

RECREATION DEPT.

NEWSLETTER, ISSUE 13

JANUARY-DECEMBER, 2023

FIT, FUN, AND FRIENDS



Come join us this winter for fitness, fun and to make new friends! Already have friends, then bring them along and get in the groove as we join together to make ourselves stronger than our excuses. All you need is a mat, pair of dumbbells, and a positive attitude!

Date: Wednesday's, January 11- March 22, 2023

Time: 4:15 pm to 5:15 pm

Cost: \$120 per person (11wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: January 9, 2023

YOGA CLASSES

The best yoga is no yoga. Take it one day at a time and one breath at a time! Stay strong, stay balanced, live your best life! Just relax, replenish, and revive.

Time: Please view below

Cost: \$120 per person (11wks)

Location: Senior Center, 35 E. Springtown Rd.



Winter Schedule 11 weeks:

Wednesday's from January 11– March 22, 2023

- Beginner Mat Yoga: 9 am -10 am
- Gentle Mat Yoga: 10:15 am -11:15 am

Thursday's from January 12– March 23, 2023

- Early Morning Mat Yoga: 8am -9am
- Chair Yoga: 10am - 11am
- Lunch Break Yoga: 12pm –1pm

Deadline Date: January 19, 2023

GIRLS ROCK YOGA AGES 8-13

Date: Wednesday's, January 25-March 22, 2023

Time: 5:30 pm– 6:30 pm

Cost: \$100 per person (9wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: January 23, 2023



****Limited enrollment for all Recreation & Senior Programs. Must pre-register no walk-ins are accepted****

MUSICAL THEATRE ENRICHMENT

Broadway Fun: This musical theatre class will include singing, dancing, and acting. Students will work on their own musical to be performed during the final class. Students will focus on creating, expression, and imagination



Date: Tuesday's, January 24-March 14, 2023

Time: 4:30 pm to 5:30 pm

Cost: \$130 per person (8wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: January 17, 2023

****All Programs have a no refund policy. Please read the last page in regards to late fee policy. ****

ST. PATRICK'S DAY LUNCHEON

Wash. Townships annual Senior St. Patrick's Day Luncheon is back in full swing. The delicious American-Irish Traditional Luncheon will be catered by The Valley Restaurant. Our featured entertainer will be Kenny Cunningham; a solo acoustic guitarist and singer/songwriter.

Date: Friday, March 17, 2023

Time: 11am

Cost: \$13 (Resident) & \$15 (Nonresidents) per person

Location: Long Valley Presbyterian Church, 39 Bartley Rd.

Deadline Date: March 13, 2023



BITE SIZED LEARNING

"FIBROMYALGIA & ARTHRITIS"

Come join us in a complimentary workshop on "Fibromyalgia & Arthritis." along with a light lunch "To-Go." This program is sponsored by Wash. Twp. Rec. and Emily Peshkopia; Clinic Coordinator at Hackettstown Family Clinic. Find out the connection between the two and more!

Date: Wednesday, April 5, 2023

Time: 11am

Cost: FREE

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: March 28, 2023



BITE SIZED LEARNING **"ADULT TECH. WORKSHOP"**

This FREE open invitation is for adults to get some helpful pointers from our "Long Valley Middle School" students in how to get the most from their Tech devices such as cell phones and tablets...along with a light Pizza lunch." This is great way to interact with our young adults and gain a wealth of Tech knowledge over a bite to eat! Sign up soon because space is limited!

Date: Tuesday, April 4, 2023

Time: 11am

Cost: FREE

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: March 27, 2023



YOGA CLASSES

Do you want peace of mind, better bodies, and sanity in a hectic world? Then come and join the our **Spring/Summer Yoga** classes.

