

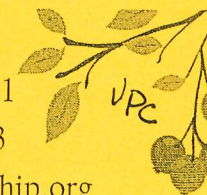
**FALL/  
WINTER  
2020**



**LACEY  
RECREATION**

818 W Lacey Rd  
Forked River, NJ 08731  
609-693-1100 ext 2203

lacey.recreation@laceytownship.org  
www.laceytownship.org



### **SEW Holiday/Seasonal Decor**

Learning to SEW can be fun and easy! Now you can learn to sew from anywhere with virtual It's SEW Crafty classes!

This SEW Holiday Decor class was designed for beginner crafters, Crafty Katie creates each pattern so that the crafter can learn to sew with confidence and the ability to be creative.

**Materials for the projects will be provided and will be available for pick-up at the Lacey Recreation Department**

**You will need for this class:** (or request a start up kit for an additional fee)

2 sharp scissors, Sewing thread, 2 spools, Pins, Pin cushion, Note paper, Pencils, White or clear liquid glue, Embroidery needles

Ages 8 -15 Mondays 4-5pm Google Meets

\$85 per person Venmo

**For more information and to Register please email**  
**itssewcrafty@gmail.com**

**Session 1 - Halloween/Fall** October 5, 12, 19, 26

**Session 2- Thanksgiving/Winter** November 2, 9, 16, 23

**Session 3- Season of Giving/ New Years**

November 30, December 7, 14, 21

**Session 4- Peace Day/ Snowflakes** January 4, 11, 18, 25

### **SEW Upcycled**

Gather up your old clothes and accessories this SEW Upcycled class was designed for fashion driven crafters, Crafty Katie creates each pattern with the crafter so that the crafter can learn to sew with confidence and the ability to be creative. This is the stepping stones to fashion design.

**You will need for this class:** (or request a start up kit for an additional fee)

2 sharp scissors, Sewing thread, 2 spools, Sewing needles, Pins, Pin cushion, Clothes and accessories to Up Cycle ( at least 4-5) Note paper, Pencils, White or clear liquid glue, Embroidery needles

**NO EXPERIENCE NECESSARY**

Ages 10 -16 Mondays 5:15-6:15pm Google Meets

\$55 per person Venmo

**For more information and to Register please email**  
**itssewcrafty@gmail.com**

**Session 1-** October 5, 12, 19, 26

**Session 2-** November 2, 9, 16, 23

**Session 3-** November 30, December 7, 14, 21

**Session 4-** January 4, 11, 18, 25

### **SUNSET YOGA**

Enjoy a beautiful sunset while restoring physical health and mental well being. Class consists of bodily postures that make the spine supple, the core strong and to promote circulation in the organs, glands, and tissues. The goal is to bring about a sound, healthy body and a clear, peaceful mind. Please bring your own oversized blanket or mat. All levels welcome.

**Instructor:** Adrienne Costa-DiPaolo

**Mondays and Thursdays Time:** 6:30pm- 7:30pm

**Location:** 3rd Lake (Deerhead)

**\$10 Drop In.**

**Call/Text 609.994.4663 with questions or for reservation.**

### **TRIM & TONE 50yrs+**

Squat, curl, and press the pounds away with this total body workout catered to graceful aging. Bring your own handweights (1-5 lbs), mat, towel and water.

**Instructor:** Adrienne Costa-DiPaolo

**Mondays and Fridays Time:** 10:15-11am

**Location:** Gille Park Pavilion

**\$10 drop in**

**Call/Text 609.994.4663 with questions or for reservation.**

### **4 Week TWEEN YOGA**

This playful yoga class is designed to improve strength, flexibility, and coordination in 11-14 yr olds. Children will learn how to focus and center themselves with various breathing and visualization techniques, yoga postures, and outdoor walk. Please bring your own mat/oversized blanket and mask. Class is limited to 8 participants. Reservations are required. Text/Call 609.994.4663

**Instructor:** Adrienne Costa-Dipaolo

**Mondays Starting 10/5 Time:** 3:30pm-4:25pm

**Where:** Hebrew Park \$30 for the month

**FALL/WINTER 2020  
ALL REGISTRATIONS AND  
PAYMENTS WILL GO  
DIRECTLY THROUGH THE  
INSTRUCTOR**



### Sew Felt Animals

This SEW Felt Animals class was designed for beginner crafters, Crafty Katie creates each pattern so that the crafter can learn to sew with confidence and the ability to be creative.

Some of our younger sewers may need an extra set of hands to help thread and tie needles, or pre threaded needles can be added to your materials package for an additional fee.

