



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.)



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.

**JULY
22**
11 AM-2 PM

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

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



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

**SEPT.
13**

TBD

Ort Farms
25 Bartley Rd, Long Valley, NJ 07853



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

**NOV.
18**

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!**



HLP EVENT CALENDAR: CENTRAL NJ

www.healthylifestylesproject.org



HLP is funded by a grant from:



**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