32nd Annual
Intergenerational Prom
“The Roaring Twenties”
Wednesday, April 15, 2020
5:30 pm—9:00 pm
Livingston High School Cafeteria
Dinner — Dancing — Entertainment

Proudly Sponsored by
Livingston Board of Education
Township of Livingston
Livingston High School Key Club

Tickets are available at the SYLS Office
Free for Livingston Residents
Non-Residents are welcome at $5 per person
Transportation available by appointment

Spring Senior Socials
Friday, 1PM-2PM at LSCC
Coffee and dessert starts at 12.30 p.m.
FREE, pre-registration required online or in person at SYLS office
Non-resident fee: $5.00
Entertainment 1-2 pm

March 13
St. Patrick’s Day
The Florian Schantz Jazz Combo

May 8
Mother’s Day
The Arminio’s

June 12
Father’s Day
Eleanor Jackson
Our Mission
The Department of Senior, Youth and Leisure Services for the Township of Livingston, comprised of programming and services that encompasses all community citizens, provides integrated and comprehensive services that promote the welfare of the community, the positive development of youth, support for seniors, and the strengthening of families.

Director, Senior, Youth & Leisure Services
Jennifer Walker

Program Supervisors:
Senior & Adult Enrichment  Liliana Branquinho  lbranquinho@livingstonnj.org
Athletics & Aquatics  Ronald Barbeta  rbarbeta2@livingstonnj.org
Camp, Youth & Teen Programs  Corinne Olson  colson2@livingstonnj.org
Adaptive Recreation/LYCS  Jennifer Quirk  jquirk@livingstonnj.org
Facilities & Operations Coord.  Michelle Cohen  mcohen@livingstonnj.org
Customer Service  Vivian Dippold  vdippold@livingstonnj.org
Customer Service  Shawn McDevitt  smcdevitt@livingstonnj.org
Senior Transportation & Facility Rentals  Nell Sommese  nsommese@livingstonnj.org
Marketing & Finance  Nancy Verniero  nverniero@livingstonnj.org

Contact Us:
Phone: 973-535-7925
Fax: 973-535-2949
Email: syls@livingstonnj.org
Hours: Monday-Friday, 8:30AM-4:30PM

Facilities
Livingston Senior/Community Center (LSCC)
204 Hillside Avenue, Livingston NJ 07039
Includes: Senior, Youth & Leisure Services, Department of Health, Welfare & Human Services, meeting & craft rooms, playground, shuffle board and bocce courts.

Memorial Park
Robert H. Harp Drive in front of Livingston High School
Includes: Walking track, multiple sports fields, bocce & shuffleboard courts, gazebo, 9/11 Memorial Garden, Littell People’s Park, Littell’s Pond including seasonal ice skating, tennis courts & walls, basketball and skate park. See page 3 for details about skate park.

Mervyn V.T. Haines Community Pool
10 Wahler Road next to Livingston High School
Phone: 973-535-7928 — Summer Only

Monmouth Court Community Center (MCCC)
26 Monmouth Court
Includes: Gymnasium, craft room, All Inclusive playground, Alternative High School.

Northland Recreation Center (NL)
3 Madison Court
(located at the end of Jefferson Court)
Phone: 973-535-7929 — Summer Only
Includes: Northland Community Pool, meeting rooms for dance, table tennis & assorted community events, basketball & tennis courts, park area and playground.

Brendan P. Tevlin Field / Okner Sports Complex
Located at the end of Okner Parkway
Includes: Softball & baseball diamonds, soccer & lacrosse fields and sand volleyball. Use by permit only.

St. Barnabas Medical Center Community Field
Located on Madonna Dr. opposite Livingston High School
Includes: Artificial Turf Field for Football, Lacrosse and Soccer. Use by permit only.

Prospect Park, Laurel Avenue
Includes: Natural area hiking & biking trails.

Livingston Skate Park
Located on So. Livingston Avenue between the YMCA and the Town Hall, Livingston Skate Park is a skate at your own risk facility, designed for skateboarding, inline skating and BMX biking. Individuals must register and obtain a badge from Senior, Youth & Leisure Services (SYLS).

Playgrounds
Community Kids’ Playground, LSCC
Grand Terrace Playground, Grand Terrace
Littell People’s Park, Memorial Park
All Inclusive Playground, Monmouth Court
Northland Playground, Northland Recreation Ctr.

