

# CITY OF NEWARK PARKS & RECREATION

## SPECIAL INTEREST

### COMMUNITY GARDEN

City of Newark Community Garden will again take root in 2021 at Fairfield Park! Do you enjoy gardening, but lack the space to have one or just have an interest in gardening? The Newark Community Garden offers a variety of gardening opportunities for individuals and families. Meet others with the same interest, and experience the gratification of producing flowers and food for your table. There are a limited number of plots available, so register now to reserve your 10' X 4' garden plot at Fairfield Park. Services provided include the initial preparation of the garden area, water sources, maintained paths, composting facilities and a tool shed. Once you register you will be contacted about organizational and informational meetings for the Community Garden. A \$10 fee will be charged for replacement keys. Current garden plot holders can register through the Parks and Recreation Department now. Registration for all remaining plots will begin on January 2, 2021. Plots will be open for use beginning on March 1 for new gardeners.

Activity #: 3338-101                      Fee: \$57 RDF: \$42  
Location: Fairfield Park

### SECOND SATURDAY HISTORY STROLLS

**ALL AGES**    **DR. JIM JONES**  
Do you know the fascinating history behind the City of Newark? Historian Dr. Jim Jones will lead an hour-long family-friendly walking tour of various areas in Newark guiding participants through noteworthy landmarks and discussing how the town developed. The tour is offered in partnership with the Newark Historical Society. All routes are ADA accessible and cover approximately 0.5 miles. This rain or shine event is free and open to the public. Wear comfortable shoes and dress for the weather. Pre-registration is required.

Activity #: 3414-111                      Fee: FREE  
Dates: May 8  
Days: Sat.                                      Hours: 10 - 11 a.m.  
Location: Academy Building Lawn

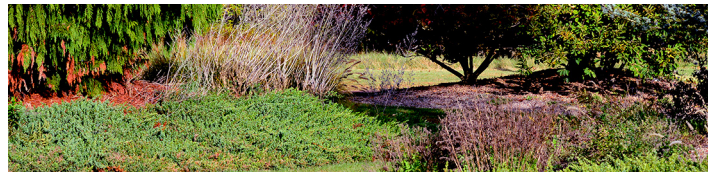
### NATIONAL TRAILS DAY HISTORY ON THE TRAIL

#### AGES 8 & OVER

#### DR. JIM JONES

Newark's award-winning Hall and Pomeroy Trails were laid out along the routes of 19th century railroads that had a major impact on Newark's history. Join local historian Jim Jones for a gentle bicycle ride to discover what the railroads and their neighbors left behind. The tour is offered in partnership with the Newark Historical Society. The ride will begin at Phillips Park and end at Olan Thomas Park; round trip approximately 4 miles total. This rain or shine event is open to the public. Bicycle and helmet required. Pre-registration is required.

Activity #: 3413-201                      Fee: \$8 RDF: \$5  
Dates: June 5  
Days: Sat.                                      Hours: 9 - 11 a.m.  
Location: Phillips Park



### MIGRATORY BIRD WATCHING

#### ALL AGES

#### DELAWARE AUDUBON SOCIETY

Join birder Sheila Smith at Curtis Mill Park as resident birds are returning and migrating birds are moving through in May. This slow-paced walking program will cover identification, birding, birdwatching and the importance of habitat just in time for Global Big Day of Birding. Beginner to advanced birders are welcome! Wear comfortable shoes and dress for the weather. Binoculars are encouraged but not required. Pre-register by no later than 4 p.m. on the previous business day. In case of inclement weather please call the Leisure Time Hotline at (302) 366-7147 after 7 a.m. for program cancellation information. Rain Date will be held on Sunday, May 2.

