

Forever Young

NEWSLETTER

TAKE A WALK IN WESTWOOD...



You don't need to go fast or far to reap the benefits of a talking a walk with a friend! Take advantage of Westwood's community parks or Westvale Park and Pascack Brook County Park this summer. (Stock photo)

Even a small amount of physical activity can significantly benefit your health. This news comes from a recent study by Brigham and Women's Hospital researchers who found that in older women it appears the longevity benefits of walking level off at around 7,500 steps a day. This is great news for anyone who finds the typical 10,000 steps goal daunting. The study suggests that even adding just a few thousand steps a day can bring health benefits. The researchers followed 16,000+ women (average age 72) and found those who took more steps did tend to live longer.

Our advice? Take a walk in Westwood! The Westvale Park paved loop is .6 miles long. If combined with a stroll through the shaded nature preserve (featuring a pond, turtles and other native flora and fauna) to Pascack Brook County Park, you'll log in a nearly 2-mile walk. Plus, both parks include playgrounds, bathrooms and water fountains, making the excursion pleasant for residents young and Forever Young!

(Source WBUR.org/May 29, 2019)

...BUT USE SUNSCREEN (AND WEAR A HAT!)

It's summer, so chances are you're going to be spending some time having fun in the sun! Whether you are taking a walk in one of Westwood's Parks, joining an outdoor fitness class or even just relaxing on your deck with family and friends it's important to remember to protect yourself from damaging sun rays. AARP recommends that you aim for a sunscreen with SPF of 30-50. The sunscreen should also offer "broad spectrum protection," meaning it protects against both UVA and UVB rays, and it should be water-resistant, preferably up to 80 minutes. AARP also reminds that sunscreen must be reapplied and should be used generously.

Wearing protective clothing, seeking shade and staying hydrated is also recommended for anyone intending prolonged stays in the sun. According to the American Academy of Dermatology, the sun's rays are strongest in North America between 10AM and 4PM. Take special care to stay inside or in a shaded area during these hours.

(Sources: AARP & AAD)



MEET OUR YOGA INSTRUCTOR!

Yoga has become a big part of personal fitness regimens and Westwood Recreation is pleased to be able to provide this restorative practice! Our Yoga instructor Tori Karach has been a certified instructor since 2018 and now teaches 11 different group classes a week including Outdoor Yoga in Westwood's Veterans' Park. Tori says that since beginning her Yoga practice she has learned a lot about herself and the world, "Health, happiness, peace and so much positivity enters your life when you start a yoga practice. During yoga we don't just move and stretch, we feel and listen to our bodies and the world around us. When our bodies get older it is important for us to continue to move and stay active but to not ignore anything that doesn't feel good." This is why Tori always begins her classes by asking for comments and questions from her students, ensuring everyone gets the most out of their practice and meditation. *You can join Tori's classes on Monday at 9:00 a.m. in Veterans' Park and on Thursdays at 11:00 a.m. in the Community Center!*



Tori Karach Fit Facts!

Tori teaches swimming in the summer, hikes with her dog and enjoys a beer now and then!

2019 SUMMER CONCERTS & MOVIES

The Summer Festival season is upon us and while you may be making plans to travel to larger music, theatre and craft festivals, you'll be happy to know you can experience some fun "al fresco" in Westwood's Veteran's Park as well. Westwood Recreation is pleased to present a new season of concerts and movies in July and August. All you need to participate is a lawn chair (and maybe a picnic)! We can't wait to see you there!

SUMMER CONCERTS IN THE PARK at 8:00 p.m.

June 20 - Soul Groove
June 27 - Evolution (Journey)
July 3 (Wed.) - Tequila Rose (Country)
July 11 - Danny V (Billy Joel)
July 18 - Tramps Like Us (Springsteen)
July 25 - Reminisce (Oldies)

SUMMER MOVIES IN THE PARK at Dusk

August 1 - Sand Lot (1993, PG)
August 8 - Enchanted (2007, PG)
August 15 - Ralph Breaks the Internet (2018, PG)
August 22 - The Karate Kid (1984, PG)

COMMUNITY BAND CONCERTS at 8:00 p.m.

Fridays, June 28, July 5th, 12th, 19th, and 26th
Sunday, Sept. 1st at 3 PM.

Westwood Recreation Department



www.westwoodnj.gov



NUTRITIONAL SEMINARS

Our May Nutritional seminar was a fun event attended by more than 30 people. Attendees learned how to prepare healthy desserts and learned about the importance of hydration. Don't miss these delicious and informative events resuming in September.

Nutritional Seminars are presented by Care One at Valley Registered Dietician Jill C. Ficarotta and Chef David Francisco.

Have you ever wondered, WHAT IS MAHJONG?

Mah-jong or Mahjong is a card game that originated in China. Four players play the game using numbered tiles or cards. In all, there are 144 tiles, of which 36 tiles are in the Bamboo suit, 36 in the Circle suit, 36 in the Character suit, 16 Wind tiles, 12 Dragon tiles, and 8 bonus tiles (4 Flowers and 4 Seasons). Depending upon the game, the number of tiles may vary. Four players collect tiles with similar pictures and numbers. At the end of the game, the player who has collected the maximum number of sets is the winner. You can get in on the action Tuesdays and Thursday from 1-3 (See calendar on next page. Registration required.)

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 am. Outdoor Yoga in Veterans' Park	2 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	3 MELT Cancelled	4 Independence Day! No Classes	5
8 9:00 am. Outdoor Yoga in Veterans' Park	9 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	10 MELT Cancelled	11 9:30-10:30am Cardio Fitness 11:00-12:00pm Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	12
15 9:00 am. Outdoor Yoga in Veterans' Park	16 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 12pm-3pm Pickle Ball	17 1-2pm MELT	18 9:30-10:30am Cardio Fitness 11:00-12:00pm Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	19
22 9:00 am. Outdoor Yoga in Veterans' Park	22 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	24 1-2pm MELT	25 9:30-10:30am Cardio Fitness 11:00-12:00pm Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	26
29 9:00 am. Outdoor Yoga in Veterans' Park	30 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	31 1-2pm MELT	REMINDER! Summer recreation camp runs June 24 – August 2. Forever Young classes will be canceled if it rains or it is over 95 degrees.	JULY 2019
Monday	Tuesday	Wednesday	Thursday	Friday
	AUGUST 2019		1 9:30-10:30am Cardio Fitness 11:00-12:00pm Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	2
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19 NOTE:	20 COMMUNITY CENTER IS CLOSED	21 DURING	22 LAST TWO WEEKS OF	23 AUGUST
26 NOTE:	27 COMMUNITY CENTER IS CLOSED	28 DURING	29 LAST TWO WEEKS OF	30 AUGUST See you in September!

AND THE SURVEY SAYS...



Recently, the Westwood Recreation Department conducted a survey regarding The ForeverYoung program offerings. The response was overwhelming--you love ForeverYoung! Here's some of the feedback we received...

- 65% of suggestions indicated that participants were satisfied with the ForeverYoung offerings.
- Our ForeverYoung participants aren't just interested in keeping fit, they want to explore new hobbies and activities too! Most popular suggestions for new classes included Game Nights, Line Dancing and Gardening.
- You care about your friends and neighbors, requesting that some additional classes be offered in the evening for those 55+ who have day jobs or other day time obligations.

Keep a look out for new program offerings in 2019/2020!

Westwood Recreation ForeverYoung Programs are proudly sponsored by



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

WESTWOOD RECREATION DEPARTMENT

ForeverYoung NEWSLETTER

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Questions, Comments, Concerns?

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