



*Somerset County
Park Commission*

SOMERSET COUNTY PARK COMMISSION

Therapeutic Recreation

**2023 Spring Programs
Ages 15+**



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



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

Stephen Dahl, Manager of Recreation
Gwen Leubner, Program Coordinator
Lisa Kazman, Program Coordinator

Office Hours:
Monday through Friday 8:00am to 4:30pm
2023 Spring Programs

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

The department provides year round recreation programs to individuals 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!

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, in January, we will ask you to update the form, and whenever you have new information (such as a new doctor or a change in medication) or have a change in medical status, we ask that you notify us immediately. Additionally, a current Release, Waiver and Participation Agreement Form must be on file.

Financial Assistance

Through the Somerset County Park Foundation, 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 and requirements. Minimum contribution 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/Household Credit Request

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 to the start of the program notification is given to the TR Department. Refunds will be prorated in accordance with the number of sessions/classes attended and/or supplies/tickets already purchased. Furthermore, if we find the program requirements are not commensurate with the abilities of the registrant, a refund for the program will be given. A household credit for other reasons may be granted if the program has not yet begun and another program registrant enrolls. No refunds/credits for absences.

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 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 an activity that has limited slots available.

Other Policies

For safety reasons, no smoking will be permitted during TR sponsored activities. Alcohol consumption is forbidden during programs. Registration is not transferable. No participant substitutions will be allowed.

REGISTRATION POLICY

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

- **Registration is online and will open on Monday, March 13 at 6:00pm**
- If you do not have a computer to utilize for online registration, please call the TR office prior to March 13 to discuss your options.
- You may register for **5** programs.
- Phone-in registration will begin on **Tuesday, March 14** at 9:00am.
- **No email registration accepted.**
- Registrations received prior to the specified date & time will not be accepted.

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



PLEASE NOTE TRANSPORTATION IS NOT BEING OFFERED UNTIL FURTHER NOTICE.

Location: All programs are held at North Branch Park, TR Activity Center, 355 Milltown Road, Bridgewater, unless otherwise noted.

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 program location 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 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.
- C. After the first offense, individuals will be charged a higher rate.
- D. Abuse of the policy will result in suspension from the program.
- E. Abuse of the policy will result in suspension from the program.

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 advance written notification **MUST** be given to the TR staff.

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

ADULT PROGRAMS, AGES 15 AND OLDER



TR RACE (99119)

Combine the excitement of The Amazing Race with a TR adventure! Guided by clues, make your way around Duke Island Park to complete challenges with your friends. **Please bring a brown bag lunch with beverage.** More information will be sent after registration.

Date: Saturday, April 1
Location: Duke Island Park, Apple Grove Pavilion, Old York Road
Time: 10:00am – 1:00pm
Fee: \$43.00

FOLLOW THE LEADER PAINTING (99120)

Join us for another round as we learn a variety of brush strokes, color theory, the concept of space, and positioning. We will guide you step-by-step in creating a summer masterpiece. No painting experience needed.

Date: Tuesday, April 4
Time: 7:00 – 8:30pm
Fee: \$34.00



FIT FACTORY (99121)

Keep your body moving and work off those winter pounds. This program will focus on cardio and keeping our hearts healthy.

Date: Wednesdays, April 5, 12, 19, 26
Time: 7:00 – 8:30pm
Fee: \$68.00

CLAY CREATIONS (99122)

Learn how to make successful hand-built clay projects. We will use several techniques to create cool and unique pieces of artwork. Come create something awesome. No experience needed.

Date: Thursdays, April 6, 13, 20
Time: 7:00 – 8:30pm
Fee: \$75.00

FLOWER POWER (99123)

Spring has sprung. We will celebrate it with the beauty of flowers, plants, and a variety of items from nature. Each week we will take home a one-of-a-kind creation.

Date: Tuesdays, April 11, 18, 25
Time: 7:00 – 8:30pm
Fee: \$75.00



DINING OUT (99124)

Enjoying a meal with friends is always a blast. Join us for a night out at a local restaurant. We will head to Trattoria Uno in Branchburg. **Please bring \$30 to cover your dinner, tax, & tip. You may only pick one session.**

Session I: Thursday, April 27
Session II: Thursday, May 4
Location: Trattoria Uno, 1067 Highway 202 N Branchburg, NJ
Time: 6:30 – 8:30pm
Fee: \$20.00

SOCIAL CLUB (99125)

It's Friday night and you will have a blast participating in a variety of fun and exciting activities. This is a great way to socialize and make new friends. Don't miss the great opportunity to have some fun.

