



Somerset County
Park Commission

Therapeutic Recreation Department

P.O. Box 5327, North Branch, NJ 08876 ❖ Tel. 908 526-5650; Fax 908 429-5508
TTY users, please use the Relay Service @ 711 ❖ www.somersetcountyparks.org

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2012 Winter/Spring Adult Programs
Office Hours: Monday through Friday 8:00am to 5:00pm

Therapeutic Recreation (TR) is a cooperative effort between the Somerset County Park Commission and the following participating municipalities:

Bedminster	Manville
Bernards Township	Montgomery
Bernardsville	North Plainfield
Bound Brook	Raritan
Branchburg	Somerville
Bridgewater	South Bound Brook
Green Brook	Warren
Hillsborough	Watchung

TR provides year round recreation programs to children and adults with developmental disabilities residing in participating municipalities. We encourage your input and suggestions. Not sure which program to register for? Please call the TR office. We are here to help you recreate!

The Somerset County Park Commission will refund registration fees due to illness, injury, or other extenuating circumstances which makes participation in the program impossible, providing that prior notification is given to the TR Department. Furthermore, if the program requirements are not commensurate with the abilities of the registrant, a refund for the program will be given. **Refunds will be prorated in accordance with the number of sessions/classes attended and supplies/tickets already purchased.** Refunds for other reasons may be granted if the program has not yet begun and another program registrant enrolls.

Canceled Programs

A minimum number of participants is required for each program. A program may be canceled if this number is not reached. A program reimbursement or credit will be issued. If a program is canceled because of unforeseen circumstances, you will be contacted as soon as possible and a program credit or refund will be issued.

Closed Programs

If a program closes because we have reached maximum enrollment, your name will be put on a waiting list and you will be contacted if additional space becomes available.

Behavior

Participants who are physically or verbally abusive to themselves or others will be suspended from the program and participation in future programs will be limited.

Inclement Weather

If at all possible, TR staff will call your home if a program is canceled due to inclement weather. For further information, you may call the TR office for a recorded message.

Medication/Personal Needs

TR staff cannot administer medication. Participants must be able to meet their own personal needs and administer their own medication.

Groups

No more than two individuals from any one group residence may register for programs with limited registrations or be transported from a designated pickup point.

Other Policies

For safety reasons, no smoking will be permitted during TR sponsored activities. Alcohol consumption is forbidden during programs. **Credits may not be used toward Special Programs. No participant substitutions will be allowed.**

POLICIES

Annual Information Form/Release & Waiver Form

In an effort to maintain current personal information about each participant, everyone must complete an annual information form. You are asked to complete it fully and return it to the TR office. Once each year we will ask you to update the form, and whenever you have new information (such as a new doctor or a change in medication), we ask that you notify us immediately. Additionally, a current Release, Waiver and Participant Agreement Form must be on file.

Financial Assistance

A scholarship/financial aid fund has been created for individuals who cannot pay the entire amount due for a program. To request assistance contact the TR Department to find out more information regarding this procedure. Minimum deposit will be required.

Payment Policy

All program fees are due when registration is submitted. If necessary, please discuss a possible payment schedule with the TR office. Failure to pay these fees can result in suspension from programs during a season. The participant and/or guardian is responsible for paying the entire program fee regardless of the participant's attendance. **A fee may be charged for all returned checks.**

Refund Request

REGISTRATION POLICY

Registration will be accepted beginning on the date specified below and on the registration form. Registration is accepted in the following ways:

- In person registration will be accepted on **Saturday, January 7, 2012** between the hours of 8:30 am - 10:00 am at North Branch Park
- Snow date **Sunday, January 8, 2012**
- Phone-in / fax registration will be accepted as of **Monday, January 9, 2012** between the hours of 8:30 am - 4:30 pm at North Branch Park
- By mail as of **January 9, 2012**.

Participants not living in a group home residence, may register one other participant at time of registration.

Registrations received prior to the specified date & time will not be accepted.

Please visit our website to review the policies and procedures regarding the TR registration process.

