

Forever Young



NEWSLETTER ISSUE 31 -- NOVEMBER/DECEMBER 2022

HOW HEALTHY IS THAT HOLIDAY TURKEY?

Sara Josepha Hale, "the mother of Thanksgiving," described turkey as central to a traditional New England Thanksgiving in an 1827 novel, decades before Abraham Lincoln proclaimed a national holiday in 1863.

Today, nutritionists and dieticians agree that turkey is a great source of protein, rich in many vitamins and minerals, and is low-fat (without the skin). It is rich in B-complex vitamins niacin, B6 and B12 and the essential nutrient choline. It's also a good source of the minerals magnesium and phosphorus, and it provides iron, potassium and zinc. It's also high in selenium, which may help support your immune system.

Turkey is also famously a source of the amino acid tryptophan, which helps the body synthesize protein but gets the blame for the post-feast sleepiness some people feel. Turkey and other types of poultry are part of a healthy dietary pattern, according to federal dietary guidelines. Healthy holiday eating is about more than turkey, of course. However, turkey fits nicely into a such a plan. Always portion control, take it easy on the carbohydrate laden side dishes. You'll want to save room for dessert!



Adapted from heart.org "Is turkey healthy for you?"



WESTWOOD HOME FOR THE HOLIDAYS
SATURDAY, DECEMBER 3, 2022
 EVENTS - SHOPPING - DINING - ALL DAY LONG
 metered parking until 3pm

theme: "Music Through the Ages"
in honor of the 100th anniversary of the bandstand
 Pre-Show 5-6pm

PARADE BEGINS AT 6 PM
 FEATURING A VISIT FROM SANTA CLAUS

TREE LIGHTING
 IMMEDIATELY FOLLOWING PARADE




CELEBRATE WESTWOOD

2023

New Year's

CelebrateWestwood.org has all the details you need on Westwood's Home for the Holidays Parade and the Celebrate Westwood early New Year's Eve event! Visit the website or go to facebook.com/celebratewestwood.

CHECK OUT THIS LIBRARY EVENT!

Book Signing and Author Talk Friday, November 4 at 11:00am

Join the Library as they welcome Bob Nesoff and Howard Joseph Cohn, authors of *A History Lover's Guide to Bergen County*.

From the crossroads of the American Revolution to the construction of the George Washington Bridge, New Jersey's Bergen County has a history that has shaped not only the metropolitan area, but the nation itself. The book features narratives of key historical moments, legendary personalities and fascinating landmarks. This guide to Bergen County's past is essential for any resident or visitor alike. Books will be available for sale and one lucky participant will receive a free copy. Light refreshments will be served. RSVP by calling the library at 201-664-0583.

WESTWOOD FOR ALL AGES



MEDICARE A, B, C, D?

ARE YOU PUZZLED BY THE MEDICARE ALPHABET SOUP?

A SHIP/MEDICARE COUNSELOR FROM THE BERGEN COUNTY DIVISION OF SENIOR SERVICES WILL EXPLAIN WHAT YOU NEED TO KNOW FOR THE 2023 OPEN ENROLLMENT PERIOD THAT ENDS DECEMBER 7.

COME TO THIS EDUCATIONAL PRESENTATION ON

THURSDAY, NOVEMBER 17 AT 1:00PM
WESTWOOD PUBLIC LIBRARY



TOPICS TO BE COVERED INCLUDE:

- WHAT TO DO DURING THE MEDICARE OPEN ENROLLMENT PERIOD
- ORIGINAL MEDICARE VS. MEDICARE ADVANTAGE PLANS
- CHANGES FOR 2023
- WHAT HAPPENS IF YOU DON'T ENROLL
- FINANCIAL ASSISTANCE PROGRAMS AVAILABLE TO LOW-INCOME MEDICARE BENEFICIARIES;
- Q&A

BRING YOUR MEDICARE QUESTIONS AND PLAN TO TAKE NOTES. IF YOU HAVE YOUR 2023 "MEDICARE & YOU" BOOK, BRING THAT, TOO.

THE BERGEN COUNTY DIVISION OF SENIOR SERVICES PROVIDES FREE, UNBIASED INFORMATION FOR MEDICARE BENEFICIARIES, FAMILY MEMBERS, AND CAREGIVERS. BERGEN COUNTY DOES NOT SELL ANYTHING.

Register at 201-834-4192

SUN	MON	TUE	WED	THUR	FRI	SAT	
NOVEMBER		1 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	2	3 Cardio Fitness 9:30-10:30am 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	4 Cardio Fitness 1:00-2:00pm	5	
	6 55+ Open Gym Basketball 8:00-10:00am	7	8 ELECTION DAY! NO CLASSES 	9	10 Cardio Fitness 9:30-10:30am 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	11 Cardio Fitness 1:00-2:00pm	12
	13 55+ Open Gym Basketball 8:00-10:00am	14	15 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	16	17 Cardio Fitness 9:30-10:30am 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	18 Cardio Fitness 1:00-2:00pm	19
	20 55+ Open Gym Basketball 8:00-10:00am	21	22 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	23	24 THANKSGIVING NO CLASSES 	25 NO CLASS	26
	27 55+ Open Gym Basketball 8:00-10:00am	28	29 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	30			

Westwood Recreation Department
Forever Young Program

THANKSGIVING Luncheon

TUESDAY, NOVEMBER 22nd
12:00 pm, Mtg. Room 2

RSVP USING THE SIGN-UP SHEET IN THE LOBBY.

HOSTED BY
VISIONS
FEDERAL CREDIT UNION

WESTWOOD RECREATION DEPARTMENT
FOREVER YOUNG PROGRAM

HOLIDAY Party

LET'S EAT, DRINK COCOA AND BE MERRY!

RSVP USING THE SIGN-UP SHEET IN THE LOBBY!

TUE 20 DEC | FUN STARTS AT NOON
Sponsored by:
 Westwood For All Ages

SUN	MON	TUE	WED	THUR	FRI	SAT
DECEMBER						
					1	2
				Cardio Fitness 9:30-10:30am 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		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	7	8 Cardio Fitness 9:30-10:30am 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	9 Cardio Fitness 1:00-2:00pm	10
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 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 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 No Class	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 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 No Class	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 31 -- NOVEMBER/DECEMBER 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