

AUTUMN FITNESS IS EASY AS RIDING A BIKE!

Even as the leaves begin to turn color, it's hard not to think of autumn as a season of beginnings – kids go back to school, work picks up, gardens need tending, holiday planning starts – so why not also take this time to try a new fitness activity? Recent articles in local and national press have touted the benefits of cycling for gentle cardiovascular fitness. According to *Cycling Weekly*, hopping on a bike promotes weight loss burning between 400-1000 calories an hour depending on intensity of the ride and the riders weight, Cycling can also build muscle, especially around the glutes, hamstrings, quads and calves. Additionally, regular cycling improves lung health, is a great low-impact activity, and more. (See *CyclingWeekly.com /May 2019* or *northjersey.com July 2019*)

Plus, today's cycling has evolved into more than just riding a bike around town. Cyclists can join many local riding groups and even book cycling tours while on vacation. Consult the Bicycling Touring Club of North Jersey at btcnj.com for upcoming events, safety information, bike store locations and other resources.



Let's roll! Getting back on a bike doesn't have to be difficult. All you need is a little brush up course. Luckily here in Westwood, we've got Albert's Westwood Cycle. Bring your bike in for a tune-up and learn about their group rides.

VOLUNTEER YOUR EXPERIENCE

According to a recent article published by helpguide.org, the benefits of volunteering can be enormous. While you know that volunteering offers vital assistance to "people in need, worthwhile causes, and the community" as a volunteer you can expect to benefit too, by meeting new people, making community connections and learning new skills! Helpguide notes that, "giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose."

Throughout Westwood there are numerous sports, civic, social and non-profit organizations that function solely based on the efforts, skills and dedication of its volunteer membership. If you are looking for a new way to get involved, consider reaching out to the following local organizations:

Recreation Baseball: risbud@me.com
Recreation Softball: westwoodsoftball@gmail.com
Recreation Basketball: recreation@westwoodnj.gov
Recreation Soccer: www.dragonsc.org
Westwood Recreation Preschool: recreation@westwoodnj.gov
Friends of the Westwood Library: urbiel@westwood.bccls.org
The Riley Center: <http://www.tjrileyseniorcenter.com>
Stigma Free Westwood: jbanes@cspnj.org
Borough of Westwood: www.westwoodnj.gov
Westwood Ambulance Corps: www.westwoodvolunteerems.org
Bergen Volunteer Center: www.bergenvolunteers.org



Monday	Tuesday	Wednesday	Thursday	Friday
2 LABOR DAY	3 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	4 1:00pm MELT	5 9:30-10:30am Cardio Fitness 11:00-12:00pm Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	6 1:00pm Cardio Fitness BUY YOUR TICKETS FOR THE CHRISTMAS SPECTACULAR BUS TRIP! (See page 3)
9 9:00am Outdoor Yoga in Veterans' Park	10 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	11 1:00pm MELT	12 9:30-10:30am Cardio Fitness 11:00-12:00pm Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	13 1:00pm Cardio Fitness
16 9:00am Outdoor Yoga in Veterans' Park	17 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 12pm-3pm Pickle Ball	18 1:00pm MELT	19 9:30-10:30am Cardio Fitness 11:00-12:00pm Yoga 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	20 1:00pm Cardio Fitness
23 9:00am Outdoor Yoga in Veterans' Park	24 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 11:45am-12:45 Watercolor Art 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards	25 1:00pm MELT	26 9:30-10:30am Cardio Fitness 11:00-12:00pm Yoga 11:45am-12:45 Acrylic/Oil Painting 12pm-3pm Pickle Ball 1-3pm Mahjong & Cards 3:30pm Knitting	27 1:00pm Cardio Fitness
30 9:00am Outdoor Yoga in Veterans' Park			SEPTEMBER 2019	
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MEET OUR ART INSTRUCTOR!

Westwood Recreation Department art instructor Elise Miguel teaches *ForeverYoung* watercolor painting at the Westwood Community Center and digital illustration/animation for children grades 3-12 at One River Art School in Englewood. She's a 2019 Illustration & Animation graduate from Montclair State University.

