

Township of Manalapan

PARKS & RECREATION

Newsletter

VOLUME 8; FEBRUARY 8



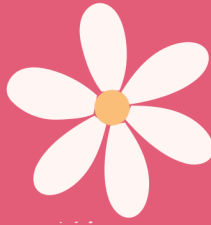
Office Phone: (732) 446-8336 & (732) 446-8353
Office Hours: Monday – Friday 8:30AM – 4:30PM

PUT A SPRING IN YOUR STEP

Spring is right around the corner and so are the Manalapan Parks & Recreation Spring Programs!



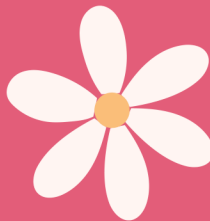
Kid's Pickleball



**Beginner Social Dancing:
Bachata & Waltz**



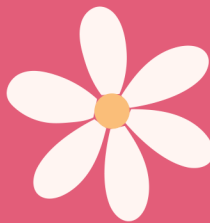
**L'il Dancers
Ballet**



**Mommy and Me
Stroller Fitness**



**COED Foundation
Basketball**



**Adult Developmental
Tennis**



Scan for our Spring 2024
Parks and Recreation Program Guide!
Registration Opens February 14

THERE'S STILL TIME TO REGISTER!



Social Dancing Bachata & Waltz

Looking for a new activity with your friends, family or significant other? Hoping to do more than sway on the dance floor at an upcoming wedding or event? Learn the foundational basics of social dancing in this 4-week beginner dance workshop and learn how to move and groove on any dance floor. No prior experience is required! Dancers must register and participate with a partner! Program instructed by Sing and Sway INC.

Tuesdays: 2/27 - 3/19

6:30-7:30pm

Taylor Mills School

Cost: \$160/couple

Scan to register or visit:

<https://register.communitypass.net/manalapan>

(732) 446-8336



ART IN THE PARK *Adults*

Calling all adults, do you love to draw and color? Do you want to be outside in the nice weather? Well you're in luck! Come join our drawing-based exemplary art program with diverse multimedia curriculum. Discovery and self-expression are fundamental to art programs where creative spirit is nurtured while building friendships and having fun.



4 Week Program:

Thursdays: 2/15 - 3/7
Time 6pm - 7pm

Location:

Kuschick Pavilion,
Manalapan Recreation
Center

the online gateway to community services

CommunityPass



DID YOU CREATE YOUR RECDESK ACCOUNT?

We're excited to announce we are changing registration platforms! Starting with our spring program registration we will be using RecDesk!

To ensure a smooth transition, it is important to set up your RecDesk account prior to the start of the 2024 Spring programs.



To Create an Account:

Scan the QR code or Visit:
<https://manalapan.recdesk.com/>

IMPORTANT UPCOMING DATES:

Spring Program Registration:
Wednesday February 14th at 9:00 am

Summer Camp Registration:
Monday March 4th at 6:00pm

Please contact Manalapan Parks & Recreation with questions.
732.446.8336

CELEBRATING BLACK HISTORY MONTH

Black History Month as we know it was founded in 1976 under the Ford administration. The month of February serves a time to honor the incredible achievements, history and cultural contributions by Black Americans in the United States. This time of the year was chosen specifically to honor the birthdays of both Frederick Douglass and Abraham Lincoln.

Prior to the inauguration of Black History Month in the 1970s, educator and scholar Carter G. Woodson lead initiatives as early as the 1920s to honor Black Americans and preserve Black history. Known as the "Father of Black History," Woodson lived an incredible, albeit unconventional life. Born to illiterate parents in 1875, Woodson would go on to be the second African American to earn a PhD from Harvard University in 1912. Woodson's contributions to preserving Black history directly lead to the dedication of February as Black History Month in 1976.

Read more about the life of Carter G. Woodson
from the National Park Service:



ATTENTION HIGH SCHOOL STUDENTS!

Louis Bay 2nd Future Municipal Leaders Scholarship Competition

The Louis Bay 2nd Future Municipal Leaders Scholarship Competition is open to High School Juniors and Seniors who live in Manalapan Township. Students are invited to submit essays about their local government for a chance to win a \$1,000 scholarship!

The scholarship is offered through a joint venture between local mayors and the New Jersey League of Municipalities. The contest is open to any High School Junior or Senior who lives in Manalapan. Each student must write an approximately 500-word essay on the theme, "What My Municipal Government Does Best." The essay should be based on the student's perceptions and experiences with Manalapan Township local government. The essay should consider the public contributions of the Mayor and Township Committee.

Mayor Mary Ann Musich hopes that our students will take full advantage of the annual Louis Bay 2nd Future Municipal Leaders Scholarship Competition, not only to gain a better understanding of public service through local government, but also to enjoy the opportunity of earning a \$1,000 scholarship.

All essays must be received by March 8, 2024. Manalapan will select one essay to forward to the League of Municipalities in Trenton as a semi-finalist. The League of Municipalities will then choose fifteen finalists and three scholarship winners. Winning essays will be featured in the New Jersey Municipalities Magazine.



Scan for Instructions



Scan for Application

HEALTHY SUPER BOWL RECIPES TO ADD TO THE SNACK LINEUP!



