

WESTWOOD RECREATION DEPARTMENT

Forever Young



NEWSLETTER ISSUE 30 -- SEPTEMBER/OCTOBER 2022

EXPLORE THE POCKET PARKS THIS FALL!

You've experienced Veterans Memorial Park for special events and maybe event yoga, and Westvale Park is the place to be for walking and outdoor workouts. But have you ventured out to Westwood Recreation's pocket parks? Pocket parks are small neighborhood parks that offer open recreation space in addition to special amenities like playgrounds. Here in Westwood we have several! Check out the listing below and find a new place to picnic, play and relax with friends and family.

Hegeman Park - Sand Road - Park features include a Sand Volleyball Court, Basketball Courts, Playground and a Picnic Pavilion. Connects via walking path to Westvale Park.

Brookside Park - Brookside Ave. enter from Lake Street off Kinderkamack Rd. - Lighted Basketball Court, Playground, Picnic Area, Gaga Ball Pit, open field, access to brook for fishing.

McKinley Park - McKinley Ave and Lafayette Ave. - Tennis courts, Pickleball courts, Basketball Court, playground, walking path.

Voorhis Park - Entrances at Stratton Ave. and Oakland Ave. - Walking Path, Basketball Courts, Playground, Open Field.

Gritman Park - Meadow Road - This peaceful park is home to a pond, wooded area, and pathways. Lovely for small picnics.

Meadowbrook Park - Kingsbury Avenue - Home to Westwood Baseball! Includes a playground plus baseball field with a concession stand and ADA accessible restrooms.

Overbrook Park Bird Sanctuary - Westwood Ave. - This gem offers quiet respite in a serene setting, benches and shade trees offer views of the brook and many wildlife sightings. Great for fishing!



Pocket Parks!

Pictured L-R:
Hegeman,
Brookside,
Voorhis, and
Overbrook.

RAMSEY WIND
Symphony

SPECIAL EVENT ALERT! **THE RAMSEY WIND SYMPHONY**
Sunday, September 18 at 4:00 p.m., Veterans Memorial Park

Join the Ramsey Wind Symphony for a varied repertoire of contemporary, traditional, popular and classical pieces.

MINESH SHAH, Conductor

WESTWOOD RECREATION DEPARTMENT

FOREVER YOUNG

FALL LUNCHEON

TUESDAY, SEPTEMBER 27

12:00 pm - 1:30 pm
MUSIC | LUNCH | GAMES & MORE!

IN MEETING ROOM 1
SPONSORED BY WESTWOOD FOR ALL AGES
westwoodforallages.org

RSVP USING THE SIGN-UP SHEET IN
THE COMMUNITY CENTER OFFICE!

WESTWOOD RECREATION DEPARTMENT

{ PAINT PARTY }

Oct. 11, 2022

7:00 pm

Community Center

with Artist Instructor Britt Sikiric



Make plans to join Westwood Recreation's Art Instructor Britt Sikiric for an evening paint party! During this one-night event you will create an original autumn scene and take home your painting. This is an event that is sure to satisfy all your pumpkin-spiced creative cravings! Register, via Community Pass starting September 6. Fee is \$20 for Westwood Residents \$25 for non-residents.

SUN	MON	TUE	WED	THUR	FRI	SAT
SEPTEMBER				1 NO CLASSES	2 NO CLASS	3
				4 55+ Open Gym Basketball 8:00-10:00am	5	6 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm
11 55+ Open Gym Basketball 8:00-10:00am	12	13 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	14	15 Cardio Fitness 9:30-10:30am Outdoor Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	16 Cardio Fitness 1:00-2:00pm	17
18 55+ Open Gym Basketball 8:00-10:00am	19	20 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	21	22 Cardio Fitness 9:30-10:30am Outdoor Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	23 Cardio Fitness 1:00-2:00pm	24
25 55+ Open Gym Basketball 8:00-10:00am	26	27 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	28	29 Cardio Fitness 9:30-10:30am Outdoor Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	30 Cardio Fitness 1:00-2:00pm	

YOUR HOME YOUR FUTURE

Staying Safely in Your Home as You Age



Thursday, October 27, 2022 @ 8:30AM – 12PM

Westwood Community Center, 55 Jefferson Ave

Registration and light breakfast begins at 8:30AM. Program starts at 9AM. Admission is Free and Open to the Public

AGENDA

- ✓ Panel Presentation on Options for Home Safety, Repairs and Modifications
- ✓ Aging in Place and Smart Home Technology
- ✓ Services to Promote Remaining at Home
- ✓ Options to Pay for Home Improvements Needed to Age in Place

Registration required at:

- ✓ 201-834-4192 or
- ✓ Register online at westwoodforallages.org
- ✓ or by email to: ww4allages@gmail.com

SPONSORED BY
Westwood for All Ages
Creating an Age-Friendly Community



PARTICIPATING ORGANIZATIONS:

- CHORE / CHEER of Bergen Volunteers
- Rebuilding Together
- Jewish Home Family
- Setting the Stage, LLC
- Mark Richards, Retirement Mortgage Specialist

Join Westwood For All Ages on Thursday, October 27 for Your Home Your Future – Staying Safely in Your Home as You Age. The conference will include presentations from:

- CHORE / CHEER programs (services offered) - *Michele Ogden, Bergen Volunteers*
- No cost home repairs and modifications for low-income residents - *Annie Roche, Rebuilding Together North Jersey*
- Home Care services available to safely age in place – *Iliana Dallas, The Jewish Home Family*
- Practical and structural ideas to make your home safer as you age – *Linda Pollock, Setting the Stage*
- Using your home equity to pay for home improvements/modifications – *Mark Richards*

This seminar is free and open to the public and will be held 8:30 am-noon at the Westwood Community Center.

Register by email ww4allages@gmail.com or at westwoodforallages.org or call 201-834-4192.

SUN	MON	TUE	WED	THUR	FRI	SAT
<h1>OCTOBER</h1>						1
2 55+ Open Gym Basketball 8:00-10:00am	3	4 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	5	6 Cardio Fitness 9:30-10:30am Outdoor Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	7 Cardio Fitness 1:00- 2:00pm	8
9 55+ Open Gym Basketball 8:00-10:00am	10	11 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	12	13 Cardio Fitness 9:30-10:30am Outdoor Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	14 Cardio Fitness 1:00- 2:00pm	15
16 55+ Open Gym Basketball 8:00-10:00am	17	18 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	19	20 Cardio Fitness 9:30-10:30am Outdoor Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	21 Cardio Fitness 1:00- 2:00pm	22
23 55+ Open Gym Basketball 8:00-10:00am	24	25 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	26	27 Cardio Fitness 9:30-10:30am Outdoor Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	28 Cardio Fitness 1:00- 2:00pm	29
30 55+ Open Gym Basketball 8:00-10:00am	31 					

ForeverYoung Class Overview



Flaticon – Freepik

SOCIAL CLUB MAHJONG – Collect the most tile-sets to win this ancient Chinese social game.

YOGA & CHAIR YOGA – Stretch and meditate during this restorative practice with certified instructor Tori Karach. Chairs provided for the Chair Yoga class.

STRENGTH & CONDITIONING – Karen Abergast leads a class that works to increase strength/bone density via controlled movements that adapt to everyday activities. *NOTE: At this time Strength & Conditioning are at maximum capacity and we are not taking new enrollments.*

PICKLE BALL – This fast growing sport blends racquet ball and tennis for a fun low-impact workout.

CARDIO FITNESS – Elaine Blumenthal gets you dancing your way to fitness in this fun, energizing low-impact cardio class. *NOTE: At this time Tuesday and Thursday Cardio Fitness classes are at maximum capacity and we are not taking new enrollments. The Friday class does have openings.*

ART – Brit Sikiric teaches the basic techniques of acrylic painting, water color and more.

TAI-CHI – Instructor Hasmig Mekjian teaches this martial art that reduces stress and anxiety.

BASKETBALL – 50+ Basketball invites you to hit the court on Sundays from 8:00-10:00 a.m.

HOW TO USE COMMUNITY PASS

Westwood Recreation Department's Online Registration System

Registering online is simple! But first you have to create an account if you don't have one. Go to westwoodnj.gov/recreation and click on Community Pass Registration Page.

- 1) Click "create an account" if you don't have one (be sure to make a note of your login user name and password)
 - Fill in the fields
 - Click create & accept privacy policy
 - If you already have an account, log-in. (Note, if you have forgotten your login information, please do not create a new account. Call the office and we will sort it out for you.)
- 2) Select Register Now
- 3) Once pop-up box appears, select the option you are interested in, for example 2021 ForeverYoung Over 55 Programs
- 4) Confirm account information and select continue
- 5) Verify your email address and select continue
- 6) Select participant and select continue
- 7) Select class and select continue
- 8) Fill in any form that pertains to you and select continue
- 9) Confirm and complete your transaction.

You will receive a receipt by email. That's it! You are registered! If you encounter any issues, please call the office at 201-664-7882 or stop in at 55 Jefferson Ave. and use the paper registration form.

See you at class!

WESTWOOD RECREATION DEPARTMENT

ForeverYoung

NEWSLETTER ISSUE 30 -- SEPTEMBER/OCTOBER 2022

Questions, Comments, Concerns? Contact the Westwood Recreation Department
55 Jefferson Ave., Westwood, NJ 07675 201-664-7882 recreation@westwoodnj.gov
westwoodnj.gov/recreation [facebook.com/westwoodnjrec](https://www.facebook.com/westwoodnjrec)

Gary Buchheister

Recreation Director

Margaret McDonough

Administrative Assistant

RoseAnn Ciarlante

Recreation Aide, Newsletter Editor