

SENIOR ACTIVITIES

NEWSLETTER, ISSUE 6

SEPTEMBER—DECEMBER 2018

11 Week Yoga Classes

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

Wednesday's, September 12 – December 5, 2018

- Beginner Mat Yoga: 9:00 am -10:00 am,
- Intermediate Mat Yoga: 10:15 am -11:15 am
- Gentle Mat Yoga: 11:30 am -12:30 pm.

Thursday's, September 20 – December 6, 2018

- Early Morning Mat Yoga: 8:00 am - 9:00 am
- Beginner Chair Yoga: 1:30 pm - 2:30 pm
- Mat Yoga for all Levels: 4:15 pm - 5:15 pm

Thursday's October 4– December 6, 2018

- Lunch Break Yoga: 12:00 pm -1:00 pm Fee: \$100(9wks)

Cost: \$120 (All classes, EXCEPT Lunch Break Yoga)

Locations: Senior Center, 35 East Springtown Road

Register Deadline: September 7, 2018

****Must pre-register no walk-ins accepted****



Fitness/Exercise Classes

.Monday's September 10 – November 5, 2018

- Circuit Craze 4:15pm - 5:15 pm Cost: \$100 (9wks)

Tuesday's September 11– November 13, 2018

- Cardio Dance 12:30 pm - 1:15 pm Cost: \$63 (10wks)
- Focus Fitness 4 pm - 5 pm Cost: \$100 (9wks)

Wednesday's September 12 – November 7, 2018

- Low Impact Strength/Cardio: 3 pm - 4 pm Cost: \$90 (8wks)
- Circuit Craze: 4:30 pm - 5:30 pm Cost: \$100 (9wks)

Location: Senior Center

Register Deadline: September 6, 2018

****Must pre-register no walk-ins accepted****

Adult Self-Defense Class

"Sometimes the most dangerous situation is the one we didn't prepare for." Washington Township Police Department and Recreation, would like to introduce a "Self-Defense Class" for adults. This class will demonstrate physical techniques, security tips, and how to avoid potentially dangerous situations. Instructors, Sergeant Brian Bigham & Detective John Wuetemburg will demonstrate helpful information that teaches a mix of physical skills and life lessons. We only have limited space available so be sure to register early.

Date: September 24, 2018

Time: 1:00 pm—2:00 pm

Cost: FREE

Location: Rock Spring Park, 35 East Springtown Rd

Register Deadline: September 17, 2018

Mindful Workshop

Are you feeling stressed or overwhelmed?

Washington Township Recreation Dept. is presenting "Sharon Kelly, LCSW a representative of Atlantic Health in offering a "Free" lunch and "Mindfulness Program"

We are calling all staff and members of the community to participate in this program because "it really is such an important topic and we all can use a reminder!" The program will give you a brief Science review, some of the benefits of Mindfulness, and one will be able to experience some basic practices.

Date: September 28, 2018

Time: 12:30pm

Cost: FREE

Location: Senior Center, 35 East Springtown Rd

Register Deadline: September 5, 2018

Hunterdon Hills Playhouse- "Run for your Wife"

Tony nominated television and Broadway star, Eddie Mekka, well known for his role as Carmine "The Big Ragu" Ragusa in the popular television show "Laverne and Shirley," appears in the WORLD PREMIERE of a new American version of the highly successful, fast-paced comedy Run for Your Wife. A meek and mild taxi driver, who is unable to say "no" to a woman in need, finds himself with wives in two different areas of London. Over the years, he has been able to keep his dual lives separate - with no one the wiser - because of his astonishing ability to adhere to exacting timetables in his irregular work schedule. On the day the play takes place, the taxi driver's schedule is knocked askew by a couple of hours, and he has the brakes suddenly applied on his slippery life style. Complication is piled upon hilarious complication as the cabby frantically tries to keep his double life from falling apart! Run For Your Wife had audiences rolling in the aisles in London and New York!

Date: Saturday October 6, 2018

Time: 10:30am - 3:30pm approx.

