

Live Locally **Explore Globally**

POCKET GUIDE



DINING



MUSIC



ARTS &
HISTORY



SHOPPING



YOUR
CHOICE

MIDDLESEX
COUNTY • NJ

THIS GUIDE BELONGS TO:

Did you know you live in one of the most diverse counties in the nation?

This activity book is your cultural guide to Middlesex County, where great food, live music, unique shopping, and community events await. Explore, experience, and enjoy everything Middlesex County has to offer.

Start exploring today and celebrate the richness of our community.

For a full list of guidelines, visit:
DiscoverMiddlesex.com/LiveLocal



GET STARTED

1

SELECT YOUR ACTIVITY. We have ideas to get you started, but be creative! Going to your friend's Hindu wedding ceremony? Or a neighbor's bar mitzvah? That counts in the "Your Choice" category!

2

RECORD YOUR EXPERIENCES. As you complete each activity, use this book to capture notes and memories, celebrating each new experience!

3

SHARE YOUR ADVENTURES!

Tag us [@middlesexcntynj](https://twitter.com/middlesexcntynj) and include [#MCLiveLocal](https://twitter.com/MCLiveLocal) to join the community!

4

What are you waiting for? **IT'S GO TIME!**

Share your photos!

[#MCLiveLocal](https://twitter.com/MCLiveLocal)

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DINING



Calling all foodies! Food is one of the best ways you can experience different cultures. And here in Middlesex County, you'll find a wide variety of cultural cuisine. Edison's Oak Tree Road is home to nearly 60 Indian and Pakistani restaurants within a one-mile radius alone.

DINING IDEAS

Dining Out? Grab a table at a local favorite or venture somewhere new—500+ restaurants county-wide make it easy to taste the world close to home.

Dining In? The Arts Institute of Middlesex County has partnered with local chefs to explore the ways in which food, culture, and family histories intersect. Check out this page for printable recipes, interviews with our featured chefs, and more.



DINING ACTIVITY #1

Date:	Place:
Culture Experienced:	
Notes:	



DINING ACTIVITY #2

Date:	Place:
Culture Experienced:	
Notes:	



DINING ACTIVITY #3

Date:	Place:
Culture Experienced:	
Notes:	



DINING ACTIVITY #4

Date:	Place:
Culture Experienced:	
Notes:	



MUSIC



You don't need to understand the lyrics to enjoy a good song.

Music transcends language, and in Middlesex County, it's everywhere. Every performance is a chance to experience new traditions, rhythms, and stories. Your ears will thank you later!

MUSIC IDEAS

- Music-in-the-Park
- Local Cultural Festivals
- Jazz Shows
- Concerts
- Rutgers Mason Gross School of the Arts

Discover more cultural events at
MiddlesexCountyCulture.com



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MUSIC ACTIVITY #1

Date:	Place:
Culture Experienced:	
Notes:	

A circular seal with a green border. The outer ring contains the text "ADVENTURE COMPLETE" at the top and "NICE WORK" at the bottom. The inner circle features a musical note and the text "MIDDLESEX COUNTY, NJ" and "MUSIC LOVER".

MUSIC ACTIVITY #3

Date:	Place:
Culture Experienced:	
Notes:	

A circular seal with a green border. The outer ring contains the text "ADVENTURE COMPLETE" at the top and "NICE WORK" at the bottom. The inner circle features a musical note and the text "MIDDLESEX COUNTY, NJ" and "MUSIC LOVER".

MUSIC ACTIVITY #2

Date:	Place:
Culture Experienced:	
Notes:	

A circular seal with a green border. The outer ring contains the text "ADVENTURE COMPLETE" at the top and "NICE WORK" at the bottom. The inner circle features a musical note and the text "MIDDLESEX COUNTY, NJ" and "MUSIC LOVER".

MUSIC ACTIVITY #4

Date:	Place:
Culture Experienced:	
Notes:	

A circular seal with a green border. The outer ring contains the text "ADVENTURE COMPLETE" at the top and "NICE WORK" at the bottom. The inner circle features a musical note and the text "MIDDLESEX COUNTY, NJ" and "MUSIC LOVER".

ARTS & HISTORY



By being in one of the nation's most diverse populations, you have a unique chance to immerse yourself in arts, culture, and history.

Whether you're interested in seeing an outdoor performance, visiting East Jersey Old Town Village, or going on a self-guided arts or history tour, there's something for everyone.

