

RECREATION DEPT.

NEWSLETTER, ISSUE 14

JANUARY-DECEMBER, 2024

WINTER 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 10- March 13, 2024

Time: 4:15 pm to 5:15 pm

Cost: \$110 per person (10wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: January 8, 2024

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

STRENGTH & BALANCE EXERCISE

"Live stronger for Longer" this winter by amplifying the body's movement through stretch, balance, posture, and muscle strength focusing on core and limbs. All you need is a pair of light weights, and the instructor will provide the rest in her guidance.

Date: Monday's, January 15- March 4, 2024

Time: 12:45 pm to 1:30 pm

Cost: \$50 per person (7wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: January 10, 2024



Step 1

Stand straight up, hands by your side.



Step 2

Raise your arms so they are even with your shoulders.



Step 3

Now, bend your knee and lift your foot up off the ground.

Isn't it fun being a flamingo?

WINTER 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: \$110 per person (10wks)

Location: Senior Center, 35 E. Springtown Rd.

Winter Schedule :

Wednesday's from January 10– March 13, 2024

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

Thursday's from January 11– March 14, 2024

- Early Morning Mat Yoga: 8am -9am
- Beginner Chair Yoga: 10am - 11am

Deadline Date: January 8, 2024

PARENT & ME YOGA AGES 8-14

Date: Wednesday's, January 24-March 13, 2024

Time: 5:30 pm– 6:30 pm

Cost: \$150 per person (8wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: January 22, 2024

The Family That Yogas
Together Stays
Together



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

YOGA FOR OSTEOPOROSIS

Do you have Osteopenia or Osteoporosis? Or simply, you'd like to be proactive on building body awareness, alignment, and better postural habits...then this is the opportunity for you!

Date: Tuesdays, January 16– March 5, 2024

Time: 8:30 am—9:30 am

Cost: \$80 per person (7wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: January 10, 2024



LEGO BUILDING & MACHINES WORKSHOP FOR AGES 7-12

LEGO enthusiasts, have fun building your favorite adventure from Star Wars galaxy that is far, far away this Spring Session!

Date: Monday's, April 8– May 13, 2024

Time: 4:30 pm to 5:30 pm

Cost: \$100 per person (6wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: April 2, 2024



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: Monday's, January 22-March 18, 2024

Cost: \$130 per person (8wks)

Location: Senior Center, 35 E. Springtown Rd.

Session # 1 –Ages 5-8 yrs.

Time: 4:30 pm to 5:30 pm

Session # 2 –Ages 9-11 yrs.

Time: 5:35 pm to 6:35 pm

Deadline Date: January 19, 2024



UNDERSTANDING NUTRIENT LABEL WORKSHOP



Do not be part of the statistic...learn the facts of Nutrient Labels and join Atlantic Health's Educator, Solangel Patarroyo as he presents facts everyone should know. The struggle is real, take advantage of this opportunity to be informed.

Date: Wednesday, April 3, 2024

Time: 11am

Cost: FREE

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: March 27, 2024

ST. PATRICK'S DAY LUNCHEON



Washington Township Recreation annual Senior Saint 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, Alexandra Fredrick; a British-American talented Pianist & Vocalist who will charm you with her warm personality to make it a memorable event!

Date: Friday, March 15, 2024

Time: 11am

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

Location: Senior Center, 35 E Springtown Rd.

Deadline Date: March 8, 2024

MORRIS COUNTY DIV ON AGING, DISABILITIES, & COMMUNITY PROGRAMS

"Take the opportunity to learn about the services and resources offered by the Office on Aging, Disabilities, and Community Programming & Partner Agencies. Empower yourself to age in place and access benefits from available programs & other community support." Gain the understanding of the Division's role in promoting your well-being and independence!

Date: Thursday, April 11, 2024

Time: 1:00 pm

Cost: FREE

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: April 5, 2024



ADULT PICKLEBALL LESSONS & OPEN PLAY CLINIC

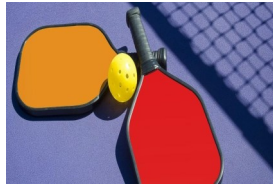
Washington Township Recreation & TJD Academy introduces "Adult Pickleball Lessons & Open play for beginners and advanced beginners."

Dates: Saturday's, April 13th, 20th, 27th, and May 4th, 11th, 2024 (rain date May 18th)

Session #1

Times: 9:30 am to 10:45 am

Cost: \$160



Session # 2

Times: 11:00 am to 12:15 pm

Cost: \$160

Open Play:

Times: 12:30 pm to 2:00 pm

Cost: \$ 100

Location: RSP Tennis Courts, E. Springtown Rd.

Deadline Date: April 8, 2024

YOGA FOR OSTEOPOROSIS

Do you have Osteopenia or Osteoporosis? Or simply, you'd like to be proactive on building body awareness, alignment, and better postural habits...then this is the opportunity for you!

