

**WESTWOOD RECREATION DEPARTMENT
FOREVER YOUNG PROGRAM**

AGE-FRIENDLY PROGRAMMING

55+ FITNESS, WELLNESS AND RECREATIONAL ACTIVITIES





175+

**INDIVIDUALS PARTICIPATING IN FITNESS,
SOCIAL & ENRICHMENT CLASSES**

AGE IS JUST A NUMBER

OUR OLDEST PARTICIPANTS ARE 92 YEARS OLD!

- **Classes are at maximum capacity with waitlists.**
- **New class offerings include Tai-Chi and Chair Yoga, offered after requests were made following the closure of the Riley Senior Center.**
- **New participants walk in the door every day and are warmly welcomed by participants and instructors!**





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FITNESS & ENRICHMENT CLASSES

BASKETBALL TO TA-CHI

WHY CHOOSE WHEN YOU CAN DO THEM ALL!

- Majority of classes are on Tuesday, Thursday and Friday, with some additional sessions on Sundays and some outdoor sessions when weather permits.
- We offer Cardio Dance, Strength & Conditioning, Tai-Chi, Yoga, Chair Yoga, Pickleball (indoor & outdoor), Mahjong and Painting.
- Many participate in several classes, some staying in Community Center nearly all day!





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FOREVER YOUNG LUNCHEONS IN '22-'23

GET FIT & GET TOGETHER

LUNCH WITH A SIDE OF COMMUNITY

- At least quarterly, and sometimes more frequently, we host ForeverYoung luncheons. Sponsors bring a healthful lunch (and some dessert!)
- Many luncheons include live music or a presentation. Most recently a Beatles historian!
- Luncheon is free and open to all participants and a lovely way for “gym” friends to share stories, foster community and offer encouragement.





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BI-MONTHLY NEWSLETTERS

READ ALL ABOUT IT

FOREVER YOUNG NEWSLETTER & CALENDAR

- Award-winning newsletter published bi-monthly.
- Includes information on classes and how to register.
- Full-sized calendar for easy reference.
- Information articles about local events and programs.
- Articles of interest on seasonal themes - summer reads, winter safety, autumn walks, short travels of interest.
- Photos!

WESTWOOD RECREATION DEPARTMENT



NEWSLETTER ISSUE 32 – JANUARY/FEBRUARY 2023

NEW AGE-FRIENDLY PARK IMPROVEMENTS COMING TO MCKINLEY PARK IN 2023!

Westwood Recreation is pleased to announce that there's a whole new ball game coming to town this spring! Working with Westwood For All Ages, the ForeverYoung program will be the recipient of a grant that installs a few new recreation additions to McKinley park, now known to many of our participants as the outdoor home to our Pickleball program. First up a new Bocce Ball Court that is expected to be completed by June 2023.

Bocce is one of the most widely played ball sports in the world. It's also one of the oldest yard games, with the modern version originating in Italy. This yard game is played with eight weighted balls aimed at a smaller target ball, or pallino. The objective of the game is to earn points by getting your balls closer to the pallino than your opponent does. Bocce is the plural for the Italian word that means "bowl," and the sport is similar to British lawn bowling. Bocce rules are fairly straightforward, and people of all ages and skill levels can play the game.

Other improvements to McKinley Park are forthcoming as well. The goal is to create a dedicated Age-Friendly recreation area where new ForeverYoung activities and classes can be held allowing for program expansion. Want to prepare ahead of the Bocce Ball Court opening? Read up on the rules here: <https://worldbocce.org>



WESTWOOD RECREATION DEPARTMENT



MAKE YOUR SUMMER PLANS TODAY!

Summertime fun is just around the corner!

We can't wait to see our concert and movie regulars in Veteran's Park!

The Westwood Recreation Department is pleased to announce its summer event line-up. New for this year -- a seventh concert has been added to the schedule that is sure to get

MAY 2023 – SCHEDULE OF CLASSES AND EVENTS

SUN	MON	TUES	WED	THURS	FRI	SAT
55+ Open Gym Basketball 8:00-10:00am	1	2 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	3	4 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	5 Cardio Fitness 1:00-2:00pm	6
7 55+ Open Gym Basketball 8:00-10:00am	8	9 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong CANCELED	10	11 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	12 Cardio Fitness 1:00-2:00pm	13
14 55+ Open Gym Basketball 8:00-10:00am	15	16 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm	17	18 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm	19 Cardio Fitness 1:00-2:00pm	20

GET CREATIVE WITH BRITT!



With an enthusiastic smile, infectious positivity and a world of art instruction knowledge, artist instructor Britt Sikiric helps students find their inspiration and capture it on canvas.

Each Tuesday from 12:00 p.m. – 1:30 p.m. Britt leads the ForeverYoung Art class with a fun, freestyle and low-key atmosphere – the perfect way to unwind and create. Instruction focuses on each individual's unique sense of expression and interpretation of their own artistic process. Using acrylic paint, water color, canvas and pastels, and more, each class session will be inspired by impressionistic, traditional and modern artist as well as participant's own style.

Britt brings out the creative side in all of us! Join the ForeverYoung art class by registering at the office today.

