SUMMER FUN 2010

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Free Summer Activities NY & NJ

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New York
FREE SUMMER ACTIVITIES

New York City offers a host of fun activities during the summer months – and much of it is FREE. Metropolitan EAP compiled the following list of activities and programs that will hopefully help make for an enjoyable summer. All activities are free unless otherwise noted.

Special Events Hotline…….212-360-8290

New York Philharmonic….8:00 PM- 212-875-5709
Central Park (Great Lawn, 86th Street)
- July 13
- July 14

Cunningham Park, Queens
- July 15

Prospect Park, Brooklyn, 9th St & PPW
July 16

Metropolitan Opera Summer Recital……..7PM
July 12: Central Park Summer Stage
Central Park at Rumsey Field, 5th Ave & 72nd Street.

July 15: Crotona Park, Charlotte St/Crotona Park East
Bronx
July 20: Brooklyn Bridge Park
July 22: Tappen Park, Staten Island
July 27: Queensbridge Park
July 29: Jackie Robinson Park, Manhattan

Metropolitan Opera HD Festival 212-362-6000
Screening of 10 productions –Lincoln Center Plaza
Aug 28: *Tosca,* 8PM
Aug 29: *The Magic Flute*, 8PM
Aug 30: *Der Rosenkavalier*, 7:15PM
Aug 31: *Doctor Atomic*, 7:45PM
Sept 1: *Les Contes d' Hoffman*, 7:45PM
Sept 2: *La Boheme*, 8PM
Sept 3: *Hansel & Gretel*, 8PM
Sept 4: *Turandot,* 8PM
Sept 5: *Aida*, 8PM
Sept 6: *Carmen*, 7:45PM

Carnegie Hall Concerts……. www.carnegiehall.org
Free Concerts in all boroughs June-July

City Parks Concerts……212-360-8290
Concerts in all boroughs, June – Aug
www.cityparksfoundation.org

Metropolitan Opera……..7PM
July 20: Brooklyn Bridge Park
July 22: Tappen Park, Staten Island
July 27: Queens Bridge Park, Queens
July 29: Jackie Robinson Park

Harlem Meer Festival Concerts…...212-860-1370
Central Park (Charles A. Dana Discovery Center)
110th Street & 5th Avenue – Jazz, Blues, Salsa, Gospel
Sundays June 20 – Sept 5, from 2-4PM

Central Park Brass……..646-201-5242
www.cpbrass.org for schedule

Basket & Blanket Concert Series……6PM
Morningside Park (114th & Morningside Ave) 212-865-3778
Saturday Evenings, July -Aug – R&B, Jazz

Highbridge Park, Amsterdam & 155th Street..7PM
Aug 3: Elvis Martizez
Aug 10: Bachata Heights
Aug 17: Daniel Moncion

Marcus Garvey Park, Madison &120th St
Aug 5: Gil Scott-Heron (hip-hop) – 7PM
Aug 6 & 7: Dance, Theatre, Song -8PM
Aug 28: Jazz Pianist – 3PM

Jackie Robinson Park……7PM
Bradhurst, 145th-155th Streets
Aug 11: Hip Hop,
Aug 18: Gospel Rapper Tye Tribbett

Charlie Parker Jazz Festival – 3-7PM
Aug 28: Marcus Garvey Park
Aug 29: Tompkins Square Park (Ave A & E. 7th)

Jazz on the Great Hill……...212-310-6600
W. 103rd St-107th & CPW
July 10: 10AM- 5PM

JazzMobile ……..……www.jazzmobile.org
Grants Tomb (122nd St) and other locations
July & August

Naumburg Orchestral Concerts…718-340-3018
CentralPark Bandshell, 72nd Street…….7:30PM
Tuesdays, June 22, July 6, July 20, Aug 3

Lincoln Center Out of Doors……..212-LINCOLN
Damrosch Park Bandshell at 66th & Broadway
www.lincolncenter.org
July 28: String Quartet – 7:30PM
Aug 4: Jazz & Hip-Hop – 7PM
Aug 6: Pop Music – 7:30PM
Aug 7: Balkan Beat Box – 7PM
Aug 13: Kronos Quartet – 7:30PM
Aug 14: Salsa – 7:30PM

SummerStage (Central Park at Rumsey Field, 5th Ave & 72nd Street). Tickets distributed on first come basis, 90 minutes before performances on weekends and 60 minutes before on weekdays. www.summerstage.org June 5 – Aug 22, partial listing
June 26: Worldmusic – 3PM
June 27: Gil Scott-Heron (hip-hop) – 3PM
July 7: Latin music – 7PM
Aug 1: Indie rock – 3PM
Aug 22: British Ska – 3PM

Inwood Shakespeare Festival 7:30PM..917-918-0394
Inwood Hill Park Pennisula, 218th Street & Indian Road
Wednesday – Saturdays
June 2-June 19: *The Comedy of Errors*
July 14-July 31: *Tombstone, Saga of Americas, The West*

Shakespeare on the Run…7PM…..212-252-4531
CENTRAL PARK, W. 103rd & CPW inside the Park
Thursday – Sunday at 7PM
Richard III: June 3-27
Much Ado About Nothing: Aug 5-29

CASTLE CLINTON……..7PM….212-252-4531
Much Ado About Nothing
July 17, 18, 19, 20, 21, 23, 24, 25, 26, 30, 31, Aug 1

Shakespeare in the Park 212-539-8500
DELACORTE THEATRE, CPW and 81st Street at 8PM, Free tickets available (maximum two per person), after 1PM on the day of the performance at the Delacorte Theatre.
Tuesday through Sunday June 9-Aug 1
(rotating performances)
- *The Winter's Tale*
- *The Merchant of Venice*

Riverside Park South Acoustic Sundays
70th Street Pier Plaza …7PM…….212-408-0219
Sundays, July 11 – Aug 15

Boomerang Theatre Shakespeare
69th Street & CPW
Fridays at 6:30PM & Sat –Sun at 2PM
- June 19-July 18: *The Tempest*

Riverside Park Shakespeare……..6:30PM
North Patio of Soldiers' & Sailors Monument, W. 89th Street & Riverside Park) Thursday – Sunday
- June 3 – 27: *The Trojan Woman*
- July 8 – Aug 1: *Cyrano*
- Aug 5-29: *Romeo & Juliet*

Riverside Park *Learn to Dance* …..212-408-0219
Pier 1 at 70th Street…….6-9PM
Salsa, Swing, Hustle lessons by the pros
- *Sundays in June*

GlobeSonic Dance Party……212-408-0219
Riverside Park South, 70th Street, Pier 1…..7-11PM
- Saturday, June 19, 4-11PM

Today Show Concert Series
Rockefeller Plaza @49th St &5th/6th Ave……7-10AM
June 18: James Taylor & Carole King
June 25: Maxwell
July 2: Maroon 5
July 9: Lady Gaga
July 16: Enrique Iglesias
July 23: John Mayer
July 30: Carrie Underwood
Aug 6: Train
Aug 13: Kesha
Aug 20: Keith Urban
Aug 27: Katy Perry

Good Morning America Concert Series,
7-9AM, Central Park, Rumsey Playfield, 5th Ave & 72nd St
June 25: Alicia Keys
July 2: Mary J. Blige
July 9: TBA
July 16: The GO-GO's
July23: Sheryl Crow
July 30: Black Eyed Peas
Aug 6: TBA
Aug 13: Johan Brothers/Demi Lovato
Aug 20: Rihanna
Aug 27: Lady Antebellum

Music Under the Stars at Waterside Plaza
FDR & 26th Street
Wednesdays, July 7 – 28 at 7PM

Broadway in Bryant Park……212-768-4242
Songs from Broadway shows
Thursdays in July & August, 12:30-1:30PM

Bryant Park After Work Concerts
Fountain Terrace, 6-7PM
Monday June 7, 21, 28

Piano in the Park ……12:30-2:30
Fountain Terrace Bryant Park, 42nd St, 5th & 6th Ave
- Monday – Friday, June 1 – Oct 15

Madison Square Park Concerts
Oval Lawn, 23rd St between 5th Madison Ave
June 16: Ruthie Foster – 7PM
June 23: Solas – 7PM
June 30: Mose Allison – 7PM
July 7: Alecia Nugent Farewell Drifters - 6PM
July 14: David Bromberg Quartet – 7PM
July 21: John Ellis & Double Wide -6PM
July 28: The Wailin' Jennys – 7PM
Aug 4: James Carter Organ Trio – 7PM

Rumble on the River – *amateur boxing*
West Side Highway – Hudson River Park, Pier 84 at W. 44th Street • Aug 5 at 7PM

Hudson River Rocks Concerts….212-533-PARK
Hudson River Park, West Side Highway/13th St - Pier 54, 7PM
July 8: Phosphorescent + Dawes
July 22: The Antlers with Dinosaur Feathers
Aug 12: Deerhunter with Real Estate

Clinton Concert Series - Mondays
Pier 84 at W 44th Street – 6PM
June 28: NY City Slickers
July 12: Cocomama
July 26: Cumbiagra
Aug 9: Old Silver Band

Sunset on the Hudson – Folk Guitar
Hudson River Park - West Side Highway - Pier 45
Fridays, June 4 – Aug 20 at 7-9PM

Blues & BBQ Festival
Hudson River Park - West Side Highway/13th Street - Pier 54
- *Sunday,* Aug 22, 2-9PM

Stars of Tomorrow (Jazz & Classical) – 6:30PM
Hudson River Park - West Side Highway - Pier 45 (Christopher)
June 22: Classical Woodwinds Trio
June 29: Darrel Smith Quartet
July 6: Classical Brass Trio
July 13: Sarah Elizabeth Charles Quintet
July 20: Classical Woodwinds Trio
July 27: Alon Abagli Quartet
Aug 3: Peter Gazarov Quartet
Aug 10: Classical Brass Trio
Aug 17: Classical Woodwinds Trio

Moon Dance - Tango, Swing, Salsa
Hudson River Park - West Side Highway/13th Street - Pier 54
Free dance lessons at 6:30 & live bands at 7PM
July 11: Los Hermanos Colon (Salsa)
July 25: Hector Delcurto's Orchestra (Tango)
Aug 8: George Gee Swing Orchestra

Music in Abe Lebewohl Park…….212-777-3240
10th Street & 2nd Ave in front of St. Mary's Church
Thursdays, June 4 – July 23 at 12:30

Stuyvesant Town Concerts……7PM
The Oval, 19th St & First Ave
Wednesdays, June 10-July 15

East River Park, FDR & E 12th Street)
Aug 4: Hip-Hop & Latin Music, 7PM
Aug 13: Paul Taylor Dance, 7PM
Aug 14: Contemporary Ballet, 7PM
Aug 19: Latin Music, 7PM
Aug 20: Theatre – *Goodbar*, 8PM

Washington Square Music Festival …8:30PM
St. Joseph's Catholic Church, 371 6th Ave/Washington Place
July 6, 13, 20, 27 • 212-252-3621

South Street Seaport Concerts….212-SEAPORT
Fulton & South Street, Pier 17…….6PM
June 26: The Apples in Stereo
July 2: Yellow Fever/Woven Bones
July 9: Psychedelic Pop
July 23: Classic Rock
July 30: Avi Buffalo/Chad Vangaan
Aug 6: Electropop "Yacht

Battery Park City

River to River Festival….....…212-528-2733
Wagner Park, West Street & First Place
July 21: 12:30 & 7PM
July 28: 12:30 & 7PM
Aug 4, 5, 11 concerts at 7PM

Harmony on the Hudson……..……..1-6PM
Wagner Park……. Sunday, Sept 19
Tom Chapin & Friends – traditional folk
Harlem Renaissance Orchestra (Big Band)
Brady Rymer & Little Band That Could
Bash the Trash, & double dutch divas

Sunset Singing Circle – Folksinging
Wagner Park
Fridays in June, 7-8:30PM

Sunset Drumming Circle (join in)
Wagner Park
Fridays, July 9-Aug 27, 6:30-8:30

River & Blues Festival.. ……..…. 212-528-2733
Wagner Park, West Street, 7-8:30PM
July 1: John Hammond – Delta Classic
July 8: Hazmat Modine
July 15: Bill Sims, Jr.
July 22: Jim Campilongo
July 29: Alexis P. Suter Band

