



HLP CALENDAR OF EVENTS: NORTHERN NJ



**APR.
16**
11 AM-1 PM

Healthy Italia Cooking Class

Healthy Italia-La Buona Cucina 55 Main St, Madison, NJ 07940
Cooking class where we will be making gnocchi from scratch.
Make sure attendees do not have food allergies

**MAY
29**
11 AM-1 PM



The Frelinghuysen Arboretum

353 East Hanover Ave, Morris Township, NJ 07960
A walking trail with accessible and paved roads with some dirt paths.



**JUNE
07**
11 AM-1 PM

Mountain Creek Treescape

414 County Road 517, Vernon Township, NJ 07462
Treetop obstacle course. Must wear closed toed shoes, no loose hair, no loose clothing (scarves, dresses, necklaces, dangling earrings, etc.)

**JULY
22**
11 AM-2 PM



Mountain Creek Waterpark

200 Route 94, Vernon, NJ 07462
Waterpark attire and shoes needed. General Parking is \$10.
Preferred Parking is \$20 and parking in front of the Red Tail Lodge is \$30.



**AUG.
12**
10 AM-2 PM

Splashplex Waterpark

182 NJ-10, East Hanover, NJ 07936
Waterpark attire and shoes needed.

**SEPT.
13**
11 AM-1 PM



Hawkwatch Trail

Wildcat Trailhead, Upper Hibernia Rd, Rockaway, NJ 07866
Easy trail on gravel. Wear comfortable sneakers and eyewear, bring water



**OCT.
18**
11 AM-1 PM

Ort Farms

25 Bartley Rd, Long Valley, NJ 07853
Hayride down to a pumpkin picking patch and tour of the petting zoo.

**NOV.
18**
11 AM-1 PM



Circle Bowl

1107 Route 46 W, Ledgewood, NJ 07852
1 game of bowling, 2 games of laser tag, \$5 arcade card

RSVP:

Erin Smithers
ESmithers@ArcNJ.org
(732) 246-2525 x 26



HLP is funded by a grant from:



Trail Walks (Northern NJ)



HLP is funded by a grant from:



May 29- Frelinghuysen Arboretum
353 East Hanover Avenue, Morris Township, NJ 07960
Fully accessible, sidewalks

June 28 - Hacklebarney State Park
119 Hacklebarney Rd, Long Valley, NJ 07853
Partially accessible, stairs and dirt paths

July 26 - Horseshoe Lake
72 Eyland Ave, Succasunna, NJ 07867
Partially accessible, dirt paths. Follow the road to the lake

August 9 - Loantaka Trail
468 South St., Morristown, NJ 7960
Fully accessible, paved path

September 6 - South Mountain Fairy Trail
197 Glen Ave, Millburn, NJ 07041
Partially accessible dirt paths

September 13 - Hawkwatch
786 Upper Hibernia Rd, Rockaway, NJ 07866
Easy trail on gravel

To RSVP, contact:
Erin Smithers
ESmithers@ArcNJ.org
(732) 246-2525 x 26

11AM - 1 PM

****Please bring your own water, comfortable sneakers and appropriate clothing for the weather!**



Alstede Farms



Tuesday, August 6, 2019

11am – 1pm

*1 Alstede Farms Lane,
Chester, NJ 07930*

Join the NJSAP team at Alstede Farms as a part of our Healthy Lifestyles Project (HLP)! HLP is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey.

You'll get to go on a wagon ride, pick your own peaches, and make your way through the Sunflower and Evergreen Mazes! Remember to wear sneakers! There is a tented area available to eat your lunch (please bring your own lunch, it is not provided).



***RSVP by contacting
Erin Smithers:***

ESmithers@ArcNJ.org

***(732) 246-2525
ext. 26***



www.HealthyLifestylesProject.org

*Please be aware that by attending this event, you consent to your photo being taken. These images may be used by The Arc of New Jersey in their printed and online publicity, including on social media.

TREESCAPE AERIAL ADVENTURE PARK

WHEN:

AUGUST 30, 2019

11AM - 1PM

WHERE:

TREESCAPE AERIAL
ADVENTURE PARK
414 COUNTY ROAD 517
VERNON TOWNSHIP, NJ
07462



HLP is funded by a grant from:



Join the NJSAP team at Mountain Creek's TreEscape Aerial Adventure Park as part of our Healthy Lifestyles Project (HLP)! HLP is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey.

Experience an exciting treetop obstacle course! Must wear closed toed shoes, no loose hair, no loose clothing (scarves, dresses, necklaces, dangling earrings, etc.)

RSVP by contacting Erin Smithers
Email: ESmithers@ArcNJ.org
Phone: (732) 246-2525 ext. 26

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iFLY: indoor Skydiving



Monday, September 16, 2019
11am - 1pm
IFLY
211 Route 4, Paramus, NJ 07652



Join the NJSAP team at iFLY Paramus as a part of our Healthy Lifestyles Project (HLP)! HLP is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey. iFLY makes the dream of flight a reality with indoor skydiving in a safe and fun environment.

****Some things to be aware of:** iFLY's weight limit is 300 lbs. In order to provide a safe experience for its customers and instructors, iFLY is unable to accommodate any flyers that exceed 300 lbs. If the participant's weight exceeds 260 lbs, you must bring this to the attention of an iFLY representative.

Those with prior back injuries or shoulder dislocations are advised not to fly.

