

## EAT HEALTHY THIS HOLIDAY SEASON!

*It's easy to keep weight gain away this holiday season – you just need a plan.*

Eating healthy during the holidays can be daunting but if you have a plan you'll be better prepared to make great choices.

First, dieticians agree that snacking wisely is the first step in keeping extra calories off our plates. Keep tempting treats out of sight and opt for fresh vegetables and fruit or unsalted nuts if a snack is a must. Experts also remind us that keeping portion sizes in check will help us enjoy seasonal treats without overeating. Being mindful of what, when and how you eat is important all year, but more important when food gatherings are abundant.



Another tip from dieticians – balance your carbohydrate heavy meals with protein. There is a reason the roast turkey takes center stage on the holiday table – it's a great source of low-fat protein. Fill your plate with protein first and then take mindful portions of your favorite side dishes. You can up the healthy meal factor by choosing the dishes that are high in fiber – vegetables and whole grain. Not sure what's going to be served at the holiday table? Offer to make something you know won't derail your good intentions. The genius minds over at The Food Network can help! Just go to:


<https://www.foodnetwork.com/search/healthy-holiday--> to get some great recipe ideas.



If you combine these easy tips with regular recommendations on avoiding stress, limiting alcohol and desserts as well as keeping active you'll be sure to ring in 2022 healthfully!

*(Looking for ways to destress or keep active, check out our calendar of classes on page 2 or fun local activities on page 4.)*



**SAVE THE DATE!** Westwood's favorite holiday celebration is back on the calendar for 2021. Join us downtown at the Home for the holidays parade on Saturday, December 4. This year's parade will celebrate the frontline workers and first responders who kept us safe throughout the pandemic. Be on the lookout for the full schedule of events which will include a performance by the Westwood Regional High School Choir; an ice carving demonstration and display, dance performances, tree lighting and of course a visit from the jolly man in red!

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 <b>ELECTION DAY!</b> <b>ALL CLASSES CANCELLED</b>	3	4 9:30-10:30am Cardio Fitness 10:45-11:45am Yoga 12:00pm-3:00pm Pickle Ball 1:00-2:00pm Tai Chi 1:00-3:00pm Mahjong	5 1:00pm Cardio Fitness
8	9 8:00-9:00am Tai Chi 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45am-12:45pm Art 12:00pm-3:00pm Pickle Ball 1:00-3:00pm Mahjong	10	11 <b>Veterans' Day - Community Center Closed - No Classes</b>	12 1:00pm Cardio Fitness
15	16 8:00-9:00am Tai Chi 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45am-12:45pm Art 12:00pm-3:00pm Pickle Ball 1:00-3:00pm Mahjong	17	18 9:30-10:30am Cardio Fitness 10:45-11:45am Yoga 12:00pm-3:00pm Pickle Ball 1:00-2:00pm Tai Chi 1:00-3:00pm Mahjong	19 1:00pm Cardio Fitness
22	23 8:00-9:00am Tai Chi 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45am-12:45pm Art 12:00pm-3:00pm Pickle Ball 1:00-3:00pm Mahjong	24	25  <b>Happy Thanksgiving!</b>	26 <b>Community Center Closed - No Classes</b>
29	30 8:00-9:00am Tai Chi 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45am-12:45pm Art 12:00pm-3:00pm Pickle Ball 1:00-3:00pm Mahjong	<b>NOVEMBER 2021</b>		

Monday	Tuesday	Wednesday	Thursday	Friday
<b>DECEMBER 2021</b>			2 9:30-10:30am Cardio Fitness 10:45-11:45am Yoga 12:00pm-3:00pm Pickle Ball 1:00-2:00pm Tai Chi 1:00-3:00pm Mahjong	3 1:00pm Cardio Fitness
6	7 8:00-9:00am Tai Chi 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45am-12:45pm Art 12:00pm-3:00pm Pickle Ball 1:00-3:00pm Mahjong	8	9 9:30-10:30am Cardio Fitness 10:45-11:45am Yoga 12:00pm-3:00pm Pickle Ball 1:00-2:00pm Tai Chi 1:00-3:00pm Mahjong	10 1:00pm Cardio Fitness
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20	21 8:00-9:00am Tai Chi 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45am-12:45pm Art 12:00pm-3:00pm Pickle Ball 1:00-3:00pm Mahjong	22	23 9:30-10:30am Cardio Fitness 10:45-11:45am Yoga 12:00pm-3:00pm Pickle Ball 1:00-2:00pm Tai Chi 1:00-3:00pm Mahjong	24 <b>Community Center Closed - No Classes</b> <b>Merry Christmas!</b> 
27	28 8:00-9:00am Tai Chi 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45am-12:45pm Art 12:00pm-3:00pm Pickle Ball 1:00-3:00pm Mahjong	29	30 9:30-10:30am Cardio Fitness 10:45-11:45am Yoga 12:00pm-3:00pm Pickle Ball 1:00-2:00pm Tai Chi 1:00-3:00pm Mahjong	31 <b>Community Center Closed - No Classes</b> <b>Happy New Year!</b> 

## TAKE AN ARTISTIC JOURNEY AND FIND SOME ZEN THIS FALL! TAI-CHI & ART CLASSES UP AND RUNNING



The Westwood Recreation Department has added Tai-Chi to its roster of ForeverYoung programs. The class is being taught by Hasmig Mekjian, the popular instructor who led classes at the former Thomas J. Riley Senior Center. Currently more than 20 Westwood Residents along with 7 non-residents have registered for the program with more joining daily.

