



Somerset County  
Park Commission

## SOMERSET COUNTY PARK COMMISSION

# Therapeutic Recreation 2024 Spring Adult Programs Ages 18+



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](http://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  
2024 Spring Programs

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

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

**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 18 at 7:00pm.**
- If you do not have a computer to utilize for online registration, please call the TR office prior to March 18 to discuss your options.
- **You may register for 10 programs and (2) special program.**
- **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.*



**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 +

### DINING IN 91119

Instead of going out to dinner, join us for a night in. We will hang out with friends and socialize while making our own dinner for all to enjoy. Session one will be Mexican night where we will make tacos, quesadillas, nachos, etc. Session two will be an Italian night where we will make an Italian feast of salad, garlic bread, pasta, ravioli, and different sauces. Of course, our evening would not be complete without dessert! **You may only choose one session.**

**Session I:** Monday, April 1

**Session II:** Monday, April 8

**Time:** 6:30 – 8:30pm

**Fee:** \$30.00



### SET THE BAR 91120

Challenge yourself in this spring fitness program. Set your own goals and see if you can achieve them by the end of the session. How high can you set the bar?

**Date:** Wednesdays, April 3, 10, 17, 24

**Time:** 7:00 – 8:30pm

**Fee:** \$40.00



### NATURE CRAFTS 91121

This program will explore the wonder of nature's artistry through projects that include items around us such as stones, sticks, shells, plants and much more. We revel in the beauty of our natural surroundings.

**Date:** Tuesdays, April 9, 16, 23

**Time:** 7:00 – 8:30pm

**Fee:** \$55.00



### ON THE LIGHTER SIDE 91122

Healthy eating starts with learning new ways to eat. Such as adding more fresh fruits, vegetables, and whole grains. From whole wheat brownies to healthy sweet potato skins and spring rolls we will try a variety of new recipes to get us on the right track.

**Date:** Thursdays, April 11, 18, 25

**Time:** 7:00 – 8:30pm

**Fee:** \$50.00



### SOCIAL CLUB 91123

It's Friday night and you will have a blast participating in a variety of fun and exciting activities. This will be a great way to socialize and make new friends. Each session, there will be a different activity that will range from dancing to games. Don't miss this great opportunity to have fun.

**Date:** Fridays, April 12; June 21

**Time:** 7:00 – 8:30pm

**Fee:** \$30.00



### TR TENNIS 91139

With instructions 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 is needed. Each week bring a tennis racket and a filled water bottle.

**Date:** Tuesdays, April 30;

May 7, 14, 21, 28

**Location:** Green Knoll Tennis Center

587 Garretson Rd, Bridgewater

**Time:** 7:00 – 8:00pm

**Fee:** \$90.00



### I LIKE TO MOVE IT, MOVE IT 91124

Keep moving in this fast-paced fitness program. Each week we will learn some new exercises that can be used all year long using the equipment you already have at home.

**Date:** Thursdays, May 2, 9, 16

**Time:** 7:00 – 8:30pm

**Fee:** \$30.00



### MOVIE NIGHT 91125

The group will vote on a movie and enjoy a light snack while relaxing on a Friday night at the TR Activity Center.

**Date:** Friday, May 3

**Time:** 7:00 – 9:30pm

**Fee:** \$20.00



## ADULT PROGRAMS, AGES 15 +



### TASTE THE WORLD II 91126

This program was such a hit we are bringing it back for round two. Come make some tasty cuisine from different countries around the world like Italy, China, and Mexico!

**Date:** Wednesdays, May 1, 8, 15  
**Time:** 7:00 – 8:30pm  
**Fee:** \$45.00



### SPORTS SAMPLER 91130

There are so many other sports besides football, soccer, baseball, and basketball. Try something new or play something you may not have in a while as we explore different sports in this sampler program.

**Date:** Mondays, June 3, 10, 17  
**Time:** 7:00 – 8:30pm  
**Fee:** \$30.00

### BRUNCH BUDDIES 91127

Sunday brunch is a relaxing way to end the weekend. Start your day Sunnyside up and create mouthwatering breakfast favorites. From waffles and crepes to fruit salad and omelets, we will expand our culinary talents to include Sunday brunch.

**Date:** Sunday, May 5  
**Time:** 10:30am – 12:30pm  
**Fee:** \$32.00



### BINGO! 91128

Come learn some new ways to play bingo while enjoying the traditional games. Everyone will go home a winner with a special prize! **You may only choose one session.**

**Session I:** Wednesday, May 22  
**Session II:** Wednesday, May 29  
**Time:** 7:00 – 8:30pm  
**Fee:** \$25.00



### MOVE YOUR FEET 91129

Keep your feet moving while learning some fun line dances. Warm up with old ones then learn something new to teach others.