East Hills Park, Shrewsbury Drive
Includes: Fitness trail & Livingston Dog Park with two off-leash areas: one for dogs 25 lbs. & under and one for dogs of all sizes. Passes may be obtained at the Health Department—973-535-7961.
General Registration Information

Residency Requirements
Program registration is limited to Livingston residents unless otherwise noted. Non-resident fees are indicated in program descriptions.

Ways to Register
Register Online
Visit www.livingstonnj.org/SYLS, register online, follow instructions in Community Pass.

Walk In
Visit Senior, Youth and Leisure Services (SYLS) during regular business hours, Monday—Friday, 8:30AM—4:30PM. Check the township website, www.livingstonnj.org/SYLS, for updates regarding additional hours for pool registrations.

The appropriate registration form and all emergency and release forms must be signed by the parent or guardian of participants under 18 years of age.

Participant signatures are required for all adult programs.

Payment is required at the time of registration.

Mail In
Mail completed registration form and payment in the form of a check or money order payable to “Township of Livingston” to: Senior, Youth & Leisure Services, 204 Hillside Avenue, Livingston NJ 07039.

Credit card payments are not accepted for mail in registrations.

Registration forms received BY MAIL do not guarantee a spot in program.

No registration forms with payment will be accepted in person at SYLS office prior to registration date.

Payment Options
Payment in the form of cash, check, money order or credit cards (Master Card and Visa) is acceptable. Credit card payments are not accepted for mail in registrations.

Please make checks payable to “Township of Livingston.”

A $20.00 fee will be charged for all returned checks.

Tax ID
The Township Tax Identification Number: 22-600-2040.

Please save your program receipts for tax purposes. Copies may be obtained at the township offices, but may require up to five (5) business days to process.

Information Disclaimer
Although every effort will be made to provide correct information in this guide, errors or omissions may occur. Information received in the Senior, Youth and Leisure Services Office will override this document.

Keep up with what’s happening in Livingston!
Visit us: Livingstonnj.org
Like us: Facebook.com/LivingstonTownshipNJ
Follow us: Twitter@Livingston_NJ
Instagram: livingstontownshipnj

Sign up for Community Pass Text message alerts to receive program information.
Don’t miss last minute class cancellations, changes in location, early closing for inclement weather and more!
To sign up for Community Pass Text Alerts, please follow the instructions below.

- Log in to your Livingston Community Pass account at Community Pass Online
- Under heading “useful links”, select “view account”
- Select edit to the left of individual you would like to receive text alerts.
- Fill in all fields: *Mobile Phone and *Mobile Provider
- Check the box to “receive alerts via text messages”
- Be sure to scroll down and “SAVE CHANGES”***

For new customers, when entering primary contact information, be sure to enter mobile Phone, mobile provider and check the box to “receive alerts via text messages.”

The Swift911 Emergency Notification System
Alerts residents to emergency situations including severe storm warnings, road closures or water problems in the local area. View the Swift911 System.

Residents also have the option to sign up for email notification of various activities and/or programs in
Policies and Procedures

Refund Policy
- All Refund/Credit requests must be sent directly to the Senior, Youth & Leisure Services (SYLS).
- No refunds will be issued after the start of a session except for one of the following reasons:
  1. The session is cancelled by SYLS due to low enrollment.
  2. The request is accompanied by a written medical excuse from a physician.
- No refunds/credits and/or transfer of funds after a session has ended.
- No partial credits/returns for absences.
- No credits/returns for classes during a session canceled due to weather conditions.
- Refunds can not be applied to credit card account.
- Please allow 30 days for refund processing.
- A $10 charge will be applied to all refunds except session cancellations by SYLS.

Resident/Non-Resident Requirements
- Residency is required for some preschool, youth, senior transportation and most aquatic programs.
- To receive resident rates, Livingston residents are required to present identification such as a valid driver’s license, photo ID card or utility bill.
- Non-residents may register for select programs at a higher rate than residents. Non-resident registration will open one (1) week after resident registration opens.
- Resident rates are indicated by (R) and non-resident rates by (NR) following the fee. If no delineation of resident or non-resident fee is made, the program is open to residents only.

Insurance
- The Senior, Youth & Leisure Services does not carry accident insurance. We strongly recommend that all participants be covered by personal or family insurance.

Marketing and Social Media
It is understood and agreed that park visitors and participants in Livingston Township program, activities and events may have their names and pictures used, without fee, in broadcast, telecast and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

Physical Activity
Due to strenuous nature of some activities, the participant is urged to consult a physician, concerning fitness to participate. All activities present certain inherent risks and hazards which the participant is urged to consider and which the participant assumes.

