



RECREATION & COMMUNITY SERVICES

Spring 2023

The 44th Annual

Founders Day

Saturday, May 6, 2023

Rain Date: Sunday, May 7, 2023

104 years ago the founding fathers of Plainsboro received approval from the state of New Jersey to become an independent municipality.

Plainsboro commemorates this historic occasion with its
Founders Day Celebration!

Festivities will begin at 12:30 PM with a parade from Edgemere Ave.
to the Municipal Grounds.

Event Features: Live Music, Jugglers, Super Inflatables, Children's
Activities & Crafts, Sports Alley, Exhibits by Local Community
Groups, Martial Arts Demonstrations, Food for purchase, Museum
Tours & More!

ALL ACTIVITIES ARE FREE!

Spring Session

4/3-6/11

Spring registration opens
Monday,

Resident: March 13

Non-Resident: March 20

Camp Registration:

Monday, March 6

Register online or in the
Recreation & Cultural Center



Spring

is in the air



Hershey Park Family Bus Trip

All Ages Families can enjoy a day of play at Hershey Park! Enjoy rides and entertainment in the Park, tour Hershey's Chocolate World, visit ZooAmerica, hop on Hershey Trolley Works, or take a shuttle bus to The Hershey Story, The Museum on Chocolate Avenue. Something for everyone! Children under age 3 are not required to pay for a seat on the bus (but must sit on parent's lap) nor a ticket to get into the park. Participants are responsible for purchasing admission tickets from Hershey's website or in person upon arrival.

\$10.00 bus fee per resident/\$15.00 for non-residents
4/15 Bus departs Plainsboro at 8:00 am
Sat Bus departs Hershey Park at 7:00 pm



2023 Summer Camp Preview

The 2023 summer camp information is available on the Township website. Registration will begin in the Recreation & Cultural Center and online on **March 6, 2023**. The Township offers a variety of summer recreation camps. Pre-K Summer Fun Camp for pre-school children ages 4 to 5 and Plainsboro Rec Camp for children entering grades 1-6 for the 2023-2024 school year, Preserve Adventure Weeks and Museum Camps. Partnerships with other agencies allow us to offer sports, academic, and musical theatre camps. Scholarship aid is available to income eligible Plainsboro residents for select summer camps.

(See Scholarship Assistance information.)

Applications for summer camp employment and volunteers are available in the office and/or on the township website. Minimum age for paid employment is 16. Minimum age for volunteers is 15 for Plainsboro Rec Camp and 14 for Pre-K Camp.

641 Plainsboro Road
Plainsboro, NJ 08536

Hours

8:30 am-4:30 pm Mon-Fri
4:30-8:00 pm Tues & Thurs

Call us:

609-799-0909 x1719

Email us:

recdept@plainsboronj.com

Connect with us online:



Classes & Programs for PreK-Teens

Spring 2023

Unless otherwise noted, all programs and activities will take place at the Recreation & Cultural Center at 641 Plainsboro Road.

Parent & Me Playtime!

Parent & child (Infant-preschool) Children can play in a controlled, safe environment while moms/ caregivers can socialize. Meets every Friday except the last Friday of the month.

Fri 9:00 -11:00 am (drop in anytime) Free

New! Spring into Reading

Ages 5-8 Join Ms. Carol for a weekly spring-themed read-aloud story and craft. Children will interact with fun books and engage in hands-on arts and crafts activities.

April: 4 classes (4/5-4/26) Wed 4:15-5:00 pm
Resident: \$20.00/Non-Resident: \$28.00

May: 5 classes (5/3-5/31) Wed 4:15-5:00 pm
Resident: \$25.00/Non-Resident: \$35.00

Spring Break Movie: "The Lorax"

All ages Come spend a spring break day with us and watch "The Lorax!" Snacks will be provided. Adults must be registered and be present with child/ children.

(4/13) Free
Thurs 1:00 —3:00 pm

Tumble Tots

Ages 3-5 Little ones will have fun tumbling and jumping their way through this beginner gymnastics class. Children will learn basic gymnastics skills.

5 classes (4/22-6/17) Resident \$25.00
Sat 11:00-11:45 am Non-Resident \$35.00

Tumbling Flip & Fit

Ages 6-10 Children will have fun tumbling and jumping their way through this beginner gymnastics class. Children will learn basic gymnastics skills.

5 classes (4/22-6/17) Resident \$25.00
Sat 11:45 am-12:30 pm Non-Resident \$35.00

New! Kids Crafts

Ages 5-8 Students will explore making paper flowers this spring season with other more craft related activities like origami, popsicle sticks, wool, grains, pasta shells etc.

9 classes (4/10-6/12) Resident \$45.00
Mon 5:00-6:00 pm Non-Resident \$63.00

Martial Arts Class

Ages 5+ Encompasses Sil Lum Kung Fu, Chin Na & Kempo beginner-master level. Outreach program. For information and registration call 732-821-7817. \$80.00 per month. Room A/B Mon & Fri 4:00-5:30 pm

Kids Badminton Basics (Community Middle School Gym)

Ages 8-12 Instructional class to teach kids the basics of Badminton. Basic strokes (including proper grip, swinging of racket, follow through, the use of wrist/arm/shoulder/hip and shoulder movements, racket and shuttlecock point of contact, how to serve and receive serve). Shuttlecocks and nets will be provided. Participants must bring their own rackets.