Time: Please view below

Location: Senior Center, 35 E. Springtown Rd.,



Wednesday's from April 12– July 12, 2023- Cost: \$140 (13wks)

- Beginner Mat Yoga: 9am -10 am
- Gentle Mat Yoga: 10:15 am -11:15 am

Thursday's from April 13– July 13, 2023- Cost: \$140 (13wks)

- Early Morning Mat Yoga: 8am -9am

Thursday's from April 20– July 13, 2023- Cost: \$130 (12wks)

- Chair Yoga: 10am - 11am
- Mid-Day Gentle Mat Yoga 11:15am –12:15pm

**** NO CLASSES scheduled for July 5 & 6, 2023****

Deadline Date: April 10, 2023

GIRLS ROCK YOGA AGES 8-13

Date: Wednesday's, April 19– June 7, 2023

Time: 5:30 pm– 6:30 pm

Cost: \$90 per person (8wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: April 10, 2023



INTRO TO CLASSICAL BALLET



Join the former professional Ballerina, and accomplished dancer; Kimarie Santiago, as she shares her passion for Classical Ballet this Spring Session! Encouraging a successful experience for all students as she incorporates movement, imagination, and fun in the non-competitive nurturing environment!

Date: Tuesday's, April 4-May 30, 2023

Time: 4:30 pm to 5:30 pm

Cost: \$110 per person (9wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: March 28, 2023

FITNESS / EXERCISE CLASS



Move, stretch, strengthen, and simply let go. Get in, get fit, get on with life, and join us this fall for our fitness/exercise class. This is a great way to make new friends and maximize calorie burn along with total body training! Let's join together and commit to be fit all

while exercising our mind and body. All you need to bring is a mat, pair of medium weight dumbbells (3-8lbs), and a positive attitude.

Date: Wednesday's, April 12-June 28, 2023

Time: 4:15 pm to 5:15 pm

Cost: \$130 per person (12wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: April 10, 2023

**"BITE SIZED LEARNING
"OSTEOPOROSIS & SCREENING"**

"Know your Bone Density" by attending the sponsored workshop by Wash. Twp. Recreation and Presented by Hackettstown Village Family Clinic. Emily Peshkopia; a representative, will give a talk about the steps of disease prevention and more! Followed by an optional screening, balance exercise and a light lunch "To-Go." Space is limited so sign up soon!



Date: Tuesday, May 2, 2023

Time: 10am

Cost: FREE

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: March 28, 2023

CHARCUTERIE WORKSHOP

Calling all adults to join "Jenny Boeckel" as she displays her talent in presenting Charcuterie Board presentation! Create your very own board to take home and enjoy with your family and friends!



Date: Friday, May 12, 2023

Time: 5pm

Cost: \$30 per person

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: May 1, 2023

MEMORIAL DAY CEREMONY

Washington Township and Washington Township Veterans Association will host their Annual Memorial Day Ceremony to salute our brave servicemen and servicewomen, who have given so much for our country! Please join us as we salute our brave veterans and our fallen heroes .

Date: Saturday, May 29, 2023

Time: 12noon

Location: Rock Spring Park, E. Springtown Rd.



**"BITE SIZED LEARNING
"HEARING CLINIC & SCREENING"**

"Take the necessary steps toward signs on treating or not treating hearing loss by attending this event. Presented by Hackettstown Village Family Clinic, Emily Peshkopia will briefly go over the three types of hearing loss and when to seek help. Followed by an optional screening and a continental breakfast "To-Go." Space is limited so sign up soon!

Date: Friday, June 2, 2023

Time: 9:30 am

Cost: FREE

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: March 26, 2023



**STRENGTH & BALANCE EXERCISE
"LIVE STRONGER FOR LONGER"**

This class includes seated mobility that uses body weight and light dumb bells to work on a combination of strength, balance & Flexibility with a focus on strengthening the core and limbs. We will amplify the body's movement through stretch, improving overall balance, posture, muscle strength, fall prevention and mobility. By learning how to move the body in a healthy way, one can reduce pain, improve body awareness, avoid injury and reinforce proper movement principles.



Date: Thursday's, May 11-June 29, 2023

Time: 12:30pm to 1:15pm

Cost: \$50 per person (7wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: May 8, 2023

2023 Anticipated Summer Camp Schedule

A detailed summer camp newsletter will post by April 1st, 2023



<u>Camp</u>	<u>Ages</u>	<u>Location</u>
Complete Players Camp	Grades 3-6	Palmer Park
Wolfpack Baseball Camp	Ages 8-13 yrs.	Palmer Park
Super Science Camp	Ages 7-12 yrs.	TBD
Kickz Soccer Camp	Ages 3-15 yrs.	Harrington
Robo Think Camp	Ages TBD	TBD

We are currently working on adding more fun filled camps.



