

RECREATION DEPT.

NEWSLETTER, ISSUE 14

SEPTEMBER -DECEMBER 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, September 9-November 4, 2024

Cost: \$130 per person (8wks)

Location: Senior Center, 35 East Springtown Rd.

Two Sessions

Session # 1- (ages 5-8) **Time:** 4:30 pm to 5:30 pm

Session # 2- (ages 9-11) **Time:** 5:35 pm to 6:35 pm

Deadline Date: September 4, 2024



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

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

AH PHYSICAL MEDICINE & REHABILITATION WORKSHOP

"Have you ever heard of Non-operative Orthopedics, Musculoskeletal Rehabilitation? Come join us to find out as Joseph Wong, MD discuss how best to treat a chronic condition among common areas such as spine, joint and back pain..."

Date: Tuesday, September 17, 2024

Time: 10:00 am

Cost: FREE

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: September 10, 2024

****All attendees must register by calling the office or emailing recreation@wtmorris.net before the deadline date****



ADULT PICKLEBALL LESSONS

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

Dates: Thursday's, Sept. 12th, 19th, 26th, and Oct. 10th, 17th, 2024 (rain date October 24th)

Session #1 - Times: 9:30 am to 10:45 am

Session # 2 - Times: 11:00 am to 12:15 pm

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

Session # 2 -Times: 11:00 am to 12:15 pm

Cost: \$160 per person

Location: Rock Spring Park Tennis Courts

Deadline Date: September 9, 2024



FALL TENNIS CLINIC

This six-week Tennis program is geared towards our Pre-K to Elementary aged players. Coach K is a professional Tennis instructor who is certified through USPTR (US Professional Tennis Registry). **Players must bring their own racket.**



Dates: Sunday's September 15 – October 20, 2024

Session Times:

A Beginner Tennis (ages 4-5); 8:45am to 9:25am

B Elementary Tennis (ages 7-10); 9:30am to 10:20am

C High School Hopefuls (ages 11-14); 10:30am to 11:30am

Cost: A-\$130; B- \$160; C- \$190

Location: Rock Spring Park Tennis Court,

Deadline Date: September 12, 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: 12:30 pm to 1:15 pm

Cost: \$50 per person (7wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: September 18th, 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 to 10 am
- Gentle Mat Yoga: 10:15 am to 11:15 am

Thursday's from September 19 -December 5, 2024

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

Deadline Date: September 16, 2024



Evening Yoga Ages 12 - Adult

Date: Wednesday's, September 25-November 20, 2024

Time: 5:30pm to 6:30pm

Cost: \$100 per person (9wks)

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: 4:15pm to 5:15pm

Cost: \$120 per person (11wks)

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: September 16, 2024

****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!

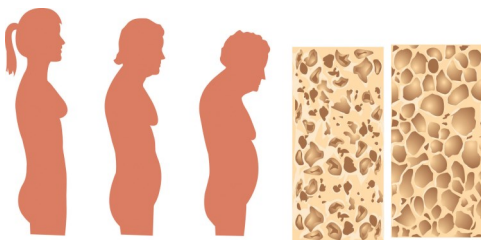
Date: Tuesdays, Sept. 24– Nov. 19, 2024 (8wks)

Time: 8:30 am to 9:30 am

Cost: \$90

Location: Senior Center, 35 E. Springtown Rd.

Deadline Date: September 18, 2024



#BOO IN LONG VALLEY

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



FOOT CARE WORKSHOP

"Foot care that goes the extra mile" Come on over and join us as Robyn Siminske, Director of Marketing at Home Foot Services, as she presents "general information on taking care of your feet."

Date: Thursday, October 3, 2024

Time: 11:30am

Cost: Free



Location: Senior Center, 35 East Springtown Road

Deadline Date: September 26, 2024

****All attendees must register by calling the office or emailing recreation@wtmorris.net before the deadline date****

MC SENIOR & VETERAN ID OUTREACH PROGRAM

Morris County Clerk Office will be producing identification cards for Morris County senior & veterans who may not have a driver's license or just want another form of identification. These cards are used for identification purposes *only* and may not be accepted by certain agencies that require a state ID (such as a driver's license).

