, 1815 Mays Landing Road (Rt. 559), EHT

**Cost:** \$5.00

### **End of Summer Dance**

**When:** Wednesday, August 12

**Time:** 7:30 PM - 9:30 PM

**Where:** Carriage House, 25 South Pitney Road, Galloway. The cross street is Collins Road.

**Cost:** *\$8.00 per person to be paid in advance with this registration form.*

There is a cash bar for beverages. Food is not available for purchase.

**Doors for the dance will not be opened until 7:15 PM.**

## ACTIVITIES

### GAME NIGHTS

**When:** Tuesday, July 14

**Wednesday, August 19**

**Tuesday, September 15**

**Time:** 6:00 PM - 8:00 PM

**Cost:** \$5.00

**Where:** The Arc Multipurpose Room  
Use the ATC Entrance

Limit of 20 participants

Come out and enjoy a night of board games, card games and socialization with friends.

### EHT ELKS BINGO

**When:** Wednesday, September 30

**Time:** 7PM - 9 PM

**Where:** Egg Harbor Township Elks Lodge, 1815 Mays Landing Road (Rt. 559), EHT

**Cost:** \$3.00

### Summer Fun Bowling

**When:** Fridays, July 10, July 17, July 24, July 31, August 7, August 14, August 21 and August 28.

**Time:** 6:00 – 9:00 PM.

**Where:** Strike Zone Lanes, Egg Harbor City

**Cost:** \$64.00

The non-refundable cost is per person. This is a one-time cost and will cover all eight weeks. This is open to everyone. Consumers, staff, family, friends and volunteers are able to join a team.

Each team will consist of four bowlers. You can either join as a team or individually and you will be placed on a team. (Note you may not be able to be on the team you request if that team is already full) If you need to be placed on a team, please indicate that on your registration. I am limited to the number of teams I can take due to the other leagues at Strike Zone.

### OCEAN FISHING DAY

**When:** Wednesday, August 26

**Time:** 8:30 AM - 2:30 PM

**Where:** Cape May

**Cost:** FREE

The Cape May County Charter Boat Association will be sponsoring a fishing trip. This trip allows individuals four hours of fishing on a boat in the ocean. Lunch is not provided. Residential programs must provide their own chaperones and transportation. **Separate confirmation letters will be sent to everyone who signs up.**

### PICNIC

**When:** Sunday, August 30

**Time:** 12PM - 3PM

**Where:** Lake Lenape East Pavilions 1 & 2  
753 Park Road  
Mays Landing N.J. 08330

**Cost:** \$10.00 (anyone age 12 and over)  
\$6.00 (anyone under 12 years old)

The Arc will be providing hot dogs, hamburgers, salads, chips, beverages

and desserts.

We have a limit to the number of people we can take for this event. Registration is on a first come first serve basis.

## TRIPS

### GREAT ADVENTURE TRIP

**When:** Saturday, September 12

**Time:** 9:00AM - 8:00 PM

**Cost:** \$86.00

**We will be going to Six Flags Great Adventure in Jackson, New Jersey. This amusement park offers rides, shows and shopping. This is a small group trip.**

The cost of this trip includes: transportation from The Arc of Atlantic County, admission and chaperones.

This trip is a lottery drawing. You must indicate on your registration form that you want to be entered into the drawing for a spot on this trip. Do not send payment for this trip. If selected you will then pay for the trip.

If you need to cancel for any reason, refunds will only be given if I am able to replace you.

### WEEKEND CAMPING TRIP

**When:** Friday, September 18 - Sunday, September 20

**Where:** Beachcomber Camping Resort in Cape May

**Cost:** \$335.00

**This is a small group trip and is open to individuals who live at home with their families.**

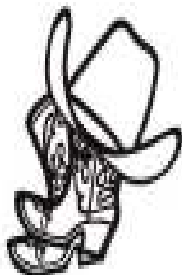
This trip is a lottery drawing. You must indicate on your registration form that you want to be entered into the drawing for a spot on this trip. Do not send payment for this trip. If selected you will then pay for the trip.

