



*Somerset County
Park Commission*

SOMERSET COUNTY PARK COMMISSION

Therapeutic Recreation

Adult & Teen Programs

June 2021



Please call 908-526-5650 if you would like your name taken off our list.



Therapeutic Recreation Department

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

Dina Trunzo, CTRS, Manager
Gwen Leubner, Program Coordinator
Lisa Kazman, Program Coordinator

Office Hours:
Monday through Friday 8:00am to 4:30pm

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

| | |
|-------------------|-------------------|
| Bedminister | 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!

Registration

- Registration will begin on Wednesday, May 19 at 5:00pm.
- Staff will be in the office from 5:00 - 6:00pm to answer any questions you may have.
- You may register for 10 programs and **4 of them may be an in-person program**
- Registration will close on Wednesday, May 26 at 12:00pm.
- Group homes may only register up to 2 people per program and only those 2 people who are registered may be on the Google Meet/Zoom program.
- We ask that if you need to miss a program to please let us know as we have waitlists for most programs.
- Some virtual programs request you purchase supplies. You can still register and watch if you are unable to purchase the supplies.
- No refunds will be offered for missed programs unless a someone can fill your space.
- Scholarships are not being offered at this time.

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 an activity that has limited slots available.

Other Policies

No smoking will be permitted during TR sponsored activities. Alcohol consumption is prohibited during programs. Registration is not transferable to another person. No participant substitutions will be allowed.

Different Person Pick-Up

If someone other than the parent/guardian or group home staff will be picking up a participant at the conclusion of the program, either at the program site or pick-up/drop-off point, advance written notification **MUST** be given to the TR staff.



| Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|--|---|
| | 1 Zumba 10:00 Pizza Dough Fun 6:00 Happy Hour 7:30 | 2 Fact or Fiction 11:00 Sports Bingo I 6:00 Workout Wednesday 7:30 | 3 World's Most Talented Kids 1:00 Budding Artists 5:00 Act Out 6:30 (In Person) | 4 Friday Crafts 4:00 G Movie Night 7:00 L & G (In Person) | 5 |
| 7 Lunch Bunch 12:30 Nature Walk at The EEC 6:00 (in person) | 8 Zumba 10:00 Pizza Dough Fun 6:00 Happy Hour 7:30 | 9 Fact or Fiction 11:00 Color and Light Exploration 6:00 Workout Wednesday 7:30 | 10 Jeopardy 1:00 Budding Artists 5:00 Act Out 6:30 (In Person) | 11 Coffee & Chat 10:00 Friday Crafts 4:00 | 12 |
| 14 Lunch Bunch 12:30 Teen Hangout 5:00 (in person) Chair Yoga I 6:30 (in person) | 15 Zumba 10:00 One Pot Wonder 6:00 Happy Hour 7:30 | 16 Chairside Adventure 11:00 Gibson Guitar Factory 6:00 Workout Wednesday 7:30 | 17 Sensational Salads 12:30 Paint in Person 6:30 (in person) | 18 Coffee & Chat 10:00 Friday Crafts 4:00 | 19 Cardio Blast 10:00 (in person) Follow the Beat 11:30 (in person) |
| 21 Lunch Bunch 12:30 Garden Walk at Colonial Park 6:00 (in person) | 22 Zumba 10:00 One Pot Wonder 6:00 Happy Hour 7:30 | 23 Chairside Adventure 11:00 Behind the Scenes of Boeing Space 6:00 Workout Wednesday 7:30 | 24 Sports Bingo II 1:00 Paint in Person 6:30 (in person) | 25 | 26 |
| 28 Lunch Bunch 12:30 L Teen Hangout 5:00 (in person) Chair Yoga II 6:30 L & G (in person) | 29 Zumba 10:00 L EEC - Things with Wings 5:00 Meet Our Community 7:30 G | 30 Chairside Adventure 11:00 Stern Pinball Tour 6:00 Dance Party 7:30 | | | |

Adult Programs, ages 18 and older

VIRTUAL ZUMBA (97648)

Dance the morning away in this fast paced fitness workout.

