

WESTWOOD RECREATION DEPARTMENT

○ ISSUE 21 | ○ MARCH/APRIL | ○ 2021

Forever Young

NEWSLETTER

We hope to be back to our regular programming soon. Please keep an eye out for announcements via email and at [Facebook.com/westwoodnjrec](https://www.facebook.com/westwoodnjrec).

EXERCISE YOUR MIND AS A LIFELONG LEARNER

Keeping fit isn't just about cardio and stretching. Keeping your mind sharp through lifelong learning is the key to healthy aging.

According to The Senior Learning Network, "Lifelong learning is the process of keeping your mind and body engaged—at any age—by actively pursuing knowledge and experience." The benefits of lifelong learning -- "whether it's learning how to dance, speak a foreign language, write a newsletter, improve your golf swing, or repair your car—has wonderful benefits for adults 50-plus."

Interested in keeping mentally fit? The Westwood Public Library and other local libraries routinely offer seminars and classes designed to keep residents learning. Hospitals and other non-profits, such as Westwood For All Ages (www.westwoodforallages.org) also offer seminars geared toward keeping seniors informed about health, medical, social resources and more. Now, of course, as we continue to persevere through the Covid-19 pandemic most classes and seminars have transitioned online, opening up a much wider choice of classes from state and national organizations as well. For instance, SeniorPlanet.org, an AARP partner, offers free and low-cost classes on everything from technology to art.

Here's another idea to consider -- go back to college! Right here in our own backyard, Bergen Community College's Institute for Learning in Retirement offers affordable seminars and classes specifically created by and for 55+ adults. The Institute for Learning in Retirement webpage (<https://ilr.bergen.edu/faq/>) explains:

"The Institute for Learning in Retirement (ILR) is a program for people, 55 years and older, who want to keep learning about the past and present, about their world, and about themselves and one another. Classes are taught by volunteer instructors who have expertise and experience in the subjects they teach. There is a lot of interaction, but there are no tests, no grades and no credits."

The ILR operates under a peer learning model which means the students help guide the discussions and class offerings and are even offered the opportunity to suggest and teach classes in areas where they have an expertise, either through former career experience or personal pursuit. Registration for Spring 2021 ILR classes is underway. To view their catalog, go to: <https://ilr.bergen.edu/courses/>

Need extra incentive to "hit the books?" Lifelong Learning advocates say that taking classes with your peers improves memory, increases self-confidence, builds on skills you already have and most importantly -- helps you meet people who share your interests. All great reasons to become a lifelong learner!



Rodney Dangerfield knew that going "Back to School" was a great way to have a little fun while learning important skills for a happy life. (*Back To School*, MGM Pictures, 1986)

VISIT OUR PARKS!

Please observe social distancing guidelines and follow us on Facebook (www.facebook.com/westwoodnjrec) to learn about current activity and facility openings.

WESTVALE PARK Westwood's premier 30-acre park features a .6-mile walk/bike path with access to the *Pascack Brook County Park, Community Garden, ball fields, open spaces, seating areas and a dog run.

HEGEMAN PARK Basketball, Volleyball and a picnic area are featured at this Sand Road pocket park.

MCKINLEY PARK Basketball, tennis, pickleball and plenty of room to run around and play.

VOORHIS PARK A walking path and basketball courts plus seating areas and lots of open play space.

BROOKSIDE PARK A new basketball court, fishing in the brook, and fields for playing games.

GRITMAN PARK A lovely area for passive recreation and relaxing.

OVERBROOK PARK BIRD SANCTUARY A wonder of creatures put themselves on display in this pretty open space alongside the brook.

***PASCACK BROOK COUNTY PARK** Un-crowded and off the beaten path, Pascack Brook County Park offers a number of activities within its 79 acres including a playground, baseball field, tennis courts (not currently open), fishing, picnic area with tables and covered pavilion, paved path for walking/running.



ADULT TENNIS & YOGA LESSONS

Register starting March 1 at www.westwoodnj.gov/179/recreation

TENNIS (8-weeks)	Sun 9:00 am – 10:00 am	Beginners	McKinley Park	Fee: \$155
	Sun 10:00 am – 11:00 am	Intermediate	McKinley Park	Fee: \$155

TGA Premier Tennis will conduct beginner & intermediate lessons at McKinley Park beginning April 11.

YOGA
Tues/Thurs (8 weeks) 7:00-8:00 pm Adults **Veteran's Park** **Fee: \$100**
This class focuses on stretching & strengthening to promote physical/mental wellness including reducing stress and chronic pain as well as improving sleep and bone/joint health. Classes begin Tuesday April 6th. In case of rain, classes will be held on Facebook live in our Yoga Group.

FOREVER YOUNG YOGA
April Thurs 11:00 am – 12:00 am Adults 55+ Veteran's Park Fee: None
May Thurs 11:00 am – 12:00 am Adults 55+ Veteran's Park Fee: None
This stretch and movement yoga class for adults 55+ helps bring more mobility to your body. This healing class loosens fascia tissue, improves flexibility and circulation, and builds strength all while learning to fully experience your breath. Classes are: April 8, 15, 22, 29 or May 6, 13, 20 27. In case of rain, classes will be held on Facebook live in our Yoga Group.