TRANSPORTATION POLICY



This symbol is displayed by those programs listed for which transportation is available. All participants receiving rides from the TR Department to programs must abide by TR policies. The pickup times will be established after each program registration period is closed and will be based on the registrations received. In order to maintain this schedule, all riders are expected to be at their "pick up" site at the time designated. The TR staff can wait at that location no more than 5 minutes after the time specified. Families/guardians are to be at the site at the time specified for "drop-off". Failure to abide by these terms more than twice per season, or misbehavior on the van, will result in loss of this privilege.

The TR staff reserves the right to change or cancel pickup/drop off points listed for each program depending on the number of individual requesting rides to programs from that point. Notification will be made prior to the start of the program. Transportation is available on a first come, first served basis.

****No transportation is available within 5 miles of a program site.****

If you have any questions about these policies, or if you are scheduled for transportation but cannot attend the day's program or event, please call the TR office.

The TR Activity Center is located in North Branch Park, 355 Milltown Road, Bridgewater, NJ

Age Policy

Participants must be 18 years of age by the first day of the program for which they want to register.

PICK-UP/DROP-OFF POINTS

Each of the following pick-up points has a letter code next to it. Please indicate which pick-up point you will be using for each program where transportation is available.



- A.** Bardy Farms, Kings
Warrenville Road, Warren
- B.** Lyons Mall
South Finley Avenue, Basking Ridge
- C.** Nelsons Corner Shopping Center
Route 206 & Amwell Rd., Hillsborough



This symbol displayed next to programs indicates that transportation may be available from each of the locations listed above.

Pick-up/Drop-off Policy

This policy applies to all programs offered by the department. Participants will be given one (1) warning per calendar year and allowed one (1) offense per year.

- A.** Individuals dropped off early and picked up late at Park Headquarters for special programs and trips will be assessed a penalty of \$10.00 per fifteen (15) minutes after a (15) minute grace period.
- B.** Individuals who are dropped off early and picked up late at designated transportation points will be assessed a penalty of \$10.00 per fifteen (15) minutes after the first five (5) minutes.
- C.** Individuals who are dropped off directly at a program site may be dropped off no more than 5 minutes before the start of program. Those individuals dropped off early will be assessed a penalty fee of \$10.00 per (15) fifteen minutes. Individuals picked up late at a program site will be assessed the same penalty as stated in A.
- D.** After the first offense, individuals will be charged a higher rate.
- E.** Abuse of the policy will result in suspension from the program.

Programs

All Programs held at North Branch Park - TR Activity Center unless otherwise noted.

Pajama Party

Join us for a celebration! Complete with hats, blowers, a sparkling toast, and friends, we will have a blast together as we head into the New Year. On Saturday we will have a yummy breakfast at Louka's Last American Diner. Bring a sleeping bag or air mattress, toiletries, a change of clothes for Saturday and money for breakfast. Showers are not available.

Open to: Adults 18 and older
Date: Friday & Saturday, January 20, 21, 2012
Time: Drop off on Friday is 7:00pm, and pick up on Saturday is 11:00am
Fee: \$27.00



Fitness Fun

Want to get rid of those holiday pounds? Then join us as we raise our fitness level through a variety of exercises and strength training. Wear exercise clothing and sneakers. Bring a water bottle and a mat each week if you have one. A special instructor will be brought in for part of this program.

Open to: Adults 18 and older
Date: Mondays, January 23, 30
February 6, 27
March 5, 12
Time: 7:00 – 8:30pm
Fee: \$60.00



Sculpture

Unleash your creative side in this unique sculpture program. With a choice of mediums including; wood, plaster, and clay, you will learn new techniques that will take you to a new artistic level.

Open to: Adults 18 and older
Date: Thursdays, January 26
February 2, 9, 16
Time: 7:00 – 8:30pm
Fee: \$44.00

Movie Night

Spend Friday nights with fellow movie buffs, and catch one of the latest and greatest out of Hollywood. Lite snacks will be served.

Open to: Adults 18 and older
Date: Fridays, January 27
March 2
May 4
Time: 7:00 – 9:30pm
Fee: \$30.00

Soups On

The weather is perfect for soup! We'll make old favorites like chicken and vegetable, and then we will stretch our taste buds and try something new. Warm biscuits and quick breads will add finishing touches.

Open to: Adults 18 and older
Date: Wednesdays, February 1, 8, 15
Time: 7:00 – 9:00pm
Fee: \$39.00



Friends in Harmony

Ever dreamed of singing in a rock band? If so, then this session of Friends in Harmony is for you. You will have the opportunity to work with professional musicians while learning the basic techniques including posture, breathing, voice pitch, and choreography. A community based performance will take place the final week of the program.