Date: Tuesdays, June 1, 8, 15, 22, 29

Time: 10:00 - 10:40am

Fee: \$25.00

VIRTUAL PIZZA DOUGH FUN (97649)

Sure pizza is great, but think beyond the circle! There are amazing things you can do with pizza dough and pizza crust gets so much love, why limit it to pizza? We will make fun recipes for breakfast, lunch, dinner and dessert! We aren't limited to what you'd find in an Italian pizzeria. **Supplies will need to be purchased**

Date: Tuesdays, June 1, 8

Time: 6:00 - 7:00pm

Fee: \$13.00

VIRTUAL HAPPY HOUR (97650)

We loved this program!! We have more concoctions to make your very own mocktail drinks. We will send a recipe each week and do a taste test. This will also be a good time to catch up with friends! **Supplies will need to be purchased**

Date: Tuesdays, June 1, 8, 15, 22

Time: 7:30 - 8:30pm

Fee: \$22.00

VIRTUAL FACT OR FICTION (97651)

Do you have random information in your head? Now is the opportunity to use it. Can you guess correctly if a statement is true or false? If you like quiz games, then this program for you.

Date: Wednesdays, June 2, 9

Time: 11:00am - 12:00pm

Fee: \$0

VIRTUAL SPORTS BINGO (97652)

This back by popular demand program is going sports style this month! Who can yell bingo first?

You may only register for one session.

Session I: Wednesday, June 2 6:00 - 7:00pm

Session II: Thursday, June 24 1:00 - 2:00pm

Fee: \$10.00

VIRTUAL WORKOUT WEDNESDAY (97653)

Take your workout to a new level with this fun fitness program.

Date: Wednesdays, June 2, 9, 16, 23

Time: 7:30 - 8:10pm

Fee: \$20.00

VIRTUAL WORLD'S MOST TALENTED KIDS (97654)

Kids of all ages will make us go WOW as we watch them perform their amazing talents.

Date: Thursday, June 3

Time: 1:00 - 1:40pm

Fee: \$0

VIRTUAL BUDDING ARTISTS (97655)

Calling all artists! Come explore various forms of art and learn new techniques. We will dabble with a variety of projects that include painting and drawing. No experience necessary. **Supplies will need to be purchased**

Date: Thursdays, June 3, 10

Time: 5:00 - 6:00pm

Fee: \$12.00

VIRTUAL FRIDAY CRAFTS (97657)

Learn how to turn everyday crafting materials into pieces of art. Whether you want to learn how to make exciting new crafts or just enjoy a variety of incredible crafts that you can make for yourself, family and friends. Crafting can open up a world of possibilities. Add beauty, or a touch of whimsy, to your surroundings. **Supplies will need to be purchased.**

Date: Fridays, June 4, 11, 18

Time: 4:00 - 5:00pm

Fee: \$18.00

VIRTUAL LUNCH BUNCH (97658)

This program is always a hit! Bring your lunch or snack and catch up with friends to hear about their weekends.

Date: Mondays, June 7, 14, 21, 28

Time: 12:30 - 1:30pm

Fee: \$0

VIRTUAL COLOR AND LIGHT EXPLORATION (97659)

Why do we see colors the way we do? Does red look the same to everyone? Come learn about colors and light exploration in this fun evening program.

Date: Wednesday, June 9

Time: 6:00 - 6:40pm

Fee: \$0



Adult Programs, ages 18 and older

VIRTUAL JEOPARDY (97660)

Can you answer the questions first? Who will know the answer in this fun TR version of the famous game.

Date: Thursday, June 10

Time: 1:00 - 2:00pm

Fee: \$10.00

VIRTUAL COFFEE & CHAT (97656)

Wake up and hang with friends while talking about the latest hot topics. Bring a beverage or your breakfast.

Date: Fridays, June 11, 18

Time: 10:00 - 11:00pm

Fee: \$0

VIRTUAL ONE POT WONDER (97661)

Easy? Great tasting? Minimal Clean up? Check, check and check. These (basically magic) one-pot recipes are the closest thing around to that makes itself. Genius! **Supplies will need to be purchased.**



Date: Tuesdays, June 15, 22

Time: 6:00 - 7:00pm

Fee: \$13.00

VIRTUAL CHAIRSIDE ADVENTURE (97662)

Leave your luggage at home and go globetrotting with us, as we travel to new and exciting destinations from your chair at home.

Date: Wednesdays, June 16, 23, 30

Time: 11:00am - 12:00pm

Fee: \$0

VIRTUAL GIBSON GUITAR FACTORY (97663)

This virtual tour will show us all there is to know about guitars. Learning how they are made and play sound.

Date: Wednesday, June 16

Time: 6:00 - 7:00pm

Fee: \$0

VIRTUAL SENSATIONAL SALADS (97664)

Salads are always a spring and summer favorite! Join Lisa in making some delicious salads to enjoy all year round. **Supplies will need to be purchased.**

Date: Thursday, June 17

Time: 12:30 - 1:30pm

Fee: \$7.00

VIRTUAL BEHIND THE SCENES BOEING SPACE (97665)

We all love space! Have you ever wanted to know how spaceships are made? What goes into making them and how they take off? Join Lisa to find out!

