

# WESTWOOD RECREATION DEPARTMENT

# Forever Young

NEWSLETTER

○ ISSUE 19 | ○ MAY/JUNE | ○ 2020

*This special issue of the ForeverYoung Newsletter will focus on how to keep active and engaged at home during the Covid-19 pandemic. 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).*



**AVOID CROWDS!** Sadly, phone-booth stuffing is not an approved “physical distancing” activity! But dialing a friend is still a great way to keep social.

## PHYSICAL DISTANCING DOESN'T HAVE TO MEAN SOCIAL ISOLATION!

*Stay in Touch with Friends and Family Via Phone and Video*

Over the past several weeks we've all had to adjust to life without our regular activities. So, how do we stay social without a trip to the gym, or a lunch out with friends? Luckily, we only need to “throwback” to our younger years when picking up the phone was the way we got and stayed in touch with friends. With little to do outside the home, making more frequent calls to family or even taking the time to write a card or email is a fantastic way to keep boredom at bay and beat the isolation blues. If you have a smart phone with video calling features like facetime you can even have a face-to-face visit with little ones who maybe aren't great at talking on the phone but have no trouble chatting to a screen. So, what are you waiting for? Pick up that phone and dial a friend today!

## HEALTHY EATING AT HOME

Feelings of stress and uncertainty make many of us run for the cookies, chips and ice cream. This type of stress eating may make us feel good in the short term, but the added weight gain that comes with unchecked binge eating can leave one feeling sluggish and dispirited. So, how can we soothe ourselves without guilt in the kitchen? Nutritionists recommend these healthy alternatives to sugary and salty snacks...

**Popcorn** – Eat it slowly and without the salt and butter. Try a different topping like grated parmesan, garlic powder, minced herbs or even chili powder for a kick.

**Shelled nuts** – Taking the time to unshell the nuts slows your pace and makes snacking mindful.

**Berries** – Bonus! Berries are high in fiber, provide mood boosting vitamins and help fight inflammation. Add them to yogurt for a delicious creamy treat!

**Sliced veggies with hummus, bean dip or salsa** – cucumbers, peppers carrots, celery are great crunchy alternatives to tortilla chips. See page 2 for a yummy recipe idea!

**Oranges** – Peeling an orange is a feast for the senses!  
Plus, the vitamin C will help boost your immune system.

Even with all these tempting alternatives, it's true there's no real substitute for a fresh baked cookie! If you are planning on baking a batch, try this: divide the batter into quarters, wrap them in plastic wrap and throw them in the freezer. That way you'll be able to enjoy a few cookies at a time, sensibly satisfying your craving!



## BETTER YOUR BOREDOM BUFFET WITH BEANS!

Is your pantry stocked with canned beans? Are you growing bored of the same old chili and soup recipes? Have you contemplated figuring out what the British find appealing about their staple “beans on toast”? (It’s just canned beans over buttered toast!) Well, fear not! We’ve scoured the Internet for an appetizing bean dip recipe you can easily whip up for a nutritious add-on to your favorite veggies that’ll have you wanting more (beans)!

### WHITE BEAN DIP

*The Best Recipes in the World* by Mark Bittman. © 2005 by Mark Bittman. Published by Broadway Books. All Rights Reserved.

#### INGREDIENTS

- 2 cups drained cooked or canned cannellini or other white beans, still moist and liquid reserved
- 2 garlic cloves, peeled, or to taste
- 1/4 cup extra virgin olive oil, plus oil for drizzling
- Salt and black pepper to taste
- 2 teaspoons ground cumin, or to taste
- Fresh lemon juice to taste
- 1/4 cup chopped shallot, red onion, or scallion for garnish, optional

#### PREPARATION

Put the beans in a food processor with the garlic, olive oil, salt, pepper, and cumin. Turn the machine on and process until the mixture is smooth, stopping and scraping down the sides if necessary and adding a bit more bean liquid or olive oil if necessary. Taste and adjust the seasoning—add more garlic, salt, pepper, or cumin if you like—then transfer to a bowl. Add lemon juice a tablespoon at a time, until quite tart, then garnish with the chopped shallot if you like. Use immediately or refrigerate for a day or two. Bring back to room temperature before serving. Drizzle with a little olive oil and sprinkle with a little more cumin (or some paprika) before serving.

