Tai Chi

Come try it out and see what everyone is talking about! With benefits for all aspects of physical wellness, this class is a must! Wednesdays 1pm to 2pm.

Strength & Conditioning

Strength training and low impact cardio! Good for muscles, good for bones! Tuesdays 10:45-11:45am.

Cards

Join the Thursday afternoon group from 1pm to 3pm to play games like bridge, rummy, and more! Bring a snack, have some coffee, and enjoy good company!

Mah jongg

Come play, or learn to play, this fun and social game! Thursdays from 1pm-3pm!

Forever Young Tai Chi Classes!!!

Developed in China more than 2,000 years ago, Tai Chi is a gentle form of exercise that’s been described as “meditation in motion.” In other words, the motions are slow and controlled.

While people in Western culture have quietly been practicing it for some time, it’s only quite recently that Tai Chi has started to be studied by Western science. What researchers have found is that Tai Chi provides a great workout for your body in a number of ways.

The Benefits of Tai Chi:

Studies have shown that regularly practicing Tai Chi benefits seniors in a number of ways:

• Improves symptoms of arthritis
• Improves symptoms of Parkinson’s disease
• Effectively reduces stress
• Provides overall pain relief
• Improves feeling of overall well-being
• Improves flexibility
• Lowers blood pressure

For more information or to register:
Email recreation@westwoodnj.gov or call 201-664-7782
Forever Young participants took advantage of all the Pascack Valley 6 Week Wellness Challenge had to offer! From health lectures, walks in the park, and self defense, to screenings at the kickoff event, these participants did it all. And while the 6 week challenge has come to a close, the journey towards overall wellness does not stop there. Westwood’s Mayor’s Wellness Campaign, in conjunction with the Recreation Department, and the Westwood Library, will be continuing its Wellness Programs. For more information visit: westwoodmayorswellness.org

IMPORTANT INFORMATION ABOUT PARKING

We are so proud of how fit and healthy our Forever Young class participants are!

And now, we are asking for a favor. On the second Tuesday of each month the Senior Fellowship holds their meetings at the community center. Many in attendance at these meetings need to park closer to the building due to physical ailments that impede their abilities to walk for lengths of time. On these Tuesdays we are asking the our Forever Young class participants not park in the parking lot. Please use street parking on the second Tuesday of the month.

We thank you in advance. If you have and questions please contact the recreation dept. 201-664-7882

A Walk in the Park

Spring is here! The weather should be getting warmer soon, which means we will be starting our Forever Young Walk in the Park program again! Walks take place on Mondays and Wednesdays at Westvale Park. Participants meet at the start of the path at 9:30am. For those looking for a shorter walk, stay on the Westvale path. Anyone looking for extra mileage, walk down the beautiful path connecting Westvale to Pascack Brook park.

This is not an instructor led walk, rather a Forever Young walking group. Please be sure to dress appropriately for the weather. In the event of rain the walk will be canceled. For more information contact the Recreation Department, 201-664-7782.
### May 2018

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9:30-10:30am</td>
<td>9:30am</td>
<td>9:30-10:30am</td>
<td>1-2pm Cardio Fitness</td>
</tr>
<tr>
<td></td>
<td>10:45-11:45am</td>
<td>Park Walk</td>
<td>11am-12pm Yoga</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12pm-3pm</td>
<td>Walk</td>
<td>12:15pm-3pm Pickle Ball</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1-3pm Mahjongg &amp; Cards</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1-2pm Tai Chi</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*please do not park in lot

- Please note: Starting on June 25th our Summer Camp program begins. In the event of rain the Forever Young programs will be canceled for the day. June 25th - August 10th.

### June 2018

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9:30-10:30am</td>
<td>9:30am</td>
<td>9:30-10:30am</td>
<td>1-2pm Cardio Fitness</td>
</tr>
<tr>
<td></td>
<td>10:45-11:45am</td>
<td>Park Walk</td>
<td>11am-12pm Yoga</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12pm-3pm</td>
<td>Walk</td>
<td>12:15pm-3pm Pickle Ball</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1-3pm Mahjongg &amp; Cards</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1-2pm Tai Chi</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*please do not park in lot

- Please note: Starting on June 25th our Summer Camp program begins. In the event of rain the Forever Young programs will be canceled for the day. June 25th - August 10th.

Looking ahead - No Cardio Fitness Classes on Fridays in July and August.
Forever Young Newsletter Receives State Award!

The Westwood Recreation Department was presented the Agency Showcase Award for their Forever Young Newsletter at the New Jersey Recreation and Park Association (NJRPA) Annual Awards Dinner in Atlantic City. Gary Buchheister, Recreation Director was present on Tuesday, March 7th to accept this award. The goal of the Westwood Forever Young Newsletter is to increase participation and engagement with the over 55 community in their Forever Young Programs. The newsletter provides program information, a calendar of events, healthy tips, and recaps of events and classes run for the Forever Young Program participants. The bi-monthly newsletters are distributed at the Community Center, Library, Borough Hall and the Senior Center. An online version is made available through their Website, Facebook page and is emailed to their entire email distribution list.

“All the credit goes to our Editor, Jodi Murphy,” states Recreation Director Gary Buchheister. “She has done a fantastic job promoting the Forever Young Program to our community.”

The New Jersey Recreation and Park Association is a not-for-profit organization dedicated to promoting parks and recreation.

Westwood Recreation Forever Young Programs are proudly sponsored by...

Questions, comments, concerns - contact the Recreation Department.

Gary Buchheister
Recreation Director
Margaret McDonough
Administrative Assistant
Jodi Murphy
Forever Young Newsletter Editor

WESTWOOD RECREATION DEPARTMENT
55 Jefferson Ave
Westwood, NJ 07675
201-664-7882
recreation@westwoodnj.gov

FOREVER YOUNG NEWSLETTER
ISSUE No. 7
May 2018