

# Forever Young

NEWSLETTER

**2021 Fall Class Schedule on Page 3! Plus, register for upcoming events with CHIP (Page 2) and Westwood for All Ages (Page 4).**

## FALL INTO FITNESS!



Yoga, Cardio Fitness, Strength and Conditioning, Pickleball, Basketball – this fall Westwood Recreation has it all!

Westwood Recreation Director Gary Buchheister is pleased to announce the return to regular Community Center operations! So, mark your calendars -- September 7<sup>th</sup> is the official kick-off date for Fall 2021 ForeverYoung fitness classes! To register, use your Community Pass account or stop into the office before classes begin.

Buchheister believes that the fall is a great time to revive your exercise routine, especially after summer vacations plans like family reunions and visits to the beach may have had you a little less active and a little more festive than

normal.

Additionally, based on recent studies conducted by Yale and Oxford Universities, exercise and mental health are more closely related than many may realize. Their 2018 study of 1.2 million people in the United States found that “people who exercise report having 1.5 fewer days of poor mental health a month, compared to people who do not exercise.” The study also found that all types of exercise can achieve those benefits but that “team sports, cycling, aerobics and going to the gym are associated with the biggest reductions...” The study is the largest observational study of its kind. (Source: ScienceDaily.com 8/8/18)

While it probably is not a

surprise that exercise is a mood booster, it's more important now than maybe ever before as the past 12+ months of isolation and restrictions have thrown many people off their regular fitness routines and elevated stress levels and poor eating habits. So grab a friend and join our ForeverYoung classes, or take a walk in Westvale Park where you'll also discover our new outdoor adult fitness area (near the pavilion; details on page 2!).

You can see the full ForeverYoung schedule on page 3 of this newsletter.

*(Please note, at this writing it is highly recommended that indoor activity participants wear masks when not actively exercising or distancing.)*

# NEW WESTVALE PARK FITNESS AREA OPEN FOR USE

## Outdoor Exercise Equipment for Adults Keeps Fitness in Focus!

The new site of the Westwood Recreation Department's Outdoor Fitness Area is officially open for public use! This new workout space with specialized equipment is designed for adults of all ages and children over 12 years old. The project was funded through a Bergen County Open Space grant and the Borough of Westwood's Capital Improvement Fund.

Gary Buchheister, Director of Westwood Recreation was enthusiastic about incorporating the adult fitness area into Westvale Parks offerings. "Allowing for this type of fitness training in a lovely outdoor setting is a significant improvement for our residents who now more than ever are relying on our public parks as a vital way to keep physically and mentally fit," he said. "We hope this new feature will help adult residents keep up their fitness goals in an easily accessible way."

The new outdoor fitness area features 10 different workout apparatus stations mounted over a rubber playground safety surface. Each piece of equipment includes a QR code, that when accessed via a smart phone camera, will play a short video illustrating proper usage of



the apparatus. The workout circuit includes: chest press, lateral pull down, vertical press, shoulder rotator, cardio walker, leg extension, knee lift station, climbing wall, bench dip and a combo fitness hub. The Outdoor Fitness Area is completely wheelchair accessible as are most of the circuit stations.

In addition to facilitating individual workouts, plans are currently in the works to offer outdoor fitness circuit training classes for Spring 2022 led by current Westwood Recreation strength and conditioning instructors. Look for Westwood Recreation Department class updates at [facebook.com/westwoodnjrec](https://facebook.com/westwoodnjrec).



## BRING GOOD HEALTH AND WELLNESS TO YOUR COMMUNITY!

Join the Bergen County Community Health Improvement Partnership (CHIP) to learn how you, your organization or business can get involved with the Nutrition and Physical Activity Task Force (NPATF) by attending an informational session on **Tuesday, September 28 from 11:45-1:00 pm** at the Westwood Recreation Department's Community Center at 55 Jefferson Ave. You can pre-register in the office starting September 7.

The NPATF is comprised of nutrition and physical activity professionals and community members who promote healthy eating, increased physical activity, and wellness in Bergen County. Come share your experiences and expertise!

To learn more about CHIP visit [www.healthybergen.org](http://www.healthybergen.org). If you have any questions or difficulty with registration please contact Tara Chatterjee at [tchatterjee@co.bergen.nj.us](mailto:tchatterjee@co.bergen.nj.us) or 551-204-2297.