SUMMER DRIVE-IN MOVIE UNDER THE STARS

Date: Friday June 16, 2023 - Rain date: June 17, 2023

Movie: "TBD"

Date: Thursday July 20, 2023 - Rain date July 21, 2023

Movie: "TBD"

Time: Dusk

Location: Rock Spring Park (lower field)



SENIOR PICNIC

“It’s the middle of the summer and it’s Picnic Time!” Such a great time was had last year so lets continue the trend! what a fun way to start the summer, but with great entertainment and food. The Recreation Dept. is welcoming all seniors to this fun filled event.

Date: Monday, August 21, 2023

Rain Date: Thursday, August 24, 2023

Time: 12noon

Cost: \$15 (Resident) & \$17 (Nonresident) per person

Location: RSP Pavilion, E. Springtown Rd

Deadline Date: August 8, 2023



FALL YOGA CLASSES

Yoga is suitable for **everyone**, from the absolute beginner to a more seasoned participant, and will consist of a series of strengthening, toning, relaxing breath and meditation exercises.



Time: Please view below

Cost: \$130 per person (12wks)

Location: Senior Center, 35 East Springtown Rd.,

Wednesday’s from September 20– December 6, 2023

- Beginner Mat Yoga: 9 am -10 am
- Gentle Mat Yoga: 10:15 am -11:15 am

Thursday’s from September 21 -December 7, 2023

- Early Morning Mat Yoga: 8:am -9am
- Chair Yoga: 10am - 11am
- Mid-Day Gentle Mat Yoga: 11:15am –12:15pm

Deadline Date: September 18, 2023

GIRLS ROCK YOGA AGES 8-13

Date: Wednesday’s, September 27-November 15, 2023

Time: 5:30pm– 6:30pm

Cost: \$90 per person (8wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: September 25, 2023



FITNESS / EXERCISE CLASS

Maximize calorie burn and total body training. A fun and fast paced class designed to get your heart pumping and keeps you engaged. Exercises are changed week to week to keep the class exciting. This class is great for anyone and everyone, for there are ways to modify the exercises so everyone can participate.



Date: Wednesday’s, September 20-December 6, 2023

Time: 4:15pm to 5:15pm

Cost: \$120 per person (11wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: September 18, 2023

STRENGTH & BALANCE EXERCISE
“LIVE STRONGER FOR LONGER”

This class includes seated mobility that uses body weight and light dumb bells to work on a combination of strength, balance & Flexibility with a focus on strengthening the core and limbs. We will amplify the body’s movement through stretch, improving overall balance, posture, muscle strength, fall prevention and mobility. By learning how to move the body in a healthy way, one can reduce pain, improve body awareness, avoid injury and reinforce proper movement principles.

Date: Thursday’s, September 21-November 16, 2023

Time: 12:30pm to 1:15pm

Cost: \$50 per person (7wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: September 18, 2023



BITE SIZED LEARNING
“CREATING WITH CLAY”

“Creating with Clay” is a comprehensive therapeutic pottery program that gives therapy to both the body and the mind while participants create a beautiful piece of pottery! Limited Enrollment, so don’t wait to sign up.



Date: Tuesday, September 19, 2023

Time: 10:30 am

Cost: \$ 7 per person

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: Sept. 15, 2023





BOO IN THE TOWNSHIP



The change of Seasons is always welcomed here in Washington Township. It doesn't take long before one notices all the homes and yards displayed for Halloween.

From the scariest to the funniest detail. We are asking all our "passerby's" to simply include a photo accompanied with the address and email it to recreation@wtmorris.net. All nominated homes will be posted on our website and social media pages.

Entry Start Date: September 28, 2023

Deadline Date: October 27, 2023 12noon



FALL JEWELRY DESIGN WORKSHOP

"Jewelry Design," by Julia Comick, is for adults willing to come out and socialize while perhaps learning a new hobby or just having a fun craft day! You even get to bring your new piece home.