Activity #: 3420-101                      Fee: FREE  
Dates: May 1                                      (Rain Date 5/2/21)  
Days: Sat.                                      Hours: 9 - 11 a.m.  
Location: Curtis Mill Park

## DISCOVER NEWARK WILDLIFE HABITATS: EASTERN BOX TURTLES

### ALL AGES

#### JEAN HEDRICH, DELAWARE COUNCIL OF WILDLIFE REHABILITATORS AND EDUCATORS

In honor of National Wildlife Week, grab your family, friends and join a Certified Wildlife Rehabilitation Professional for a workshop on Newark Wildlife with a focus on Eastern Box Turtles! The Eastern Box Turtle is a Newark resident but their numbers are declining in our region. Learn about the behavior, habitat and conservation of the Eastern Box Turtle and what you can do to help this wildlife neighbor. The workshop will be held at the Phillips Park Pavilion and will include a walk through Phillips Park, a National Wildlife Certified Habitat site. Participants should wear comfortable closed-toe shoes, dress for the weather and wear insect repellent. Program may be held virtually depending upon COVID-19 status.

Activity #: 3421-101      Fee: FREE  
 Dates: April 10      Hours: 10 - 11 a.m.  
 Days: Sat.  
 Location: Phillips Park

## SPOTTED LANTERNFLY EDUCATION WORKSHOP

### ALL AGES DELAWARE DEPARTMENT OF AGRICULTURE

Looking for a way to celebrate National Ag Day? Learn more about the spotted lanternfly, *Lycorma delicata*, a destructive, invasive plant hopper that attacks many hosts, including forests, ornamental trees, orchards, hops, and grapes. Newark Parks and Recreation staff will be joined by experts from the Delaware Department of Agriculture to provide advice to homeowners, businesses, and communities to help identify this pest and the tree of heaven, a preferred host so that you can successfully treat and eradicate these invasive species. Program will be held via Zoom. Log in information will be provided to registered participants one week prior to the program.

Activity #: 3422-101      Fee: FREE  
 Dates: March 23  
 Days: Tue.      Hours: 12 - 1 p.m.  
 Location: Virtual

## WILDLIFE IN THE GARDEN

### AGES 5 - 9

#### JEAN HEDRICH, DELAWARE COUNCIL OF WILDLIFE REHABILITATORS AND EDUCATORS

What can we learn about the wildlife that visits our gardens and what can we learn about ourselves? "In the Garden" introduces us to our wildlife neighbors through photographs taken by local photographer Thomas Hedrich. After the reading, participants will have the opportunity to create a wildlife craft. Program will take place at our Community Garden in Fairfield Park! Participants should wear comfortable closed-toe shoes, dress for the weather and wear insect repellent. Program may be held virtually depending upon COVID-19 status.

Activity #: 1425-101      Fee: FREE  
 Dates: April 24  
 Days: Sat.      Hours: 10 - 11 a.m.  
 Location: Fairfield Park

## PONY UP

### AGES 5 - 12

### SUNSET STABLES

Pony Up is geared to give young children an introduction to horseback riding and horsemanship. Children will be introduced to grooming, how to lead a pony properly, putting the saddle on and riding all in a safe and FUN environment. We work very hard to have only the very best ponies in attitude and ability at Sunset Stables. Our little horses love their work, are patient and tolerate a lot from our young riders. Safety helmets are required and provided at no extra charge. Children must wear long pants and close-toed shoes.

Fee / RDF: \$40  
 Location: Sunset Stables

Activity #:	Dates:	Days:	Hours:
1506-101	March 13	Sat.	11 a.m. - 12 p.m.
1506-111	April 10	Sat.	11 a.m. - 12 p.m.

## TRAIL RIDE

### AGES 10 & OVER

### SUNSET STABLES

Get off the couch and into the saddle. Join us for a relaxing one-hour trail ride around Lums Pond State Park on our beautiful horses. After the ride, come back to the stables for a cup of hot chocolate and time to ask questions about horses that you always wanted to ask. There is a weight restriction of 230 lbs. for this activity. Participants must wear long pants and close-toed shoes.