Castle Clinton Concert Series 212-835-2789
Battery Park: Tickets distributed on a first come first serve basis at 5PM on the day of the performance at the castle– limit of 2 tickets per person.
Thursdays, July 8, 15, 22 at 7PM

Trinity Church 212-602-0800
Broadway & Wall Street…….…$2……..1PM
Thursdays June - August: classical, jazz, gospel

Governors Island Folk Music……212-602-0768
Free ferry, 10 South Street, Slip 7, www.govisland.com
July 4: Rosanne Cash – 2PM

Roosevelt Island Concerts……4-6PM
Riverwalk Commons
Saturdays, June 12- Sept 6

Queens

Queens Symphony Concerts…….718-326-4455
St. John's University Great Lawn, Jamaica
Wednesday, July 28 at 7PM

Queensbridge Park…….212-360-8375
21st Street, Bridge Plaza, East River at 7PM
July 15: Hip-Hop Music
July16: African Dance & Music
July 21: Hip-Hop Music
July 28: Jazz, Blues, Caribbean

Rochdale Park, Guy Brewer Blvd & 134 Ave, 7PM
July 23: Classic R&B
July 30: Total Praise (choir)

Springfield Park, 149 Ave, Springfield Blvd, 145 Road
July 14: Ryan Leslie (R&B), 7PM
July 22: Smokie Norful (gospel), 7PM
July 23 & 24: Theatre: *Black People New Orleans*, 8PM

Dancing Under the Stars……718-235-4100
Wallenberg Sq./Memorial Drive 6-7:30PM
Mondays, June 7 – July 19

Rock in the Park - Tribute Park
Rockaway, Beach 116th & Beach Channel
Saturday, June 26 from 6-9PM

Bronx

Soundview Park 7PM
Layayette/Metcalf/Bronx River Avenues
July 6: Felix Hernandez Rhythm Review

St. Mary's Park Theatre &Concerts
St. Anne Ave, E. 149th St, Jackson Ave
June 24: Conjunto Clasico, 7PM
June 25: Hip-Hop Street Dance, 7PM
June 26: Afro-Latin Dance, 7PM
July 1: Latin Music, 7PM
July 2 & 3: Theatre, *Americam Schemes*, enigma of obtaining the American Dream, 8PM
July 7: Hector Tricoche (salsa), 7PM

Crotona Park Jams…….7-9PM
Charlotte St & Crotona Park East at Indian Lake
June 23: Brand Nubian
June 30: DJ Kool Hec

St. Mary's Park, 146th & Ann's Ave
July 4: Celebrate Independence Day – 2PM

Bronx Arts Ensemble Concert Series
Rockwood Drive Circle, Van Cortlandt Park, 718-601-7399
Sundays, July 12 – 9 at 2PM

Pop & Jazz Sounds, Pelham Bay Park
Middletown & Stadium Rd
July 24 at 6:30PM

Brooklyn

Betsy Head Memorial Playground
Dumont & Bristol Streets, 212-360-2777
June 17: Soul, Motown, Funk, 7PM
June 18 & 19: Theatre, *Etymology of Bird*, exploration of race and life, 8PM

Martin Luther King Jr. Concert Series
Wingate Field (Brooklyn Ave & Rutland Rd)
718-469-1212 for schedule 7:30PM
Mondays, July & Aug

Celebrate Brooklyn……718-855-7882, X 45
Prospect Park…….. $3.00…….7:30PM
Prospect Park West at 9th Street
www.celebratebrooklyn.org June - August

Red Hook Park, Bay, Hicks, Lorraine, Halleck St
June 15: Dan Deacon, 7PM

Seaside Concert Series…….718-469-1912
West 5th Street & Surf Avenue in Brighton Beach,

- *Thursdays*: July & August at 7:30PM

Mermaid Parade……718-372-5159
Surf Ave/17th Ave to 8th Street in Coney Island

- June 19 - starts 2PM

Keyspan Park
1904 Surf Ave
June 27 at 7PM

BAM MetroTech R&B Festival
Commons Lawn, Flatbush & Myrtle Ave
Thursdays, 12Noon – 2PM
June 17: Tony Allen
June 24: Victor Wooten
July 1: Tabon Combo
July 8: Mighty Sparrow
July 15: Naomi Shelton & the Gospel Queens
July 22: Bilal
July 29: Vieux Farka Toure
Aug 5: Mykal Rose of Black Uhuru

Baked Summer Concerts…..718-858-3550
359 Van Brunt St, Red Hook 7-9PM
Fridays, June 4 - Aug 13

Siren Music Festival – Coney Island
Coney Island Beach & Boardwalk
July 17: Noon – 9PM

Staten Island www.statenislandusa.com
Starlight Concerts……..718-816-2133
Thursdays, 8-10PM
July 22: Westerleigh Park
July 29: Conference House Park
Aug 5: Snug Harbor
Aug 12: Alice Austen House
Aug 19: Clove Lakes Park

Tappen Park Concerts, Canal, Wright, Bay Street
July 13: Force M.D's (urban soul), 7PM
July 20: R&B electronic music, 7PM
July 27: Blue Magic (R&B), 7PM

Wolfe's Pond Park……...718-816-2133
July 3: Independence Day Concert 7-9PMM
Featuring: US Army Band

End of Summer Doo-Wop Concert
Ocean Breeze Fishing Pier….718-816-2000
Aug 27: 7-30PM

Staten Island Philharmonic
Fort Wadworth, www.statenislandoutloud.org
Saturday, July 31 at 6:30PM

Back to the Beach Celebrations…718-816-2000
Midland Beach Sea Turtle Circle, *Noon – 9PM*
June 26: & 27: Concerts 3-9PM
Children's Show at 2PM

Aug 14: Ray Rodriquez Orchestra- 4:30
Joe Bonano & the Godsons of Soul – 6PM
Jerry Hat Trick & the Flatliners – 7:30PM
Children's Show at 2PM

Aug 15: Tribute to Jonny Cash – 3:30
Tommy Pascal & the Latin Expressions -5PM
Tribute to Elton John – 6:30PM
Tribute to Earth, Wind, & Fire – 8PM
Children's Show at 2PM

Conference House Concerts……718-816-2000
7455 Hylan Blvd
July 3: Salute to U.S.A (4-6PM)
July 10: Nylan Wound (3-4PM)

Metropolitan Employee Assistance Program is a service that is has been paid for by your agency. You and your family members are entitled to short-term counseling on a range of family, personal, job, psychological, and stress-related matters. All counseling is confidential. For more information or to make an appointment please call

METROPOLITAN EAP
49 West 12th Street, Suite 1D
New York, New York 10011
212-352-3274

Kids & Family Fun

New York 2010

CITY-WIDE

NYC PARKS 212-360-8290 or 1-888-NYPARKS

Playground Sports Clinic: NYC Parks & Recreation offers free instruction citywide in sports to children from June through August. Equipment provided. Call 718-760-6999 for free tennis, golf, track and field, or swimming lessons.

City Parks Kids (Five Boroughs puppet shows, dance, theatre for children age 4-16)..……311 or 212-360-8290
www.cityparksfoundation.org

Governors Island: tour the historic island, car-free bike riding. Meet at Governors Island Ferry Terminal 10 South Street, Slip 7 for free ferry. Contact Tel: 212-440-2202 or www.govisland.com

- *Saturday & Sundays* June – October, 10AM – 7PM & *Fridays* open 10-5PM

Camping Under the Stars – all boroughs, register www.nycgovparks.org or 311

MANHATTAN

Children's Day : Fireworks and Seasame Street characters ▪ June 26
South Street Seaport, Pier 17, 12Noon

Inwood Shakespeare Festival…….7PM……...917-918-0394
Inwood Hill Park Pennisula, 218th Street & Indian Road

- June 7: *The Witches Cat Who Lost Her Spells* ▪ July 19: *The Unhappy Aardvark*

Alfred E. Smith Park, Catherine & Monroe…….10:30AM……...212-360-8354

- July 15: African Dance Theatre July 22: Tot Rock & Reggae
  July 29: Storytelling & Circus

Courtney Callender Playground, 5th Ave & 130th Street…....10AM….…….212-360-8354

- July 20: See Wee African Dance July 27: Tap Dancing
  Aug 3: World Cultures – music and stories

Columbus Park, Mulberry/Bayard/Worth Streets……...10:30AM…….212-360-8354

- July 6: Sleeping Beauty July 20: Ballet Fiesta Mexicana
- July 13: African Storytelling July 27: Thaddeus Rex

Morningside Park, Manhattan Ave between 110th-123rd Streets…10:30AM…….212-360-8362

- July 8: Secret Agent Skiddo July 15: Pickney Players

July 22: Bari Karal (rides, music, dance)

Sara D. Roosevelt Park, E. Houston & Canal……10:30AM…….212-360-8362

- July 9: Hip Hop for Kids
- July 16: Ballet Fiesta Mexicana
- July 23: Bari Karal (rides, music, dance)
- July 30: Thaddeus Rex

Seward Park, Jefferson & Canal……..10:30AM……...212-360-8366

- July 7: BombaYo

Big City Fishing
Weekends, May 29 – Labor Day and Tuesdays-Sundays in July & August, 10AM-4:30
Pier 46 (Charles Street) & Pier 84 (West 44th Street)

Skatepark, 15,000 square foot area, featuring a 5 foot spire, Pier 62 at W. 23rd Street……dawn to dusk

Madison Square Kids: Tuesdays, June 15 – Aug 12 at 10:30AM
Madison Square Park, 23rd Street between Madison & 5th Avenue

Children Performance Series, Riverside Park……. …….212-408-0219
Pier 1 at 70th Street, Thursdays, July 8 – Aug 5 from 10:30 – 11:30AM

Kayaking on the Hudson ……..20 minute instructional kayaking ……..212-408-0219
Saturdays & Sundays June 5 – October 16

- 72nd Street & Hudson River
- Pier 96 (56th Street & Hudson River)
- Pier 40 (Houston Street & Hudson River)

Battery Park City - Wagner Park (walk west on Rector Street)……...www.bpcparks.org/212-267-9700

- *Go Fish*, Sept 25, Oct 16 from 10AM-2PM, 212-267-9700
- *Swedish Midsummer Festival* – Music & games, June 25 from 5-8PM
- *Summer Jam* – join in a drumming circle led by master drummer, Sunday, Sept 19, 1-6PM

Children's Soccer Battery Park City – Ball Fields…….……..www.bpcparks.org/212-267-9700
Tuesdays, June through September

- 4 year olds: 2:30-3:15
- 5 to 8 year olds: 3:30 – 4:15
- 9 to 12 year olds: 4:30-5:30

Children's Basketball Battery Park City – Rockefeller Park ……..www.bpcparks.org/212-267-9700
Mondays & Fridays, June through September (except 7/2, 7/5, 9/3, 9/6)

- 5-6 year olds: 3:30-4:30PM
- 7 years & older: 4:30-5:30PM

Tour de Parc……..pre-registration required at 212-267-9700
Tricyclists, bicyclists, scooter riders 9 years old and younger join in an "everyone wins" cycling tour of the parks. Helmets required.