8 classes (4/18-6/6) Resident \$40.00
Tues 6:30-7:30 pm Non-Resident \$56.00

Advanced Kids Badminton (Community Middle School Gym)

Ages 8-12 Prior exposure to badminton is required. Shuttlecocks and nets will be provided. Participants must bring their own rackets.

8 classes (4/18-6/6) Resident \$40.00
Tues 7:45-8:45 pm Non-Resident \$56.00

New! Spring Break Eco Excursions

Join us as we head out into the Preserve for different eco-themed excursions while you enjoy your Spring Break this year! **Plainsboro Preserve.**

Ages 5-8 (Tues. 4/11 & Wed. 4/12) 9am-12pm

Ages 5-8 (Thurs. 4/13 & Fri. 4/14) 9am-12pm

Ages 9-12 (Tues. 4/11 & Wed. 4/12) 1-4pm

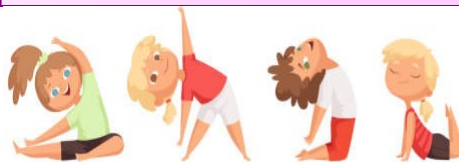
Ages 9-12 (Thurs. 4/13 & Fri. 4/14) 1-4pm

Resident: \$30.00/Non-Resident: \$42.00

New! Let's Stretch

Ages 7-11 Stretching is important at any age. Kids learn how to stretch and stay fit in this class through games incorporating exercises and yoga poses.

4 classes (4/5-4/26) Resident \$20.00
Wed 4:30-5:15 pm Non-Resident \$28.00



Chess Instruction

Ages 5-14 Program designed for children who are new to chess or those with a minimum knowledge of chess. Learn to play the most popular game ever invented: the game of strategy and problem solving.

8 classes (4/8-6/10) \$104.00
Sat 10:00-11:00 am

Safe Sitter Essentials with CPR

Ages 11-13 Learn information essential to being a babysitter: safe and nurturing childcare techniques, basic first aid, and rescue skills. Register at 888-897-8979 or www.princetonhcs.org/calendar

4/12 \$49.00

Wed 9:00 am-3:00 pm

Spring Break Camp Day

Ages 5-11 Join our Summer Plainsboro Rec Camp teachers for a day of activities. Play fitness games, participate in a science experiment, and make a craft in our art class. All activities are typical of our summer camp. Come see what Summer Camp 2023 will be like! Bring your own lunch is encouraged, snacks will be served.

(4/11) \$15.00
Tues 10:00 am—1:00 pm

Tamil

Ages 5+ Learn to read, write, and speak the south Indian language "Tamil" with us. Questions? Call 609-297-8840 Room A/B

Exploration of Science Journey

Ages 10-15 In Exploration of Science Journey, students will explore a fun and enjoyable introduction to the world of science.

4 classes (4/3-4/24) Resident: \$30.00
Mon 6:00-7:20 pm Non-Resident: \$42.00

Math Wiz

Ages 10-15 In Math Wiz, students will explore how mathematics is connected to their everyday life.

4 classes (5/1-5/22) Resident: \$30.00
Mon 6:00-7:20 pm Non-Resident: \$42.00

Soccer (Plainsboro Municipal Grounds)

Ages 2-7 Learn the fundamentals of soccer through a program of structured activities and fun based games.

7 Classes (4/22-6/17) Sat \$139.00

Ages 2-3 (Parent & Me) 9:00-9:50 am

Ages 3-5 (Squirts) 10:00 -10:50 am

Ages 5-7 (Senior Squirts) 11:00 -11:50 am

Foundation Tennis (Plainsboro Park Tennis Courts)

Ages 5-14 Learn the fundamentals of tennis in a fun, low-pressure environment.

8 classes (4/23-6/18) Sun \$159.00

Ages 5-8 9:00-9:50 am

Ages 5-8 10:00-10:50 am

Ages 8-11 11:00-11:50 am

Ages 11-14 12:00-12:50 pm

Kids DWD Bollywood Workout

Ages 8-12 This class is a super fun, high-energy dance fitness workout program that brings Indian-style dance and cardio to you.

9 classes (4/14-6/16) Resident \$45.00
Fri 5:30-6:15 pm Non-Resident \$63.00

Archery (Plainsboro Preserve)

Ages 9-14 Learn the basics of archery using compound bows.

6 classes (5/4-6/15) Resident \$30.00
Thurs 4:00-5:30 pm Non-Resident \$42.00

Classes & Programs for Teens-Adults

Spring 2023

Unless otherwise noted, all programs and activities will take place at the Recreation & Cultural Center at 641 Plainsboro Road.