Activity #: 1504-101      Fee / RDF: \$52  
 Dates: March 13  
 Days: Sat.      Hours: 12 - 1 p.m.  
 Location: Sunset Stables

Activity #: 1504-111      Fee/ RDF: \$52  
 Dates: April 10  
 Days: Sat.      Hours: 12 - 1 p.m.  
 Location: Sunset StableS

## REGISTER

### ONLINE

[www.newarkde.gov/play](http://www.newarkde.gov/play)

### WALK IN & MAIL

Newark Parks & Recreation  
 220 S Main St, Newark, DE 19711  
 Mon. - Fri. 8:30 a.m. - 5 p.m.

## ESSENTIAL OILS FOR WINTER

### AGES 18 & OVER

### WELLNESS BY JASMIN

Tis the season... for sniffles! Seasonal changes can stress our immune systems, making us more susceptible to all sorts of things. During this virtual workshop, you will learn which natural essential oils can help support your immune system, clear up congestion, and all of the other yucky things that can happen when the weather gets colder. The workshop will be on Zoom and during our time together you will make several items to help combat whatever the season throws at you. Materials can be picked up 1 week prior to program start from the City of Newark Municipal Building. Participants will be notified when items are ready for pick up and will receive Zoom Link prior to program start.

Activity #: 3326-101  
Dates: Jan. 24  
Days: Sun.  
Location: Virtual

Fee: \$40 RDF: \$32  
Hours: 7 - 9 p.m.

## WOMEN'S WELLNESS

### AGES 18 & OVER

### WELLNESS BY JASMIN

Ladies, prioritize your health! Essential oils go beyond the plant to offer a natural solution to your wellness goals at every stage of life. From puberty to menopause ... women go through a lot of changes. During this virtual workshop, we will talk about it all, and how essential oils and supplementation can help. All your materials will be provided to make products that are easy to use and can be picked up 1 week prior to program start from the City of Newark Municipal Building. Participants will be notified when items are ready for pick up and will receive Zoom Link prior to program start.

Activity #: 3326-111  
Dates: Feb. 17  
Days: Wed.  
Location: Virtual

Fee: \$40 RDF: \$32  
Hours: 2 - 4 p.m.

## RELAXING WITH ESSENTIAL OILS

### AGES 18 & OVER

### WELLNESS BY JASMIN

It's easy to let the stress of life get you down. Let's face it, nothing is normal and sometimes it sucks, but we do have the tools to make some things feel a little better. Essential oils are distilled from plants and make a great addition to your natural health routine. This virtual workshop will help you learn some relaxation techniques and how to make your day a little more blissful. You will make several products during the workshop, including a soothing scrub. The workshop will be held via Zoom. Workshop materials can be picked up 1 week prior to program start from the City of Newark Municipal Building. Participants will be notified when items are ready for pick up and will receive Zoom Link prior to program start.

Activity #: 3326-121  
Dates: March 14  
Days: Sun.  
Location: Virtual

Fee: \$40 RDF: \$32  
Hours: 2 - 4 p.m.

## CHAKRAS & ESSENTIAL OILS

### AGES 18 & OVER

### WELLNESS BY JASMIN

You've probably heard of chakras... but what they heck are they? They are energy centers in your body and when they're stagnant you can begin to feel unwell. Chakras and essential oils go hand in hand. Essential oils can help move your energy and help your chakras. Don't worry, you don't have to be a chakra guru to get something out of this class. This will be a fun, virtual workshop for all levels. When it is over, you'll be on your way to charting your own course to something new. Workshop materials can be picked up 1 week prior to program start from the City of Newark Municipal Building. Participants will be notified when items are ready for pick up and will receive Zoom Link prior to program start.

Activity #: 3326-131  
Dates: April 14  
Days: Wed.  
Location: Virtual

Fee: \$40 RDF: \$32  
Hours: 7 - 9 p.m.