- Saturday, September 25 at 10AM, meet at Esplanade Plaza (Liberty St)

River Swims (swim in the Hudson)…June 12 & Oct 16…contact www.nycswim.org for more information

Family Dances, Esplanade Plaza (Liberty Street)……6:30 – 8PM……..…..212-267-9700

- July 17: Mexican Family Dance
- August 7: West African Family Dance

Volleyball after Work (Esplanade Park at Liberty Street)…Wednesdays….June – September…6-7:30PM

Stories for All Ages, Rector Park West…….11AM…….212-267-9700

- July 17: Native American Stories Aug 7: Haiti in Stories and Riddles

Wednesdays in Teardropo Park, North End Ave & Warren Street….3:30-5:30PM…..…212-267-9700
Join other kids for lawn games and art projects – *June through September*

Teen Drumming Circle (drums provided) Rockefeller Park…….……...212-267-9700

- *Tuesdays*, June 1 – August 10 from 4-5:30PM

Family Musical Festival – Wagner Park…….September 19, 1-6PM

***Friday Movies for Kids* at Pier 46 at Charles Street**

- July 9: *Wizard of Oz* (G) Aug 6: *Big (*PG)
- July 16: *Cloudy with a Chance of Meatballs* (PG) Aug 13: *Ice Age: dawn of the Dinosaurs* (PG)
- July 23: *The Great Muppet Caper* (G) Aug 20: *Annie* (PG)

July 30: *Monsters vs. Aliens* (PG)

QUEENS

Father's Day Fishing (equipment provided)…….June 19…10AM……..…..718-846-2731
Kissena Park (Rose & Oak Ave)

Learn to Ride a Bike (children age 5+) ……10-1PM…….Pre-register at 212-932-BIKE

- June 19: Hallets Cove Playground July 10: Dry Harbor Playground, Forest Park

Alley Pond Adventure Course: Largest rope course in tri-state area….age 8+…….718-217-4685
Sundays, May 2 – November 21 at 10AM (arrive ½ hour before session)

Bug & Insect Hunt……..June 27 at 11AM……..…718-352-1769
Fort Totten Park, 212th Street & Bell Boulevard

Canoeing……..Pre-register at 718-318-4000

- June 27: Michaelis-Bayswater Park (8 years+)……12-2PM
- July 10: B.32 & Beach Channel (10 years +)…….11AM

Roller Disco Night (bring your skates) July 22 from 7-9PM
Highland Park, Jamaica & Elton Street

Salsa Night Family Fun…….July 29 from 7-9PM…….…718-235-4100
Highland Park, Jamaica & Elton Street

Queensbridge Park, 21st Street, Bridge Plaza, East River…..…..10AM…….212-360-8375

- July 22: Tap Dance July 29: Sleeping Beauty

Aug 5: Afro-Brazilian Music and Dance

Rochdale Park, Guy Brewer Blvd & 134th Ave……10:30AM……..212-360-8375

- July 19: Theatre, Puppetry, Games July 26: Thaddeus Rex

Aug 2: Zany Umbrella Circus

Rufus King Park, Jamaica Ave/153rd Street/89th Ave…….10:30AM…….212-360-8375

- July 6: BombaYo July 13: Jazz-A-Ma-Taxx

July 20: Afro-Brazilian Music and Dance

Simon Sez: Interactive performance for children of all ages… June 30…7-8PM…718-235-4100
Dry Harbor Playground, Myrtle & 80th Street, Forest Park

Alice in Wonderland…….July 14 at 7PM……....718-235-4151
Mary Whalen Playground, Forest Park, Park Lane South & 77th Street

Sleeping Beauty…….718-235-4100

- June 23: Forest Park, Jackson Pond Playground (Myrtle Ave/Park Lane South) at 7PM
- July 7: Fort Totten Park at 10:30AM
- July 7: Dry Harbor Playground, Forest Park at 7PM
- July 29: Queensbridge Park at 10AM
- Aug 18: Alley Pond Park at 10:30AM

Anna Jack's Circus (Sobelsohn Park)…July 21 from 7-8PM

Ricitos and the Three Bears……..July 8 at 5PM…….....718-235-4100
Highland Park, Lower Highland Playground, Jamaica Ave & Elton Street

Ft. Totten Family Day…….……..…718-352-4793
Ft. Totten Parade Grounds ● July 10, Noon – 4PM

Caribbean Night, featuring Despersusa, Thursday, July 15, 7-8PM, Highland Park, 718-235-4100

BROOKLYN

Seining in Brooklyn Bridge Park
Find out what creatures live in the East River. Space available for 30 kids, ages 4-12, plus their parents/guardians. To reserve a space, email rsvp@bbpc.net

Saturday, June 26, 2-3:30 Saturday, July 24, 1-2:30
Saturday July 10, 1-2:30 Saturday, August 7, 11:30-1PM
Saturday, August 21, 12-1:30

Kayaking and Community Rowing – Brooklyn Bridge Park, first come, first served

Brower Park, St. Marks/Kingston/Park Place……..…11AM…….212-360-8325

- July 16: Mr. Chip (Hip-Hop) July 30: Hudson Vagabond Players

Red Hook Park, Bay/Hicks/Lorraine/Halleck……..…10:30AM……..……...212-360-8337

- July 12: BombaYo July 19: Mine x Two (mime & dance)

July 26: Tot Rock & Reggae

Martin Luther King Park (Brooklyn & Rutland)……...10:30AM…….212-360-8331

- July 13: African Dance July 20 Wildlife Theatre

July 27: Hudson Vagabond Players

Maria Hernandez Park, Knickerbocker & Irving Ave……...11AM…….…212-360-8334

- July 13: Shine & the Moonbeams July 20: Cirque-tacular

July 27: World Rhythms

Sunset Park, 41st Street between 5th & 7th Avenues……..10:30AM……..….212-360-8339

- July 14: Griot Trio July21: Sleeping Beauty

July 28: Zany Umbrella Circus

Underwood Park, Lafayette & Waverly…….10:30AM…….212-360-8337

- July 15: Sleeping Beauty July 22: SeeWee African Dance
  July 29: Thaddeus Rex

BRONX

Father's Day Fishing, Van Cortlandt Park (equipment provided)……..……718-548-0912

- June 20 at 11AM

Father's Day Celebration, Casitas Community Garden (free food & entertainment)…June 20…2-7PM

Seining the Shores, Pelham Bay Park, Orchard Beach Nature Center, June 20 at 11AM - 718-885-3467

Family Fun Day, St. Mary's Park…….212-360-8290……..www.nycgovparks.org

- June 27: 12Noon – 3PM Featuring Jose Ortiz and BombaYo with Dan Zanes and Jose Conde's Baby Loves Salsa - an afternoon of dancing, singing and fun for the whole family

Family Camping (bring sleeping bag and flash light) Pre-register www.nyc.gov/parks/rangers/register

- June 25: Pelham Bay Park, Orchard Beach Nature Center…6PM – 7AM…718-378-2061
- July 16: Van Cortlandt Park……..6PM - 7AM…718-548-0912

Bronx River Festival: live entertainment, games, canoe rides…June 26…11-3PM…718-430-4665
Bronx Park, 180th Street & Boston Road

Fishing: Crotona Park Nature Center……. ….July 3 at 2PM……..…718-378-2061

Salt Water Fishing, Barretto Point Park…….July 25 at 2PM……718-548-0912

Canoeing & Kayaking in NYC (ages 8+), www.nycgovparks.org

- July 3: Van Cortlandt Park, 246th Street & Broadway……2PM……..……718-548-0912
- July 24: Van Cortlandt Park 11AM 718548-0912
- July 10: Orchard Beach Lagoon……..11AM…… ……718-885-3466
- July 18: Crotona Nature Center……..12Noon…….718-378-2061

Children's Theatre: *Sleeping Beauty* at 10:30AM

- July 8: Van Cortlandt Classic Playground……...…..212-360-8317
- July 12: Haffen Park…….212-360-8297
- July 14: Mt. Hope Playground……..212-360-8300
- July 16: Crotona Park……718-378-2061
- Aug 2: Slattery Playground……...…….212-360-8316

Shine & The Moonbeams, Van Cortlandt Classic Playground…..July 15 at10:30AM……..212-360-8318

BombaYo: Dancing, Singing, Drumming – 10:30AM

- July 8: 180th Street & Boston Road……..……212-30-8311
- July 13: Sachkerah Woods Playground, Van Cortlandt Park…….212-360-8319

Pickney Players – 10:30AM

- July 20: Sachkerah Woods Playground, Van Cortlandt Park…….212-360-8320
- July 21: Mt. Hope Playground……..……...212-360-8300

Pelham Bay Park, Playground for All Children……11-11:45……..……212-360-8320

- July 7: Secret Agent 23 Skidoo
- July 14: African Dance

Cirque-tacular

- July 19: Haffen Park…….10:30AM……212-360-8298
- July 21: Playground for All Children…….……11AM……..….…212-360-8320

Mr. Chris (Hip Hop), Slattery Playground…….…July 19 at 10:30AM……212-360-8314

Thaddeus Rex……..July 28 at 11AM……..212-360-8306
Pelham Bay Park, Playground for All Children

Hudson Vagabond Players, Slattery Playground……...July 26 at 10:30AM……..212-360-8315
Hudson Vagabond Players, Van Cortlandt Park, Woodlawn Playground …...July 29 at 10:30AM

Zany Umbrella Circus, Crotona Park……..July 30 at 10:30AM……212-360-8296

Nature Bingo, Van Cortlandt Nature Center (children under 12)…..July 18 at 2PM……..718-548-0912

STATEN ISLAND

Father's Day Fishing (equipment provided, 8 years+)……..…June 20 at 2PM……..718-967-3542
Cloves Lake Park Playground

Family Camping (bring sleeping bags, tents provided)
June 18: Wolfes Pond Park……7PM – 7AM……718-967-3542

Canoeing for ages 8+ (Wolfes Pond Park)……...June 27 from 11-2PM……718-967-8542

Learn to Ride a Bike (ages 5+)……..June 19 from 10-1PM…….212-932-BIKE
Franklin Roosevelt Boardwalk & Beach. Call to pre-register

Tapen Park, Canal Street/Wright to Bay Street……..….1030AM……..….212-360-8383

- July 9: Sleeping Beauty July 16: Tap City Youth
  July23: Billy B

Sobel Court Playground, Bower Street between Sobel Court & Roff….10:30AM……212-360-8383

- July 7: Jazz-A-Ma-Tass July 14: Wildlife Theatre
  July 21: Mr. Chris (Hip Hop)

Robinson Crusoe…….June 26 at 2PM
Great Kills Gateway Park, Education Center
Hylan Blvd Drive & Buffalo Street (near Parking Lot A, just past Ranger Station)

Willowbrook Park, Richmond Ave to Victory Blvd…….10:30AM……..212-360-8383

- July 28: Japanese Puppetry Aug 4: Afro-Brazilian Dance & Music
  Aug 11: World Culture sing-a-longs and stories

METROPOLITAN EAP…....49 WEST 12TH STREET, SUITE 1D…….. NY, NY 10011
212-352-3274

FILM New York

Bryant Park - 42nd Street between 5th & 6th Ave behind the main library in Manhattan at dusk….212-768-4242
Mondays– (Raindate Tuesdays). Lawn opens at 5PM

- June 21: *Goldfinger* (1964)
- June 28: *Carousel* (1956)
- July 5: *French Connection* (1971)
- July 12: *My Man Godfrey* (1936)
- July 19: *The China Syndrome* (1979)
- July 26: *Monty Python & the Holy Grail* (1975)
- Aug 2: *Rosemary's Baby* (1968)
- Aug 9: *Goodby Girl* (1977)
- Aug 16: *12 Angry Men* (1957)
- Aug 23: *Bonnie & Clyde* (1967)

Movies Under the Stars…… ….Wednesdays ……8:30PM
70th Street Pier Plaza, Riverside Park

- July 7: *The Neverending Story* (1984)
- July 14: *Pan's Labyrinth* (2007)
- July 21: *Inkheart* (2009)
- July 28: *The Fall* (2008, R)
- Aug 4: *Big Fish* (2004R)
- Aug 11: *Stranger than Fiction* (2006, PG13)

Hudson River Park ……..…8:30PM……212-533-PARK
Wednesdays at Pier 54 at W. 14th St

- July 7: *The Hangover* (R)
- July 14: *I Love You, Man* (R)
- July 21: *The Proposal* (PG13)
- July 28: *District 4* (R)
- Aug 4: *Julie & Julia* (PG13)
- Aug 11: *Public Enemies* (R)
- Aug 18: *Star Trek* (PG13)

Rooftop Film Noir
Tony Dapolito Recreation Center, Clarkson & 7th Avenue South

- July 8: *Laura*
- July 15: *Double Indemnity* (1944)
- July 22: *Sunset Blvd* (1950)
- July 29: *All About Eve* (1950)
- Aug 6: *Freaks* (Horror, 1932)
- Aug 13: *Invasion of the Body Snatchers* (1956)
- Aug 20: *Night of the Living Dead* (1968)
- Aug 27: *Rosemary's Baby*

Movies on the Elevated, 55 Water Street (Pearl)

- July 29: *Broadway Danny Rose*
- Aug 5: *Auntie Mame*
- Aug 12: *The Country Girls*
- Aug 19: *The Muppets Take Manhattan*