DWD Bollywood Workout

Ages 18+ Are you bored of regular workouts? "DanceWithDeepti" is a super fun, high energy dance fitness workout that brings Indian-style fat burning cardio & strength workouts to you through this hour-long class.

9 classes (4/14-6/16) Resident \$45.00
Fri 6:30 —7:30 pm Non-Resident \$63.00

Zumba (Room A/B)

Ages 18+ Dance fitness routines set to Latin, contemporary and international rhythms. Different modalities will be used to help boost cardiovascular endurance, muscular conditioning, balance and coordination.

8 classes (4/4-5/23) Resident \$40.00
Tues 6:30 —7:15 pm Non-Resident \$56.00



Yoga & Meditation

Ages 18+ Enjoy a range of yoga exercises, breathing techniques and meditation.

9 classes (4/3-6/5) Resident \$45.00
Mon 7:00-8:00 pm Non-Resident \$63.00

Virtual Wake Up with Yoga Flow

Ages 15+ Start your morning with yoga! This class will feature warm up, slow flow, balances and cool down. **PLEASE NOTE:** Instructors will provide students with a Zoom meeting link prior to the first day of class.

9 classes (4/5-6/7) Resident \$45.00
Wed 7:30-8:25 am Non-Resident \$63.00

Days End Yoga (Plainsboro Preserve)

Ages 15+ End your day with yoga. This class will feature a warm up, yoga poses, balances, and cool down.

8 classes (4/4-5/30) Resident \$45.00
Tues 6:00-7:00 pm Non-Resident \$63.00

20 Paws Canine Classes

Puppy training classes from beginner to intermediate! To find out more and register visit www.20Paws.com

New! Bocce League

Ages 18+ Come join us at Plainsboro Park for Bocce league play. Newcomers as well as skilled players are welcome! Teams of two to four players will compete. Teams will be assigned or you can request to be on placed on a team with your friend/s when you register.

9 classes (4/12-6/7) Wed 5:00 —6:30 pm
Free-Resident Only

Dancing & Dessert (Plainsboro Preserve)

Ages 18+ Join us as we once again move outside at the Preserve for a ballroom dancing lesson, along with coffee and decadent dessert. We will be outdoors on the deck, so please dress appropriately. Please register on-line then pay in person with cash or check at the door. Please come with a partner.

4/22, 5/20, 6/10 Resident \$10.00
Sat 7:00-8:30 pm Non-Resident \$12.00

Free Film at the Preserve: "DRIFT" Documentary

Ages 13+ The film tells the story of Barnegat Bay through the voices and eyes of people who cherish the Bay as a natural, recreational, and economic resource for the local community and all of New Jersey. Discussion with Q & A will accompany film. (6/9) Free

Fri 7:30 —9:00 pm

New! Adult Nature Photography

Ages 18+ This is a skill-share program for adults interested in nature photography to get together with other adults who share their interests. Designed to provide opportunities for exploring and interacting with the Preserve beyond what you may be used to (including early morning and after-hours access), these sessions will inspire your creativity and encourage you to see nature from a new perspective. Come share your best tips, learn some new tricks, and hone your photo skills as you take some time for yourself to enjoy this wonderful hobby with a group of new friends. Participants must bring their own camera.

Sign up for one or all three sessions. Location: Plainsboro Preserve.

Sat. (4/22) 1:00 - 2:30 pm

Sat (4/29) 7:15 - 9:00 pm

Sat (5/13) 5:15 - 8:00 am

FREE

Chinese Singing Group Lessons

Ages 18+ All are welcome to learn proper articulation and breath techniques, as well as increase vocal range. Achieve a finer grasp of this musical style.

5 classes (April 9, April 23, May 7, May 21, June 4)
Every other Sun 2:00-4:00 pm

Resident: Free
Non-Resident: \$25.00

Penn Medicine Classes

- Self Defense for Woman (RAD)
- Advanced Self Defense for Women (RAD)
- Mental Health First Aid Youth
- Building Resilience: How to master Ways to a Better Life
- Pet First Aid & CPR

Registration for these programs will be taken directly through Penn Medicine Princeton Healthcare.

Register at 888-897-8979 or www.princetonhcs.org/calendar

Badminton

Ages 18+ Total body workout, while you're running and getting your heart pumping, playing a game of badminton can help you burn around 450 calories an hour. Good cardio workout for the entire body. Shuttlecocks and nets will be provided. Participants must bring their own rackets.

8 classes (4/19-6/7) Resident \$56.00
Wed 7:30-9:30 pm Non-Resident: \$72.00

Pickleball

Ages 18+ It is easy for beginners to learn, and can develop into a quick, fast-paced, competitive game for experienced players! Combination of instruction and playtime. Please note: Players must come to class with their own paddle. Plainsboro Park Tennis Courts.

8 classes (4/20-6/8) \$10.00
Thurs 4:30-5:30 pm

8 classes (4/20-6/8) \$10.00
Thurs 5:30-6:30 pm



Foundation Ladies Tennis

Ages 18+ Each session will focus on a specific skill including stroke technique, serving, court awareness, and rallying. (Please note participants are required to provide their own tennis racquet for this program.)