Cost of the trip includes: transportation from The Arc of Atlantic County, meals, cabins, chaperones.

July

Line Dancing

Have fun and get fit while dancing to your favorite pop and country line dances. **You must sign up for all four classes.**



**Date:** Wed. July 1,8,15,22

**Time:** 6:30 to 7:30pm

**Cost:** \$20.00 for all four classes

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

Class limit—20

**Instructor:** Brenda

Flip Flop Wreath

You will enjoy tapping into your creativity and forming a summer wreath using flip flops. This wreath you can use over and over again. Also an awesome gift.

**Date:** Tue. July 7

**Time:** 6:30 to 8pm

**Cost:** \$15.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

Class limit—15

**Instructor:** Leann

Dinner with Kevin

If you love cooking, you are going to love Kevin's Class. In this class, we are learning how to make one of Kevin's favorite dinners. This is something easy, we can make at home to enjoy with friends and family.

**Date:** Tue. July 21

**Time:** 6:30 to 8pm

**Cost:** \$15.00

**Location:** Arc ATC Kitchen

*Use ATC entrance.*

Class limit—15

**Instructor:** Kevin

July (Continued)

Scavenger Hunt /Nature Walk

In this class, participants will enjoy a good scavenger hunt and learn about nature. **IF YOU TAKE ACCESS LINK YOU MUST BOOK YOUR WINDOW FROM 9:30-10:15AM AND 12:15-1PM. IF YOU CAN NOT MAKE THE WINDOW YOU CAN NOT SIGN UP FOR THE CLASS. Please be prepared for any weather.**

**Date:** Sat. July 25

**Time:** 10:30am-12pm

**Cost:** \$10.00

**Location:** Estell Manor Park

109 State Highway 50

Mays Landing, NJ 08330

Class limit—30

**Instructor:** Janet



Mixed Media

You will enjoy tapping into your creativity and forming a wonderful piece of art. Using paint, stickers and other materials.

**Date:** Tue. July 28

**Time:** 6:30 to 8PM

**Cost:** \$12.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

Class limit—15

**Instructor:** Katherine



August

Summer Ceramics

If you enjoy painting and enjoy ceramics, come out and pick a ceramic piece to paint for summer. It could be a great Gift.

**Date:** Tue. August 4

**Time:** 6:30 to 8pm

**Cost:** \$20.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

Class limit—30

**Instructor:** Meredith

Show Us Your Talent

This is not just any Talent Show, this is The Adult Evening Talent Show. In the show you will have up to **3 Minutes** and be judged but the audience. Prizes will be given to 1st, 2nd & 3rd place. **Please come prepared with music, instruments and costumes.** Come out, enjoy the evening and show us what you got.

**Date:** Wed. August 5

**Time:** 6:30 to 8pm

**Cost:** \$10.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

Class limit—20

**Instructor:** Merri & Faith

Zumba

It's back! We'll have so much fun dancing during this hour, you won't even realize you were exercising. **You must sign up for all four classes.**

**Date:** Thur. August 6,13,20,27

**Time:** 6:30 to 7:30pm

**Cost:** \$20.00 for all four classes

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

Class limit—30

**Instructor:** Michelle

**August (Continued)**

**Summer Hats**

You will enjoy tapping into your creativity to make your favorite hat for this summer and for many more to come.

**Date:** Tue. August 11

**Time:** 6:30 to 8pm

**Cost:** \$15.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

Class limit—15

**Instructor:** Leann

**Mixed Media**

You will enjoy tapping into your creativity and forming a wonderful piece of art. Using paint, stickers and other materials.



**Date:** Tue. August 18

**Time:** 6:30 to 8PM

**Cost:** \$12.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

Class limit—15

**Instructor:** Katherine

**Tie Dye**

Come out and enjoy an evening of Tie Dyeing. We will be creating our new favorite shirt to wear all year round.



**Date:** Tue. August 25

**Time:** 6:30 to 8pm

**Cost:** \$20.00 size S-2XL

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

Class limit—30

**Instructor:** Meredith

**September**

**Funky Fall Watercolor**

On this evening, we will be having fun creating a fall themed watercolor painting.

