

# WESTWOOD RECREATION DEPARTMENT

# Forever Young

NEWSLETTER

○ ISSUE 13 | ○ MAY/JUNE | ○ 2019

*According to YogaBasics.com practicing Yoga isn't just for "the young and bendy," it can be "especially beneficial" for older adults, improving balance and mobility.*

## TRY OUTDOOR YOGA WITH US!

If you've been eager to bring your workout into the parks this Spring, you're in luck! Veterans Park will be the site for our inaugural Forever Young Outdoor Yoga class with certified yoga instructor Tori Karach. Classes will be held Mondays in May and June, 9:00 a.m. – 9:50 a.m. Yoga has been cited as a way for active adults to increase overall flexibility and is also proven to assist in improving balance, boosting mood, increasing muscle tone and easing aches and pains. To participate, please register by visiting the the Community Center office or go online and use the Community Pass link on the Recreation Department page of [www.westwoodnj.gov](http://www.westwoodnj.gov).



**Forever Young Outdoor Yoga Class begins May 6<sup>th</sup>. Bring your own mat, towel and water bottle. We look forward to seeing you there! *Note: In case of rain, class will be canceled.***

Don't know an Asana (physical poses) from a Pranayama (breathing techniques)? Don't worry! Although Yoga terms are rooted in Sanskrit, instructors use easy to understand directions to get you posing safely.



## HEALTHY BREAKFAST

Once a month The Westwood Recreation Department is pleased to host a healthy breakfast for our over 55 community! Join us for a delicious breakfast and quality social time with friends on May 30<sup>th</sup> at 10:30 a.m. in the community center. Note: The Healthy Breakfast program will take a break for the summer and will resume in September!

# WESTWOOD RECOGNIZED BY AARP AS AN AGE FRIENDLY COMMUNITY



"It really places Westwood on the map as a community making an intentional commitment to address the needs of an aging population and creating a place where all of us can age successfully in place."

LISA BONTEMPS,  
WESTWOOD FOR ALL AGES  
PROGRAM MANAGER

This February, the Borough of Westwood was inducted into the World Health Organization/AARP Network of Age-Friendly Communities thanks to the efforts of the Westwood For All Ages program, a frequent Recreation Department collaborator. The network is charged with helping people live easily and comfortably in their homes and communities as they age. Only eight other communities in New Jersey and 331 nationwide have been admitted into the Network. Benefits of being designated a An Age-Friendly Community include: access to news and information regarding best practices, events, challenges and new initiatives; opportunities for partnerships with other towns; and access to experts on aging and civil society. For more information visit the Westwood For All Ages website at [westwoodforallages.org](http://westwoodforallages.org).

## MEET OUR NEW INSTRUCTOR!

Westwood Recreation is pleased to welcome Karen Abergast as our new Strength & Conditioning instructor. Karen's class will work on functional fitness that can be adapted to everyday activities via controlled movements that will increase overall-strength and bone density. "As aging adults we need to keep on moving so we can continue to enjoy activities in our later years," Karen says. That's why her exercise philosophy is "move it or lose it!" Karen also advocates getting outside and walking, a goal that's easy to meet if you get to Westvale Park with your walking crew on Mondays and Wednesdays at 9:00 am!

**Strength & Conditioning meets on Tuesdays at 10:45**



**Karen Abergast**  
*Fit Facts!*

Karen been certified since 1995. She's also a competitive target archer ranked at the Masters' level and will be competing nationally soon!

## NUTRITIONAL SEMINARS



March and April attendees of our Monthly Nutritional seminars were treated to a fantastic salmon lunch and incredible smoothie treats! Don't miss out on these fun and informational events.

Upcoming seminars presented at the Community Center by Care One at Valley Registered Dietician Jill C. Ficarotta and Chef David Francisco will be held at 1:00 p.m. Thursday, May 9<sup>th</sup> & Thursday, June 6<sup>th</sup>.

Contact the  
Recreation Department  
for more information.



Westwood is celebrating its 125<sup>th</sup> Anniversary this year and for the past 50+ years, Westwood Recreation has celebrated the health and hobbies of its residents. Visit Celebrate Westwood on Facebook or [celebratwestwood.org](http://celebratwestwood.org) for information on free events June 1-8<sup>th</sup> including Classic Film Night in Veteran's Park on June 7<sup>th</sup> sponsored by the Recreation Department.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>May 2019</b> <b>*April 30<sup>th</sup> Improving &amp; Maintaining Balance Seminar, 12:00 p.m.</b>		1 1-2pm MELT	2 9:30-10:30am Cardio Fitness 10:45-11:45am Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	3 1-2pm Cardio Fitness
6 9:00am-9:50am Outdoor Yoga 3:45pm Knitting	7 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45-12:45pm Water Color 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	8 1-2pm MELT	9 9:30-10:30am Cardio Fitness 10:45-11:45am Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards  <b>*1:00pm Nutritional Seminar</b>	10 1-2pm Cardio Fitness
13 9:00am-9:50am Outdoor Yoga 3:45pm Knitting	14 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45-12:45pm Water Color 12pm-3pm Pickle Ball <b>*please do not park in lot</b>	15 1-2pm MELT	16 9:30-10:30am Cardio Fitness 10:45-11:45am Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	17 1-2pm Cardio Fitness
20 9:00am-9:50am Outdoor Yoga 3:45pm Knitting	21 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45-12:45pm Water Color 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	22 1-2pm MELT	23 9:30-10:30am Cardio Fitness 10:45-11:45am Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	24 1-2pm Cardio Fitness
27 <b>MEMORIAL DAY NO CLASSES</b>	28 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	29 1-2pm MELT	30 9:30-10:30am Cardio Fitness 10:45-11:45am Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards <b>*10:30 am Healthy Breakfast</b>	31 1-2pm Cardio Fitness

**REMINDER!** Summer recreation camp runs June 24 – August 2.  
Forever Young classes will be canceled if rain relocates campers to the community center.

## JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00am-9:50am Outdoor Yoga 3:45pm Knitting	4 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45-12:45pm Water Color 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	5 1-2pm MELT	6 9:30-10:30am Cardio Fitness 10:45-11:45am Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards  <b>*1:00pm Nutritional Seminar</b>	7 1-2pm Cardio Fitness
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## TRY SOMETHING NEW!

Registration required. Contact office for more information.

**WATER COLOR PAINTING** Your Tuesdays will be a lot more creative when you join our free water color painting class. All levels are encouraged to attend Tuesdays, 11:45 a.m.



**PICKELBALL** This backyard pastime has moved indoors and is a great way to keep up your racquet sports skills. Tuesdays and Thursdays 12:00 p.m. – 3:00 p.m.

**OPEN GYM BASKETBALL OVER 55** – Sunday mornings are a great time to fit in a workout! Come join in on this friendly game 9:00 a.m. - 10:30 a.m.

Westwood Recreation Forever Young Programs are proudly sponsored by



Thank you Oritani for your continued sponsorship of the  
Westwood Recreation Forever Young Programs!

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Questions, Comments, Concerns?

Contact The Westwood Recreation Department

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