“The closing of the Thomas J. Riley Center was a big loss to the senior community who frequented their exercise and social gatherings,” said Gary Buchheister, Westwood Recreation Director. “Knowing that, we worked to evaluate what we could easily and quickly add to our roster of classes. Tai-Chi was a natural addition to the roster given how many Westwood residents were already involved in the class and we are very happy to welcome them to the Westwood Community Center and hope they will try our other programs as well.”

Tai-Chi is a Chinese martial art that incorporates slow continuous movement from one pose to the next. It is widely hailed as a beneficial way to reduce stress and anxiety and regular practice promotes better sleep and weight loss. Additionally, Tai-Chi may also improve cognition and balance and relieve symptoms of arthritis. This new ForeverYoung Tai-Chi class will take place on Tuesdays at 8:00 a.m. and Thursdays at 1:00 p.m. The program is free for Westwood residents; the non-resident fee is \$30 per month and includes entrance to both classes.

ForeverYoung participants are also invited to take an “Artistic Journey” with artist Brit Sikiric the new instructor of the ForeverYoung Art Class. Registration for the class via Community Pass is underway. The class runs on Tuesdays from 12:00 p.m. – 1:30 p.m.

Ms. Sikiric’s class offers a fun, freestyle and low-key atmosphere – the perfect way to unwind and create. Instruction will focus on each individual’s unique sense of expression and interpretation of their own artistic process. Using acrylic paint, water color, canvas and pastels, mixed media clay and more each class session will be inspired by impressionistic, traditional and modern artist as well as participant’s own style. The class is free for Westwood residents; non-resident fee is \$20 per month.

To register for any ForeverYoung program, please visit the Recreation Department page of [www.westwoodnj.gov](http://www.westwoodnj.gov).

## ForeverYoung Class Overview



Flaticon – Freepik

**SOCIAL CLUB 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.

**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.

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



## LET'S GO TO THE MOVIES...

If you're looking for a great way to relieve stress look no further than your local movie theatre!

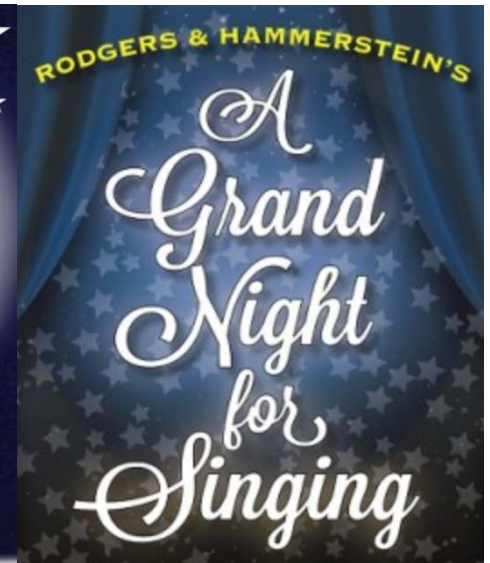
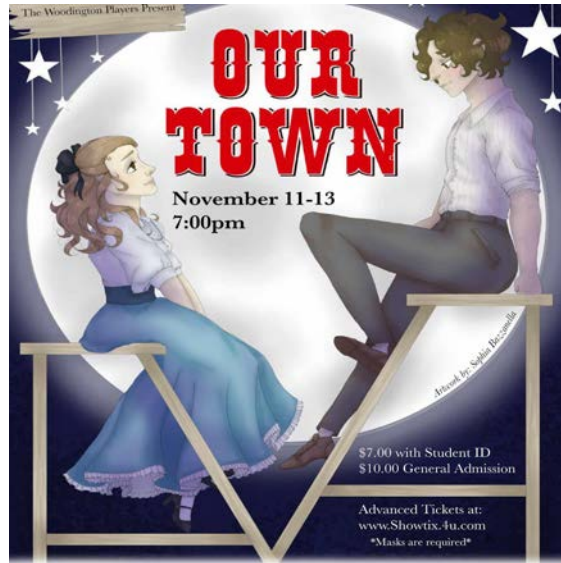
Let's face it, this time of year can bring on a lot of stress in our lives. Shopping, traveling, party planning – it can all seem like too much especially when you take into account pandemic safety measures. But did you know, getting out to the movies can help alleviate stress? Studies have shown that movies that evoke memories or make you laugh or feel emotional are great stress relievers. Plus, by asking for the "senior" ticket it's an easy (relatively) inexpensive night out. You can even get social by involving friends or young family members! Right here in Westwood, we are lucky enough to have a movie theatre right in our walkable downtown (parking is nearby in a municipal lot as well). To see their current line-up of feature movies go to [westwoodmoviehouse.com](http://westwoodmoviehouse.com) or call (201) 664-3200.

## OR PLAN A TRIP TO SEE LOCAL LIVE THEATRE!

If live theatre is more your style you're in luck!

Westwood High School's theatre group is staging OUR TOWN November 11-13 at 7:00 p.m. Get tickets at [showtix4u.com](http://showtix4u.com) to see these young thespians in action.

In December, check out The Bergen County Players production of A GRAND NIGHT FOR SINGING celebrating 30+ hit songs from all of Rodgers & Hammerstein's musical treasures. More information at [bcplayers.org](http://bcplayers.org).



## WESTWOOD RECREATION DEPARTMENT

### Forever *Young* NEWSLETTER

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Questions, Comments, Concerns?  
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