

Forever Young

NEWSLETTER

PICKLEBALL A BIG DILL IN WESTWOOD!

If you relish the chance to try new activities, look no further than our ForeverYoung Pickleball program. Puns aside, according to the USA Pickleball Association (USAPA), approximately 3 million people play in the U.S., and it is one of the fastest growing games in North America. The game has had a more than 600 percent increase in the last 5 years.

Pickleball was invented in 1965 on Bainbridge Island, off the coast of Seattle Washington as a sport that would allow every member of the family to play. The game is a combination of badminton, ping-pong and tennis and can be played outdoors or indoors on a badminton-sized court with a low net. Players use paddles that are smaller than tennis racquets but bigger than ping-pong paddles and the ball is plastic, like a wiffle ball. The game typically lasts 15-20 minutes and goes until one side gets 11 points.



Because the court is smaller, lateral movement and ball chasing are limited making it an aerobic exercise that is easy on your knees and one that also allows for frequent

breaks. The small court and general preference for playing doubles means there is no serious running and because of the lightweight paddle and underhand serve, injuries such as tennis elbow are quite uncommon.

If you'd like to join our Pickleball Program, stop in on Tuesdays or Thursdays from 12 – 3 p.m. The “regulars” are eager to introduce the sport to new players. A few have even volunteered to teach the sport to Westwood Middle School students! Bonus -- now that spring is just around the corner, the game will also move outside to our McKinley Park courts where you can play nearly every day.



PICKLEBALL RESOURCES

Looking for more information on Pickleball? Check out these organizations for clinics, rules, tips, gear and how to play videos.

The Pickleball Channel - www.pickleballchannel.com

NJ Pickleball Association - <https://www.facebook.com/mynjpa/>

USA Pickleball Association- <https://www.usapa.org>

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 9:30-10:30am Cardio Fitness 10:45-11:45am Strength & Cond. 12pm-3pm Pickle Ball 1-3pm Mahjong	4 1:00pm MELT	5 9:30-10:30am Cardio Fitness 10:45am-11:45am Yoga 11:45am-12:45pm Acrylic Painting 12pm-3pm Pickle Ball 1-3pm Mahjong 3:30pm Knitting	6 1:00pm Cardio Fitness
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Monday	Tuesday	Wednesday	Thursday	Friday
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2020 SPRING CLASS LINEUP!



Flaticon - Freepik

CARDIO FITNESS - Elaine Blumenthal gets you dancing your way to fitness in this fun, energizing, low-impact cardio class. **(Tue/Thur classes full. Opening for Friday class only.)**

STRENGTH & CONDITIONING - Karen Abergast leads a class that works to increase strength/bone density via controlled movements that adapt to everyday activities.

M.E.L.T. - Soft rollers combined with gentle stretching rejuvenates muscles and tendons alleviating chronic pain. Led by instructor Donna Lorence.

YOGA - Stretch and meditate during this restorative practice with certified instructor Tori Karach.

PICKLEBALL - This fast-growing sport blends racquet ball and tennis for a fun low-impact workout.

ACRYLIC PAINTING - Learn basic techniques of acrylic painting with artist/instructor Jean Taras.

MAHJONG - Collect the most tile-sets to win this ancient Chinese social game.

KNITTING - Relax with friends as you learn to knit hats, scarves and other items with avid knitter and volunteer Fredda Conlon.



GET RID OF YOUR PAUNCH WITH YOUR POOCH

Walking your dog doesn't have to be just another chore that you reluctantly take care of everyday. With a little planning, you can make your dog's daily routine part of your healthy lifestyle too!

A brisk walk with your dog first thing in the morning can jump start your metabolism, boosting your calorie burn for the day. Additionally, walking with friends and their canine besties is a great way to socialize for you and your dog. You can visit the dog park in our own Westvale Park or visit hikewithyourdog.com/new-jersey to find some dog friendly trails nearby.

Don't have a dog? You can register to be a dog foster with Bonnie's Animal Rescue Kingdom, B.A.R.K. for short, a small non-profit dedicated to rescuing abandoned and neglected animals. The group, based in Hillsdale, supplies you with everything you need to be a short-term home for animals waiting to be adopted. Check them out at: <https://www.facebook.com/bonniesanimalrescuekingdom/>

JOIN THE 2020 PASCACK VALLEY MEDICAL CENTER WELLNESS CHALLENGE

This free six-week challenge is designed to help participants create and maintain a healthy lifestyle. The program provides:

- Free health screenings
- Free nutrition counseling
- Free and discounted fitness classes
- Finale Celebration on April 25

The challenge begins on Saturday March 14

from 11am – 2pm at the Westwood Community Center. REGISTER online at pascackmedicalcenter.com/bewell or at the kick-off event on March 14th or by calling 877-848-WELL (9355). *Registration is required. Must be 18 years older to register.*



Hackensack
Meridian Health
Pascack Valley
Medical Center

**LEND A HAND!
Volunteer with
ITN North Jersey**



Flaticon.com - FreekpiK

iTNNorthJersey is a non-profit membership-based transportation system providing rides in private cars using Volunteer Drivers, helping those 60+ and the Visually Impaired 21+. Currently operating in Bergen County, iTNNorthJersey offers arm-through-arm, door-through-door service so their members can continue to participate in their communities. Drivers bring riders to medical appointments, jobs, the hairdresser and social engagements in a safe, reliable and personal manner. The drivers are friendly and professional, providing riders with a much-needed service.

iTNNorthJersey is currently recruiting Volunteer Drivers. Please go to www.iTNNorthJersey.org or call Mary Lyons-Kim for more information at 201-398-8895. Providing as little as one ride per month of your choosing can make all the difference in someone's life!

Westwood Recreation ForeverYoung Programs are proudly sponsored by



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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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