**Materials for the projects will be provided and will be available for pick-up at the Lacey Recreation Department**

**You will need for this class:** (or request a start up kit for an additional fee)

2 sharp scissors, Sewing thread, 2 spools, 1 pack of sewing needles, Pins, Pin cushion Note paper, Pencils, White or clear liquid glue, Embroidery needles

**NO EXPERIENCE NECESSARY**

Ages 6-10 Tuesdays 4-5pm Google Meets

\$85 per person Venmo

**For more information and to Register please email [itssewcrafty@gmail.com](mailto:itssewcrafty@gmail.com)**

**Session 1-** Cat/Dog October 6, 13, 20, 27

**Session 2-** Fox/Sloth November 3, 10, 17, 24

**Session 3-** Norwal/Snail December 1, 8, 15, 22

**Session 4-** Horse/ Bird January 5, 12, 19, 26

### SEW Star Wars

This SEW Star Wars class was designed for beginner crafters, Crafty Katie creates each pattern so that the crafter can learn to sew with confidence and the ability to be creative.

**Materials for the projects will be provided and will be available for pick-up at the Lacey Recreation Department**

**You will need for this class:** (or request a start up kit for an additional fee) 2 sharp scissors, Sewing thread, 2 spools, Pins, Pin cushion, Note paper, Pencils, White or clear liquid glue, Embroidery needles

Some of our younger sewers may need an extra set of hands to help thread and tie needles, or pre threaded needles can be added to your materials package for an additional fee.

**NO EXPERIENCE NECESSARY**

Ages 10-16 Thursdays 6:15-7:15pm Google Meets

\$75 per person Venmo

**For more information and to Register please email [itssewcrafty@gmail.com](mailto:itssewcrafty@gmail.com)**

**Session 1-** Storm Trooper/ Darth Vader  
October 8, 15, 22, 29

**Session 2-** Rebel Alliance/ Princess Leia  
November 5, 12, 19, December 3

**Session 3-** C3PO/R2D2  
January 7, 14, 21, 28

### Whole Lotta Yarn

Fiber Art can be fun and easy! Now you can learn to use yarn to create cool fiber art from anywhere with virtual It's SEW Crafty classes! Classes designed for beginner crafters, Crafty Katie creates each project so the crafter can learn with confidence and the ability to be creative.

**Materials for the projects will be provided and will be available for pick-up at the Lacey Recreation Department**

**You will need for this class:** (or request a start up kit for an additional fee)

2 sharp scissors, Sewing thread, 2 spools, Sewing needles, White or clear liquid glue

Some of our younger sewers may need an extra set of hands to help thread and tie needles, or pre threaded needles can be added to your materials package for an additional fee.

**NO EXPERIENCE NECESSARY.**

Ages 6-10 Thursday's 4-5pm Google Meets

\$55 per person Venmo

**For more information and to Register please email [itssewcrafty@gmail.com](mailto:itssewcrafty@gmail.com)**

**Session 1-** Finger Knit Octopus/Woven Minion  
October 8, 15, 22, 29

**Session 2-** Yarn Doll/ Letter Wrap  
November 5, 12, 19, December 3

**Session 3-** Pompoms/ Stick Weaving  
January 7, 14, 21, 28

### SEW Minecraft

This SEW Minecraft class was designed for beginner crafters, Crafty Katie creates each pattern so that the crafter can learn to sew with confidence and the ability to be creative.

**Materials for the projects will be provided and will be available for pick-up at the Lacey Recreation Department**

**You will need for this class:** (or request a start up kit for an additional fee) 2 sharp scissors, Sewing thread, 2 spools, Pins, Pin cushion, Note paper, Pencils, White or clear liquid glue, Embroidery needles

Some of our younger sewers may need an extra set of hands to help thread and tie needles, or pre threaded needles can be added to your materials package for an additional fee.

**NO EXPERIENCE NECESSARY**

Ages 8-13 Thursdays 5:10-6:10pm Google Meets

\$75 per person Venmo

**For more information and to Register please email [itssewcrafty@gmail.com](mailto:itssewcrafty@gmail.com)**

**Session 1-** Creeper/ Chicken  
October 8, 15, 22, 29

**Session 2-** Pig/Steve  
November 5, 12, 19, December 3

**Session 3-** Zombie/Dyed Sheep  
January 7, 14, 21, 28



## YOGA NIDRA

Yoga Nidra, which literally means "yogic sleep", is a guided meditation scientifically proven to induce a profound level of relaxation which leads to improved health and transformation on the physical, energetic, mental, emotional and spiritual levels. A regular Yoga Nidra practice has been shown to be very effective in alleviating stress, anxiety, insomnia and depression. It calms the nervous system and has the power to transform negative core beliefs into a more positive outlook. The visualization and sensory awareness used during Yoga Nidra directly communicate with your subconscious mind - where real and lasting changes begin! No yoga or meditation experience needed.