PICKLEBALL CHAMPS!

Westwood Recreation's Forever Young Pickleball Program netted its first award in a tournament on October 29th when participants Jed Schaiman and Cynthia Toth took home a 3rd place medal in the mixed doubles division of the Maywood Tennis Club's Pickleball Tournament. This was the first tournament hosted by the Maywood Tennis Club including players ages 14-76 years old playing in men's and women's doubles, mixed doubles and singles.

The Westwood Forever Young Program includes indoor pickleball on Tuesday and Thursday from 1-3 p.m. in the Westwood Community Center. To register see Margie at the front desk or call for 201-664-7882 for more information.



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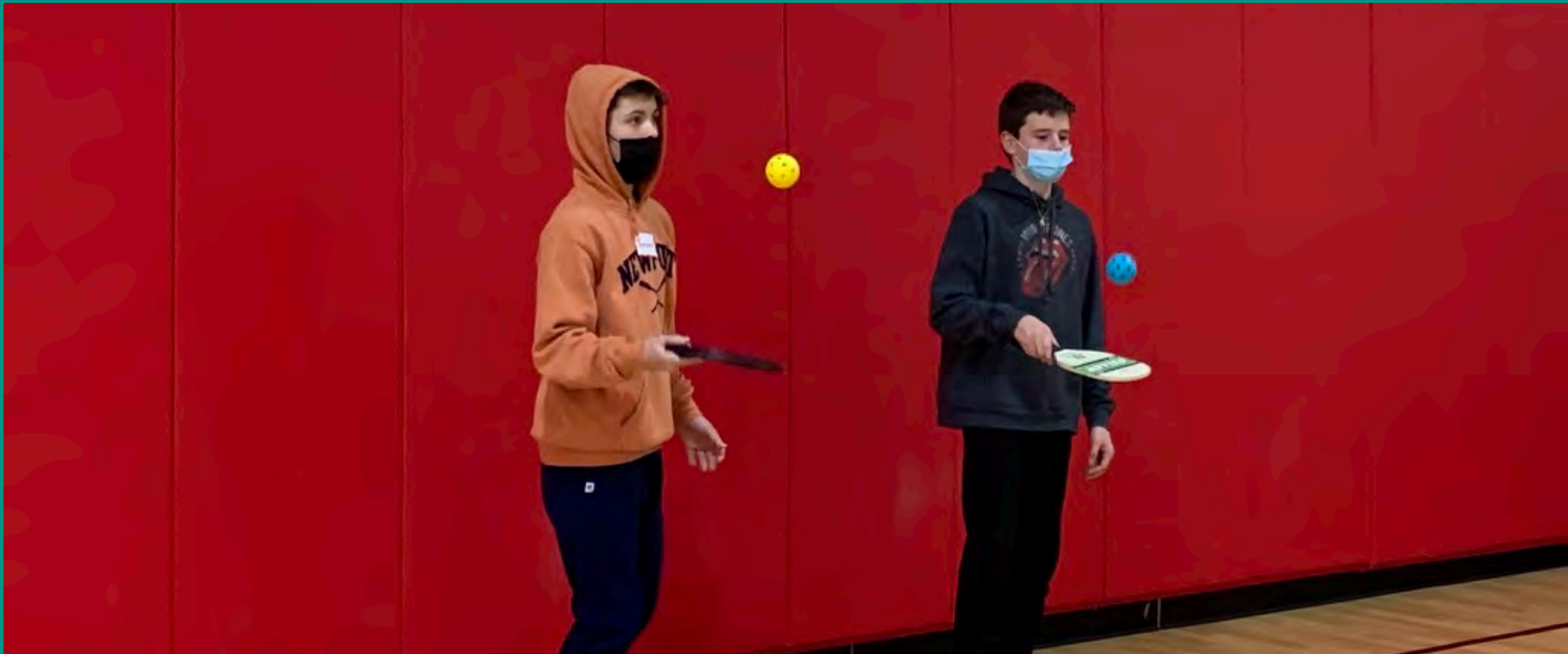
PICKLEBALL CHAMPIONS

IT'S A REALLY BIG DILL!

PICKLE BALL PROGRAM SPANS THE AGES

- Indoor and Outdoor program offered.
- Self-organized by participants.
- Enthusiasm spilled over into rest of community and Forever Young participants now teach middle schoolers, adults and families how to play America's fastest growing sport!
- Our participants have even entered and won awards at Pickleball tournaments!





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**OUTDOOR CONCERTS WITH “RESERVED” SEATING
(AND SPACE FOR DANCING!)**

SUMMER CONCERTS

ROCKIN' AROUND THE CLOCK

- The Summer Concert Series is a free and family friendly event.
- ForeverYoung participants save each other “premier seating” along the benches so they can have quick access to the “dance floor” where they routinely put younger dancers to shame!
- They love all the shows but especially the bands that throw back to the 50s, 60s, and 70s.





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OUTDOOR ADULT/ACCESSIBLE EXERCISE EQUIPMENT AREA

“MUSCLE PARK”

GETTING FIT IN THE PARK

- Recently installed outdoor exercise equipment at our largest park facility Westvale Park.
- Equipment is fully accessible.
- Easy to use instructions with QR code links to videos.
- Plans in the works for circuit training classes.