8 classes (4/23-6/18) \$159.00
Sun 8:00-8:50 am

Southern Style Shaolin Kung Fu

Ages 18+ For information and registration contact Sifu Bonifacio Lim at 609-240-9588 Room A/B
Sat 11:15 am-12:15 pm/Wed 6:00-7:00 pm

Forever 55 Classes & Programs

Spring 2023

Registration is required and available online from the township website or in-person. If you need assistance creating a user account contact us at 609-799-0909 x 1719. Classes are FREE unless otherwise noted and are open to township residents ages 55+. Hybrid classes are in person or virtual.

Unless otherwise noted, all programs and activities will take place at the Recreation & Cultural Center at 641 Plainsboro Road.

Virtual Forever 55 Advanced Strength Training

This virtual class is for more advanced students who have been in previous strength training classes. Students should have hand weights or filled water bottles, resistance bands, small ball or yoga block, chair, large stability ball and mat. We come down to the floor in the last 15 minutes of class.

7 classes (4/3-6/5) Resident \$21.00
Mon 9:00-10:00 am Non-Resident \$28.00

Hybrid Forever 55 Strength Training (Laurie)

Exercises to tone muscles, build strength, improve balance, and increase bone density.

8 classes (4/18-6/6) Tues 2:00-2:45 pm

Hybrid Forever 55 Strength Training (Tina)

Exercises to tone muscles, build strength, improve balance, and increase bone density.

9 classes (4/5-6/7) Wed 10:00-10:45 am

In Person Forever 55 Strength Training (Anna)

This class is for all levels. It will help you build strength, improve balance and increase bone density. We come to the floor for the last 15 minutes of the class.

8 classes (4/6-6/8) Thurs 3:00-4:00 pm

Virtual Forever 55 Let's Dance

Start your week off with a lively dance/fitness class! Coordination, balance and strength work are included in this fun and energetic class. The instructor will send you the Zoom link prior to the first class.

9 classes (4/3-6/5) Mon 10:30-11:15 am

Hybrid Forever 55 Yoga

The instructor will lead class through gentle yoga poses with breath work and meditation; including both mat and standing poses. Participants should wear comfortable clothing, bring a yoga mat and water bottle.

9 classes (4/4-6/6) Tues 10:30-11:30 am

Hybrid Forever 55 Low Impact Zumba

A fun dance class where Latin and World Rhythms join to create a low impact aerobic routine.

8 classes (4/6-6/7) Thurs 9:30-10:15 am

AARP

Awareness of safe driving. See website for details www.plainsboronj.com

Older Americans Month Proclamation Luncheon

The Township of Plainsboro will be honoring Plainsboro seniors with a proclamation for Older Americans Month. Recognition will be presented by Mayor Cantu. Following the presentation enjoy a catered lunch buffet and entertainment.

Fri. (5/12) 12:00 -2:00 pm

Forever 55 Archery

Learn the basics of archery using compound bows. Resident: Free/Non-Resident: \$25.00

6 classes (5/4-6/15) Thurs 1:00-2:30 pm

Forever 55 Art Class

Explore your talents! Have fun crafting and painting with different art mediums. No experience necessary, all supplies included.

8 classes (4/10-6/5) Mon 2:30-4:00 pm

Hybrid Forever 55 More than Just Balance

Exercise to music and participate in an array of exercises that help you keep and improve your balance.

9 classes (4/5-6/7) Wed 11:00 am-12:00 pm

Hybrid Forever 55 Balance & Fitness

Exercises designed to help improve balance and build strength.

8 classes (4/4-6/6) Tues 9:30 -10:15 am

New! Bocce League

Ages 18+ Come join us at Plainsboro Park for Bocce league play. Newcomers as well as skilled players are welcome! Teams of two to four players will compete. Teams will be assigned or you can request to be on placed on a team with your friend/s when you register.

9 classes (4/12-6/7) Wed 5:00 -6:30 pm

Forever 55 Tai Chi (Room A/B)

Ancient martial arts strengthens the body, loosens the muscles, and promotes balance.

9 classes (4/8-6/10) Sat 12:15-1:15

Plainsboro Senior Citizen Club

The Senior Club is a non-profit 55+ group that meets on the 2nd Wednesday of the month.

Contact President: Douglas Fullman
609-275-4965 for details.

Senior Trips

Advanced registration is required for trips on a first-come, first-serve basis. Contact Sr. Trip Coordinator, Sadie Davis 609-658-0226.

New! Better Life Series: Mental Health

Come join us for a week full of activities to improve your mental health and plan for an overall healthier lifestyle. This week of activities will be run by a girl scout working towards her silver award project. All materials will be provided. Participants are encouraged to sign up for the Physical Health class as well.