Movies with a View, Brooklyn Bridge Park (DUMBO between Manhattan & Brooklyn Bridge)…718-802-0603
Thursdays, music at 6PM, movie at sunset

- July 8: *Annie Hall*
- July 15: *Monsters vs. Aliens* (3D)
- July 22: *The Big Lebowski*
- July 29: *Rear Window*
- Aug 5: *Brokeback Mountain*
- Aug 12: *Dreamgirls*
- Aug 19: *The Blues Brothers*
- Aug 26: *Indiana Jones & the Last Crusade*

Outdoor Cinema, Bayridge, Brooklyn
The Narrows Botanical Garden (Shore Rd between 69th & 72nd) - 8:30PM

- July 8: *Mildred Pierce*
- July 22: *Finding Nemo*
- Aug 12: *Blindside*

Socrates Sculpture Park Films..……..www.socratessculpturepark.org……...718-956-1819
Socrates Sculpture Park, Broadway at Vernon Blvd, Long Island City - *Wednesdays* at Sunset July 7 – Aug 25

JAZZMOBILE

MANHATTAN

GRANT'S TOMB, 122ND STREET & RIVERSIDE DRIVE
July 7: Arturo O'Farill
July 14: Winard Harper
July 21: Eunice Newkirk
July 28: Houston Person
August 4: Tia Fuller
Aug 11: Wycliffe Gordon
August 18: Akiko Tsuruga
August 25: Jimmy Heath

153rd Street (Convent & Amsterdam)
Aug 21: Melba Joyce

St. Nicholas Park (135th St & St. Nicholas Ave)
July 6: Michael Varekamp

139th Street (8th Ave & Edgecombe)
July 31: Barry Harris *3-4:30PM*

138TH (7th Ave & Lenox)
Aug 10: Danny Mixon

135th Street (7th & 8th Ave)
Aug 3: Antoinette Montague

132nd Street (7th & Lenox)
Aug 26: Cynthia Holiday

129th Street (7th & 8th Ave)
July 30: Lynette Washington

118th Street (7th & Lenox)
Aug 9: Bill Saxton

Morningside Park, 114th St & Morningside
July 8: Buyu Ambroise

Bennerson Park (64th bt. Amsterdam & West End)
Aug 14: Steve Kroon *3-4:30PM*

47th Street (9th I& 10th Ave)
July 13: Houston Person

Stuyvesant Cove Park (20th St & FDR)
July 27: Harlem Renaissance Orchestra

106th Street (Central Park West & Manhattan)
July 10: Jimmy Heath, Bobby Sanabria… *2PM*
Aug 23: Jazzmobile All Stars

BRONX

Co-op City (Greenway at Section 5)
July 12: Jose Obando
Aug 16: Ghanniyya Greene

Lyman Place (Freeman & 169th)
Aug 19: Barbara King

• BROOKLYN

McDonough Street (Ralph & Patchen) Ave)
July 10: Boncella Lewis *3-4:30PM*

Macon Street (Ralph & Patchen
July 29: Lily White

Claremont Ave (Fulton & Greene)
July 22: Vanessa Rubin

Gates Ave (Waverly & Washington)
Aug 5: Ray Mantilla

South Oxford Park (Cumberland & Atlantic Commons)
Aug 17: Charenee Wade

QUEENS

Hollis (111-34 198th Street)
Aug 2: Ray Schinnery

Jamaica – 143-22 109th Ave
July 19: Eric Lemon

Louis Armstrong House (34-56 107th Street, Corona)
Aug 12: Ray Vega

ROOSEVELT ISLAND

Good Shepherd Plaza
July 26: Ghanniyya Greene

STATEN ISLAND

Bay Street – Lighthouse
July 15: Akiko Tsuruga

MT VERNON

City Hall Plaza
July 20: Lynette Washington

All performances are from 7-8:30PM unless otherwise noted
For further information, contact Jazzmobile at www.jazzmobile.org or 212-866-4900

Harlem Meer Concerts

Sundays, 2-4PM

June 20: Source with Abdulaye Diabate (Afro-Beat)

June 27: Cynthia Holiday (Jazz)

July 4: Zon del Barrio (Latin)

July 11: Retumba (Pan-Caribbean)

July 18: Harlem Blues & Jazz Band (Blues and Jazz)

July 25: Vanderlei Pereira and blindfold Test (Brazilian Jazz)

August 1: Susan Pereira and Sabor Brasil (Brazilian Jazz)

August 8: Something Positive (Afro-Caribbean Dance and Music)

August 15: Sumba Swing (Latin Jazz)

Aug 22: Dja Rara (Afro-Haitian)

August 29: Cocomama (Cuban Salsa)

September 5: Sounds of Deliverance (Gospel)

Charles A. Dana Discovery Center
110th Street & 5th Avenue in Central Park
Call 212-860-1370 for more information

New Jersey Summer Fun

New Jersey offers a host of fun activities during the summer months – and much of it is FREE. Metropolitan Employee Assistance Program compiled the following list of activities and programs that will hopefully help make for an enjoyable summer. All activities are free unless otherwise noted.

New Jersey Symphony Orchestra…..800-255-3476
Branch Brook Park, Park Ave & Lake St, Newark

- July 1 – 7:30PM

BERGEN COUNTY

Mt. Virgin Church – Garfield
Aug 13: Joey Dee & the Starliters – 7PM

Foschini Park – Hackensack
July 4: The Infernos – 7PM

The Greens – Hackensack
Main & Court Streets
July 13: Duprees – 7:30PM
July 20 Kenny Vance & the Planotones – 7PM
July 27: Orlando Marin & His Latin Orchestra -7:30PM

Community Center- Fort Lee
1355 Inwood Terrace at 7PM
July 10: The Rhythm Doctors (big band)
July 14: The Fabulous Grease band
July 17: Soul Be It
July 24: NY Rat Pack
July 28: The Mahoney Brothers
July 31: David Cedeno Band
Aug 7: Joey Armenio & the Family
Aug 11: 3 Po'Tenors
Aug 14: The BethAnne Clayton Band (country)
Aug 21: Party Dolls
Aug 25: The Duprees
Aug 28: Jersey Sound

Ramapo College - Mahawah
$5 Parking fee - 7PM
July 15: Springsteen Tribute
July 22: Rolling Stones Tribute

Town Park, Lyndhurst
367 Valley Brook Ave/Delafield at 7PM
July 7: The Infernos
July 14: Kenny Vance & Peter Lemongello
July 15: Arlene Smith & The Chantels
July 16: Nicholas King & The Happenings
July 17: Rhythm Doctors & The Boys in Concert
July 28: The Cameos
Aug 11: Bronx Wanderers & Classic Show Tunes

Montclair – 94 Pine Street
July 17: The Duprees – 6PM

Paramus Bandshell Concerts…7:30PM
Paramus Public Library 116 E. Century Road
July 6: Kenny Vance & The Planotones
July 13: Infernos
July 20: Bobby & The Jets
July 27: 3 Po' Tenors
Aug 3: The Fabulous Grease Band

Midland School Field – Rochelle Park
300 Rochelle Ave
Aug 19: Bronx Wanderers – 7:30PM

Sesselman Park Bandshell – East Rutherford
July 19: B Street Band – 7:30
July 26: 3 Po' Tenors
Aug 2: Bobby & The Jets

Summer Band Concert Series……201-837-7130
Votee Park, Teaneck
Wednesdays, July 7 – August 4 at 8PM

Westwood Concert Series….201-664-7882

Veterans Memorial Park
Thursdays July 1 – July 29 at 8PM

ESSEX COUNTY

Veterans' Park – Lodi
Memorial Drive….7:30PM
July 7: Kenny Vance & The Planotones
July 28: The Happenings
Aug 11: The Infernos

Summer Music…….973-268-3500
Brookdale Park (Wachtung Ave, Montclair) at 7:30PM
June 25: US Military Band
July 2: The Infernos
July 9: Kenny Vance & The Planotones
July 16: The Boys in Concert
July 23: Alex Bugnon/Peter White
July 30: Elton John & Billy Joel Tribure
Aug 6: NY Rat Pack/Soul Be It

Brookside Park – Bloomfield
522 Broad St & Bay Ave
July 6: B Street Band – 7PM
July 13: Eagles Tribute – 7:30PM
July 20: Infernos – 7PM
July 27: The Dupreees – 7:30PM

Memorial Field JFK Drive – Bloomfield
July 4: The Kootz – 7:15PM

Watessing Park - Bloomfield
Bloomfield/Conger
Aug 3: Gadie Stone – 7PM

Grover Cleveland Park - Caldwell
Brookside Ave, Montclair at 7PM
Aug 10: Jersey Sound – 7PM

Irvington Park
Grove & Lyons
Aug 15: Carrie Jackson – 7PM

Ivy Hill Park -Irvington
Mt. Vernon Pl. & Seton Hall, Newark
Aug 17: Denise Hamilton – 7PM

Memorial Park Gazebo – Livingston
South Livingston Ave – 7PM
July 18: Beginnings
July 25: B Street Band

Millburn Summer Concert Series
Taylor Park, 100 Main Street
July 25: The Kootz at 7PM

Newark Legal Center
July 13: Infernos – 12Noon

Riverbank Park - Newark
Market/Van Burren
July 22: La Fuerza Positiva – 7PM

Vailsburg Park - Newark
So. Orange/Oraton Pkwy at 7PM
July 13: Bradford Hayes

Weequahic Park - Newark
Elizabeth/Meeker at 7PM
Aug 10: Harold Melvin's Blue Notes

West Side Park - Newark
(So. 13th St/18th Ave at 7PM
July 27: Newby Reggae Band

Orange Park – Orange
July 20: Lonnie Youngblood – 7PM

Kips Castle Park – Verona…..973-268-3500
22 Crestmont Rd
Aug 13: Garden State concert Band – 7PM

Civic Square-Bloomfield Ave, Verona – 7PM
July 7: Bobby & The Jets
July 14: The Infernos
July 21: Kenny Vance & The Planotones

Community Pool – Verona
151 Fairview Ave
July 28: Jimmy & The Parrots – 7PM

The Gazebo – West Caldwell
Bloomfield Ave……...7:30PM
July 15: BethAnne Clayton Band
July 22: Jobonano & the Godsons of Soul

Town Hall – West Orange
Main St & Mt. Pleasant Ave
July 22: The Kootz, 5-7PM

Jazz in the Garden…..…$3……973-596-6550
Newark Museum, 49 Washington Street 12:15 – 1.45PM
July 1: Louis Hayes Quintet
July 8: Carrie Jackson/Brandon McCune
July 15: Heath Brothers
July 22: Dominick Faranacci
July 29: Alan Horns

HUDSON COUNTY

Concerts at Sinatra Park – 7PM - Hoboken
Frank Sinatra Drive, 4th & 5th Street) -201-420-2207
June 10: Sinatra Idol Contest
June 17: Hillside Philharmonic

June 24: The Gordys
July 8: Big Summer Bash
July 15: Davey & The Trainwreck
July 22: Guitar Bar Allstars
July 29: Smokeys Roundup
Aug 5: Ray Medina & Orchestra C@
Aug 12: Sinatra Idol Winners
Aug 19: Julio Fernandez
Aug 26: Swingadelic

Shakespeare in the Park……201-420-2207
Sinatra Park, Frank Sinatra Drive between 4th & 5th Street, Hoboken
June 21 & 28: *King Lear*
July 12 & 19: *Much Ado About Nothing*
July 30, 31, Aug 1: Passions Slave
Aug 2 & 9: *The Tempest*

16 Street Park – Bayone
Aug 18: Robert Murdock Band – 7PM

Jersey City – 99 Broadway
July 10: Sunset Soundz (50's-70's) – 7PM

The Boulevard – Gutenberg
July 28: Bronx Wanderers – 7:30PM

Groove on Grove Concerts
Grove Street PATH Station
Wednesdays June 9 – Sept 10 from 6-8PM

Buchmuller Park Amphitheater – Secaucus
100 Plaza Center, off State Rt. 3 at 7PM
July 15: The Verdict (reggae)
Aug 12: The Cameos
Aug 19: The Kootz

Concerts in Church Square Park…201-420-2070
Willow Ave bet 45h & 5th St, Hoboken….7PM
Call for Schedule