Date: Monday, October 17, 2022

Time: 10:00am

Cost: \$7 per person

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: October 13, 2023



DYI CARDBOARD DESIGN

We were so impressed with the winner last year that we decided to challenge the community again! Imagine a cardboard Go-Karts possibilities. Families/Groups gather your supplies and challenge your creative style on constructing an amazing Go-Kart together. Once completed, participants will have their "fair shake" on being judged on "Design," "Creativity" and "Most outside the Box."

Entry Form Due: Thursday, November 30, 2023

Judging Day: Saturday, December 16th, 2023

Location: At the "Jolly Jamboree" (RSP Pavilion)



ANNUAL SENIOR THANKSGIVING LUNCHEON

Lets gather with friends and be thankful for our blessings at our annual Thanksgiving Luncheon. A traditional catered full Thanksgiving dinner and featured entertainer will be determined at a later date.

Date: Monday, November 13, 2023

Time: 11:00am - 1:00pm

Cost: TBD per person

Location: TBA

Deadline Date: November 6, 2023





4TH ANNUAL HOLIDAY HOME DECORATING CONTEST



Community holiday spirit is upon us during this time of year and once again Washington Twp. is spreading their cheer to all residents and businesses within the township to festively decorate their home and/or business exteriors! This is our fourth year and we continue to be amazed with the decorated community that we thought to offer it again! Winners will be presented with a signage for their yard and a prize. Santa along with other festivities will be present to give out hot chocolate and cookies!

Important Dates:

- * **Registration begins:** November 1, 2023
 - * **Judging Period:** December 11- December 13, 2023
 - * **Winners Announced:** December 16, 2023
 - * **Location:** Rock Spring Park Pavilion, E. Springtown Rd
- Entry Deadline Date: December 4, 2023**

****Thank you to the business that help support this event.****



GINGERBREAD WORKSHOP

Calling all families for some holiday fun! Join us by working with your family to create a unique decorated Gingerbread and its scenery.

Date: TBA

Time: 5:00-6:30pm

Cost: Free

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: TBA



SENIOR HOLIDAY LUNCHEON

It's time to spread some holiday cheer at our Annual Senior Holiday Luncheon. Seniors are cordially invited to an afternoon of holiday cheer and special surprises as we celebrate this joyous season.

Date: Monday, December 11, 2023

Time: 12 noon

Cost: \$36 (Resident) & \$42 (Nonresident) per person

Location: The Chandelier at Flanders Valley

Deadline Date: December 1, 2023



JOLLY JAMBOREE & SANTA VISIT

“Word on the block is that Santa Claus will be visiting Rock Spring Park in Long Valley. Please join the community while we announce the 2023 Holiday Decorating Contest and the Card-board Design Go-Kart winners. The winter festivities continues with holiday cheer in the air surrounded by a warm campfire, carolers, balloonist and other goodies.

Date: Saturday, December 16, 2023

Snow/Rain Date: Sunday, December 17, 2023

Time: 4:00pm

Cost: FREE

Location: Rock Spring Park Pavilion



PHOTO & LETTERS W/SANTA

We are excited to continue the tradition of “Photo with Santa” is a safe and responsible way. Sign up, take a number, and pose with the man of the season! Photos will be distributed via email the following week. Or hand deliver your letters right to Santa.

Date: Saturday, December 16, 2023

Time: 5pm-6pm

Location: Senior Center, 35 E. Springtown Rd.



****All Programs have a no refund policy ****



ANTICIPATED 2023 SCHEDULE

Exact dates have yet to be determined, so please check the Township Website, follow us on Facebook, or join our email list for up to date programs and reminders. Be on the look-out for new and exciting programs that are not listed.