5 classes (4/10-4/14)
Mon-Fri 10:00-11:00 am OR 11:15 am-12:00 pm

New! Better Life Series: Physical Health

Join a girl scout for a week filled with activities to help improve your physical health through dancing and gardening. These activities will be run by a girl scout working towards getting her silver award in the organization. Participants are encouraged to sign up for the Mental Health program as well.

5 classes (4/10-4/14)
Mon-Fri 10:00-11:00 am OR 11:15 am-12:00 pm

Hybrid Forever 55 Jazzercise Lite

Fun, easy to follow dance/fitness class for all levels.

9 classes (4/7-6/9) Fri 9:15-10:00am

Hybrid Forever 55 Chair Exercise/Yoga

Strengthen, stretch and balance exercises done while seated or standing. The chair is used to maintain correct posture for balance and support.

9 classes (4/6-6/8) Thurs 10:30-11:15 am

Fab Friday Schedule

Fri. April 28th 12-2pm – Spring is in the air which means it is time to start gardening again. This year give your garden an extra bit of "green". Senior Park Ranger Blake Beyer will show you how to use common recycled materials to get your plants started and keep them happy and healthy all season long. Bring your own lunch or bring a pot luck dish to share amongst others who also bring a dish to share.

Fri. May 19th 12-2pm –Celebrate National Paper Airplane Day by choosing a design, making and then flying your paper airplane. Prize awarded for the plane flown the furthest. Bring your own lunch or bring a pot luck dish to share amongst others who also bring a dish to share.

Fri. June 30th 12-2pm – Come learn how to line dance with certified personal trainer Stephanie Cuddahy, after lunch she will teach you how and you will get some fun exercise at the same time! Bring your own lunch or bring a pot luck dish to share amongst others who also bring a dish to share.



Special Olympics-Young Athlete Program

Ages 2-7 Children with and without special needs and their parents are invited to participate in this sports play program sponsored by Special Olympics of New Jersey. This program will improve gross motor skills, social and language skills, as well as develop foundational skills for future participation in sports. **PLAY** with your child and **CELEBRATE** what your child can do. You will be contacted by Special Olympics of New Jersey after you register with us so that you can complete a registration with them. If your child doesn't have special needs then they are considered a "Unified Partner" and you are required to fill out a Class A Volunteer form. Parents who will be participating alongside their children will need to fill out a Class B Volunteer form. Coach Debra will have copies of these forms for you to fill out on the first day of class.

9 classes (4/12-6/7) **FREE**
Wed 4:00-4:45 pm



Special Needs Social Hour

Ages 13+ Special needs teens through adults are invited to join us once a month to relax, have fun, and make new friends. Our social hour will include refreshments, music, games, and lively discussion groups. Program supervised by Special Educator/Arts Educator.

4/12, 5/3, 6/7 Resident \$5.00 per evening
Wed 6:00-7:00 pm Non-Resident \$6.00 per evening

Expressive Arts

Ages 13 & up Special needs teens and adults will enjoy this interdisciplinary, creative program. Participants will enjoy movement, theatre games, improvisation, sensory art, music, and more while developing social skills and self-confidence through group, partner, and individual experiences. Class led by a Special Educator/Arts Educator. Shadow buddy volunteers are available to assist participants.

9 classes (4/12-6/7) Resident: \$36.00
Wed 5:00-6:00 pm Non-Resident \$45.00

Hawaiian Luau Dance Party

Ages 13+ Hula over to the Hawaiian Luau Dance Party! Open to special needs teens and adults (minimum age 13). Shadow buddy volunteers will be on hand to assist participants. Refreshments will be served. Don't forget to wear your Hawaiian gear! Anyone interested in volunteering for the event can contact Cheryl Buonavolonta at cbuonavolonta@plainsboronj.com.

Sat (6/3) Resident \$5.00
6:00-8:00 pm Non-Resident \$6.00

Program Sponsors

Funding support for community programs and resources that serve special needs youth and low income families is provided in part, by DCA ROID Grant and HUD CDBG Grant respectively.

Family Fun!

Family Fishing Clinic

Ages 5+ Bring the whole family to this hands-on class covering basic to intermediate fishing techniques. Equipment will be provided, but feel free to bring your own. Takes place at Mill Pond Park This is NOT a drop-off program. Children must be accompanied by an adult. Chaperoning adults do not need to register and pay but will be required to help children during the program. Adults wishing to attend program for themselves must register.

5/22 Resident \$15.00
Mon 4:00-5:30 pm Non-Resident \$20.00

New! Blanket the World with Kindness

Ages 8+ Would you like to learn how to make a simple no sew fleece blanket for a child in need or a shelter pet? We will be making single-ply fleece blankets to donate to Project Linus, which provides handmade blankets to children in need, and double-ply knotted fleece dog and cat blankets for local animal shelters. The class is a community service project and will be run by GS Troop 70218 as they work towards their Silver awards. All project materials (including instructions to take home) will be provided by the troop.