Date: Tuesday, October 1, 2024

Time: 10:00am to 2:00pm

Cost: \$5 CASH ONLY (Seniors) & FREE (Veterans)

Location: Senior Center, 35 East Springtown Road

Deadline Date: September 27, 2024

****All attendees must register by calling the office or emailing recreation@wtmorris.net before the deadline date****





DUTCH APPLE THEATRE BUS TRIP-"WHITE CHRISTMAS"

Join us in starting off the Holiday season ,as we venture to Lancaster, PA to see; "Irving Berlin's White Christmas!" "Based on the beloved movie; Veterans turned song-and - dance men, Bob & Phil meet a sister duo and follow them to a Vermont Inn." "Here, they discover the Inn is owned by their old Army General who fell on hard times. The foursome decide to put on a show in an effort to save the Inn"....

Date: Saturday, November 16, 2024

Time: 8:30am (Departure Time) & (Return approx. 7pm)

Cost: \$80 (Resident) & \$85 (Nonresident) per person

Location: Meeting at the Wash. Twp. Senior Center

Location: Dutch Apple Dinner Theatre, 510 Centerville Rd. Lancaster, PA 17601

Deadline Date: November 4, 2024



SENIOR THANKSGIVING BRUNCH

Lets gather with friends and be thankful for our blessings at our first ever Thanksgiving brunch. Our featured entertainer for the event is vocal performer Glen Faul.

Date: Monday, November 18, 2024

Time: 10:30am

Cost: \$15(Resident) & \$18(Nonresidents) per person

Location: Senior Center, 35 East Springtown Road

Deadline Date: November 12, 2024



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 within the township to festively decorate their home! This is our sixth year and we continue to be amazed with the decorated community. Winners will be presented with a prize and a signage for their yard at .

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 4, 2024



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 Long Valley. Please join the community while we announce the 2024 Holiday Decorating Contest and the Cardboard vs Lego winners. The winter festivities continues with holiday cheer in the air surrounded by a warm campfire, carolers, balloonist 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 and take a picture using your own camera.

Date: Saturday, December 14, 2024

Time: 4:45pm to 6:15pm

Location: Senior Center, 35 East Springtown Rd.



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: \$35 (Resident) & \$45 (Nonresident) per person

Location: The Chandelier at Flanders Valley

Deadline Date: December 2, 2024



RECREATION & SENIOR PROGRAMS

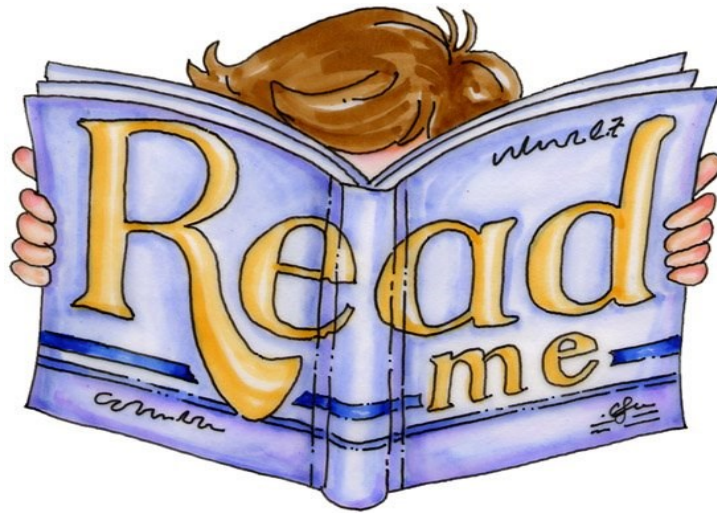
If you would like to be added to recreation parent email list for first come updates and program registration information please send your email request to recreation@wtmorris.net.

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

Township Website: www.wtmorris.org

Recreation Website: recreation.wtmorris.org



FOLLOW US

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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

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

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!

(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: recreation.wtmorris.org

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