



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)



11AM - 1 PM

October 8- Paterson Falls

72 McBride Avenue Extension, Paterson, NJ 07501

Mostly Accessible, Accessible bridge to falls, stairs to overlook

November 12 - Jockey Hollow

586 Tempe Wick Road, Morristown, NJ 07960

Parts are sidewalk trail and others are wooded

Nov. 22- Bamboo Brook Outdoor Education Center

170 Longview Rd, Chester Township, NJ 07931

Accessible

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

www.healthylifestylesproject.org

To RSVP, contact:

Erin Smithers

ESmithers@ArcNJ.org

(732) 246-2525 x 26

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.



Foundation for New Jersey





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

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.



**OCT.
15**

11 AM-1 PM



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**



HLP is funded by a grant from:



RSVP ONLY: Michael Pearson / 732.426.2525 x37 / MPearson@ArcNJ.org

Cattus Island Hike

Wednesday, October 16th

11:00 am - 12:30 pm

1170 Cattus Island Boulevard

Toms River, NJ 08753

RSVP REQUIRED

Contact: Michael Pearson

MPearson@ArcNJ.org

732-426-2525 x 37

Join the NJSAP team on a trip to Cattus Island 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.

Hike through pine lands, around marshes, and along beaches while looking for Osprey in nesting platforms! The trail is an easy surface of sand, pine needles, wood chips, and boardwalks with no elevation change.

Visit us at www.healthylifestylesproject.org to learn more and view photos and videos from our events.



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