Session A

Date: Thursday's, April 11—June 13, 2024

Time: 4:30 pm– 5:30 pm

Cost: \$110 per person (10wks)

Deadline Date: April 8, 2024

Session B

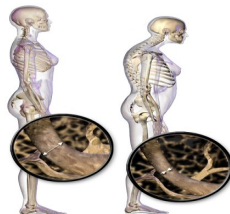
Date: Tuesday's, April 16– June 11, 2024

Time: 8:30 am– 9:30 am

Cost: \$ 90 per person (8wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: April 10, 2024



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.

Date: Monday's, April 15-June 10, 2024

Time: 12:45 pm to 1:30 pm

Cost: \$58 per person (8wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: April 10, 2024



SPRING/SUMMER YOGA CLASSES

Why put off feeling good? Yoga is the perfect way to get a good workout no matter what your age or athletic ability.

Time: Please view below

Cost: \$130 per person (12wks)

Location: Senior Center, 35 E. Springtown Rd.

Wednesday's from April 10– June 26, 2024

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

Thursday's from April 11–June 27, 2024

- Early Morning Mat Yoga: 8am -9am

Cost: \$110 per person (10wks)

Thursday's from April 11– June 20, 2024

Chair Yoga: 10am - 11am

Deadline Date: April 8, 2024



PARENT/ME YOGA AGES 8-14

Date: Wednesday's, April 17– June 5, 2024

Time: 5:30 pm– 6:30 pm

Cost: \$150 per adult/child (8wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: April 15, 2024



FITNESS / EXERCISE CLASS



Feel the difference today as each class is a new beginning. It is not easy and it is not supposed to be. Love yourself enough to work harder, and simply let go. Get in, get fit, get on with life, and join us this Spring for our fitness/exercise class.

Date: Wednesday's, April 10-June 26, 2024

Time: 4:15 pm to 5:15 pm

Cost: \$130 per person (12wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: April 8, 2024

"CREATING WITH CLAY"

"Pottery;" a fun relaxing way to express yourself!" Please join us in this workshop offering a unique pottery experience through the guidance of the instructor as she teaches, encourages, and supports the participants. As a result the incorporated therapy of light arm and hand exercise leads to creating a beautiful piece of pottery! Space is limited so sign up soon!

Date: Tuesday, May 21, 2024

Time: 12:45 pm

Cost: \$10 per person

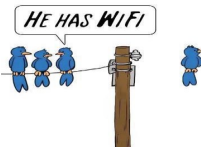
Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: May 14, 2024



"FREE 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 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: Thursday, April 25, 2024

Time: 11:30 am

Cost: FREE

Location: Senior Center, 35 E. Springtown Rd.

Supplies: Your personal device; Cell, Laptop,, & Tablet.....

Deadline Date: April 19, 2024

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 25, 2024

Time: 12noon

Location: Rock Spring Park, East Springtown Rd.



ANNUAL 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 19, 2024

Rain Date: Thursday, August 22, 2024

Time: 12noon

Cost: TBD (Resident) & TBD (Nonresident) per person

Location: RSP Pavilion, E. Springtown Rd

Deadline Date: August 12, 2024



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 10, 2024

Time: 5:30 pm

Cost: \$45 per person

Location: Senior Center, 35 East Springtown Rd.

Deadline Date: May 3, 2024

2024 Anticipated Summer Camp Schedule

A detailed summer camp newsletter will post by April 1, 2024



Camp

Complete Players Baseball Clinic
WP Baseball Youth Development Clinic
Super Science Camp
Kickz Soccer Skills & Drills Clinic

Ages

Grades 2-8
Ages 7-15 yrs.
Ages 7-12 yrs.
Ages 3-15 yrs.

****New Activity** “First Summertime Foam Craze”**

Date: Thursday, July 11, 2024 Rain date July 12,2024

Time: 5:00 pm—8:00 pm



SUMMER DRIVE-IN MOVIE UNDER THE STARS

Date: Thursday June 27, 2024 - Rain date: June 28, 2024

Movie : “TBD”

Date: Thursday July 18, 2024 - Rain date July 19, 2024

Movie : “TBD”

Time: Dusk

Location: Rock Spring Park (lower field)





ADULT PICKLEBALL LESSONS & OPEN PLAY

Washington Township Recreation & TJD Academy introduces "Adult Pickleball Lessons & Open play for beginners and advanced beginners.

Dates: Saturday's, Sept. 14th, 21st, 28th, and Oct. 5th, 12th, 2024 (rain date October 19th)

Session #1

Times: 9:30 am to 10:45 am

Cost: \$160 per person

Session # 2

Times: 11:00 am to 12:15 pm

Cost: \$160 per person

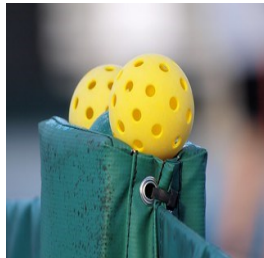
Open Play:

Times: 12:30 pm to 2:00 pm

Cost: \$100 per person

Location: RSP Tennis Courts, E. Springtown Rd.