## EXERCISE AT HOME WITH THESE “VINTAGE” TRAINERS

Group cardio workouts are always a lot of fun – the music, the dance moves, the endorphins – especially when you have a great teacher who motivates you to keep on going. So it’s no surprise that many of us are now growing weary of our solo power walks around the block. Don’t worry though! We’ve taken a look at what’s happening in fitness at [youtube.com](https://www.youtube.com) and found some fun “vintage” video trainers who are sure amp-up your at-home workout. Just type their names into the youtube.com search bar to watch (and workout to!) their videos.

**JACK LALANNE** – From the early 1950s and for 32 years Jack Lalanne reigned over the television fitness landscape. His “get off your seat, and on to your feet” message inspired millions to take their health seriously with daily workouts and a junk-food free diet. His dedication led to many fitness machine inventions, most of which he did not patent.

**RICHARD SIMMONS** – Tiny shorts, slouchy socks, an empathetic ear and endless motivation! Richard Simmons’ “Sweatin To The Oldies” was a runaway hit in the video exercise market of the 1980s. Simmons worked to ensure that his fitness videos were inclusive of all body types giving those who struggled with weight loss confidence they could safely move and sweat their way to attainable health goals.

**JANE FONDA** – With an iconic stripped leotard and dancer’s legwarmers, Jane Fonda taught us all to firm and burn with her best selling video series. No stranger to innovation, Fonda has revived her workout many times with online workouts for seniors on the befit youtube channel and now on the social media platform TikTok. You can catch her in her 1980s prime on youtube.com by searching Jane Fonda workout.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>May 2020</b>			<b>TRY OUR BOREDOM BUSTERS!</b>	1 CALL A FRIEND
4 TRY A NEW RECIPE	5 TAKE A WALK	6 READ THE LOCAL PAPER	7 <b>VISIT <a href="http://WESTWOODPUBLICLIBRARY.ORG">WESTWOODPUBLICLIBRARY.ORG</a> FOR ONLINE RESOURCES, SEMINARS AND MORE!</b>	8 JOIN THE WESTWOOD FOR ALL AGES SOCIAL CONNECTION HAPPY HOUR!
11 DO A CROSSWORD PUZZLE	12 SORT THAT PILE OF OLD PAPERS	13 PHONE A FRIEND AND TELL THEM A JOKE	14 <b>VISIT <a href="http://WWW.MOMA.ORG">WWW.MOMA.ORG</a> AND EXPLORE THE MUSEUMS VIRTUAL EXHIBITIONS</b>	15 MAKE A PIZZA AT HOME
18 WRITE AN EMAIL LETTER TO SOMEONE YOU MISS	19 WATCH A BLACK & WHITE MOVIE	20 DRAW A SELF-PORTRAIT	21 <b>VISIT <a href="https://www.louvre.fr/en/homepage">HTTPS://WWW.LOUVRE.FR/EN/HOMEPAGE</a> AND TAKE A CLOSER LOOK AT THE MONA LISA</b>	22 ORDER TAKEOUT FROM A WESTWOOD RESTAURANT
25 START YOUR ONLINE CHRISTMAS SHOPPING	26 CALL A NEIGHBOR FOR A CHAT	27 LISTEN TO A NEW RADIO STATION	28 <b>VISIT <a href="https://www.thebroad.org">HTTPS://WWW.THEBROAD.ORG</a> TO SEE CONTEMPORARY ART</b>	29 WALK A NEW ROUTE