- ◇ Spring Tennis
- ◇ Festival and Fireworks
- ◇ Nutrient Workshop
- ◇ Field Day w/Mayor
- ◇ Fall Tennis Clinic
- ◇ Bus Trip
- ◇ Guardian/Teen Ceramic Class
- ◇ CPR/AED Course
- ◇ Painting Workshop
- ◇ Summer Tennis Camp



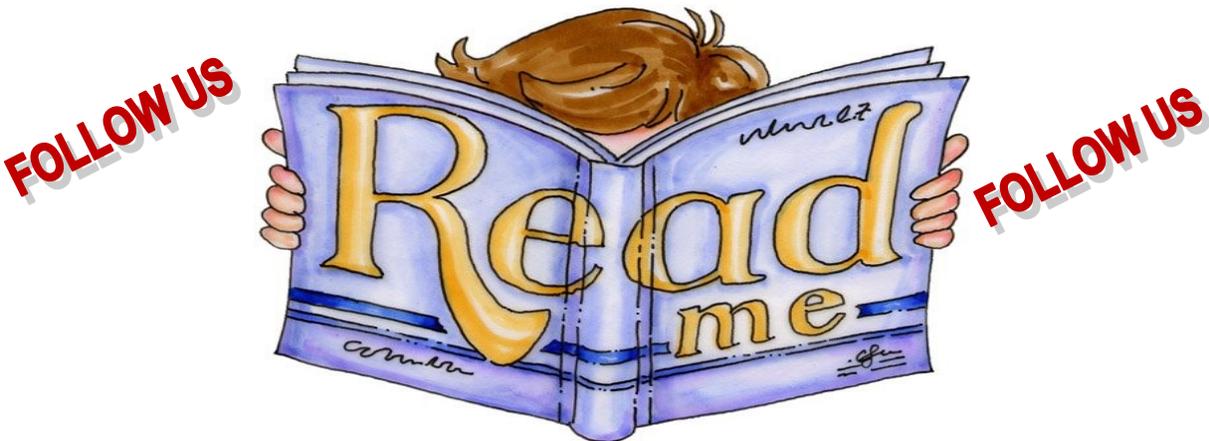
RECREATION & SENIOR PROGRAMS

If you would like to be added to recreation parent email list for first come updates and program registration information please send your email request to recreation@wtmorris.net

If you would like to be added to the senior activities email list for first come updates on programs, trips, and registration information please send your emails to seniors@wtmorris.net.

Facebook Page: [facebook.com/WashingtonMCNJRec](https://www.facebook.com/WashingtonMCNJRec)

Twitter Feed: @WashingtonNJRec Website: www.wtmorris.org



Program Registration Procedures

- In Person • Mail • On-line or
- Payment drop box at 50 Rock Road, L.V. •

IN-PERSON REGISTRATION

We accept Checks, Cash or Credit Cards

MAIL OR PAYMENT DROP BOX REGISTRATION

We accept Checks Only! Payable to WT Rec

ON-LINE PAYMENT

We accept Credit Cards and E-Checks

A Convenience Fee of 2.65% will be charged for

Credit Cards Usage and \$1.00 fee for E-Checks

We accept MasterCard, Visa, Discover & American Express!

You can go to the following link to pay on-line:

<https://magic.collectorsolutions.com/magic-ui/Login/washington-township>

(Note: Not all programs are available for on-line registration!)

QUESTIONS???

Call the Recreation Department at: 908-876-5941 or email us at recreation@wtmorris.net

CANCELLATIONS/REFUNDS

There are **NO REFUNDS** on any of our programs. Refunds will be given for medical or program cancellations **ONLY**. A doctor's note along with a letter in writing must be provided before the start of the program. It is your responsibility to make sure you are at each activity you have signed up for. We will only send out one reminder. There are no exceptions!

WAITING LIST

Waiting lists are a source of contact and do not guarantee you will receive a call back. You will be contacted only if a space becomes available. If notified of an opening, you will have 8 hours to accept the space (with payment) or the opening will be offered to the next person.

WASHINGTON TOWNSHIP PARKS & RECREATION

50 ROCK ROAD ■ LONG VALLEY ■ NJ ■ 07853

PHONE: 908-876-5941 ■ FAX: 908-876-0029

Email: recreation@wtmorris.net Website: www.wtmorris.org

**** Dates and prices are subject to change****