## EVERYDAY USES FOR ESSENTIAL OILS

### AGES 18 & OVER

### WELLNESS BY JASMIN

Essential oils aren't some new age, hippie thing ... they are proven natural solutions to everyday problems. Suffering from seasonal nasal discomfort? Need better immune support? What about sleep and stress? Come learn how to use essential oils for all this and more. You'll make several easy to use roll on bottles of essential oil blends for you and the whole family. Workshop materials can be picked up 1 week prior to program start from the City of Newark Municipal Building. Participants will be notified when items are ready for pick up and will receive Zoom Link prior to program start.

Activity #: 3326-141  
Dates: May 2  
Days: Sun.  
Location: Virtual

Fee: \$40 RDF: \$32  
Hours: 2 - 4 p.m.

## KIDS TO PARKS DAY

### SATURDAY, MAY 15

This annual day of outdoor exploration at local, state, and national parks and public lands across the country is organized by the National Park Trust. The mission of Kids to Parks Day is to foster future outdoor enthusiasts and help with developing the next generation of park stewards by engaging kids in memorable outdoor experiences. We encourage you to share pictures of your family enjoying our parks on our Facebook page at [www.facebook.com/NewarkParksRec](http://www.facebook.com/NewarkParksRec) and Instagram pages.

## CERT TRAINING

### NCC DEPARTMENT OF EMERGENCY MANAGEMENT

The City of Newark in cooperation with the New Castle County Office of Emergency Management will be conducting a Basic CERT training course on Friday, April 23 from 4:30 - 9:30 p.m and Saturday, April 24 from 8 a.m. - 4 p.m. This 12-hour training program will be provided free of charge at the City Municipal Building, located at 220 South Main Street.

During this two-day, 12-hour course of instruction, students will learn a variety of hazard awareness and emergency preparedness skills which will make them and their families better equipped to deal with all hazardous emergency situations, as well as assist first responders and emergency management officials in certain aspects of response and post event recovery activities.

Course curriculum includes American Heart Association CPR/AED Certification, basic first aid, hazardous materials awareness training, basic family preparedness strategies, proper use of home and office fire extinguishers, search and rescue, and more. Students also receive a CERT participant's training manual and a CERT backpack with basic personal protective equipment including hard hat, gloves, safety glasses, and a flashlight.

Students will be provided a light dinner at the Friday evening session, and breakfast and lunch at the Saturday session at no cost.

The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills such as fire safety, light search and rescue, team organization and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community. Pre-registration is required.

Register at:

[www.newcastlede.gov/158/Community-Emergency-Response-Team](http://www.newcastlede.gov/158/Community-Emergency-Response-Team)

Activity #: 3359-101                      Fee / RDF: Free  
Dates: April 23 - 24  
Days: Fri. & Sat.                      Hours: Fri. 4:30 - 9:30 p.m.  
Sat. 8 a.m. - 4 p.m.

Location: City Municipal Building

## COVID-19

Due to current restrictions with local and state mandates from the coronavirus, the schedule for programs and events are all subject to change. The safety of the participants and their families, spectators and staff is our #1 priority as we move forward in planning. We will continue to monitor the situation and reevaluate the status of our programs including programs held in the Christina School District facilities, which are currently unavailable. We will make changes as needed based on the guidance from state and local agencies and the school district. Thank you for your continued patience and understanding!



## SELF-DEFENSE GOJU KARATE

### AGES 18 & OVER

### MASTER PETE CLAUDIO

Reach your physical fitness goals in 2021 while empowering yourself with self-defense techniques including kicking, punching and take downs. Taught by Master Pete Claudio with over 30 years experience in the traditional goju Senkotiros program, this 6-week program will be an excellent form of cardio and strength training while helping master balance, power and flexibility for male and female participants. No experience necessary, all levels welcome.

Fee: \$160 RDF: \$138  
Days: Tue. & Fri.  
Hours: 7 - 9 p.m.  
Location: George Wilson Center

### Activity #:                      Dates:

3323-101                      March 2 - April 13 (No Class 4/2)  
3323-111                      April 20 - May 28