Monday	Tuesday	Wednesday	Thursday	Friday
1 BAKE A TREAT	2 CHANNEL YOUR INNER ARTIST AND DRAW A STILLIFE	3 CHALLENGE FRIENDS TO A SOLATAIRE SPEED MATCH	4 <b>VISIT <a href="https://www.nga.gov">HTTPS://WWW.NGA.GOV</a> FOR THE NATIONAL GALLERY OF ART VIRTUAL TOUR</b>	5 CALL A FRIEND AND CHAT ABOUT FUTURE PLANS
8 SORT A CLOSET	9 GET UP EARLY TO SEE THE SUNRISE	10 TAKE A NATURE WALK – SNAP PICS OF NATURE, SEND TO FRIENDS	11 <b>VISIT THE SMITHSONIAN INSTITUTION <a href="https://www.si.edu">HTTPS://WWW.SI.EDU</a> ART, NATURAL HISTORY, AMERICAN CULTURE AND MORE</b>	12 DANCE IN YOUR KITCHEN
15 <b>SPIRIT WEEK!:</b> CRAZY HAT DAY!	16 <b>ASK ALL OF</b> WESTWOOD GEAR DAY!	17 <b>YOUR FRIENDS</b> MISMATCH DAY!	18 <b>AND FAMILY TO JOIN IN ON THE FUN</b> SUPERHERO DAY!	19 <b>AND SHARE PICS!</b> FUNNY FACE DAY!
22 WRITE A POEM	23 WALK A LITTLE LONGER TODAY	24 CALL A LITTLE PERSON AND ASK THEM WHY THE SKY IS BLUE	25 <b>VISIT <a href="https://artsandculture.google.com">HTTPS://ARTSANDCULTURE.GOOGLE.COM</a> DISCOVER AND VIEW ART FROM 1200 CULTURAL ORGANIZATIONS</b>	26 MAKE PANCAKES FOR DINNER
29 TAKE A SELFIE AND SHARE IT WITH FRIENDS	30 STAY UP LATE TO LOOK AT THE STARS	<b>WE CAN'T WAIT TO SEE YOU ALL AGAIN SOON!</b>		<b>JUNE 2020</b>
<b>STAY SAFE-AT-HOME!!!</b>				

We'll be getting back to classes soon!  
Here's what we have to look forward to...

## ForeverYoung Class Overview



**CARDIO FITNESS - New registration for Fri. 1pm class only!** 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 with artist/instructor Jean Taras.

**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.

## YOU CAN SUPPORT WESTWOOD!

The Westwood Recreation Department and the Department of Public Works have been hard at work with facility improvement projects including the sanitizing of the community center, installation of new equipment in our parks, grounds upkeep, social media programming and long-term planning so that when we are free to gather we can hit the ground running! Until then, Westwood residents are urged to "Support Westwood" in anyway they can. Here's what some local businesses and volunteers are up to:

- **Borough of Westwood** – Coronavirus updates and timely messages from Mayor Ray Arroyo at [westwoodnj.gov](http://westwoodnj.gov)
- **Westwood Chamber of Commerce** has created the Support Westwood campaign. Check it out here: <https://www.westwoodnjchamber.com>
- **Meals on Wheels North Jersey** – If you know of someone who needs meal assistance contact them at <https://www.mealsonwheelsnorthjersey.org>
- **The Riley Center/Westwood House** – Donations of pantry items are welcomed to assist vulnerable seniors.
- **CONNEX4NPO** a new non-profit is rescuing food from local markets and donating it to those in need. Read about them at <https://www.facebook.com/Connex4NPO/>
- You can support **Westwood Ambulance Corps** and **Volunteer Fire Department** with a donation: <http://www.westwoodvolunteerems.org> <https://www.westwoodfirenj.com>
- **Westwood For All Ages** – For senior resources visit [www.westwoodforallages.org](http://www.westwoodforallages.org) or join their online "Happy Hour" at [facebook.com/westwoodforallages](https://facebook.com/westwoodforallages)
- **Celebrate Westwood** has launched the #WeAreWestwood campaign honoring local heroes. To nominate someone email [celebratwestwood@gmail.com](mailto:celebratwestwood@gmail.com)

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Questions, Comments, Concerns?

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