**Date:** Thursdays, May 23, 30  
**Time:** 7:00 – 8:30pm  
**Fee:** \$30.00



### EVENING STROLLERS 91131

Step right up and join us in the great outdoors. You'll increase your level of fitness while enjoying mother nature at her best. We will walk in three different parks. The Environmental Education Center in Basking Ridge, Colonial Park in Franklin Township, and Duke Island Park in Bridgewater. While we're strutting our stuff, we will learn something new as we walk with a tour guide at each park. Wear sneakers and bring a full bottle of water each week. Upon registration more information will be sent.

**Date:** Tuesdays, June 4, 11, 18  
**Time:** 7:00 – 8:30pm  
**Fee:** \$30.00

### GIVE BACK TO YOUR COMMUNITY 91132

Come one come all! We are hosting a volunteer opportunity for our participants to give back. We have been asked to make paper flowers again for our Rose Day Festival at Colonial Park in June and hope you can help us out! This is a parent and participant program so bring someone with you! At the end of the evening we will have a special thank you treat!

**Date:** Wednesday, June 5  
**Time:** 7:00 – 8:30pm



**Fee:** FREE

## ADULT PROGRAMS, AGES 15 +

### GLITTERY GLASS CRAFTS 91133

It's all the rage and easy to do! In this fun and exciting program, we will transform everyday glass into original and stylish gifts. Through etching, painting, and decorating you will create beautiful pieces. No previous crafting experience necessary.

**Date:** Thursdays, June 6, 13, 20

**Time:** 7:00 – 8:30pm

**Fee:** \$60.00



### COZY CAMPFIRE 91134

Nothing kicks off the summer season better than a campfire with friends. Play games, tell stories, make a campfire treat, and socialize with friends as we get ready for the summer season. **Please bring a lawn chair.**

**Date:** Friday, June 14

**Location:** Colonial Park, Mettlers Road

Franklin Township

Perennial Garden Parking Lot F

**Time:** 6:30 – 8:30pm

**Fee:** \$20.00

### SPRING HAS SPRUNG

Spring is the time of year to see things bloom. Create your own seed bomb and check out the spring beauty at Duke Island Park.

**Date:** Monday, June 24

**Location:** Duke Island Park

**Time:** 7:00 – 8:30pm

**Fee:** \$20.00



## ADULT PROGRAMS, AGES 18 +

# SPECIALS

### GROUNDS FOR SCULPTURE 91136

Join us for a trip to Grounds for Sculpture. It is the perfect destination for an outing with friends. We will take a stroll through their museum, sculpture garden, and the arboretum. We will discover the beauty, charm, and whimsy that awaits. **Please bring a brown bag lunch with beverage to enjoy at our picnic.**

**Date:** Saturday, April 20th

**Location:** Hamilton Township, NJ

**Time:** Depart TR Activity Center at 9:00am and return about 3:00pm

**Fee:** \$45.00

### MINE TRAIN EXCURSION 91137

All aboard! Catch the train for a day of exploring as we hit the rails for a fun day of mining, tours, games, and lunch. **Please bring a brown bag lunch with beverage to enjoy at our picnic. You may bring a few dollars for a snack too.**

**Date:** Saturday, May 18

**Location:** Phillipsburg, NJ

**Time:** Depart TR Activity Center 8:30am SHARP; return 3:00pm

**Fee:** \$50.00



### BATTERS UP! SOMERSET PATRIOTS 91138

Spend a fun-filled spring evening with us at the TD Bank Ballpark. It's batters up for the Somerset Patriots as they take on the Hartford Yard Goats from Connecticut, affiliated with the Colorado Rockies. The night will end with an amazing firework display! Please bring extra money for a snack and souvenirs. More information will be sent.


**Date:** Saturday, June 8


**Location:** TD Bank Ballpark, 860 E Main St., Bridgewater

**Time:** 6:15 - 10:00pm

**Fee:** \$36.00



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Dining In I	2	3 Set the Bar	4	5	6
7	8 Dining In II	9 Nature Crafts	10 Set the Bar	11 On The Lighter Side	12 Social Club	13
14	15	16 Nature Crafts	17 Set the Bar	18 On The Lighter Side	19	20 Grounds For Sculpture
21	22	23 Nature Crafts	24 Set the Bar	25 On The Lighter Side	26	27
28	29	30 Tennis				

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Taste The World II	2 I Like to Move It, Move It	3 Movie Night	4
5 Brunch Buddies	6	7 Tennis	8 Taste The World II	9 I Like to Move It, Move It	10	11
12	13	14 Tennis	15 Taste The World II	16 I Like to Move It, Move It	17	18 Mine Train Excursion
19	20	21 Tennis	22 Bingo I	23 Move Your Feet	24	25
26	27 HOLI- DAY	28 Tennis	29 Bingo II	30 Move Your Feet	31	

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Sports Sampler	4 Evening Strollers	5 Give Back	6 Glittery Glass Crafts	7	8 Batter's Up
9	10 Sports Sampler	11 Evening Strollers	12	13 Glittery Glass Crafts	14 Campfire	15
16	17 Sports Sampler	18 Evening Strollers	19 HOLI- DAY	20 Glittery Glass Crafts	21 Social Club	22
23	24 Spring Has Sprung	25	26	27	28	29
30						