Open to: Adults 18 and older
Date: Wednesdays, February 29
March 7, 14, 21, 28
Time: 7:00 – 8:30pm
Fee: \$55.00

Wearable Art

By using a variety of techniques including tie dye, hand painting, and stenciling, you will make hand-made wearable items that will reflect your creativity and individuality.

Open to: Adults 18 and older
Date: Thursdays, February 23
March 1, 8
Time: 7:00- 8:30pm
Fee: \$39.00

Signs of Spring

The season is about to change with spring just around the corner. Using colorful flowers and plants, you will make arrangements to brighten up your home.

Open to: Adults 18 and older
Date: Mondays, March 19, 26
April 2
Time: 7:00 – 8:30pm
Fee: \$45.00



Programs

All Programs held at North Branch Park - TR Activity Center unless otherwise noted.

Get Fit & Healthy

Let's keep the momentum going by setting the goal to get fit and be healthy. Through a variety of exercises, yoga and learning how to prepare healthy foods, we will work together to achieve our goal. Wear comfortable clothes and sneakers, and bring a filled water bottle and exercise mat each week. If the weather is nice we will take the program outdoors.

Open to: Adults 18 and older
Date: Mondays, April 9, 16, 23, 30
Time: 7:00 – 8:30pm
Fee: \$32.00

Aquacise

Everyone in the pool for a splashing good time! Each week we will do a variety of water aerobics, have free time to swim laps, and hang out with friends. Locker rooms are available for changing, and participants must be independent with personal care in the locker room. Bring a bathing suit and towel.

Open to: Adults 18 and older
Date: Wednesdays, April 4, 11, 18, 25
Location: Somerville YMCA
2 Green Street, Somerville, NJ
Time: 7:00 – 8:30pm
Fee: \$60.00

Diner Hopping

Join your friends for an evening of casual dining and good conversation. We will travel to a different local diner each week. More information will be sent to you upon registration. **Please register for only one session, and indicate that session on your registration form.**

Open to: Adults 18 and older
Date: Hopping I – Wednesdays, May 2, 9
Hopping II – Mondays, May 14, 21
Time: 6:30 – 8:30pm
Fee: \$28.00

Just Desserts

Lip smacking treats are in store for you in this fun and delicious program. Using both bake and no bake techniques, everyone will take home tasty tidbits to share with family and friends.

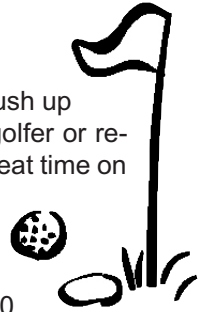
Open to: Adults 18 and older
Date: Thursdays, April 26
May 3, 10
Time: 7:00 – 9:00pm
Fee: \$39.00



Let's Get Swinging

Its time to get back out on the course and brush up on our golf swing. Whether you are a new golfer or returning for a tune up, everyone will have a great time on the green. A limited number of clubs will be available.

Open to: Adults 18 and older
Date: Wednesdays, May 16, 23, 30
June 6
Location: Neshanic Valley Golf Course,
Neshanic
Time: 6:30 – 8:00pm
Fee: \$36.00



Walk in the Park

Explore what Somerset County parks have to offer while increasing your level of fitness. Three weeks will be spent at each park where you will have the opportunity to spend time with friends while getting fit.

Open to: Adults 18 and older
Date: Thursdays, May 17, 24, 31
June 7, 14, 21
Location: Colonial Park & Duke Island Park
Time: 7:00 – 8:30pm
Fee: \$35.00



Summer Delight

There is nothing better than the fresh flavors of summer fruits and vegetables. In this outdoor cooking program you will learn how use them and other ingredients to make quick and tasty dishes.

Open to: Adults 18 and older
Date: Mondays, June 4, 11, 18
Time: 6:30 – 8:30pm
Location: North Branch Park, Brook Grove, Bridgewater
Fee: \$39.00

Did you know that the TR department offers a payment plan option that allows you to pay your balance over a period of time? Call us for details or inquire at time of registration!