HUNTERTON COUNTY

Deer Path Park – Readington Twp
W. Woodschurch at 7PM
July 1: Emil Stucchio & The Classics
July 8: Harmonizers (barbershop)
July 15: Four Seasons Tribute

MERCER COUNTY

Princeton, Palmer Square off Nassau St
July 10: Sun Dog (50's – 80's) – 2PM

Weeden Park Concerts – Lawrenceville
Main Street/Route 206
July 15: Buddy Holly Tribute – 7PM

Mercer City Park – West Windsor
Aug 7: U2 Tribute – 6PM

MIDDLESEX COUNTY

Plays-in-the-Park……..732-548-2884
Roosevelt Park, 1 Pine Drive, Edison (Wed thru Sat)
$6 for adults and children under 12 are free
1776: June 23 – July 4
The Wedding Singer: July 14 -24
High School Musical: Aug 4- 14

Waterfron Park – Carteret
Industrial Road at 7PM
July 3: Bobby & the Jets
July 11: The Cameos
July 18: Jersey Sound
Aug 1: The Mahoney Brothers
Aug 15: Emil Stucchio & the Classics
Aug 22: Julian &I Dominique
Aug 29: Larry Chance & the Earls

Healenly Farms – East Brunswick
July 4: The Nerds – 7PM

Community Arts Center – East Brunswick
July 14: Mark Rust – 6:30PM
July 17: The Voodudes – 7PM
July 31: The Wannabees – 7PM

Columbus Park –Piscataway
July 22: RB Express – 7PM

Randolph Public Library
28 Calais Road
July12: Oldies & Doo Wop at 7:30PM

Raritan Bay Waterfront Park – South Amboy
Sayreville Beach Front Gazebo, O'Leary Blvd
July 14: Robert Murdock Band – 6:30PM

Woodbridge High School Soccer Field
July12: Eagles Tribute – 7:30PM
July 19: Nicholas King/Boys in Concert
Aug 2: The Duprees
Aug 9: Billy Joel Tribute
Aug 16: Kenny Vance & The Planotones
Aug 23: Elton John Tribute
Aug 30: The Infernos

Wednesday Concerts – Woodbridge
Main & School Street, Samuel Lupo Place at 7:30PM
July 7: Ready in 10 (rock)
July 14: Meta & the Cornerstones (reggae)
July 26: B Street Band
July 28: Marty & the Martians (rock)
Aug 4: Aztec Two-Step
Aug 11: McPeake (Irish)

Alvin P. Williams Memorial Park
Sewaren Peninsula, Woodbridge
July 3: The Party Dolls – 7:30PM

MONMOUTH COUNTY

4th of July Concert…..July 4….5-10PM
Freehold Raceway

Atlantic Highlands – 7PM
Shore Drive Gazebo, 1 Simon Lake Drive
Aug 15: BethAnne Clayton Band (country)
Aug 22: RB Express

Veteran's Park – Hazlet
1766 Union Ave at 7PM
July 13: Carnaby Street Full Band
Aug 17: Jersey Sound

Jazz & Blues by the Beach…….732-923-2044
West End Park (Brighton & Ocean Ave, Long Branch)
July 11: Mikie Jr. Band
July 18: The Tonemasters
July 25: Sharon Crenshaw
Aug 1: Blackberry Blues Band
Aug 8: Moose & the Bullet Proof Band
Aug 15: Feliz Cabrera
Aug 22: Shade Tree Mechanics
Aug 29: The Voodudes

Thursday Concerts by the Sea……732-923-2044
Festival Plaza, Pier Village, Long Branch 7PM
July 1: The Fabulous Grease Band
July 15: The Nerds
July 22: Jody Joseph
Aug 5: Cats on a Smooth Surface
Aug 12: After the Reign
Aug 19: Brian Kirk &I the Jirks
Aug 26: The Jazz Lobsters

Municipal Building Parking Lot
Brighton Ave & Kossick Way, Long Branch
July 10: Peter Noone & Herman's Hermits – 6PM
July 27: The Verdict (reggae) – 7PM
Aug 7: RB Express/The Duprees – 6PM

New Broadway Stage – Long Branch
Broadway & N. 3rd Ave ….Time TBA
July 13: Sensational Soul Cruisers
July 20: Valerie Adams

Franklin Lake Park – West Long Branch
Gazebo, 26 Lakeview Ave/Locust Ave at 7PM
July 4: The Fabulous Grease Band
July 16: RB Express

Hall of Records Parking Lot – Freehold
1 E. Main Street at 7PM
July 1: The Nerds
July 15: U2 Tribute
Aug 5: Jimmy & the Parrots
Aug 12: Mission Dance
Aug 19: Beatles Tribute

Lunch Music…..*Wednesdays in June*…Noon-2PM
Riverside Gardens Park, Front Street, RedBank

Michael J. Tighe Park – Freehold
65 Georgia Rd at 4PM
July 11: The Nerds, Punks & Others

Summer Concerts – Keansburg
On beachfront at Main St at Beachway, 7PM
Aug 5: RB Express
Aug 26: The Kootz

Community Rec Ctr – Marlboro
1996 Recreation Way
July 25: Jobonano & the Godsons of Soul – 7:30
Aug 1: Elton John & Billy Joel Tribute – 6:30

Normandy Park – Middletown
Nutswamp Road…..7:30PM
Aug 19: BethAnne Clayton Band (country)

Memorial Park – Neptune City
Myron Ave at 7PM
July 10: RB Express (oldies)

Sandy Hook Beach Concerts……..732-291-7783
Beach Area E, Wednesdays at 6PM
July 7: The Shots (Celtic rock)
July 14: Brian Kirk & The Jirks
July 21: BethAnne Clayton Band
Aug 4: Tim McLoone & The Shirley's
Aug 11: Robert Murdock Band
Aug 25: Jobonano & the Godsons of soul

Freehold Summer Concerts……732-462-3584
Hall of Records Plaza Parking Lot, 1 E. Main St.
Thursdays at 7:30PM
July 1: The Nerds
July 8: Music of the Four Seasons
July 15: Music of U2
July 22: Music of Fleetwood Mack
Aug 5: Music of Jimmy Buffet
Aug 12: Mission Dance
Aug 19: Music of the Beatles

Friday Night Concerts……....732-681-3700 x229
Pyanoe Plaza, 9th Ave & Main St, Belmar 7PM

- June 11 – Aug 27

Shakespeare in the Park…….732-449-0577
Devine Park, 5th & Passaic Ave, Spring Lake
Twelfth Night, Thursday – Saturday at 7:30PM
July 29, 30, 31, Aug 5, 6, 7

MORRIS COUNTY

Morris County Library……..973-285-6979

Memorial Park – Berkeley Heights
Park Ave & Plainfield Ave
July 7: Beatlemania Again – 7PM
Grace Lord Park – Boonton
W. Main & Essex Ave
July 7: Thunder Hill (country)
July 14: Beauty & the Grease (oldies)
July 21: The Ablemen (polka)
July 28: Symphonics
Aug 4: Big Jeff & the Bouncy People (family)

Dover
3rd Hamilton Field, Route 46 & Perry St
July 3: The Kootz -7PM

Hurd Park – Dover
Blackwell Street – 7PM
July 25: RB express

Gazebo -Florham Park
111 Ridgedale Ave at 7PM
July 11: Beginnings
July 18: Sensational Soul Cruisers
July 25: Jimmy Buffett Tribute
Aug 1: British Invasion Tribute
Aug 8: Tribute to Elvis

Bee Meadow Park – Hanover
Reynolds Ave at 7:30PM
July 5: Hotel California
July 12 Hotel California
July 19: Bobby & the Jets
July 26: The Duprees

Luker Park – East Hanover
Ridgedale Ave at 7PM
July 13: Kenny Vance & The Planotones
July 20: Rocksplosion
July 27: Emil Stucchio & The Classics
Aug 3: The Infernos
Aug 10: The Fabulous Grease Band
Aug 17: Jimmy & The Parrots
Aug 24: The Duprees

Mendham - Park Gazebo
Mountain Ave & Park at 7PM
July 11: Carnaby Street Full Band
Aug 1: Kimono & The Prophets
Aug 8: Classic Rock (60's – 80's)

Morris Plains Concert Series
Roberts Garden at Glenbrook off Rt 202/Speedwell Ave
July 11: The Kootz

Summer Concert Series – 7PM
Gazebo at Ginty Field/Woodland Ave, Morris
July 6: The Kootz
Aug 10: RB Express

Veteran's Park – Parsippany
Route 46 E. at 7:30PM
July 22: The Duprees
Aug 5: The Infernos

Rockaway Summer Concerts
Park Lake Gazebo/Mt. Hope Road
Aug 1: The Cameos – 3PM

Freedom Park – Riverdale at 7:30PM
July 14: The Happenings
July 28: Bobby & the Jets
Aug 11: Fabulous Grease Band

Soldiers Memorial Field – Summit
5 Myrtle Ave, Corner Ashland Road
July 5: The Cameos – 7PM

Village Green – Summit
Broad & Maple Streets at 7PM
July 6: Bronx Wanderers
July 13: BethAnne Clayton Band
July 20: Carnaby Street Full Band
July 27: Springsteen Tribute

OCEAN COUNTY

Music Mondays…. ……..1-800-732-7467
Boardwalk at Hiering Ave, Seaside Heights
Mondays in July & August at 7PM

Concert Fest 2010……..732-657-8121
Harry Wright Lake, Whiting…….6-9PM
Aug 4 ● Aug 18

Concerts on the Green……7PM…..609-492-2739
Veterans Bicentennial Park, Engleside & Beach Ave
Beach Haven
Wednesdays, June 23 – Sept 8

Harvey Cedars Concerts……609-361-7990
Sunset Park, West Salem Ave, Harvey Cedars…7-9M
July 14: Bobby Lynch Band
July 21: Ted Hammock & the Blowout Boys

July 28: No Discipline
Aug 18: Verdict (Soca)

Concert at the Dock, Municipal Dock
E. Bay Ave, Barnegat……..……..7PM
Saturdays in July & August

Bay Dock Concerts……..7:30PM
9th & 10th Street, Barnegat Light - Thursdays
July 15: Bullzeye Band
July 22: Facedown
Aug 12: No Discipline
Aug 19: The Following (rock)
July 4th: Concert & Fireworks….……8PM
Centennial Gardens & Gazebo, Lavallette

Sunday Night Concerts at the Gazebo
Phila. Ave at Bay Blvd, Lavallette……732-793-7477
Sundays, July 5 – September 5 at 7PM

Concerts by the Bay…7:30PM…..609-494-2171 X116
Waterfront Park at 10th Street & Shore Ave, Ship Bottom
July 15: No Discipline
July 22: Tribute to Rod Stewart
July 29: Classic Rock
Aug 5: Shorty Long & The Jersey Horns
Aug 12: Roustabouts

Point Pleasant Beach Concerts…..732-892-0600
Bandshell (Arnold & Baltimore Ave)
*Thursdays i*n July at 7PM

Atlantic Concert Series…..…732-892-1118 (211)
Inlet Beach Stage, Jenkinson's, Point Pleasant Beach
Wednesdays, July & August at 7:30PM

Outdoor Concerts 2010…….732-262-1044
Windward Beach Park, Brick……7:30PM
Free shuttle bus from Drum Point School
June 20: Festive Flutes
July 7: Jennifer Mylod & the Boys of Country
July 20: Acoustic Musicians Guild
July 26: Undercover Blues Band
Aug 17: Van Engle Band

Summerfest…….732-262-1044
Windward Beach Park, Brick
July 1: Eagles Tribute – 7:30PM
July 22: The Infernos – 7PM
Aug 26: Eagles Tribute – 7:30PM

Toms River Concerts……732-341-8738
Huddy Park, Main & Water Street…..Noon – 9PM
July 24 ● Aug 28

Barnegat Summer Concerts
Municipal Dock, East Bay Ave at 7PM
July31: The Kootz

Berkeley Island State Park – Bayville
399 Brennan Concourse
Aug 6: Jimmy & the Parrots – 5PM

Veterans Park – Berkeley Twp
Forest Hill Parkway at 6PM
July 13: Bobby & the Jets
Aug 2: Jimmy Buffett Tribute
Aug 10: Tres Bella/The Duprees
Aug 24: Linda Ronstadt & Eagles Tribute