Cost: \$61-Residents \$66-Nonresidents

Location: Senior Center, 35 East Springtown Rd

Register Deadline: August 27, 2018

Cancer/Hearing Loss Workshop

Educational Seminar along with Shanice Johnson; Health Education Field Representative from County of Morris Health management. This "FREE" workshop on "Breast & Prostate Cancer," will include a Discussion on early detection, diagnosis and treatment, risk factors, facts about the cancer, and health behaviors and lifestyles. "While the general public are often aware of the conditions much more action needs to be taken to support the public in reducing their risks and support early detection and treatment." "Except for skin cancers, breast cancer is the most common cancer in women in the U.S., but it can be successfully treated. Screening tests can find cancer early, when chances for survival are highest."

In addition to this workshop, we will finish up with Lauren DelVecchio, ADA specialist who is an advocate on dealing with hearing loss. She will introduce the fully government funded "Caption phone." Please join us not only for knowledge but light refreshments and a Raffle!

Date: Monday, October 15, 2018

Time: 1pm

Cost: FREE

Location: Senior Center, 35 East Springtown Rd

Register Deadline: October 8, 2018



Veterans Breakfast

Calling all Washington Township veterans to come together on the special honored Veteran's Day breakfast as we celebrate the life of our veterans and all they did for our country!

You must be a Veteran of the Armed Forces in order to participate.

This breakfast is for VETERANS ONLY!

Date: Friday, November 9, 2018

Time: 9:30am

Cost: FREE

Location: The Long Valley Restaurant & Pub



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

Thanksgiving Luncheon

We are celebrating the holiday season with our Annual Thanksgiving Luncheon.

Our featured entertainer are Val & Ken with a traditional Thanksgiving menu catered by Tony's Luncheonette and Valley Restaurant. All seniors are welcome to attend the luncheon. **We will also make your meal to go if you are unable to attend the luncheon.**

Please send your check made payable to Washington Township Recreation to: WT Recreation, 50 Rock Road, Long Valley, NJ 07853 before November 7th.

Date: Wednesday, November 14, 2018

Time: 11am

Cost: \$10.50 Resident/ \$12 Non-Resident

Location: Senior Center

Registration Deadline: November 7, 2017

****Must pre-register no walk-ins accepted****

Holiday Luncheon

Come join us for our Annual Holiday Luncheon that is being held at the "Black Oak Golf Club" here in Long Valley, NJ.

We have a delicious menu all picked out to celebrate this joyous occasion and I am sure everyone will enjoy it. Our featured entertainment is Gary Phillips, we will also have the L.V.M.S. begin our event. Come out and eat, dance and sing the afternoon away.

Please **DO NOT** call Black Oak Golf Club in regards to the holiday party.

Date: Monday, December 10, 2018

Time: 11am-3pm

Cost: \$20 Resident/\$24 Non-Residents

Location: Black Oak Golf Club, 169 Bartley Rd., Long Valley, NJ

Registration Deadline: December 3, 2018

****Must pre-register no walk-ins accepted****

American Music Theater

Witness the magic and splendor of this holiday celebration as AMT presents "**The First Noel**," featuring wondrous costumes, astonishing dancers, breathtaking sets, and all the endearment of a perfect fireside family moment! Bask in beautiful snowscapes and cherish the stories of spirit and love as we bring all your favorite sights and sounds to the stage. This year's all-new holiday show features your favorite seasonal and sacred songs - songs brought to life by marvelous vocal talent from across the country, accompanied by their masterful AMT Orchestra.

In addition, we will browse through the Rockvale outlets and enjoy lunch at one of the local eateries upon arrival

Date: Saturday November 10, 2018

Departure time: 8:30am - **Show Time:**3pm

Return Time: 8pm

Cost: \$60 Residents \$65 non Residents

Location: Lancaster, PA

Registration Deadline : November 3, 2018

******for complete details about the trip, go onto the Township website and download a flyer.******



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

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 register on-line:

<http://www.wtmorris.org/ccpay>

(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

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