Specials



Summer Bash

Summer is almost here and it's time to celebrate. With a DJ on hand to spin all the latest tunes, games, prizes and a great catered meal, we will kick off the summer season in style.

Open to: Adults 18 and older
Date: Friday, June 15, 2012
Time: 7:00 – 9:00pm
Fee: \$30.00



Trenton Ice Hockey

Get ready for some high voltage action as the Trenton Titans take the ice for an exciting game against the Reading Royals. Bring money for dinner and souvenirs.

Open to: Adults 18 and older
Date: Friday, February 17, 2012
Location: Sovereign Bank Arena, Trenton, NJ
Time: Van departs North Branch Park at 4:30pm and returns at 11:00pm
Fee: \$22.00



Somerset Patriots

It's batter up as we watch the boys of summer, the Somerset Patriots, take on the York Revolution at the TD Bank Ballpark. Join us for a fun afternoon of America's favorite pastime. Bring money if you wish to purchase something to eat or a souvenir at the ballpark.

Open to: Adults 18 and older
Date: Sunday, June 17, 2012
Location: TD Bank Ballpark, Bridgewater
Time: Van departs North Branch Park, Bridgewater at 12:00pm and returns at 4:45pm
Fee: \$22.00

2012 Winter/Spring Adult Program Schedule

January						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1 Holiday	2	3	4	5	6	7 Registration
8	9	10	11	12	13	14
15	16 Holiday	17	18	19	20 Pajama Party	21 Pajama Party
22	23 Fitness Fun	24 Kids Program	25	26 Sculpture	27 Movie Night	28
29	30 Fitness Fun	31 Kids Program				

February						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			1 Soups On	2 Sculpture	3 Teen Program	4
5	6 Fitness Fun	7 Kids & Teen Programs	8 Soups On	9 Sculpture	10	11
12	13 Holiday	14 Kids & Teen Programs	15 Soups On	16 Sculpture	17 Ice Hockey	18
19	20 Holiday	21 Teen Program	22	23 Kids Program & Wearable Art	24 Teen Program	25
26	27 Fitness Fun	28 Kids Program	29 Friends In Harmony			

2012 Winter/Spring Adult Program Schedule

March

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1 Kids Program & Wearable Art	2 Movie Night	3
4	5 <i>Fitness Fun</i>	6 Kids & Teen Programs	7 Friends In Harmony	8 Kids Program & Wearable Art	9 Teen Program	10
11	12 <i>Fitness Fun</i>	13 Kids & Teen Programs	14 Friends In Harmony	15 Kids Program	16	17
18	19 Signs of Spring	20 Kids & Teen Programs	21 Friends In Harmony	22 Kids Program	23 Teen Program	24
25	26 Signs of Spring	27 Kids Programs	28 Friends In Harmony	29 Kids Program	30	

April

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1	2 Signs of Spring	3 Teen Program	4 Aquacise	5	6 Holiday	7
8	9 Get Fit & Healthy	10 Teen Programs	11 Aquacise	12	13 Teen Program	14
15	16 Get Fit & Healthy	17 Kids & Teen Programs	18 Aquacise	19	20	21
22	23 Get Fit & Healthy	24 Kids Programs	25 Aquacise	26 JUST DESSERTS	27 Teen Program	28
29	30 Get Fit & Healthy					

May

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		1 Kids Programs	2 Diner Hopping I	3 JUST DESSERTS	4 Movie Night	5
6	7	8 Kids & Teen Programs	9 Diner Hopping I	10 JUST DESSERTS	11 Teen Program	12
13	14 Diner Hopping II	15 Kids & Teen Programs	16 Let's Get Swinging	17 Walk In The Park	18	19
20	21 Diner Hopping II	22 Kids & Teen Programs	23 Let's Get Swinging	24 Walk In The Park	25 Teen Program	26
27	28 Holiday	29 Teen Programs	30 Let's Get Swinging	31 Walk In The Park		

June

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1	2
3	4 <i>Summer Delight</i>	5 Teen Programs	6 Let's Get Swinging	7 Walk In The Park	8 Teen Program	9
10	11 <i>Summer Delight</i>	12	13	14 Walk In The Park	15 Summer Bash	16
17 <i>Somerset Patriots</i>	18 <i>Summer Delight</i>	19	20	21 Walk In The Park	22	23
24	25 Camp Begins	26	27	28	29	30