Veterans' Bicentennial Park – Beach Haven
Beach & Engleside Ave at 7:30PM
July 7: Carnaby Street Full Band
July 14: Jimmy & the Parrots

Seaside Park Concerts – Route 35
Aug 16: Strictly 60's – 7PM

Beach Concerts - Beachwood
July 31: 50's & 60's music…….7:30PM

Concert by the Bay
10th Ave Park – Ship Bottom
Aug 19: Jimmy & the Parrots – 5:30PM

Manchester Public Library
21 Colonial Drive
July 10: Strictly 60's – 2PM

Manchester Summer Concerts - Whiting
Harry Wright Lake Park, Lake Road
July 3: The Duprees -6PM
July 7: Joey Arminio & The Family
July 21: The Happenings
Aug 4: Edmund Bro & Kenny Vance
Aug 18: Charisma & The Infernos

PASSAIC COUNTY

Little Falls Concert Series - 7pm
Memorial Park Gazebo, Wilmore Rd & Main St
July 22: Buddy Holly Tribute
Aug 12: The Kootz

Main Memorial Park – Clifton
Stadium Area Park Slope & Main
July 11: Joey Arminio & The Family

Third Ward Park, Passaic – 7:30PM
July 15: Jimmy Sturr & His Orchestra

Wayne Summer Concert Series – 7PM
1 Pike Drive (off Ratzer Road)

Aug 3: The Kootz

SOMERSET COUNTY

Duke Island Park – Bridgewater
908-722-1200, x351 at 7PM
July 11: Kenny Vance & the Planotones
July 18: Nicholas King
July 25: Lil' Malcolm & the Zydeco House Rockers
Aug 1: Bluegrass
Aug 8: Hubert Sumlin (blues)
Aug 15: B Street Band
Aug 22: Jr. Walker's All-Stars (Motown)
Aug 29: The Jumpers Orchestra (swing)

Manville Public Library Concerts
100 South 10th Ave, Parking Lot
Aug 17: The Kootz – 7PM

Pleasant Valley Park Concert Series
3400 Valley Road, Basking Ridge at 7PM
July 13: Jimmy & The Parrots
July 27: Beatles Tribute

North Branch Park – Bridgewater
Milltown Road
July 4: Jimmy & the Parrots at 6PM
The Rhythm Doctors at 8PM

Liberty Park Gazebo
Peapack –Gladstone, Main St, 7-9PM
July 7: Oldies (50's – 80's)

UNION COUNTY

Special Events Hot Line……..908-352-8410

Memorial Park – Berkeley Heights
Park & Plainfield Ave – 7:30PM
July 21: Beginnings

Veterans Park – Berkeley Twp
Forest Hill Parkway
July 27: Joey Aminio & the Family at 6PM
Bronx Wanderers at 7:30PM

Raymond Wood Promenade Amphitheater – 7PM
Linden 400 N. Wood Ave…908-474-8604
July 6: 60's Nostalgia
July 13: Zydeco A-Go-Go
July 20: Neil Diamond Tribute
July 27: The Kootz
Aug 3: Jobonano & the Godsons of Soul
Aug 10: David Cedeno & Salsa Orchestra
Aug 17: Sensational Soul Cruisers
Aug 24: Bronx Wanderers
Aug 31: Jimmy Sturr & His Orchestra (polka)
Sept 9: Jersey Sound
Sept 14: Verdict

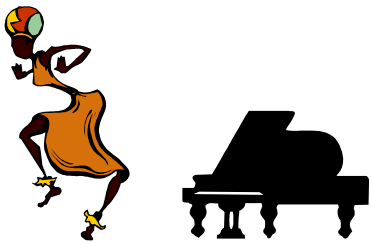
Centennial Park Gazebo – New Providence
Springfield Ave/Academy Street
Aug 5: Tim Gillis Band (country) – 7PM

Biertumpfel Park - Union
Winslow Ave @ Vauxhall Rd at 7:30PM
July 4: The Mahoney Brothers & Smooth

City Hall Parking Lot – Rahway
Behind UCPAC at 7PM
Aug 5: David Cedeno & His Orchestra
Aug 12: Sentimental Journey Big Band Orchestra
Aug 19: Jennifer Mylog (Celtic)
Aug 26: The Bronx Wanderers
Aug 27: Sounds of the Street

Echo Lake Park Concerts …908-527-4900
Mountainside/Westfield at 7:30PM
June 30, July 7, 14, 21, 28

Oak Ridge Park Concerts…...908-527-4900
Clark at 7:30PM
Aug 4, 11, 18, 25



METROPOLITAN EMPLOYEE ASSISTANCE PROGRAM is a private company whose services have been paid for by your agency. You and your family members are entitled to short-term counseling on a range of family, personal, job, psychological and stress-related matters. All counseling is confidential. For more information or to make an appointment, please call:

METROPOLITAN EAP INC
49 West 12th Street, Suite 1D
New York, New York 10011
212-352-3274

Kids & Family Fun – NJ

BERGEN COUNTY

Bergen County Department of Parks: Call for programs at 201-336-PARK (7275)

Battle of the High School Bands……..June 11 at 7PM…….……..201-592-3663
Fort Lee Community Center, 1355 Inwood Terrace

ESSEX COUNTY

Turtle Back Zoo: Species from all five continents…….*Fee*: Adults $9 and Children $6…….973-731-5800
560 Northfield Ave, West Orange, Mon – Sat from 10AM - 4:30 and Sunday 11-5:30

Fishing Derbies for children under age 15…….…….973-268-3500, Ext 254
Bring your fishing pole and equipment and compete for prizes for the first fish and the most fish caught. Registration from 8AM-9AM and 5-6PM for morning derbies (9-11AM) and afternoon derby from 6-8PM.

- June 12: Orange Park Pond, Center St & Harrison, Orange
- June 19: Irvington Park Pond, Grove St & Lyons Ave, Irvington

HUDSON COUNTY

Family Night at Shipyard Park……..7PM…….…….….201-420-2207
13th Street & McFeeley Drive (East of Hudson Street), Hoboken www.hoboken.nj.org

- June 8: Hey Ya Brothers
- June 15: Hilly the Skinny Juggle Boy
- June 22: The Fuzzy Lemons
- June 29: Mother Goose
- July 13: Americana Family Jamboree
- July 20: Big Jeff & the Bouncy People
- July 27: Erin Lee & Up Past Bedtime Band
- Aug 3: Oakie Dokie Clown
- Aug 10: Yosi
- Aug 17: Star Fish
- Aug 24: Polka Dot Pals

Kayacking at Maxwell Place Beach…….201-420-2207
Hoboken Cove Community Boathouse

- Sunday, June 20: 2-7PM
- Saturday, July 17: 11-5PM
- Sunday, August 1: 11-5PM
- Sunday, August 15: 11:30-4:30

Two River Trips

- Sunday, July 25 from 10AM-1PM
- Saturday, August 28 from 12 – 3PM

MERCER COUNTY

Etra Lake Park Concerts & Celebrations, East Windsor

- July 2: Independence Day Celebration (includes fireworks) at 6PM
- July 18: Neil and the Diamonds concert at 6PM
- July 31: Family Night in the Park: Games and rides start at 7PM and movie at dusk: *Willlie Wonka & the Chocolate Factory*
- August 15: Oldies Concert (music from 50's & 60's) at 6PM
- August 21: Family Night in the Park: Local Band, 100% Cotton performs prior to the showing of the original *Shrek* movie

Freedom Festival: *Music, food, rides, games*……June 26 from 2:30-11PM……609-454-7107
Mercer County Park, Village Road in Princeton Junction

Howell Farm: Find insects and discover the important roles they play……609-737-3299
Howell Living History Farm, 70 Wooden's Lane, Lambertville July 11 from 12Noon – 4PM

Summer Barn Dance……Aug 13……7:30PM……..$3 Donation
Howell Living History Farm, 70 Wooden's Lane, Lambertville

Howell Fiddlin on the Farm…….….. Aug 28…..10AM-4PM…….609-737-3299
Howell Living History Farm, 70 Wooden's Lane, Lambertville

MIDDLESEX COUNTY

Plays-in-the-Park..... Adults $5 & Children < 12 years free…….....732-548-2884
Roosevelt Park, Edison (Grandview Ave Exit) (www.playsinthepark.com)

- *1776*, Wed-Sat from June 23-July 3 at 8:30PM
- *High School Musical*, Wed – Sat from Aug 4 – Aug 14 at 8:30PM

MONMOUTH COUNTY

Call the Parks Department at 732-842-4000 (X4313) for a copy of The Directory, listing the available activities

Sandcastle Contest…….……..July 14……8:30AM……..732-863-1900
16th – 19th Ave Beaches, Belmar

Family Film Festival at Monmouth Public Library
Family Film Festival
Headquarters, 125 Symmes Drive, Manalapan……732-431-7226 (7220)

- June 26: *The Princess and the Frog*, 10-11:45AM
- July 10: *Where the Wild Things Are* (2009, PG), 10-11:45AM
- July 13: *Juno* (2007, PG13), 2-3:40
- July 17: *Cloudy with a Chance of Meatballs*, 10-11:45AM
- July 24: *The Toy Story Movie Marathon*, 10-1

Eastern Branch, 1001 Route 35, Shrewsbury……..866-941-8188

- June 28: *The Princess and the Frog*, 2-3:45 and 6:30-8:15PM
- July 12: *Where the Wild Things Are* (2009, PG), 2-3:45 and 6:30-8:15PM
- July 19: *Cloudy with a Chance of Meatballs*, 2-3:30 and 6:30-8PM
- July 26: *Toy Story Movie Marathon,* 1:45-4:45 and 5:30-8:30PM

Marlboro Branch, 1 Library Court & Wyncrest Drive……..732-536-9406

- June 29: *The Princess and the Frog*, 2-3:45
- July 13: *Where the Wild Things Are* (2009, PG), 2-3:45
- July 20: *Cloudy with a Chance of Meatballs,* 2-3:30
- July 27: *Toy Story Movie Marathon,* 1:45-4:45

Wall Township Branch, 2700 Allaire Rd……732-449-8877

- June 30: *The Princess and the Frog*, 2-3:45
- July 6: *Summer Rental* (1985 PG13), 2-4
- July 13: *Mr. Hobbs Takes a Vacation* (1962), 2-4
- July 14: *Where the Wild Things Are* (2009, PG), 2-3:45
- July 21: *Cloudy with a Chance of Meatballs*, 2-3:30
- July 28: *Toy Story Movie Marathon*, 1:45-4:45

Colts Neck Branch, a Winthrop Drive……732-431-5656

- July 21: *The Young Victoria* (2009, PG), 2-3:50

Ocean Township, 701 Deal Rd……..732-531-5092

- July 1: *The Princess & the Frog*, 6:30-8:15PM
- July 7: *Ocean's 11* (2001, PG13), 2-4
- July 14: *Perfect Storm* (2000, PG13), 2-4:15
- July 15: *Where the Wild Things Are* (2009, PG), 6:30-8:15PM
- July 22: *Cloudy with a Chance of Meatballs*, 6:30-8PM
- July 29: *Toy Story Movie Marathon*, 6:30-8PM
- Aug 12: *Surf's Up* (PG), 4:30-6:30PM
- Aug 19: *Little Mermaid: Ariel's Beginning*, 6:30-7:50PM

OCEAN COUNTY

Sand Sculpting Contest……..….2PM……..609-494-9196
25th Street Ocean Beach, Barnegat Light July 8, 22, Aug 5, 19

Kids Kites & Castle Contest (Pre-register at 732-793-7477, option 1)
President Ave Oceanfront ● July 9

Barnegat Light

- Fire Truck Rides, Fire House 10th & Central Ave……. Sunday, Aug 15 at 9AM….....609-494-1280
- Bike Rodeo: Bike safety & demonstrations, W. 10th Street…….Aug 15 at 10AM….609-494-3322

Kids Craft Night in the Park…….July 16……10AM-4PM…….……609-361-7990
Harvey Cedars: Pre-registration required but no fee

Kids Night at the Firehouse……..Aug 5……7PM…….…609-361-7990
High Point Firehouse on 80th Street, Harvey Cedars: Pre-registration required but no fee, ages 3-10, $1 donation