Date: Wednesday, June 23

Time: 6:00 - 6:40pm

Fee: \$0

VIRTUAL EEC THINGS WITH WINGS (97666)

Join Naturalist Christa Wood and learn a bit about one of Nature's greatest inventions – the ability to fly! From dandelion seeds to a pelican soaring above the waves at the shore, from the fast diving Peregrine Falcons to the erratic hunting flight of a Big Brown Bat, flight is an amazing adaptation!

Date: Tuesday, June 29

Time: 5:00 - 6:00pm

Fee: \$0

VIRTUAL MEET OUR COMMUNITY (97667)

In this monthly feature we will meet new people in our community, and they will tell us about their jobs. This month's guests will be the director of the park commission/former district attorney and a nurse. Get ready for some fun and bring your questions.

Date: Tuesday, June 29

Time: 7:30 - 8:30pm

Fee: \$0

VIRTUAL STERN PINBALL TOUR (97668)

Pinball is an old time favorite game that everyone loves! Learn all about how pinball machines are made.

Date: Wednesday, June 30

Time: 6:00 - 6:40pm

Fee: \$0

VIRTUAL DANCE PARTY (97669)

Dance the night away while listening to your favorite tunes!

Date: Wednesday, June 30

Time: 7:30 - 8:30pm

Fee: \$10.00



IN PERSON PROGRAMS

ACT OUT (97670)

Throw inhibitions aside while exploring the fun and spontaneous world of improv. Through this program you will build your confidence and your public speaking abilities. Using group activities and games participants will cheer each other on to success.

Date: Thursdays, June 3, 10

Time: 6:30 - 7:30pm

Fee: \$14.00

MOVIE NIGHT (97678)

Movies are a great way to spend time with friends. Come back into the TR Activity Center and check out the latest flick while enjoying a light snack. Program is limited to 15 participants who will be seated 6 ft apart. Masks will be required, and break time will be included for a fresh air mask break.

Date: Friday, June 4

Time: 7:00 - 9:30pm

Fee: \$10.00

NATURE WALK AT THE EEC (97671)

Naturalist Vanessa Darras will guide this fun nature walk at the Environmental Education Center. Please wear long pants and shoes that can get wet.

Date: Monday, June 7

Time: 6:00 - 7:00pm

Fee: \$7.00

CHAIR YOGA (97672)

Stretch, relax, and wind down after a long day with this in person outdoor yoga class at the TR Activity Center. **You may only register for one session.**

Session I: Monday, June 14 6:30 - 7:30pm

Session II: Monday, June 28 6:30 - 7:30pm

Fee: \$7.00

Adult Programs, ages 18 and older

PAINT IN PERSON (97673)

Come get your artistic juices flowing! Bring your creativity and love of color for this follow the leader painting program. No experience needed.

Date: Thursdays, June 17, 24

Time: 6:30 - 7:30pm

Fee: \$15.00

CARDIO BLAST (97674)

Join Lisa and Gwen at North Branch park to get your heart pumping. This fun filled workout will be a blast for everyone.

Date: Saturday, June 19

Time: 10:00 - 11:00am

Fee: \$7.00

FOLLOW THE BEAT (97675)

Come find the rhythm and the beat. It doesn't matter if you don't play an instrument or have had music lessons. Join us for some music games and fun.

Date: Saturday, June 19

Time: 11:30am - 12:30pm

Fee: \$7.00

GARDEN WALK AT COLONIAL PARK (97676)

The sun is shining and the air is warm. Let's take a walk with a gardener from Colonial Park and learn about the beauty the garden holds. More details will be sent to you upon registration.

Date: Monday, June 21

Time: 6:00 - 7:00pm

Fee: \$7.00

IN - PERSON PROGRAM GUIDELINES

- ♦ Masks must be worn at all times.
- ♦ ALL in - person programs will take place outdoors unless otherwise stated.
- ♦ Please bring your own water bottle to each program.
- ♦ You may choose 4 in - person programs and if space permits, we will allow registration for additional in - person programs.
- ♦ More information will be sent upon registration.