Date: Fridays, April 28; June 23
Time: 7:00 – 8:30pm
Fee: \$46.00



TENNIS (99136)

With instruction from tennis pro Mike Watson and his staff at the tennis center you will learn basic strokes, how to volley, and some advanced skills. Whether you are new or have taken classes before, this program will help you to enhance your skills, improve your fitness level, and meet new friends. No tennis experience needed. **Each week bring a tennis racket and a filled water bottle.**

Date: Tuesdays, May 2, 9, 16, 23, 30
Location: Green Knoll Tennis Center
587 Garretson Road, Bridgewater
Time: 7:00 – 8:00pm
Fee: \$90.00

OUT AND ABOUT (99126)

Movies are always a blast! Grab your popcorn or treat and join us in front of the big screen as we see something in the theater.

Date: Friday, April 14
Location: Hillsborough Cinemas
Hillsborough, NJ
Time: 6:30 – 9:30pm
(TBD based on movie)
Fee: \$22.00



ADULT PROGRAMS, AGES 15 AND OLDER



TASTE THE WORLD (99127)

Cooking from around the world can be a lot of fun. Each week we will make a different cuisine and try out our creations. One week will focus on Italian, another will be Asian, and the third Mexican. Please eat a light dinner before program.

Date: Wednesdays, May 3, 10, 17
Time: 7:00 – 8:30pm
Fee: \$90.00



SPRING FORMAL (99128)

Come dressed in your best and put on your dancing shoes. Boogie to celebrate the beginning of the spring season with the DJ spinning the latest tunes. Enjoy great refreshments while having a blast getting funky with your friends.

Date: Friday, May 5
Time: 7:00 – 9:00pm
Fee: \$30.00



STRETCH IT OUT (99129)

Stretching is one of the most important things we can do for our bodies. Pick a new muscle each week to focus on while bending and moving your body.

Date: Thursdays, May 11, 18, 25
Time: 7:00 – 8:30pm
Fee: \$60.00

BONUS BINGO (99130)

This classic program will be in-house at the TR Activity Center. Everyone will win a prize and have a chance to yell bingo!

Date: Wednesday, May 24
Time: 7:00 – 8:30pm
Fee: \$30.00

CUPCAKE WARS (99131)

Will your cupcake come out on top? Challenge each other to see who can be the most creative with their cupcake masterpieces.

Date: Wednesday, May 31
Time: 7:00 – 8:30pm
Fee: \$35.00



WALKING (99132)

Get ready to hit the happy trail and take a walk in one of our favorite parks. Take a step in the right direction and boost your energy level while enjoying the great outdoors.

Date: Tuesdays, June 6, 13, 20
Location: Duke Island Park
Old York Road, Bridgewater
Time: 7:00 – 8:30pm
Fee: \$42.00

HOLE IN ONE (99133)

Learn from the best. A Neshanic Valley golf pro will guide us with their tricks of the trade as we practice and learn new skills at the Neshanic Valley Learning Center.

Date: Wednesdays, June 7, 14
Location: Neshanic Valley Learning Center
2301 South Branch Road,
Neshanic Station
Time: 7:00 – 8:30pm
Fee: \$33.00



COOKING FROM THE GARDEN (99134)

It's the season for the freshest fruits and vegetables that mother nature can provide. Using a variety of cooking techniques you will make tasty creations that are both fresh and healthy.

Date: Thursdays, June 8, 15, 22
Time: 7:00 – 8:30pm
Fee: \$75.00




PICNIC IN THE PARK (99135)

Picnics are always fun in the spring. Play some outdoor games, have lunch, and chat with friends while enjoying one of our favorite parks. We will be making a picnic lunch of sandwiches, chips, salads, drinks, and of course enjoy a tasty dessert!

Date: Saturday, June 3
Location: Duke Island Park, Apple Grove Pavilion, Old York Road
Time: 11:00am – 2:00pm
Fee: \$36.00



SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
						1 TR Race		1	2 Tennis	3 Taste the World	4 Dining Out II	5 Spring Formal	6
2	3	4 Follow the Leader Painting	5 Fit Factory	6 Clay Creations	7 HOLIDAY	8	7	8	9 Tennis	10 Taste the World	11 Stretch it Out	12	13
9 HOLIDAY	10	11 Flower Power	12 Fit Factory	13 Clay Creations	14 Out & About	15	14	15	16 Tennis	17 Taste the World	18 Stretch it Out	19 Movie Night	20
16	17	18 Flower Power	19 Fit Factory	20 Clay Creations	21	22	21	22	23 Tennis	24 Bonus Bingo	25 Stretch it Out	26	27
23	24	25 Flower Power	26 Fit Factory	27 Dining Out I	28 Social Club	29	28	29 HOLIDAY	30 Tennis	31 Cupcake Wars			
30													

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 Picnic In The Park
4	5	6 Walking	7 Hole In One	8 Cooking from the Garden	9	10
11	12	13 Walking	14 Hole In One	15 Cooking from the Garden	16 HOLIDAY	17
18	19	20 Walking	21	22 Cooking from the Garden	23 Social Club	24
25	26	27	28	29	30	