**Date:** Wed. September 2

**Time:** 6:30 to 8pm

**Cost:** \$15.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

Class limit—30

**Instructor:** Meredith



**Garden Stepping Stone**

We will enjoy making a stepping stone you can use in you garden or somewhere in your yard. Also it makes a great gift.

**Date:** Tue. September 8

**Time:** 6:30 to 8pm

**Cost:** \$15.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

Class limit—15

**Instructor:** Leann

**Healthy Cooking**

If you love food and love to cook, you are going to have a ball in our Healthy Class. In this class, we are learning how to make a fattening meal in to a healthy meal. This is something easy, we can do it at home to enjoy over and over again.

**Date:** Wed. September 9

**Time:** 6:30 to 8pm

**Cost:** \$15.00

**Location:** Arc ATC Kitchen

*Use ATC entrance.*

Class limit—15

**Instructor:** Kendal

**September (Continued)**

**Cooking**

If you love food and love to cook, you are going to enjoy making **Homemade MAC & CHEESE**. In this class, we are learning how to follow a recipe and create the perfect & cheese.

**Date:** Wed. September 16

**Time:** 6:30 to 8pm

**Cost:** \$15.00

**Location:** Arc ATC Kitchen

*Use ATC entrance.*

Class limit—15

**Instructor:** Meredith

**Diabetic Friendly Dessert**

In this class, we will learn how to make a Diabetic Friendly Dessert. This can be enjoyed over and over again with the company of some friends.

**Date:** Wed. September 23

**Time:** 6:30 to 8pm

**Cost:** \$12.00

**Location:** Arc ATC Kitchen.

*Use ATC entrance.*

Class limit—15

**Instructor:** Kendal

**Mixed Media**

You will enjoy tapping into your creativity and forming a wonderful piece of art. Using paint, stickers and other materials.

**Date:** Tue. September 29

**Time:** 6:30 to 8PM

**Cost:** \$12.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

Class limit—15

**Instructor:** Katherine

Don't Wait!  
Register  
early so I can  
see you.





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6550 Delilah Road, Suite 101  
Egg Harbor Township, NJ 08234  
www.arcatlantic.org

General Questions:  
Phone: 609-485-0800 extension  
191 - Sue  
Fax: 609-407-6282  
Email: skinsell@arcatlantic.org

**You can now download the  
Recreation News Letter and  
Registration Form OnLine  
at www.arcatlantic.org**

Do you enjoy helping your community? Do you like doing service projects with friends? Then **Aktion Club** is for you. For more information or if you have any questions about **Aktion Club**, please call **Renee** at 609-485-0800 extension 180.

**The Wonder Workers Self Advocacy Group** will meet the first Wednesday of the month. The meetings are held from 6 PM- 7:00 PM at The Arc offices. If you are using Access Link, please tell them the Main Entrance. If you have any questions about self advocacy please call **Shereen Macdonald** at 609-485-0800 extension 169.

**Adult Evening Class Info.**

**Volunteer Instructors** are always needed. If you have a **skill, hobby or activity** that you would like to teach or share, we would like to hear from you. **Call Sue Kinsell at ext 191 or Kathi Lentz at ext 164 for more information.**

**PARTICIPANT  
CANCELLATIONS FOR AEC**

If you are unable to attend a class please use the following guidelines to cancel. Call **Allison Venezia** at 609-485-0800 extension 161. If you do not reach her, call Sue Kinsell at 609-485-0800 ext 191 or Kathi Lentz (ext 164) **Repeated NO CALLS/NO SHOWS may jeopardize your participation in future classes and programs.**

**Weather Related**

**Cancellations Of Programs**

In the event of a program being cancelled, each participant will receive a phone call from The Arc at least 1 1/2 hours prior to the start of the program.

If you do not receive a phone call, the program will occur as scheduled.

**Friday Night  
Teen Group**

Are you between the ages of 13-25 and looking to do fun things with people your own age? The Friday Night Teen Program is held twice a month year round. For more information on this group please call **Lori** at 609-485-0800 extension 177.