4/16 Resident \$3.00
Sun 3:00-5:00 pm Non-Resident \$4.00

National Kids to Parks Day! (Plainsboro Preserve)

All Ages Hundreds of thousands of children nationwide will take part in a grassroots movement to discover America's parks through play on May 20, to commemorate National Park Trust's annual Kids to Parks Day! Join us here at the Plainsboro Preserve to learn about animals and pollinators, sample some Preserve honey, plant some seeds, go for a hike and much more.

(5/20) Free
Sat 10:00 am - 1:00 pm



Family Fun Nights

Get the family together, grab your friends and neighbors, and head over for some fun at the Recreation Center. Enjoy time playing various board games, Bingo, and Wii games! Crafts will be offered and children can play races and games with our Rec Camp Fitness Teacher! Children must be chaperoned.

4/8, 5/13, 6/10
6:00-8:00 pm



Unless otherwise noted, all programs and activities will take place at the Plainsboro Preserve. Questions? Contact preserve@plainsboronj.com.

Creative Gardening

Ages 9-15 You will learn about starting seeds indoors and directly in the ground. You will also learn the difference between cold and warm weather crops, and help to design the layout of our garden. We will be working in the greenhouse and the garden. If you are interested in signing up for the summer program (Creative Gardening and Cooking) then you will want to sign up for this program to help get the garden started.

8 weeks (4/4-6/13) Resident: Free
Tues 4:15-5:30 pm Non-Resident \$5.00

Nature Play

Ages 5-9 Will you help create a fairy village, visit salamanders at home, or find all the colors of the rainbow while out on a trail? Join us and find out! 8 classes (4/19-6/7) Resident \$40.00
Wed 4:00-5:30 pm Non-Resident \$56.00

Little Ones Nature Classes

Ages 3-5 (with adult) Come have some fun with your little one while we explore what's happening in the spring at the Plainsboro Preserve. This weekly outdoor nature program will feature a story, activities, and a craft.

Class 1:
4 classes (4/20-5/11) Resident \$20.00
Thurs 10:30-11:30 am Non-Resident \$28.00

Class 2:
4 classes (4/20-5/11) Resident \$20.00
Thurs 1:30-2:30 pm Non-Resident \$28.00

Class 3:
4 classes (5/19-6/9) Resident \$20.00
Fri 1:30-2:30 pm Non-Resident \$28.00

Spring Stream Cleanup

Ages 10+ Celebrate Earth Month by helping us keep our streams healthy as we clean up the Cranbury Brook along the Lenape Trail.

4/15 Free
Sat 9:00-11:00 am

Backyard Composting 101

Ages 18+ Learn how easy and fun it is to recycle your fruit and vegetable scraps, leaves, and plant cuttings into compost in this workshop.

(4/6) Resident \$5.00
Thurs 6:30-7:30 pm Non-Resident \$7.00

New! Trails & Tales

Ages 4+ (with adult) We will take a book and hit the trails, reading along the way.
4 classes (5/21-6/11) Resident \$20.00
Sun 10:30-11:30 am Non-Resident \$28.00

Jr. Naturalists: Springtime Explorers

Ages 9-13 Develop your naturalist skills while we engage in STEM activities and explore Springtime at the Preserve.

6 classes (4/21-5/26) Resident \$30.00
Fri 4:00-5:30 pm Non-Resident \$42.00

New! Forest Eats & Wild Treats

Ages 18+ Explore what's on the menu in Plainsboro as we forage for a variety of native and edible plants.

Sun (4/23) 1:00-2:30 pm
Tues (5/30) 11:00 am-12:30 pm
Resident: \$10.00/class/Non-Resident: \$12.00/class

New! Fungi Findings

Ages 18+ Learn the broad families of fungi, parts of a mushroom, and key features used in identifying local mushroom species in this workshop designed for the first timer.

Sat (6/17) 11:00 am-12:00 pm
Resident: \$10.00/class/Non-Resident: \$12.00/class

New! Hidden Stories of Nature Hike

Ages 18+ On this hike we will slow down and take a close look at natural "oddities," explain what causes them and reveal the stories of the forest that often go unnoticed and hidden.

Sat (5/27) 10:00 -11:30 am
Wed (6/7) 10:00 -11:30 am
Resident: \$10.00/class/Non-Resident: \$12.00/class

New! Botanical Drawing

Ages 18+ Collect plant species then we will bring our samples inside and learn the basics of drawing accurate depictions of each. No prior art or botany skills required.

Thurs (5/18) 10:00 am -12:30 pm
Resident: \$10.00/class/Non-Resident: \$12.00/class

New! Picture Frame Planter Workshop

All Ages Add a little green to your walls with these living pieces of artwork! With instruction, you will build your own picture frame planter then pick from our selection of plants to create your own masterpiece.

Sat (4/1) 10:00 -11:00 am
Resident: \$25.00/class/Non-Resident: \$35.00/class

Springtime Photography for Kids

Ages 8-12 Learn something new each week while we explore the fundamentals of nature photography.