ARTS & HISTORY IDEAS

- East Jersey Old Town Village
- Thomas Edison Memorial Tower
- New Brunswick Performing Arts Center
- Plays-in-the-Park
- Carteret Performing Arts Center
- State Theatre New Jersey
- Cornelius Low House Museum

Discover more cultural events at
MiddlesexCountyCulture.com



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ARTS & HISTORY ACTIVITY #1

Date:	Place:
Culture Experienced:	
Notes:	



ARTS & HISTORY ACTIVITY #3

Date:	Place:
Culture Experienced:	
Notes:	



ARTS & HISTORY ACTIVITY #2

Date:	Place:
Culture Experienced:	
Notes:	



ARTS & HISTORY ACTIVITY #4

Date:	Place:
Culture Experienced:	
Notes:	



SHOPPING



We all have our favorite stores, but there's something fun about visiting new shops and finding things you didn't even know you needed.

Visit a specialty store that represents one of the many different cultures in the County. Purchases are not required, but respectful, open minds are.

SHOPPING IDEAS

- Mercado Esperanza: a showcase for local vendors and a fun family event in the style of a Latin American plaza
- Sari shop
- Specialty jewelry stores
- Cultural gift shops
- International markets or groceries

SHOPPING ACTIVITY #1

Date:	Place:
Culture Experienced:	
Notes:	



SHOPPING ACTIVITY #2

Date:	Place:
Culture Experienced:	
Notes:	



SHOPPING ACTIVITY #3

Date:	Place:
Culture Experienced:	
Notes:	

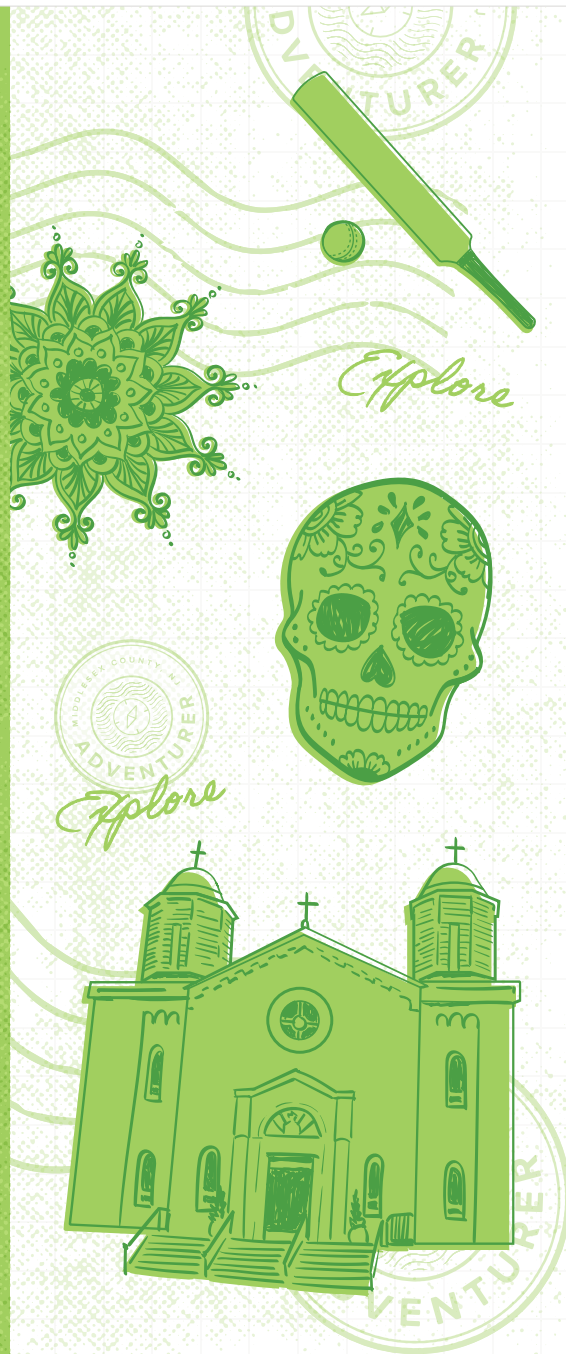


SHOPPING ACTIVITY #4

Date:	Place:
Culture Experienced:	
Notes:	



YOUR CHOICE



There are so many ways to learn about and experience different cultures.

This section is meant to be more open-ended... a chance to choose your own adventure.

YOUR CHOICE IDEAS

- Play or watch a sport from another country
- Watch a cultural or travel film
- Learn something new about a different culture
- Create art that represents a different culture
- Attend a traditional, cultural celebration (a wedding, quinceañera, bar mitzvah, etc.)
- Attend a lecture or educational program
- Read a book
- Learn a new language

YOUR CHOICE ACTIVITY #1

Date:	Place:
Culture Experienced:	
Notes:	

A circular seal with a green border. The outer ring contains the text "ADVENTURE COMPLETE" at the top and "NICE WORK" at the bottom. The inner circle features a compass rose and the text "MIDDLESEX COUNTY, NJ" and "ADVENTURER".

