

## GO FIND A HOBBY!

### In a busy world, leisure time is more important than ever

In 2015 a University of California Merced Professor published a study showing that mentally engaging leisure activities can reduce stress and have immediate, lasting health benefits. The study conducted by Professor Matthew Zawadzki, a health psychologist, showed that doing the things you really enjoy is good for your health!

According to Zawadzki, “When people engage in leisure activity, they have lower stress levels, better mood, a lower heart rate and more psychological engagement — that means less boredom, which can help avoid unhealthy behaviors. But it’s important to immerse themselves in the activity and protect their leisure time from external stressors.”

While other research exists on the health benefits of leisure activity, Zawadzki’s study is “one of the first to measure the stress levels, heart rate and other indicators among individuals at



various moments throughout the course of their daily lives.”

Think you don’t have time for leisure? You do! You just have to make it a priority. Taking on a leisure activity like walking or hiking, painting, drawing, knitting, scrapbooking, cooking, baking, or playing a musical instrument will yield benefits. So to improve your mood, physical and mental health, productivity and day-to-day mindfulness, go find a hobby! *(Check out Westwood Recreation leisure activities on the January/February calendar!*

Source: Medium.com/UCmerced.edu

## MEET YOUR KNITTING INSTRUCTOR!

Westwood Recreation is lucky to have an amazing and crafty talent on our ForeverYoung instructor list! Fredda Conlon, an avid knitter, volunteers her talents on Thursday afternoons to teach kids and adults this classic handicraft! Says Fredda, “I love the way knitting relaxes me especially when I get into the rhythm of the row. I enjoy making things especially hats, scarves and now sweaters for my new grandchild!”

Fredda has been knitting since she was a young child, so of course she has advice for anyone interested in giving it a chance. Number one on that list – be patient! “You have to have patience! That’s the most important.” Fredda notes that working with kids or adults isn’t much different, both groups need encouragement and sometimes a little help from online resources that can be easily paused as you work.



**Knit with Fredda  
on Thursdays  
at 3:30 p.m.!**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>January 2020</b>	<b>1</b> 1:00pm MELT	<b>2</b> 9:30-10:30am Cardio Fitness 10:45-11:45pm Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong	<b>3</b> 1:00pm Cardio Fitness
<b>6</b>	<b>7</b> 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 12pm-3pm Pickle Ball 1-3pm Mahjong	<b>8</b> 1:00pm MELT	<b>9</b> 9:30-10:30am Cardio Fitness 10:45-11:45pm Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong	<b>10</b> 1:00pm Cardio Fitness
<b>13</b>	<b>14</b> 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 12pm-3pm Pickle Ball 1-3pm Mahjong	<b>15</b> 1:00pm MELT	<b>16</b> 9:30-10:30am Cardio Fitness 10:45-11:45pm Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong 3:30pm Knitting	<b>17</b> 1:00pm Cardio Fitness
<b>20</b>	<b>21</b> 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 12pm-3pm Pickle Ball 1-3pm Mahjong	<b>22</b> 1:00pm MELT	<b>23</b> 9:30-10:30am Cardio Fitness 10:45-11:45pm Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong 3:30pm Knitting	<b>24</b> 1:00pm Cardio Fitness
<b>27</b>	<b>28</b> 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 12pm-3pm Pickle Ball 1-3pm Mahjong	<b>29</b> 1:00pm MELT	<b>30</b> 9:30-10:30am Cardio Fitness 10:45-11:45pm Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong 3:30pm Knitting	<b>31</b> 1:00pm Cardio Fitness
Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b> 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45am-12:45 Watercolor Art 12pm-3pm Pickle Ball 1-3pm Mahjong	<b>5</b> 1:00pm MELT	<b>6</b> 9:30-10:30am Cardio Fitness 10:45-11:45pm Yoga 11:45am-12:45 Acrylic/Oil Painting 12pm-3pm Pickle Ball 1-3pm Mahjong 3:30pm Knitting	<b>7</b> 1:00pm Cardio Fitness
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			<b>FEBRUARY 2020</b>	

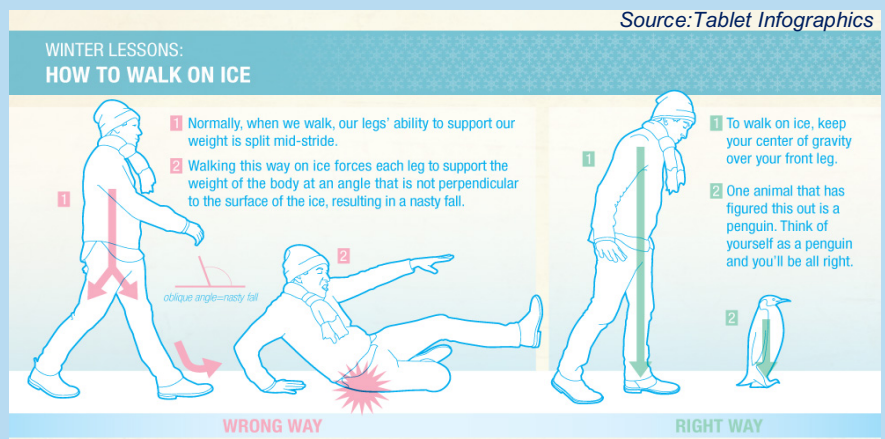
# WINTER WALKING TIPS!