JOIN PICKLEBALL!

Pickleball is a combination of badminton, ping-pong and tennis and can be played outdoors or indoors on a badminton-sized court with a low net. Players use paddles that are smaller than tennis racquets but bigger than ping-pong paddles and the ball is plastic, like a wiffle ball. The game typically lasts 15-20 minutes and goes until one side gets 11 points. Because the court is smaller, lateral movement and ball chasing are limited making it an aerobic exercise that is easy on your knees and one that also allows for frequent breaks. The small court and general preference for playing doubles means there is no serious running and because of the lightweight paddle and underhand serve, injuries such as tennis elbow are quite uncommon. **ForeverYoung "regulars" are eager to introduce the sport to new players! Now that spring is just around the corner, you can join them at the McKinley Park courts. See March/April outdoor pickleball schedule on the next page.**

CALENDAR MARCH & APRIL 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 am-12:00 pm Outdoor Pickleball McKinley Park	2 5:00-8:00 pm Outdoor Pickleball McKinley Park	3 9:00 am-12:00 pm Outdoor Pickleball McKinley Park	4 5:00-8:00 pm Outdoor Pickleball McKinley Park	5 9:00 am-12:00 pm Outdoor Pickleball McKinley Park	6 9:00 am-12:00 pm Outdoor Pickleball McKinley Park
7 12:00-2:00 pm Outdoor Pickleball McKinley Park	8 9:00 am-12:00 pm Outdoor Pickleball McKinley Park	9 5:00-8:00 pm Outdoor Pickleball McKinley Park	10 9:00 am-12:00 pm Outdoor Pickleball McKinley Park	11 5:00-8:00 pm Outdoor Pickleball McKinley Park	12 9:00 am-12:00 pm Outdoor Pickleball McKinley Park	13 9:00 am-12:00 pm Outdoor Pickleball McKinley Park
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21 12:00-2:00 pm Outdoor Pickleball McKinley Park	22 9:00 am-12:00 pm Outdoor Pickleball McKinley Park	23 5:00-8:00 pm Outdoor Pickleball McKinley Park	24 9:00 am-12:00 pm Outdoor Pickleball McKinley Park	25 5:00-8:00 pm Outdoor Pickleball McKinley Park	26 9:00 am-12:00 pm Outdoor Pickleball McKinley Park	27 9:00 am-12:00 pm Outdoor Pickleball McKinley Park
28 12:00-2:00 pm Outdoor Pickleball McKinley Park	29 9:00 am-12:00 pm Outdoor Pickleball McKinley Park	30 5:00-8:00 pm Outdoor Pickleball McKinley Park	31 9:00 am-12:00 pm Outdoor Pickleball McKinley Park	<h2 style="color: #0070C0;">MARCH 2021</h2> <p style="color: #0070C0;">Remember to follow current physical distancing guidelines, wear a mask as needed and wash your hands when you return home.</p>		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2 style="color: #0070C0;">APRIL 2021</h2> <p style="color: #0070C0;">To register for Yoga classes or for more information about Pickleball go to www.westwoodnj.gov/179/recreation or call 201-664-7882.</p>				1 5:00-8:00 pm Outdoor Pickleball McKinley Park	2 9:00 am-12:00 pm Outdoor Pickleball McKinley Park	3 9:00 am-12:00 pm Outdoor Pickleball McKinley Park
4 12:00-2:00 pm Outdoor Pickleball McKinley Park	5 9:00 am-12:00 pm Outdoor Pickleball McKinley Park	6 5:00-8:00 pm Outdoor Pickleball McKinley Park 7:00 pm Adult Yoga Veterans Park	7 9:00 am-12:00 pm Outdoor Pickleball McKinley Park	8 11:00 am ForeverYoung Yoga Veterans Park 5:00-8:00 pm Outdoor Pickleball McKinley Park 7:00 pm Adult Yoga Veterans Park	9 9:00 am-12:00 pm Outdoor Pickleball McKinley Park	10 9:00 am-12:00 pm Outdoor Pickleball McKinley Park
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We'll be getting back to classes soon! Here's what we have to look forward to...

ForeverYoung Class Overview



Flaticon – Freepik

CARDIO FITNESS

Elaine Bloomenthal gets you dancing your way to fitness in this fun, energizing low-impact cardio class.

STRENGTH & CONDITIONING

Karen Abergast leads a class that works to increase strength/bone density via controlled movements that adapt to everyday activities.

M.E.L.T.

Soft rollers combined with gentle stretching rejuvenates muscles and tendons alleviating chronic pain.

YOGA

Stretch and meditate during this restorative practice with certified instructor Tori Karach.

PICKLE BALL

This fast-growing sport blends racket ball and tennis for a fun low-impact workout.

ACRYLIC PAINTING

Learn basic techniques of acrylic painting.

MAHJONG

Collect the most tile-sets to win this ancient Chinese social game.

KNITTING

Relax with friends as you learn to knit hats, scarves and other items with avid knitter and volunteer Fredda Conlon.

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Questions, Comments, Concerns?

Contact the Westwood Recreation Department

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