Teen Programs, ages 13-17

VIRTUAL PIZZA DOUGH FUN (97649)

Sure pizza is great, but think beyond the circle! There are amazing things you can do with pizza dough and pizza crust gets so much love, why limit it to pizza? We will make fun recipes for breakfast, lunch, dinner and dessert! We aren't limited to what you'd find in an Italian pizzeria. **Supplies will need to be purchased**

Date: Tuesdays, June 1, 8

Time: 6:00 - 7:00pm

Fee: \$14.00

VIRTUAL SPORTS BINGO (97652)

This back by popular demand program is going sports style this month! Who can yell bingo first!?

Date: Wednesday, June 2

Time: 6:00 - 7:00pm

Fee: \$0

VIRTUAL WORKOUT WEDNESDAY (97653)

Take your workout to a new level with this fun fitness program.

Date: Wednesdays, June 2, 9, 16, 23

Time: 7:30 - 8:10pm

Fee: \$16.00

VIRTUAL BUDDING ARTISTS (97655)

Calling all artists! Come explore various forms of art and learn new techniques. We will dabble with a variety of projects that include painting and drawing. No experience necessary. **Supplies will need to be purchased**

Date: Thursdays, June 3, 10

Time: 5:00 - 6:00pm

Fee: \$12.00



VIRTUAL FRIDAY CRAFTS (97657)

Learn how to turn everyday crafting materials into pieces of art. Whether you want to learn how to make exciting new crafts or just enjoy a variety of incredible crafts that you can make for yourself, family and friends. Crafting can open up a world of possibilities. Add beauty, or a touch of whimsy, to your surroundings.

Date: Fridays, June 4, 11, 18

Time: 4:00 - 5:00pm

Fee: \$24.00

VIRTUAL COLOR AND LIGHT EXPLORATION (97659)

Why do we see colors the way we do? Does red look the same to everyone? Come learn about colors and light exploration in this fun evening program.

Date: Wednesday, June 9

Time: 6:00 - 6:40pm

Fee: \$0

VIRTUAL ONE POT WONDER (97661)

Easy? Great tasting? Minimal Clean up? Check, check and check. These (basically magic) one-pot recipes are the closest thing around to food that makes itself. Genius! **Supplies will need to be purchased**

Date: Tuesdays, June 15, 22

Time: 6:00 - 7:00pm

Fee: \$13.00

VIRTUAL GIBSON GUITAR FACTORY (97663)

This virtual tour will show us all there is to know about guitars. Learning how they are made and play sound.

Date: Wednesday, June 16

Time: 6:00 - 7:00pm

Fee: \$0

VIRTUAL BEHIND THE SCENES BOEING SPACE (97665)

We all love space! Have you ever wanted to know how spaceships are made? What goes into making them and how they take off? Join Lisa to find out!

Date: Wednesday, June 23

Time: 6:00 - 6:40pm

Fee: \$0



All programs are combined with our adults unless otherwise specified.

Teen Programs, ages 13-17

All programs are combined with our adults unless otherwise specified.

VIRTUAL EEC THINGS WITH WINGS (97666)

Join Naturalist Christa Wood and learn a bit about one of Nature's greatest inventions – the ability to fly! From dandelion seeds to a pelican soaring above the waves at the shore, from the fast diving Peregrine Falcons to the erratic hunting flight of a Big Brown Bat, flight is an amazing adaptation!

Date: Tuesday, June 29

Time: 5:00 - 6:00pm

Fee: \$0

VIRTUAL MEET OUR COMMUNITY (97667)

In this monthly feature we will meet new people in our community, and they will tell us about their jobs. This month's guests will be the Director of the Park Commission who is also a former attorney and prosecutor, and a nurse. Get ready for some fun and bring your questions.

Date: Tuesday, June 29

Time: 7:30 - 8:30pm

Fee: \$0

VIRTUAL STERN PINBALL TOUR (97668)

Pinball is an old time favorite game that everyone loves! Learn all about how pinball machines are made.

Date: Wednesday, June 30

Time: 6:00 - 6:40pm

Fee: \$0

VIRTUAL DANCE PARTY (97669)

Dance the night away while listening to your favorite tunes!

Date: Wednesday, June 30

Time: 7:30 - 8:30pm

Fee: \$10.00



IN - PERSON PROGRAM GUIDELINES

- ♦ Masks must be worn at all times.
- ♦ ALL in - person programs will take place outdoors.
- ♦ Please bring your own water bottle to each program.

TEEN HANGOUT (97677)

Join friends outside at the TR activity center to catch up, play games, and listen to music. **You may register for one or both sessions.**

Open to: Teens ages 15 - 17

Session I: Monday, June 14 5:00 - 6:00pm

Session II: Monday, June 28 5:00 - 6:00pm

Fee: \$10.00