6 classes (4/23-6/4) Resident: \$30.00
Sun 1:00 -2:30 pm Non-Resident: \$42.00

New! Nature Tots

Ages 4+ (with adult) One day nature programs for you and your little one. Sat 1:30-2:30 pm

Say Hello to Spring (4/15)
Beginning to Bird (5/13)
Tots & Turtles (6/10)
Resident \$5.00 per class/Non-Residents \$7.00 per class

New! Plant & Seed Swap

Ages 18+ Whether you've gotten really good at propagating your plants or you're just looking to mix up your collection, join other plant enthusiasts to trade your healthy indoor houseplants, extra seeds & materials, or outdoor plants at this community event.

(4/8) Free
Sat 10:00-11:30 am



Walking Club

Ages 18+ Get your body moving along with us as we walk the different trails of the Preserve.
10 classes (4/5-6/14) Free
Wed 8:30-9:30 am

Exploring Devil's Brook

Ages 4+ Come prepared to get wet as we search for a variety of wildlife including insects, fish, and frogs. (6/3)
\$10.00/family res./\$12.00 per family non-res.
Sat 10:00-11:30 am

New! Frog Call Walk

Ages 10+ Join us as we head out to the back of the trail to our vernal pool areas and listen to the chorus of frogs.
(4/1) Resident \$5.00
Sat 7:00-8:30 pm Non-Residents \$7.00

Full Moon Walks (All ages)

April's Pink Moon (4/6) 7:30-9:00 pm
May's Flower Moon (5/5) 8:00-9:30 pm
June's Strawberry Moon (6/3) 8:30-10:00 pm
Resident \$5.00/Non-Residents \$7.00

New! Night Hike for Scouts

Ages 9+ This program is for independently registered Scouts and their adults interested in nature at night or working on their Night Owl Badge. For troop programs please inquire.
(5/19) 8:30-9:30 pm Fri
(5/25) 8:00-9:30 pm Thurs
Resident \$5.00/Non-Residents \$7.00

Mother's Day Hike & Craft

Join us for a free nature hike and craft for families.
Mothers Day (5/14) 10:00-11:00 am Sun

Earth Day Hike

Explore the Preserve this Earth Day while joining us for a free guided trail walk.
(4/22) Free
Sat 10:00-11:00 am

Children's Garden Cleanup Day

Ages 13+ Join us as we get the children's garden ready for the season.
4/29 Free
Sat 9:00 am-12:00 pm

Preserve Work Day

Ages 13+ Join us as we get the Preserve's trails and gardens ready for the season.
5/13 Free
Sat 9:00 am-12:00 pm

Invasive Plant Species Work Day

Ages 18+ We need your help as we work on removing invasive plant species from different areas of the Preserve.
(6/3) Free
Sat 9:00 am-12:00 pm

HISTORIC WICOFF HOUSE MUSEUM NEWS BULLETIN

UPDATES >

KIDS PROGRAMS

This spring, we have two ongoing programs for young kids at the museum.



The **Junior Historians Club** is best for ages 6-9, although a mature and interested 5 year old would enjoy it as well. JHC members learn about topics such as architecture, archaeology, genealogy and more through fun lessons, activities and crafts. They receive a JHC t-shirt and notebook as well.

museum littles

The museum littles program is new this spring at the museum! Best for ages 2-4, it has weekly themes like little linguist, little botanist and little architect.

This is a great introductory program for small children. It incorporates classical music, sensory activities and new topics perfect for this age group. There will also be an active play center set up indoors/outdoors.

To register for these programs, visit the Recreation Department's program registration website.

Contact the Museum:

museum@plainsboronj.com
www.wicoffhouseplainsboro.com
609-799-0909 ext 1709
641 Plainsboro Road
Plainsboro, NJ 08536

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EVENTS >

WINTER PROGRAMS AND EVENTS



In December, we collaborated with the Plainsboro Police and Fire Departments and the Rescue Squad for our third annual **SnowFest** event. Museum visitors enjoyed spending the holidays with our heroes and with Santa and the Grinch as they made snow-inspired crafts and completed new museum scavenger hunts.

To celebrate the new year in January, we hosted a New Year's Tradition's event! Museum visitors did activities and crafts that people do all over the world to celebrate the new year.



JOIN US FOR OUR NEXT COMMUNITY EVENT! CHECK OUR WEBSITE FOR EVENT LISTINGS.

MUSEUM >

WEBSITE BLOG: WICOFF HITCHING POST

By Jessica Cavanaugh, Museum Program Coordinator

Hitching posts were heavily in use in the 1800s and early 1900s. The Wicoff family, like most people during this time, traveled by horse; either riding on them or in horse-drawn carriages. Many houses and businesses had hitching posts out front, for the owner to tether his or her animal to prevent it from straying. The posts needed to be extremely secure in the ground due to the strength of a horse. Therefore, those that were constructed from wood have since disappeared, while the posts that were made from stone continue to hold their own.

In addition to the iron ring used to tether horses, John Wicoff also had an iron "W" added to his stone hitching posts in honor of the Wicoff name. Sometime later, as automobiles were becoming more accessible and commonly used, his son John Van Buren Wicoff built a garage for his own car and would eventually no longer need items such as hitching posts.