Deadline Date: September 9, 2024



AH PHYSICAL MEDICINE & REHABILITATION WORKSHOP

"Have you ever heard of Non-operative Orthopedics, Musculo-skeletal Rehabilitation? Come join us to find out as Joseph Wong, MD discusses how best to treat a chronic condition among common areas.

Date: Tuesday, September 17, 2024

Time: 10:00 am

Cost: FREE

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: September 12, 2024



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: \$120 per person (11wks)

Location: Senior Center, 35 East Springtown Rd.,

Wednesday's from September 18– December 4, 2024

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

Thursday's from September 19 -December 5, 2024

- Early Morning Mat Yoga: 8:am -9am
- Chair Yoga: 10am - 11am

Deadline Date: September 16, 2024

PARENT/ME YOGA AGES 8-14

Date: Wednesday's, September 25-November 13, 2024

Time: 5:30pm– 6:30pm

Cost: \$150 per child/adult (8wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: September 23, 2024



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 18 -December 4, 2024

Time: 4:15 pm to 5:15 pm

Cost: \$120 per person (11wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: Sept. 16, 2024

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 23-November 4, 2024

Time: 12:45 pm to 1:30 pm

Cost: \$50 per person (7wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: September 18, 2024



#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 27, 2024

Deadline Date: October 28, 2024 12noon



YOGA FOR OSTEOPOROSIS

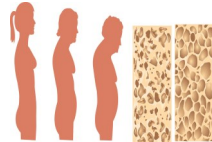
Do you have Osteopenia or Osteoporosis? Or simply, you’d like to be proactive on building body awareness, alignment, and better postural habits...then this is the opportunity for you!

Session A

Date: Thursday’s, September 19– November 14, 2024

Time: 4:30 pm– 5:30 pm

Cost: \$100 per person (9wks)



Session B

Date: Tuesday’s, September 24– November 12, 2024

Time: 8:30 am– 9:30 am

Cost: \$80 per person (7wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: September 18, 2024

SENIOR THANKSGIVING BRUNCH

Lets gather with friends and be thankful for our blessings at our first ever Thanksgiving Brunch.!

Date: Monday, November 18, 2024

Time: 10:30am

Cost: TBD per person

Location: Senior Center, 35 East Springtown Road

Deadline Date: November 12, 2024



DIY CARDBOARD VS. LEGO DESIGN

Participant in our first “Cardboard” vs. “Lego” Design challenge this year! Imagine a Cardboard or Lego creation, and all its possibilities. Families/Groups gather and choose to dare your creative style on constructing an amazing Lego or Cardboard piece! Once completed, participants will have their “fair shake” on being judged on “Design,” “Creativity” and “Most outside the Box.”

Entry Form Due: Wednesday, November 27, 2024

Judging Day: Saturday, December 14th, 2024

Location: At the “Jolly Jamboree” (RSP Pavilion)



VS.



JOLLY JAMBOREE & SANTA VISIT

“Word on the block is that Santa Claus will be visiting Rock Spring Park in L.V. Please join the community while we announce the 2024 Holiday Decorating Contest and the Card-board Design vs Lego winners. The winter festivities continues with holiday cheer in the air surrounded by a warm campfire, and other goodies.

Date: Saturday, December 14, 2024

Snow/Rain Date: Sunday, December 15, 2024

Time: 4:00pm

Cost: FREE

Location: Rock Spring Park Pavilion

PHOTO & LETTERS W/SANTA

We are excited to continue the tradition with a brief visit with “Santa” in a safe and responsible way. Take the opportunity to deliver your letters right to Santa.

Date: Saturday, December 14, 2024

Time: 5pm-6pm

Location: Senior Center, 35 E. Springtown Rd.



6TH 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, 2024
- * **Judging Period:** December 9 - December 11, 2024
- * **Winners Announced:** December 14, 2024
- * **Location:** Rock Spring Park Pavilion, E. Springtown Rd

Entry Deadline Date: December 2, 2024



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. We welcome back with high demand entertainer; Arnie Abrams!

Date: Monday, December 9, 2024

Time: 12 noon

Cost: \$ TBD (Resident) & \$ TBD (Nonresident) per person

Location: The Chandelier at Flanders Valley

Deadline Date: December 3, 2024



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

ANTICIPATED 2024 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
- ◇ CPR/AED Course
- ◇ Bus Trip to Dutch Apple Theatre, Lancaster PA
- ◇ Floral Design Workshop w/Buddy
- ◇ Fall Tennis Clinic
- ◇ Summer Tennis Clinic
- ◇ Skin Care Prevention



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

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

FOLLOW US



FOLLOW US

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****