Wear comfortable clothes; pants or shorts, and lace-up sneakers. Before flight, you will need to remove any items that may become loose, such as earrings, jewelry, rings, and hair accessories. Complimentary lockers are available, but we recommend that you leave anything valuable at home.

RSVP by contacting Erin Smithers:
ESmithers@ArcNJ.org / (732) 246-2525 ext. 26




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COASTAL ARCHERY TAG

**Tuesday, October 22, 2019
11am - 1pm**

**Coastal Sports
22 Madison Road Fairfield, NJ 07004**



Join the NJSAP team at Coastal Sports as a part of our Healthy Lifestyles Project (HLP)! HLP is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey.

We'll be playing Archery Tag! Played with a wooden bow and arrow with marshmallow tips, all participants are provided with the necessary safety equipment ensuring Coastal Archery Tag as the world's safest archery battle! Please wear comfortable, well-fitting clothes and comfy sneakers!

Contact Erin Smithers:

**ESmithers@ArcNJ.org
(732) 246-2525 ext. 26**



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Friday, November 15, 2019 from 11:00 AM - 1:00 PM

TOTES  GOATS

150 Snake Den Road,
Ringwood, NJ 07456

Join the NJSAP team for Goat Yoga (GOGA!) as a part of our Healthy Lifestyles Project (HLP)! HLP is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey.

We'll be taking a Goat Yoga class with the instructors from Totes Goats. Goat yoga is a group yoga class with the addition of live baby goats who are guided by the instructors to interact with participants. We will also have a short trail walk after the class. Be sure to wear proper exercising attire! ****Please note, you must bring your own yoga mat to attend.**



To RSVP, contact Erin Smithers:

ESmithers@ArcNJ.org
(732) 246-2525 ext. 26



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HLP EVENT CALENDAR: CENTRAL NJ

www.healthylifestylesproject.org



**APR.
10**

**11:00 AM-
12:30 PM**

Gravity Vault Indoor Rock Climbing

37 Kanes Ln, Middletown, NJ 07748

Indoor rock climbing wall with staff led programs for all ability and experience levels.



Hartshorne Woods Nature Hike

300 Navesink Ave, Atlantic Highlands, NJ 07716

Buttermilk Valley Entrance. A walking trail overlooking the Navesink River.

**MAY
07**

**10:30 AM-
12:30 PM**

**MAY
22**
11 AM-1 PM

Grounds For Sculpture

80 Sculptors Way, Hamilton, NJ 08619

Sculpture garden with more than 270 sculptures by contemporary artists, positioned on a parkland full of thousands of exotic trees and flowers



Howling Woods Farm

1371 W Veterans Highway, Jackson, NJ 08527

Great for dog lovers! The farm provides learning experiences to the public about wolves and wolfdogs.

**JUNE
05**

**11:30AM-
1:00PM**

**JULY
24**

11 AM-1 PM

Manasquan Reservoir Boat Tour

311 Windeler Rd, Howell, NJ 07731

45-minute tour of the Manasquan Reservoir, narrated by Park System Naturalists and include opportunities to view local wildlife.



Lakewood Blueclaws Game

FirstEnergy Park, 2 Stadium Way Lakewood, NJ 08701

Watch the Lakewood Blueclaws baseball team play an exciting game.

TBD

**SEPT.
12**

11 AM-1 PM

New Jersey Sea Grant Consortium

22 Magruder Rd, Fort Hancock, NJ 07732

Go seining, sieving, shell collecting; all guided by a New Jersey Sea Grant Instructor.



Allaire Community Farm

1923 Baileys Corner Rd, Wall Township, NJ 07719

Farm activities like hayrides, visiting the petting zoo, and pumpkin picking.

**OCT.
10**

**11:00 AM-
12:30 PM**

**NOV.
13**

**10:00 AM-
11:30 PM**

SkyZone Trampoline Park

1001 New Hampshire Ave., Lakewood, NJ 08701

Indoor trampoline park featuring freestyle bouncing, dodgeball, and fitness programs.



RSVP ONLY: Michael Pearson / 732.426.2525 x 37 / MPearson@ArcNJ.org

HEALTHY LIFESTYLES PROJECT EVENT CALENDAR:

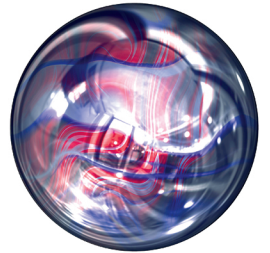
CENTRAL NJ

**AUG.
23
11 AM-1 PM**

Glass Blowing

Hot Sand
550 Cookman Ave., Asbury Park, NJ

Participants will blow their own glass object with help from artists and staff members and take home their handmade piece of art.



Equine Therapy

Sunnyside Equestrian Center
628 Middletown-Lincroft Rd., Middletown, NJ

Participants will learn about equine therapy, and have the opportunity to feed, groom, and interact with horses.

**SEPT.
11
11 AM-1 PM**

**OCT.
15
11 AM-1 PM**

Apple Picking

Terhune Orchards
330 Gold Soil Rd., Princeton, NJ
Farm tour with a discussion about food production, water conservation, and land preservation followed by apple picking.



Learn About Wolves and Wolfdogs

Howling Woods Farm
1371 W Veterans Highway, Jackson, NJ 08527

Great for dog lovers! The farm provides learning experiences to the public about wolves and wolfdogs.

**NOV.
5
11:30AM -
1:00PM**



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