However, this artifact serves as a reminder of life and transportation during Plainsboro's early days. You can see the Wicoff hitching post outside the house when you visit!



To read the rest of this post and others, visit the museum website blog at: wicoffhouseplainsboro.com/blog

Recreation Policies

Registration

Registration opens 3/13. Residency required unless otherwise indicated. Registration is accepted online or in the Recreation & Cultural Center during regular business hours, Monday-Friday, 8:30 am-4:30 pm and Tuesday and Thursday, 6:00-8:00 pm. All registrations require a user account and email address. Registration is accepted on a first come first served basis. Check website for class availability.

Refund Policy

Fees are **non-refundable**. Exceptions made only for emergencies; documentation required. Refund requests must be made in writing and take 6-8 weeks.

Program Changes or Cancellations

Changes in class schedules are communicated via email. If you have a question about class due to weather call 609-799-0909 x 1719.

Fees

There is a \$2.75 transaction fee per receipt each time you register.

Class Locations

Rooms A/B and D are located at the Township Municipal Building. All other rooms are located at the Recreation & Cultural Center.

Class Changes

Requests to change a class registration are subject to a \$5.00 fee (also applies to 'no shows' for free trips). Transfer fees for camp sessions are subject to a \$25.00 fee. Registrations are not transferable.

Community Services

Food Pantry

Application information is available on the Township website and in the office. Upon acceptance, residents may pick up pre-packed food bags every 2nd & 4th Thursday of each month. The food pantry is stocked entirely by donations.

For information on making a donation, call the coordinator at 609-799-0909 x1711.

Scholarship Assistance

Scholarship assistance for township camps and school year extended day care in the WW-P school district is available to income eligible families. Funding is provided through a Community Development Block Grant. There is only one funding cycle per year (which begins with summer 2023). Please check the township website for the 2023-2024 cycle. Applications will become available beginning on February 15, 2023.

Public Safety Services

609-799-2333

Operation Reassurance

Enrolled participants who live alone can call police dispatch at a pre-set time daily. If no call is received, police will check to ensure the senior is alright.

Carrier Link

Mail carrier will advise police if mail is not picked up, so a residence check can be made to be sure the senior is safe.

Township Parks

COMMUNITY PARK, Scotts Corner Road – includes ball fields, soccer field, dog parks, concession stand, pavilion, picnic areas, an asphalt court for skateboarders or rollerblades and a playground facility.

LENAPE TRAIL, George Davison Road/Maple Avenue – a linear park that accommodates biking, jogging, walking, and rollerblading (2.2 miles with markers every 0.1 mile).

MILL POND PARK, Maple Avenue – on Plainsboro Pond, a scenic area ideal for picnicking, fishing and non-motorized boating.

MILLSTONE RIVER PARK, Plainsboro Road-Situated along the Millstone River, a walking and biking trail stretch approximately a half mile in length and is abound with wildflowers in spring and throughout the summer.

MORRIS DAVISON PARK, Plainsboro Road – playground, volleyball, basketball courts, soccer and baseball fields, biking/jogging path (perimeter approximately ½ mile) and pavilion area.

PLAINSBORO PARK, Edgemere Avenue – picnic area, playground, facilities for basketball, softball, baseball, bocce, volleyball, and tennis. Access to biking/jogging on the Lenape Trail.

SCHALKS MEADOW PARK, Parker Road – playground, basketball, tennis, cricket area, and ball fields.

WATERS EDGE PARK, Pond View Drive – a scenic park area on Plainsboro Pond with a floating dock for non-motorized boating, picnic area and a biking/jogging trail.

PLAINSBORO PRESERVE, Scotts Corner Road – The 1000 acre Nature Preserve opens at 7:00 am. Closing time is adjusted for sunset and posted daily. **THE “NO FISHING, HUNTING, DOGS, OR BICYCLING” REGULATIONS AT THE PRESERVE ARE STRICTLY ENFORCED BY THE PARK RANGERS AND VIOLATORS WILL BE PROSECUTED.**

PLAINSBORO PARK RANGERS - For questions on park facilities, regulations, or reservations call park rangers at 799-0909 x1707. A copy of the park ordinances is available from the ranger office and at www.PlainsboroNJ.com. Park reservation requests are done online.

General Park Rules

- ◇ Hours - sunrise to sunset.
- ◇ Fires permitted in grills in designated areas only.
- ◇ Motor vehicles restricted to designated parking areas and roadways.
- ◇ No parking permitted except during park hours.
- ◇ Domestic animals permitted only in designated areas on leashes that are six feet or shorter (except in dog parks). All sports fields are “No Pet” areas at all times. Owners are responsible for cleaning up after their pets. Special rules apply at the dog parks.
- ◇ Bicycles/skates/carriages are prohibited on courts.
- ◇ Non-motorized boating is only permitted on Plainsboro Pond.
- ◇ Alcoholic beverages are not permitted.
- ◇ Use of park facilities is at one's own risk.