Fishing Tournament: Ages 5-17
Sunset Park, West Salem Ave in Harvey Cedars…... Aug 7……..8AM - 2PM …….....856-220-2082

UNION COUNTY

Youth League Baseball, ages 8-15 in Warinanco Park: www.ucnj.org

Kids Kingdom Traveling Jubilee - Clowns, music, jugglers, pony rides, amusement rides……....908-527-4900

- July 10: Rahway River Park 12Noon – 5PM
- Aug 14: Mattano Park

Family Flix, Warinanco Park (Cricket Field), Elizabeth. ……dusk…….……...……..877-424-1234

- June 29: *Beethoven*
- July 6: *Little Rascals*
- July 13: *The Tale of Despereaux*

Family Flix, Meisel Park, Springfield……dusk…….……877-424-1234

- July 27: *Muppet Movie* Aug 3: *Shrek 2*

Family Flix, Nomahegan Park, Cranford……..dusk…….……877-424-1234

- Aug 17: *Monsters vs. Aliens* Aug 24: *Racing Strips*

METROPOLITAN EAP……49 West 12th Street, Suite 1D, NY, NY……..….212-352-3274

NEW JERSEY FILM

Hoboken Movies Under the Stars (Hudson) Pier A Park, 1st St & Frank Sinatra Drive…(dusk)…. 201-420-2207

- June 9: *Up in the Air*
- June 16: *Cake Boss episode (premiere)*
- June 23: *Edward Scissorhands*
- June 30: Grease: Sing-A-Long
- July 14: *Avatar*
- July 21: *Amelia*
- July 28: *Date Night*
- Aug 4: *Ice Age: Dawn of the Dinosaurs*
- Aug 11: *Fantastic Mr. Fox*
- Aug 18: *Cloudy with a Chance of Meatballs*

Newark Black Film Festival (Essex)……. ……..…..973-596-6550
49 Washington Street, Newark (www.newarkmuseum.org)

- Adult Cinema, Wednesdays June 30 – Aug 4 at 7PM
- Youth Cinema, Wednesday July 7 – Aug 11 at 1PM

Hamilton Township Movies Under the Stars (Mercer) www.hamiltonnj.com ● 609-890-4028

- *Fridays* at various parks (Veterans, Anchor Thread, Sayen Gardens) – check for schedule

Sunday Movies on the Beach (Monmouth)…….www.belmar.com/movies. ……..……..732-681-3700 x 229
8th Ave Beach & Ocean Ave, Belmar, *Sundays at dusk*

- June 27: *Monsters vs. Aliens*
- July 11: *Cloudy with a Chance of Meatballs*
- July 18: *Imagine That*
- July 25: *Greetings from the Shore*
- Aug 1: *The Blindside*
- Aug 8: *Astroboy*
- Aug 15: *Coraline*
- Aug 22: *G-Force*
- Aug 29: *Old Dogs*
- Sept 5: *Race to Witch Mountain*

Movies in the Park, Red Bank (Monmouth Co) Riverside Gardens Park, 54 Front Street
Tuesdays, July 6 – Aug 6 at 8:45PM Call for Schedule: 732-741-9211

Monmouth County Public Library International Movie Series
Headquarters, 125 Symmes Drive, Manalapan…….……..732-431-7220

- July 14: *Noise* (2008), 2-3:50 and 6:30-8:20
- July 20: *Only Angels Have Wings* (1939), 2-4:05
- July 21: *Mother of Mine*, 2-3:45 and 6:30-8:15
- July 28: *Ali Zaoua* (2000), 2-4PM and 6:30-8:10
- Aug 4: *Something Like Happiness*, 2-3:45 & 6:30-8:15

Eastern Branch 1001 Route 35, Shrewsbury……..866-941-8188

- July 8: *Broken Embraces* (2009, R), 2-4 and 6:30-8:30PM
- July 15: *The Class (2008, PG13)*, 2-4 and 6:30-8:30PM
- July 22: *Tokyo Sonata* (2008, PG13), 2-4 and 6:30-8:30PM
- July 29: *O'Horten* (2007, PG13), 2-3:30 and 6:30 – 8:30
- Aug 5: *White Ribbon*, 2:30-4:45 & 6:30-8:45

Tuesday Afternoon and New Release Series
Headquarters 125 Symmes Drive, Manalapan…….732-431-7226

- June 22: *Valentine's Day* (2010, PG13), 2-4:15
- July 27: *The Bounty Hunter* (2010, PG13), 2-4:05
- June 29: *Dear John* (2010, PG13), 2-4:15
- July 6: *A Single Man* (2009, R) 11-12:40 and 6:30-8:10

Eastern Branch 1001 Route 35, Shrewsbury ……..866-941-8188

- June 17: *Penthouse* (1933), 2-3:30 and 7-8:30
- July 26: *Crazy Heart* (2009 R), 2-4PM and 6:30-8:30

Wall Township Branch, 2700 Allaire Rd,……732-449-8877

- June 22: *The Lovely Bones* (2009, PG13), 2-4
- June 29: *Old Dogs* (2009, PG), 2-4
- July 6: *Summer Rental* (1985, PG13), 2-4
- July 20: *Vegas Vacation* (1997, PG), 2-4
- July 27: *Stolen Summer* (2002, PG), 2-4
- Aug 3: *Around the World in 80 Days* (1956), 2-4
- Aug 10: *If it's Tuesday, this Must be Belgium*, 2-4
- Aug 17: *Shirley Valentine* (1989, R), 2-4
- Aug 24: *The* Accidental *Tourist* (1988, PG), 2-4
- Aug 31: *Don't Drink the Water* (1994, PG), 2-4

Marlboro Branch, 1 Library Court & Wyncrest Drive, 732-536-9406

- June 24: *Shutter Island* (2010, R), 2-4:20
- Aug 3: *The Twillight Saga: New Moon*, 6:30-8:45PM

Ocean Township 701 Deal Rd……732-531-5092

- June 23: *The Wedding Planner* (2001, PG13), 2-3:45
- June 30: *Father of the Bride* (1991, PG13), 2-3:45
- July 21: *South Pacific* (2001, R), 2-4:15
- July 28: *Swimming Upstream* (2005, PG13), 2-4PM
- Aug 4: *Swimming Pool* (2003, R), 2-3:45
- Aug 11: *Jaws* (1975, R), 2-4:05
- Aug 18: *Lady in the Water* (2006, PG13), 2-3:55
- Aug 25: *Titanic* (1997, PG13), 2-4:55

Lavallette Movies on the Bay (Ocean Co) Gazebo, Philadelphia & Bay Ave…….Dusk……732-830-7446

- *Tuesdays, July 6 to August 31*

Thursday Night Movies on the Beach (Ocean Co)……Dusk… Age 13+……800-SEASHOR or…732-854-8000
Hiering Ave Ocean Front Stage, Seaside Heights

- July 8: *Free Willy*
- July15: *Cloudy with a Chance of Meatballs*
- July 18: *Hook* (PG13)
- July 22: *Where the Wild Things Are*
- July 25*: E.T.* (PG13)
- July 29: *Surf's Up*
- Aug 1: *Greeting from the Shore*
- Aug 5: *Willy Wonka & the Chocolate Factory*
- Aug 8: *Jaws* (PG13)
- Aug 12: *Mouse Hunt*
- Aug 15: *Ferris Bueller*
- Aug 19: *Shrek*
- Aug 22: *Indiana Jones & the Kingdom of Crystal Skull*
- Aug 26: *Happy Feet*
- Aug 29: *A Walk to Remember* (PG13)

Movies in Linden (Union)……Dusk……..…www.linden-nj.org
2008 Raymond Wood Bauer Promenade, Linden

- June 17: *North by Northwest*
- July 1: *The Birds*
- July 15: *Up*
- July 29: *The Lion King* (G)
- Aug 12: *Hanna Montana – The Movie* (G)
- Aug 26: *The Princess Bride* (PG)
- Sept 9: *The Maltese Falcon*
- Sept 23: *Invaders From Mars*

METROPOLITAN EAP……49 West 12th Street, Suite 1D, NY, NY……..….212-352-3274

Southern New Jersey

BURLINGTON COUNTY

Cooper River Park – Pennsauken
N. Park Drive & McClellan Blvd
July 4: Paul Rodgers – 8PM

Burlington Library
Aug 13: Jimmy Buffett Tribute - 7:30PM

GLOUCESTER COUNTY

River Winds Amlphitheater – Torofare
1000 RiverWinds Drive – 8PM
July16: Jellyroll
July23: Jeremiah Hunter Band
July 30: Secret Service
Aug 6: The Infernos
Aug 13: Don't Call me Francis
Aug 20: The Fabulous Grease Band
Aug 27: Lovin Touchin Squeezin

CAPE MAY

Wildwood Crest – On the Boardwalk, Fern Rd & Ocean Ave – 7:30PM
July 2: B Street Band (Springsteen Tribute)
July3: U2 Tribute
July 4: Bandstand (dance & party band)
July 10: Jimmy Buffett Tribute
July 24: Fabulous Grease Band
July 31: Bennie & The Jets
Aug 7: Billy Joel Tribute

Fox Park Amphitheater – Wildwood
Ocean Ave between Burke & Montgomery Avenues
Aug 8: The Bronx Wanderers – 8PM

Lou Booth Amphitheater – North Wildwood
2nd & Ocean Avenues – 8PM
July24: Tim Gillis Band (country)
Aug 7: The Bronx Wanderers
Aug 26: The Rip Chords

Sea Isle City

JFK Blvd & the Promenade

Aug 2: Jimmy Buffett Tribute – 7:30PM

EAP NEWS

COMMUNICATION

Why is it so hard to talk to those for whom we most care? Why is it that friends and co-workers know more about how we feel than do our spouse and family members?

We are sent to school to learn mathematics, to computer training courses, but little or no education is given on how to communicate at either home or work. Attraction and romantic feelings often brings a couple together, but when the temperature lowers or life changes occur, many a couple is left adrift on how to maintain a gratifying connection with one another. Many a marriage has gone sour because the participants did not know how to effectively communicate with one another. The following principles can be used to help maintain and grow your relationships.

Relationships take time: Good relationships do not just happen (or at least don't endure). A relationship needs time and energy to prosper. In our busy lives, taking time to sit down and talk, or share an outing often takes a back seat to work and other responsibilities.

How often do you sit down and talk privately with your spouse or have an evening out together? Couples need time together separate from their role as parents or as worriers of financial problems. What are your wife's current thoughts, worries, or desires? What are problem areas that are beginning to crop up in your relationship?

Our children (individually as well as a group) need to be given quality time as do our partners and friends. Setting aside time for the people who are important in your life is crucial. An afternoon roller skating with your 10 year old, a 45 minute talk with your adolescent in which you listen to her concerns, or a shopping trip with a dear friend may re-fuel you as well as the relationship.

Practice empathic listening: For a host of reasons, most of us are not very good listeners. We listen only enough to interject our point of view, tell of our troubles, or prove the other wrong. Make an effort to practice "empathic" listening skills. The next time you sit down for a conversation with your spouse or teenager, make it your goal to understand what the other is saying. Listen to the point where you have sufficient understanding that you could explain his feelings to another (i.e. know what it feels like to be in his shoes). Give the person an uninterrupted period of time to explain himself/herself. Remember, the goal of a debate is to win, the goal of communication is to understand.

Emotional barriers to listening: We all have emotional baggage from the past that makes it hard to hear certain things. We may have trouble listening to another person and "giving" to him when it feels like our needs (for love, attention, approval, nurturance) have gone unmet. Few of us reach adulthood without emotional hurts, which we try to soothe by getting in adulthood what we did not as children. We may want the total self focus from our partner that we never got from our mother, we may interpret disagreement as a sign of not being loved, or we may never have learned how to articulate what our real needs are. We may harbor grievances from past hurts that blinds us to the other. We may feel so rejected and abandoned by our husband's lack of attention that we cannot accept his attempts to remedy it. We may be unable to listen to our teenage daughter's feelings of unattractiveness because it reminds us of similar feelings in ourselves.

Whenever you are having difficulty listening, try to look inside yourself and see what feelings it is raising in you. Is it raising painful emotions that you want to protect the other or yourself from experiencing? What are your "hot button" issues? Do you see a pattern of when it is most difficult for you to listen?