YOUR CHOICE ACTIVITY #3

Date:	Place:
Culture Experienced:	
Notes:	

A circular seal with a green border. The outer ring contains the text "ADVENTURE COMPLETE" at the top and "NICE WORK" at the bottom. The inner circle features a compass rose and the text "MIDDLESEX COUNTY, NJ" and "ADVENTURER".

YOUR CHOICE ACTIVITY #2

Date:	Place:
Culture Experienced:	
Notes:	

A circular seal with a green border. The outer ring contains the text "ADVENTURE COMPLETE" at the top and "NICE WORK" at the bottom. The inner circle features a compass rose and the text "MIDDLESEX COUNTY, NJ" and "ADVENTURER".

YOUR CHOICE ACTIVITY #4

Date:	Place:
Culture Experienced:	
Notes:	

A circular seal with a green border. The outer ring contains the text "ADVENTURE COMPLETE" at the top and "NICE WORK" at the bottom. The inner circle features a compass rose and the text "MIDDLESEX COUNTY, NJ" and "ADVENTURER".

EXTRA ACTIVITY #1

Date:	Place:
Culture Experienced:	
Notes:	



EXTRA ACTIVITY #3

Date:	Place:
Culture Experienced:	
Notes:	



EXTRA ACTIVITY #2

Date:	Place:
Culture Experienced:	
Notes:	



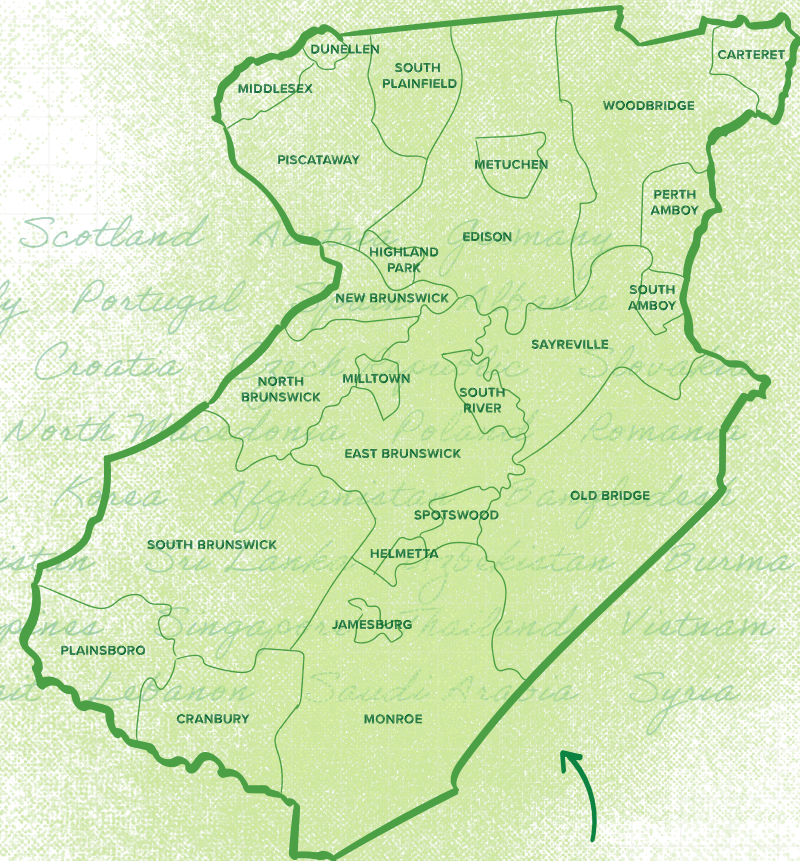
EXTRA ACTIVITY #4

Date:	Place:
Culture Experienced:	
Notes:	



DISCOVER MIDDLESEX COUNTY

Across 25 municipalities,
there are 40 languages
spoken, with residents
representing nationalities
from all over the world.



*Discover something new
in Middlesex County!*



THANK YOU FOR EXPLORING WITH US!

We hope you enjoyed discovering the vibrant culture, diverse experiences, and local treasures that make Middlesex County shine. Keep sharing your adventures with the community by tagging [@middlesexcntynj](#) and using [#MCLiveLocal](#).

Find even more ways to explore at
[DiscoverMiddlesex.com](#)



[#MCLiveLocal](#)



We hope you had fun and
learned something new
along the way—about
yourself, different cultures,
and your community.

#MCLiveLocal

Share your adventures!

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