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BOCCE BALL COURT / AGE-FRIENDLY ACTIVITY AREA

BUONO!

BOCCE BALL COURT HITS THE SPOT

- With assistance from Westwood For All Ages, the Recreation Department is converting part of a small park facility into an age-friendly feature.
- Area will now include pickle ball, bocce ball, benches and eventually game tables and covered bulletin board.
- Ideal location as it is familiar to participants, has ample street parking, lots of trees, small walking path and a soon to be refurbished playground, encouraging multi-generational play.



PARKS

FREE & OPEN TO ALL

GO OUTSIDE & PLAY!

A PARK FOR EVERY ACTIVITY

- Our largest park, Westvale Park offers many amenities including a paved walking path which connects through a wooded path to the Pascack Brook County Park.
- We offer tennis courts, basketball courts, sand volleyball court, open fields, ball fields, playgrounds, BBQ grills, covered picnic areas and Westwoof Park, our park just for our canine friends!
- We host classes, camps, rec leagues and even semi-professional baseball!
- Parks are managed and maintained through a joint partnership with Westwood Department of Public Works.
- 12 parks managed in total offering opportunities for all types of activities and passive recreation.





RECREATION

**LOW COST, HIGH QUALITY SPORTS, ACTIVITIES
AND ENRICHMENT FOR ALL AGES & ABILITIES**

WHAT DO YOU WANT TO DO TODAY?

**MOVE YOUR BODY
GET CREATIVE
LEARN A SKILL**

- The Westwood Recreation Department offers classes from toddler to adults. We are one of the few full service recreation departments in the Pascack Valley.
- Enrichment classes range from art and acting to science and technology. New offerings include cooking classes and parent & me classes.
- Sports classes include toddler soccer, tennis, zumba, yoga and, through a partnership with UFC Gym, our next door neighbors, kick-boxing and HIIT.
- We run a preschool, the Special Needs Activity Program (SNAP), a teen center and the Summer Playground Program day camp.
- Free community events include pumpkin painting, winter craft, egg dying, a Children's Halloween Parade, an annual egg hunt and participant/sponsor in the annual Home for the Holidays parade.





FOREVER YOUNG

WHAT OUR PARTICIPANTS ARE SAYING...

FOREVER YOUNG IS...

- So enjoy taking the Forever Young classes; **it's a great opportunity to work on getting fit and to make new friends as well.**
- My town has very little to offer seniors. **I had wanted to try Pickleball & noticed the community center welcomed out-of-towners so I signed up. That was 5 years ago in March.** Made a lot of new friends too! Out of all the Pascack Valley towns, Westwood seems to have the most to offer its residents (a lot with no charge) & if there's room includes out of towners with a minimal charge.
- Forever Young provides those over 55 years of age with an opportunity to exercise and engage in a social setting with our peers. **It is a wonderful opportunity for all.**
- The Forever Young program is a gem. It offers a wide array of classes which support the physical and emotional well being of the senior community. The classes are varied in scope and offer something for everyone. The classes provide a space where one can learn new skills or practice skills they may already have. Finally they offer an arena where people can connect with friends or make new friends in an activity. **This social connection is a vital piece for this sector of the population.** Westwood is blessed to have this program!

FOREVER YOUNG IS...

- What a great resource the Westwood Forever Young program is! **It not only provides its members with variety of physical fitness options, it is also a place for social engagement, and intellectual stimulation.** Bravo to Westwood's Forever Young program and all who manage it.
- I love the Forever Young program! **It offers a diversity of activities for the senior population unlike any other town.** There is truly something for everyone. Most importantly, it provides an avenue for socialization and friendship that are vital for this age group.
- **This is a great program,** well organized. There's so much to offer!
- **LOVE THE FOREVER YOUNG PROGRAM!** So many great class options and **especially awesome that it is free for residents** ! Love Tori, the yoga instructor, she is awesome!
- I am so grateful to be involved in the ForeverYoung Pickleball program! **It's great exercise, a fun sport, but equally important, are the friendships that are made!** Additionally, it is run professionally and efficiently by John T! Thank you to all involved!

FOREVER YOUNG IS...

- The ForeverYoung Program is **AMAZING!** My husband and I have been participating in many of the classes for 12 years! I do the Cardio Fitness class three times a week, Strengthening & Conditioning class, Tai Chi twice a week, Yoga, Art class, and Pickle Ball (indoor and outdoor) several times a week. As a Westwood resident all of this is totally free! As a senior citizen, these activities keep me in good shape, and I have made many friendships along the way. All of this a huge part of my social life. We love that Westwood is so caring about its seniors, and we appreciate all that Gary Buchheister and the entire staff do for us. Many thanks!
- The Art Class is my favorite program at Forever Young. Besides bringing out our creativity it affords an opportunity to socialize. **Being a fairly new resident of Westwood, I found this a wonderful opportunity to make new friendships!** Britt our instructor, could not be nicer or more encouraging!













WESTWOOD RECREATION DEPARTMENT

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