Ideally we would all become aware of our insecurities and sensitive points so we do not take them out on those around us. Counseling or therapy can be helpful as an outside person can often help us see things about ourselves we cannot see on our own.

Listen without having to resolve: The first step in resolving problems is being able to voice them and have them heard by another person. At the very least it makes the person feel less alone, and that he/she

has shared an intimate part with another human being. A major impediment to empathic listening is the feeling that we have to fix or make the problem go away. The best we can do is to allow the person to be heard without telling him/her to not feel the way he/she does. Only after a thorough hearing might the two of you look at steps that could be taken to improve the situation.

Give advice sparingly: We may give advice when it is unwanted. If you feel you need to offer advice, it is a good idea to preface it by asking if the person is willing to listen to it. If you hear the other person out, they are more likely to listen to what you have to say.

Use "I" statement: We too often tell people how they should feel, what is wrong with them, or ways they should change. A good rule to keep in mind is how many of your statements are "you should" rather than "I feel." You are more likely to get a positive response by saying to your football watching husband, "I miss you" rather than "you are selfish."

One of the reasons we prefer to use "you" statements is that it allows us to hide our vulnerabilities. If I tell you I am feeling hurt, unloved, unimportant, I am telling you I am vulnerable and open to hurt. There may be certain situations where it is not safe to be open and show your vulnerabilities, but a truly intimate relationship is not possible without this openness.

Balance in relationships: No one relationship can give us all that we need. Most marriages work better if there is "together time" along with time for each partner to pursue individual interests and relationships. A girlfriend may be able to provide certain understanding that one's husband cannot, and outings with one's old buddies may meet needs that a wife cannot. This also helps a person hold onto their own identity while sharing it in ongoing relationships.

We can change ourselves but not others: So much of our problems come about when we try to get others to meet our personal and individual needs. We may be putting excessive demands on our husband or children to bolster our lack of self esteem or worth.

We may not want to face our own role and responsibility in problem relationships. It is much easier to see the other person's short comings than it is our own. Are there areas of yourself that you need to work on?

Allow separateness as well as closeness: How to be intimate and allow for separateness is an ongoing struggle in all close relationships. It is especially clear with children, who at one time are totally dependent on their parents. Parents typically have a hard time allowing their children to become their own person, especially if it is different from the parent. A parent who can see an adolescent's rejection of the family values as a step in becoming his/her own person rather than a rejection of the parent is much more able to listen to, and maintain, a relationship.

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An excellent book for further reading is the Lost Art of Listening: How Learning to Listen Can Improve Relationships by Michael Nichols (NY: The Guilford Press, 1995).

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212-352-3274

EAP NEWS

TIME MANAGEMENT

How can you possibly get all of what you need done? Why is it you never seem to finish or complete things? Do you rush from one project to another? Do you question whether you are doing with your life what you really want? Are you wondering when there will be time for you? Do you find you often end up not doing the things that are the most important?

If you answered yes to any of the above questions you may have "hurry sickness." We cannot possibly do all of what we would like, or feel we should do - but often run blindly ahead trying to do just that - only to accomplish even less or burn ourselves out in the process.

The answer is not to give up, but to approach life in a more planful manner. By planning and organizing our activities we can assure ourselves that we will do the most important things first, delegating or removing activities that are less crucial, and step into control of our lives rather than being pushed around by life's demands.

First, stand back and evaluate how you are living your life. What would you like to accomplish with it? What is important to you? Are you focusing time and energy on accomplishing these goals? Or like many, are they being lost in the hustle and bustle of less important demands?

What specific steps do you need to take to accomplish your goals? If your goal is to raise healthy and well-adjusted children, are you spending the requisite amount of time with them? Are you reading to your youngster, spending an afternoon with your son in the park, or talking to your adolescent about her concerns and dreams? If professional advancement is an important goal, what are you doing to achieve it? Have you seriously looked at your skills? Do you need to obtain additional training or education to reach your goal? Can you start by calling the local college and taking one class at a time?

This type of long range planning can only occur if we unclog our calendars of the myriad of less important activities. Certainly doing the laundry, cleaning the house, and preparing dinner are all important - but do they have to take all your time? Can you delegate some of the household chores to others? A young child can learn to pick up his toys, an older child can be given the garbage detail, while another can clean the bathroom. This kind of delegation takes time and planning but will pay off in time for the parents and give the children a sense of responsibility.

One way to find out how you really spend your time is to keep a time log of your activities for

one week. List all the things you do from the time you wake up until you go to bed, and the amount of time spent in each activity.

You may be amazed at how much time you spend in activities that could be eliminated. If you filed your important papers how much time would you save when you go to look for your daughter's birth certificate or immunization records, or if you had a central place to put your bills how much money would you save in late fees, or if you assigned laundry duty to one person, what a relief to wake up and find you really did have clean socks?

The next step is to prioritize activities. On a sheet of paper list what you need to do each week. Specify a day of the week you will accomplish each activity, spreading it out so it doesn't all fall at the end. One

evening might be for that phone call to your aunt, another day the call to the doctor to set up an appointment for a check up, one day to do the grocery shopping, and Sunday afternoon might be used to prepare food that can last for a good part of the week, and/or provide lunch and help toward your goal of saving money. After making your “To Do” list, prioritize by putting an “A” by those you must do, a “B” by those less important than “A,” and a “C” by the least important. Make sure you include fun activities

along with chores. A similar agenda can be set up on a monthly and annual basis for longer term goals.

In assigning priorities to your daily activities, do not forget your long term goals and those activities that are going to help you reach them. Concentrate on your “A” activities and if some do not get finished, they should be the “B’s” and “C’s.” Planning and organizing one's life, prioritizing and eliminating the less important activities, and delegating and saying no to activities that you do not need to do, will go far in helping you to gain control over your life.

Making a list will help save you from having to double back or retrace your steps to do something you forgot. Stopping by the hardware store, the laundromat, and the beauty parlor may be taken care of in one trip.

A major culprit to gaining control of one's life is procrastination. We may spend time on trivial activities in part because we do not want to tackle the more important ones. Fear of failure and rejection, feelings of inadequacy, anxiety, or confusion can keep us from tackling important tasks.

Procrastination seems to occur in two main situations: 1) tasks that seem too big or complicated to handle, or 2) tasks that are unpleasant or boring. Recommendations for conquering procrastination are as follows:

Tasks that are too big or complicated:

- Break down the task into its smaller component parts.
- Choose a "bite the bullet" day, the day you will begin the task.
- Target a deadline date by which you will complete the task.
- Pick one of the easier parts of the task and start with that to get the ball rolling.

Tasks that are unpleasant or boring:

- Plan a reward for yourself and then take the reward for finishing the task.
- Think about the negative consequences that might arise if you don't complete the task.
- Limit your time for working on the task. Set aside a fixed amount of time during which you can work on the task and then work hard during that period.

Personal or emotional factors may also play a role in poor time management. Are you one of those perfectionists who MUST do a perfect job no matter what - even if it is not that important in the larger scheme? Do you have difficulty saying "no" to requests that you should? Do you feel guilty if you have to tell someone you cannot do what they ask? Do you have difficulty setting out time for yourself?

You may want to utilize the employee assistance program (EAP) to look at personal issues that are interfering with your ability to structure your life in a more healthy and fulfilling manner. Your agency has paid for this service. You are entitled to six individual counseling sessions at no additional cost to you.

The counseling is confidential and protected by federal law. If you wish to come to the EAP during work hours you may do so. The only thing your supervisor will know is that you are going to the EAP, but not the reason or what is discussed.

To make an appointment or to find out more about this service, call 212-352-3274.

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EAP NEWS

WINNING OVER STRESS

Stress is all around us! Worry about your children, money, health, job, and relationships are only some of the likely concerns.

It is not possible, nor even desirable, to eliminate all stress. Stress can act as a warning sign that something is wrong in one's life, much as a fever can point to an underlying infection. Stress symptoms can motivate one to face and resolve a problem in one's family, job, or self before it escalates out of control. Something usually must hurt before a person is motivated to make a change.

The first step in any stress management plan is to determine the source. Is your stress coming from external or internal forces? Is it coming from a job with high pressure deadlines and responsibility, a company undergoing downsizing, or the loss of a loved one? Or is it coming from an unclear self image, a lack of confidence, or unrealistic self expectations?

Does your stress originate from a childhood belief system? Are you plagued with old fears and doubts? Do you feel inwardly like a vulnerable child despite your chronological age? Do feelings of not being lovable permeate your adult and work relationships? Do you respond to your boss like you did to your "hard to please" mother?

The first step is to acknowledge to yourself what your true feelings are. Ask yourself, what is it about these people or situations that make you anxious? Start to separate past conflicts from present ones. It can be more stressful to try to repress or deny what you are truly feeling and experiencing. Remember, adults have more control over their lives, and options to choose from, than they did as children.

At the very least, take an inventory of your unrealistic beliefs. How many of the following do you answer in the affirmative?

1) It is a sign of weakness to ask for help.
2) It is important to please everyone.
3) You must be unfailingly competent and almost perfect in all you undertake.
4) You are helpless and have no control over what you experience or feel.
5) People are fragile and should never be hurt.
6) When people disapprove of you, it invariably means you are wrong or bad.
7) Anger is automatically bad and destructive.

How do you prevent stress from effecting you physically (headaches, hypertension, backaches) or mentally (depression, anxiety)?

One can either change, leave, or endure a stressful situation. The first question is, can the stressful situation be changed? Can you change the way you react to rejection, can you change the communication pattern with your spouse, can you change the antagonistic relationship with your supervisor, or can some of your responsibilities be delegated to others? Can you change your spending patterns to lessen the financial pressures?

If the situation cannot be changed, should you consider leaving it? Should you leave your marriage, move to a new job, or find a new neighborhood in which to live?

There are a number of situations in life that one cannot change and one chooses not to leave. One's job may be stressful because of the nature of the work, because of the economic climate, or because of the changing nature of your industry. How do you remain in your job without having your productivity impaired from burnout symptoms which would only increase your stress level? The following plan is for those situations which you can neither change nor leave.

Sleep: A sleep-deprived body is not capable of effectively dealing with stress. Most people need around eight hours a night.

Exercise: Rhythmic, repetitive exercise such as brisk walking, jogging, swimming, dancing, and cycling for 30 minutes three to five times per week. This type of exercise permits the mind to wander freely and facilitates pleasurable meditative-like states away from worries and life responsibilities. Exercise has beneficial physical consequences in addition to its role as a stress reducer.

Prioritize: Plan your day, week, and year so the things most important get done first. Be aware of your own cycle and when you are most "creative" and allow that time for the more difficult or demanding tasks. Do not waste time on bottom drawer activities when top and middle ones have not been accomplished. It is important to be flexible and allow for priorities to change from what was formerly a low priority to what has now moved to top priority. A self evaluation of life priorities should be done at least yearly to make sure you are doing with your life what you really want. Do not wait until the end to regret that you spent your time doing the wrong thing.

Leisure Time/Recreational Activities: Schedule time for activities that take your mind away from worries and the responsibilities of life (knitting, gardening, painting, music, reading, movies, socializing). You may not be able to control certain things at your job and in other areas of your life but you can control and plan leisure time activities.

Guided Imagery/Meditation: Sit comfortably in a quiet area, close your eyes and focus your mind on the word "one," gently saying it in your mind over and over. After a while allow your mind to wander, with the word "one" more of a background thought. Recall the word "one" when you find your mind focusing on your daily worries. Meditate for 20 minutes in the morning and 20 minutes in the evening, preferably before eating. You may also focus on a pleasant image such as lying on a warm beach or walking through a beautiful forest. Let your mind stay on that image for a while and imagine yourself there. Audio tapes can be purchased with a variety of relaxation and guided imagery messages.

Maintain Good Health and Nutrition: Eat a balanced and healthy diet. Limit the amount of sugar, caffeine and alcohol in your diet. If you still smoke, can you consider stopping?

Personal Stress Management Plan: List the areas (work, family, relationships, inner self) from which most of your stress originates. Taking each category, what can you do to change it? For those things you cannot change or leave make a weekly plan by choosing an activity from each of the above categories. Make a commitment to adhere to your plan for three months. Chances are you will feel a lot better, and be healthier too!

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