(Adapted from Columbia University Medical Center Newsletter, January 2019)

When it comes to winter travel, ice and snow driving seems to get all of the attention, but just getting from place to place by walking in winter weather can be treacherous. Here are some tips for walking in winter weather:

- **Wear proper footwear:** Wear shoes with heavy treading and a flat bottom that place the entire foot on the surface of the ground.
- **Wear things that help you see and be seen:** Wear sunglasses so you can see. Also, bright and reflective clothing help you be seen by drivers.
- **Plan ahead:** Walk carefully on icy sidewalks and parking lots. Look up to see where the next icy spots are and be aware of any vehicles near you.
- **Listen:** Avoid listening to music or talking on the phone while walking in icy or snowy conditions. You need to be able to hear approaching traffic or other noises.
- **Anticipate ice:** What appears to be wet pavement may be black ice, so approach it with caution. Ice will often appear in the mornings, so be more aware in the early hours.
- **Take steps slowly:** When walking down steps, take them slowly and deliberately. Plant your feet securely on each step and be sure to have a firm grip on the handrail.
- **Enter buildings slowly:** The floors of buildings may be covered in melted snow and ice, so check the entrance and try to step on any rugs in the doorways.
- **Avoid shortcuts:** A shortcut path may be dangerous because it is less likely that snow and ice removal occurred.

Walking in the wintery weather of snow and ice can cause a slip, trip, or fall. Remember the tips above to help you get to your destination safely and keep you on your feet this winter.



## GET YOUR HEART PUMPING THIS VALENTINE'S DAY!

There is no better way to celebrate the love in your life than with a cardio workout to improve your heart health! According to familydoctor.org, "Seniors age 65 and older should get at least 2.5 hours of moderate aerobic exercise (such as brisk walking) every week. That averages out to about 30 minutes on most days of the week." *To get your heart pumping check out all our fitness classes and make plans to attend our Heart Health lecture with CareOne at Valley on February 27<sup>th</sup>!*



## 2020 Is a Great Year to Get Cultured!

If you are looking to change up your routine or add a new interest, think about visiting a local museum. Bergen County is home to more than 20 art galleries and historical museums (search galleries and museums on [www.co.bergen.nj.us](http://www.co.bergen.nj.us) for listings and links).

A great place to start is the Hermitage Museum ([www.thehermitage.org](http://www.thehermitage.org)) a historical house museum and National Historic Landmark that encompasses 250 years of American history including a short, but important visit by General George Washington.

If you are looking to start a little closer to home, The Westwood Historical Society hosts exhibition days throughout the year in the landmarked train station in Veterans' Memorial Park!

## 2020 Is a Great Year to Get, err, Cultured!

EatThis.com recently highlighted the best yogurts and the multiple ways that eating yogurt contributes to weight loss. Yogurt is rich in macronutrients keeping you full and satisfied; it's one of the best probiotic foods for fostering a healthy gut; and it's a nutrient-dense substitute for high-calorie ingredients. When choosing yogurt for weight loss, nutritionists say it should be low in fat, sugar-free or with no added sugars, high in protein and free from artificial sweeteners, colors, and additives.



*Roll the dice!* Break out those old board games, cards and your competitive spirit when you and plan a game night for your friends and family this winter.

## LET'S TALK ABOUT... GETTING YOUR GAME ON!

The winter months offer the perfect time to cozy up with your friends and family for a game night at home. Gaming with friends and family is a fantastic way to socialize and keep mentally fit, take a break from technology and screens, and it's a great excuse to whip up some new healthy snacks!

Fun games to play with family/friends of all ages include Monopoly, Pictionary, Dominos, Puzzles, card games and even video games like Tetris, Mario Cart and 1,2,3 Switch, all of which are available in Westwood's local stores, the library and online. *Also remember, you can play Mahjong in the Community Center Tuesday & Thursdays from 1:00 – 3:00 p.m. Get your game on!*

Westwood Recreation Forever *Young* Programs are proudly sponsored by



## Charitable Foundation

Thank you Oritani for your continued sponsorship of the  
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### WESTWOOD RECREATION DEPARTMENT

#### Forever *Young* NEWSLETTER

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Questions, Comments, Concerns?

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