# CLASSES & ACTIVITIES

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>SEPTEMBER</b>			1	2 Cardio Fitness 9:30 AM Outdoor Yoga 10:00 AM Indoor Pickleball 12:00–3:00 PM Social Club Mahjong 1:00 PM	3 Cardio Fitness 1:00 PM	4
5 55+ Open Gym Basketball 8:00-10:00 AM	6	7 Cardio Fitness 9:30 AM Strength & Conditioning 10:45 AM Indoor Pickleball 12:00–3:00 PM Social Club Mahjong 1:00 PM	8	9 Cardio Fitness 9:30 AM Outdoor Yoga 10:00 AM Indoor Pickleball 12:00–3:00 PM Social Club Mahjong 1:00 PM	10 Cardio Fitness 1:00 PM	11
12 55+ Open Gym Basketball 8:00-10:00 AM	13	14 Cardio Fitness 9:30 AM Strength & Conditioning 10:45 AM Indoor Pickleball 12:00–3:00 PM Social Club Mahjong 1:00 PM	15	16 Cardio Fitness 9:30 AM Outdoor Yoga 10:00 AM Indoor Pickleball 12:00–3:00 PM Social Club Mahjong 1:00 PM	17 Cardio Fitness 1:00 PM	18
19 55+ Open Gym Basketball 8:00-10:00 AM	20	21 Cardio Fitness 9:30 AM Strength & Conditioning 10:45 AM Indoor Pickleball 12:00–3:00 PM Social Club Mahjong 1:00 PM	22	23 Cardio Fitness 9:30 AM Outdoor Yoga 10:00 AM Indoor Pickleball 12:00–3:00 PM Social Club Mahjong 1:00 PM	24 Cardio Fitness 1:00 PM	25
26 55+ Open Gym Basketball 8:00-10:00 AM	27	28 Cardio Fitness 9:30 AM Strength & Conditioning 10:45 AM Indoor Pickleball 12:00–3:00 PM Social Club Mahjong 1:00 PM	29	30 Cardio Fitness 9:30 AM Outdoor Yoga 10:00 AM Indoor Pickleball 12:00–3:00 PM Social Club Mahjong 1:00 PM		
SUN	MON	TUE	WED	THUR	FRI	SAT
<b>OCTOBER</b>					1 Cardio Fitness 1:00 PM	2
3 55+ Open Gym Basketball 8:00-10:00 AM	4	5 Cardio Fitness 9:30 AM Strength & Conditioning 10:45 AM Indoor Pickleball 12:00–3:00 PM Social Club Mahjong 1:00 PM	6	7 Cardio Fitness 9:30 AM Outdoor Yoga 10:00 AM Indoor Pickleball 12:00–3:00 PM Social Club Mahjong 1:00 PM	8 Cardio Fitness 1:00 PM	9
10 55+ Open Gym Basketball 8:00-10:00 AM	11	12 Cardio Fitness 9:30 AM Strength & Conditioning 10:45 AM Indoor Pickleball 12:00–3:00 PM Social Club Mahjong 1:00 PM	13	14 Cardio Fitness 9:30 AM Outdoor Yoga 10:00 AM Indoor Pickleball 12:00–3:00 PM Social Club Mahjong 1:00 PM	15 Cardio Fitness 1:00 PM	16
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24 55+ Open Gym Basketball 8:00-10:00 AM	25	26 Cardio Fitness 9:30 AM Strength & Conditioning 10:45 AM Indoor Pickleball 12:00–3:00 PM Social Club Mahjong 1:00 PM	27	28 Cardio Fitness 9:30 AM Outdoor Yoga 10:00 AM Indoor Pickleball 12:00–3:00 PM Social Club Mahjong 1:00 PM	29 Cardio Fitness 1:00 PM	30
31 55+ Open Gym Basketball 8:00-10:00 AM Children's Halloween Parade 10:00 AM	<p><b>NOTES:</b></p> <ul style="list-style-type: none"> <li>-In the event of rain/inclement weather, Thursday outdoor yoga class will move to the Community Center.</li> <li>-Outdoor Pickleball is available from 9-12 every weekday at McKinley Park. For more information please call the Recreation Department at 201-664-7882.</li> <li>-ForeverYoung Art Classes will be announced soon.</li> </ul>					

## ForeverYoung Class Overview



Flatiron - Freepik

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

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

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

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

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

**ACRYLIC PAINTING** - Learn basic techniques of acrylic painting. (starts mid-September)

**M.E.L.T.** - Soft rollers combined with gentle stretching rejuvenates muscles and tendons alleviating chronic pain. *(Will be added to schedule soon)*

**KNITTING** - Relax with friends as you learn to knit hats, scarves and other items with Fredda Conlon. *(Will be added to schedule soon)*

# WESTWOOD *thrive!*

LEARNING WHAT IT MEANS TO BE AN AGE-FRIENDLY COMMUNITY



WESTWOOD FOR ALL AGES

Save the date for October 9, 11am-3pm when local senior service providers team up with Westwood For All Ages for 'Westwood Thrive' – an afternoon of fun, information, resources and activities that will showcase the importance of age-friendly planning, intergenerational relationships and dynamic community building.

The goal of the event is to help rebuild social and community connections that may have diminished for older residents during pandemic shutdowns and distancing while bringing forward a greater awareness and appreciation for what it means to be an Age-Friendly Community. During the event you can look forward to presentations on age-friendly community building, nutrition, estate planning, tech tips, decluttering and more! Plus all day long there will be participatory demonstrations of pickleball, mahjong and cardio dance fitness with the Westwood Recreation Department. The event will also include Mama D & the Vexations to entertain everyone at the end of the day!

To register, type this link into your internet browser:  
<https://tinyurl.com/z6fcckk4>

## WESTWOOD RECREATION DEPARTMENT

### ForeverYoung NEWSLETTER

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Questions, Comments, Concerns?  
Contact the Westwood Recreation Department  
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[www.westwoodnj.gov/179/recreation](http://www.westwoodnj.gov/179/recreation)

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