Bunless Cheeseburger Bites

- 1 lb. ground beef
- 1/2 c. plain bread crumbs
- 1 large egg
- 2 cloves garlic, minced
- 1 tbsp. Worcestershire sauce
- 1 tbsp. yellow mustard
- Kosher salt
- Freshly ground black pepper
- 1 tbsp. vegetable oil
- 5 slices cheddar cheese, quartered
- 6 leaves Bibb lettuce, torn into large pieces
- 1 c. small jar dill pickle chips
- 1 pt. cherry tomatoes

Step 1
In a large bowl, combine ground beef, bread crumbs, egg, garlic, Worcestershire, and mustard and season with salt and pepper. Mix until fully combined, then form into small, meatball-size patties.

Step 2
In a large skillet over medium heat, heat oil. Cook patties until your desired doneness, 6 to 8 minutes per side for medium.

Step 3
Top each with a cheese square and cover with lid to let melt, 2 minutes.

Step 4
Thread a patty, lettuce, pickle, and tomato on each appetizer skewer and serve.



Vegan Spinach & Artichoke Dip

- 8 oz. vegan cream cheese
- 1/2 c. vegan mayonnaise
- 1 (14-oz.) can artichoke hearts, drained, chopped
- 10 oz. frozen spinach, thawed, liquid squeezed out
- 1/2 c. shredded vegan Parmesan
- 2 cloves garlic, finely chopped
- 1 tbsp. nutritional yeast
- 1 1/2 c. shredded vegan mozzarella

Step 1
Preheat oven to 375°. In a large bowl, combine cream cheese and mayonnaise. Add artichokes, spinach, Parmesan, garlic, nutritional yeast, and 1 cup mozzarella; season with salt, black pepper, and red pepper flakes.

Step 2
Transfer to a small baking dish and spread in an even layer. Top with remaining 1/2 cup mozzarella.

Step 3
Bake dip until cheese is melty and filling is bubbling, about 30 minutes.

Step 4
Serve warm with bread or crackers alongside.



SAVE THE DATE

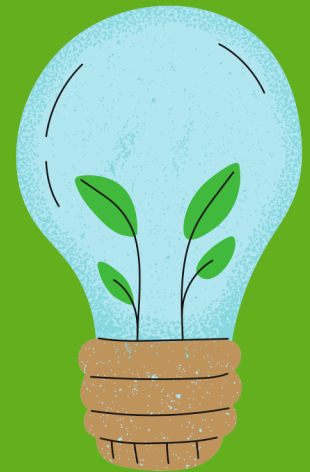
S.O.A.R. Earth Day Celebration

Saturday, April 20; 9am-11am

Dreyer Pavilion, Manalapan Recreation Center

Join us at the Dreyer Pavilion for a morning of crafts, learning and most importantly, fun!

Stop by to pot-a-plant in celebration of Earth Day and learn more about the SOAR program for children with special needs.



***This program is designed for children with special needs. Parents must stay to chaperone their child for the length of the program. Participation available while supplies last. Please contact Katie O'Brien with questions regarding special needs programs:**

kobrien@mtnj.org

NATURE CORNER

facts about plants, animals & beyond!



SIGNS OF SPRING : *snowdrop & crocus*

We are approximately halfway through winter in the Atlantic region of the United States. With snow on the ground, temperatures drifting between 30 and 40, and long nights still ahead, you would be hard-pressed to find signs of spring at every turn. However, starting in February and March, small signals of warmer days begin to sprout up. Snowdrops (*Galanthus nivalis*) and crocuses (*Crocus vernus*) start popping up around now and in the coming weeks and are often regarded as the first spring flowers.

While snowdrops are white, crocuses can range in color. On your next walk (or even time spent in your backyard!) take a look around and see if you can find either snowdrops or crocuses and keep in mind – this means spring is on it's way! Both plants are small, so watch your step!

<https://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?taxonid=281107>



snowdrop



crocus

Environmental Tip of the Month

In lieu of buying a Valentine's Day gift, make something like a card, cookies, video montage, or love letter. Or give an experience like a hike, concert, movie, or follow a Bob Ross tutorial together.



Brought to you by: The Manalapan Environmental Commission

PARK SPOTLIGHT

MANALAPAN RECREATION CENTER



The Manalapan Recreation Center Offers:

- 2 Handball courts
- 3 Softball, 6 baseball fields
- Fitness trail
- 1 Football field
- 10 Soccer fields
- 4 Pickleball courts
- 3 Tot lots
- 9 Basketball courts
- 6 Tennis courts
- 2 Bocce courts
- 2 Sand volleyball courts
- 9 Hole disc golf course
- Eco Patio

M.R.C. Hours of Operation

March 26th through September 30th
Sunday through Friday: 8AM to 10PM
Saturday: 8AM to 9PM

November 1st through March 25th
Sunday through Saturday: 8AM to dusk
Thursday: 8AM to 9PM



Scan to learn more about our Parks & Recreation active park properties!

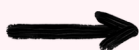
PAVILION RENTAL

Host your next event at one of our pavilions!



Reservation packet available at:

mtnj.org



departments



parks & recreation

Scan for more info!



@Manalapan_Parks_and_Recreation



@ManalapanRec

Contact Manalapan Parks & Recreation with questions

732.446.8336