Elise has a very simple philosophy: "Art isn't perfect, nor is it meant to be." She believes, "the only thing that matters is that you're enjoying being creative, so don't be too critical of yourself!" Elise loves working with watercolors and inks because water based mediums allow her to be both free and technical with her brush strokes. She finds inspiration in "anything and everything" be it a song or a walk outside. "There's inspiration everywhere, you just have to tune in." Her advice for artists just starting out, at any age, is that you can take things as slowly as you need to because, "there's no time limit on art so allow yourself to learn and get used to the materials and turn on that creative side!" **You can join Elise's Watercolor painting class on Tuesdays at 11:45am or her Acrylic/Oil painting class on Thursdays at 11:45am at the Community Center!**



ELISE MIGUEL

Elise has been playing piano for the past 14 years and is the keyboardist for the band Primitive Lips! She also has a scientific side, having minored in Speech and Audiology at Montclair State. *Check out some of her art work here.*



LEAF PEEPING IN BERGEN COUNTY

View Nature's Splendor With a Some Local Sightseeing

As Summer's heat subsides and the trees begin their quiet, colorful transition into autumn, you know it's time to plan a restorative retreat to the woods! Get ready for Leaf Peeping season in Westwood and Bergen County. Typically, peak leaf peeping in NJ is October 19 – 29 when the changing trees are at their most colorful, but the season can vary depending on temperature and rainfall. According to NJHiking.com, "Leaves generally start turning color at higher elevations and near the edge of water first."

Luckily, in Westwood our community and county parks, not to mention the lovely landscapes of our neighborhoods, offer a wide range of trees to gawk at while you take a stroll or ride through town.



If you want to go a bit further afield, at Skylands, the New Jersey Botanical Garden in Ringwood, you can explore 96 acres of specialty gardens surrounded by 1000 acres of woodlands which include gentle paths winding through the woods as well as miles of hikes of various difficulties. In September you can join a wildflower walk or a family woodland hike or wait for the NJBC's annual Harvest Festival on October 19. For details visit njbg.org or call 973-362-9534 to find out about upcoming events, tours and more!

MAKE A PLAN! Kick-off your holiday celebrations with a trip to see the 2019 Christmas Spectacular Starring the Radio City Rockettes on Sunday, November 17th. Since 1933, The Christmas Spectacular has been an annual musical holiday stage show presented at Radio City Music Hall. The 90-minute show features more than 140 performers and is known for the Rockettes' iconic kick-line choreography. Tickets are \$100 per person which includes the show and coach bus. The bus will leave the Westwood Community Center at 11:00 a.m. for a 2:00 p.m. showtime, with a return time scheduled for 4:00 p.m. All tickets are in the Orchestra section and can be purchased at the Westwood Community Center at 55 Jefferson Ave. Cash, checks, Visa & Mastercard are accepted. **Only 50 tickets are available so interested parties are encouraged to buy tickets early!**

NUTRITIONAL SEMINARS HEALTHY BREAKFASTS

will return soon! Until then, enjoy this, easy and low-calorie Halloween (or anytime) treat!

Indoor S'Mores

(Eating Well Magazine/2009)

- 2 whole graham crackers, broken in half
 - 4 marshmallows
 - 2 tablespoons bittersweet chocolate chips, melted (see Tip)
- 1) Position oven rack in the upper third of the oven; preheat broiler.
 - 2) Place graham cracker halves on a baking sheet; top each with 1 marshmallow. Broil, with the oven door ajar and watching carefully, until the marshmallows are golden brown, 45 to 75 seconds.
 - 3) Remove from the oven and drizzle each s'more with a little melted chocolate.

Tip: To melt chocolate: Microwave on Medium for 1 minute. Stir, then continue microwaving on Medium in 20-second intervals until melted, stirring after each interval. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted.

Speaking of peeping...



According to the American Academy of Ophthalmology, systemic health problems like high blood pressure and diabetes can also affect eye health. One warning sign of both high blood pressure and diabetes is when the ability to see clearly changes frequently. Thankfully, one way to combat eye-disease is regular exercise. Our eyes need good blood circulation and

oxygen intake, both stimulated by regular exercise. Regular exercise also helps keep weight in the normal range, which reduces the risk of diabetes and diabetic retinopathy. Gentler exercise, including walking, yoga, tai chi or stretching and breathing, can also be effective ways to keep healthy.

In a recent conversation with *ForeverYoung*, Dr. Jung Lee, ophthalmologist at Westwood Ophthalmology reinforced AAO recommendations that anyone exercising outdoors practice sun safety and using protective eyewear when enjoying sports and recreation. Dr. Lee also encourages regular visits to the eye doctor, adding "Cataracts, Glaucoma, Macular Degeneration can increase in prevalence in this age group of 50+, so getting early diagnosis is very important because certain conditions can cause permanent damage if not diagnosed at an early age."

In addition to a baseline exam at age 40, it is important to have a complete eye exam with your ophthalmologist every year or two after age 65 to check for age-related eye diseases such as macular degeneration, diabetic retinopathy, glaucoma, cataract and other eye conditions. EyeCare America, a program of the AAO, provides free or low-cost eye exams to eligible seniors. For more information go to <https://www.aao.org/eyecare-america> or consult your ophthalmologist. (source aao.org)

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WESTWOOD RECREATION DEPARTMENT

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Questions, Comments, Concerns?

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