Please bring a large blanket to lay on and another blanket to keep you comfy and warm.

**Instructor:** Adrienne Costa-DiPaolo

**Sunday 11/1 Time:** 6:30-7:15pm

**Where:** Meadowlark Bay Beach **\$10 drop in**

## AM Fitness Club

Mondays and Wednesdays: Hebrew Park Pavillion at 5:30pm for Group Personal Training

Thursdays and Fridays: Gille Park Pavillion at 8:30am for Group Personal Training

Thursdays: Gille Park Pavilion at 9:30am for FREE Dance Fitness

Each week the style of class changes to keep your body guessing what may happen next! Follow AM Fitness Club LLC on Facebook for more information

**Fee:** \$10 per class (Cash or Venmo)

**Instructor:** Amanda Minter

## Beginner Yoga Workshop

This workshop will start with the basics of what Yoga actually is and the ancient philosophy behind it. We will explore yoga postures including standing poses, forward & back bends, twists, sun salutations and simple inversions. You will learn about alignment, how to work towards experiencing ease & stability in your poses and the importance of the breath - its effect on your practice and using it as a simple way to start meditating. This workshop will provide a semiprivate relaxed and informal setting where you are encouraged to ask as many questions as you like throughout. No previous yoga experience required.

**Limited to 8 participants, so reservations are a must.**

**Call/Text 609.994.4663 to ensure your spot**

**Instructor:** Adrienne Costa-Dipaolo **\$50**

**Saturday 10/10 Time:** 1pm-4pm **Where:** Hebrew Park

## Zumba

Zumba is a Latin inspired dance fitness program. This class is for all ages & ability levels! Zumba incorporates interval training, alternating fast & slow rhythms to improve cardiovascular health. No registration required, just show up ready to dance!

**Instructor:** Karen Budija

**Mondays 5:15-6:15pm**

**Tuesdays 8-9am**

**Thursdays 5:15-6:15pm**

**Saturdays 8:30-9:30am**

**Where:** Gille Park Pavilion **Drop-In: \$8 per class**

## Art at Home

Art from home is a program designed for young artists to learn basic skills and to develop interest in the creation of artwork! There will be 4 sessions and they will be centered around art themes. Materials for classes are to be supplied by students. Most of the supplies are basic art materials. Art supplies for class: watercolors, crayons, markers, pencil and eraser, paint brush for watercolor, construction paper for collage, white paper 9x12, glue stick, elmers glue, scissors

Supplies can be provided for an additional fee

Contact instructor for information at [dsalke27@gmail.com](mailto:dsalke27@gmail.com)

**Instructor:** Diane Salkeld

**Ages 8-11 Mondays 4-5pm Zoom**

**Session 1 November 9, 16, 23, 30 Fall Theme**

**Session 2 December 1, 8, 15, 22 Winter Theme**

**Session 3 January 4, 11, 18, 25 Famous Artist**

**Session 4 February 1, 8, 15, 22 Animals**

**\$50 per session per student**

Check to Diane Salkeld dropped off at Recreation

Department before start of session. You will be sent the zoom link on receiving payment.

# THE UNDEADLY TRAIL AT GILLE PARK

SATURDAY OCTOBER 24 AND SUNDAY OCTOBER 25

GILLE PARK (2ND ENTRANCE) 6-10PM

TICKETS CAN BE PURCHASED AT

[REGISTER.CAPTUREPOINT.COM/LACEYTOWNSHIP](http://REGISTER.CAPTUREPOINT.COM/LACEYTOWNSHIP)





*Lacey Township's Annual*

# FARMERS' MARKET

**CHECK  
FACEBOOK  
FOR SPECIAL  
EVENTS!**

[facebook.com/laceyfarmersmarket/](https://facebook.com/laceyfarmersmarket/)



**EXTENDED UNTIL OCTOBER 23**  
**FRIDAYS FROM 11AM - 5PM**

**SPECIAL HOLIDAY MARKET, MON, NOV 23**

**LOCATED AT: 203 LACEY RD, FORKED RIVER**

DIRECTIONS: TAKE GARDEN STATE PARKWAY EXIT 74 TO LACEY ROAD & HEAD EAST FOR ABOUT A MILE TO THE LACEY UNITED METHODIST CHURCH. THE FARMERS' MARKET IS LOCATED IN THE PARKING AREA ADJACENT TO THE CHURCH.

**A HUGE VARIETY OF FARM FRESH & ARTISANAL:**

- FRUITS & VEGETABLES
- RAVIOLI & PASTA
- FROZEN FISH & MEAT
- ITALIAN BREAD
- FRESH MOZZARELLA
- IMPORTED CHEESE
- DESSERTS
- OLIVES & PICKLES
- & MUCH MUCH MORE!!!



**LACEY  
RECREATION**

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