Inclement Weather Policy
- If Livingston Public Schools (LPS) are canceled, SYLS programs beginning before 3PM will be canceled (this may not apply to Adult and Senior programs). Programs beginning after 3PM will be addressed by 2PM that day. Messages are posted on LPS website, [www.livingston.org](http://www.livingston.org). LPS closing line, 973-535-8000, select “8,” SYLS website, [www.livingstonsyls.org](http://www.livingstonsyls.org).
- For delayed openings, all programs will meet as scheduled unless weather conditions deteriorate during the day. Messages will be posted on SYLS website, [www.livingstonnj.org/syls](http://www.livingstonnj.org/syls). For early dismissals, all evening activities, including all open play programs, are canceled.

Saturday & Sunday programs will be decided by 9AM that day and/or throughout the day as needed. Messages will be posted on SYLS website, [www.livingstonsyls.org](http://www.livingstonsyls.org).

Special events and/or school break programs will be handled on an as needed basis.

When possible make up classes may be scheduled at a later date but not guaranteed. No credits/ refunds will be given for weather related cancellations.

Youth & Adult Sports Programs
- If Livingston schools are canceled or dismissed early, all activities held afternoon and/or evening in school facilities are canceled.
- Severe weather arising during the day will be addressed at 3PM.
- Saturday & Sunday programs will be decided by 9AM that day and/or throughout the day as needed.

All Weather related updates for Township events will be put on the Sports & Community Events update line 973) 535-7925, PRESS “2”

Township Holiday Closings
Senior, Youth & Leisure Services and all Township offices will be closed on:

- **Monday, May 25, 2020**
- **Friday, July 3, 2020**
- **Monday, Sept 7, 2020**
Sponsored Organizations

Livingston Arts Council
The Livingston Council for the Arts is a nonprofit arts coordinating group established by the Town Council to make the arts visible in Livingston and surrounding areas. Its aim is to encourage quality offerings in performing and visual arts and to act as an informal clearing house for all of the artistic disciplines.

Arts Association
Organized in 1959 to foster an appreciation of the fine arts, the organization presents exhibitions, demonstrations and workshops throughout the year. Day and evening classes for adults and children are also available. Contact 973-276-1191 for additional information.

Camera Club
The Camera Club was formed to share experiences, and knowledge for improvement in skills, both with the camera and in the darkroom. Meets on the second and fourth Mondays at the LSCC September–May. www.livingstoncameraclub.com

Livingston Community Players
Singers, dancers, actors, crew and production personnel are needed to help stage a variety of musicals and plays held each year. Phone: 973-994-0102

Children's Theater of Livingston
Children's Theatre of Livingston (CTL) was formed by a group of dedicated volunteers to offer elementary and middle school children the opportunity to learn all of the aspects of being on the stage and behind the scenes. The organization offers one show a year in the spring and the sign up period is the first two weeks of December. For further information please visit www.childrenstheatreoflivingston.org

Livingston Symphony Orchestra
Established in 1958, the orchestra provides an opportunity for qualified amateur musicians to perform under the direction of a professional conductor. Opportunities also exist in orchestra management and administration. Phone: 973-980-1809

Livingston Historical Society
Open meetings the fourth Monday, September–April at the LSCC provide programs of local historical interest. For information write: P.O. Box 220, Livingston NJ 07039. The society maintains the following properties:
- Ely Cemetery—open to the public on Memorial Day and Veterans Day
- Force Homestead—open to the public the second Sunday from 2–4PM April–November.
For information write: P.O. Box 220, Livingston NJ 07039.

Senior Organizations

AARP
Livingston Chapter #3663 of AARP is open to residents who are age 50 and over. The chapter engages in community service activities and tries through programs and fellowship to prolong and improve the wellbeing of retired persons.
AARP Chapter #3663 meets the first Friday of each month at the LSCC. Meetings are open to members only. For membership information, please contact Martene Reiter at 973-887-1285.

AARP Livingtones:

Join the Livingtones at the Senior/Community Center. Contact Walter Joyce 973-992-8317.

Oak Leaf
Open to Livingston women ages 55 and over. This group features socials, movies, cards, games, speakers and trips. Meetings are held on Wednesday, 11 AM – 3 PM, at the LSCC. Contact Betty Weber at 973-992-1093 for more information.

Thursday Seniors
This is a social organization for women and men ages 55 and over. Meetings are every Thursday, 12 PM – 3:30 PM, at the LSCC. Activities include: bingo, social hour and games. Participants should bring their own lunch. Call Mary Mac at 973-515-1240 for more information regarding the group.

Old Guard
Open to retired and/or semi-retired Livingston men, this group features social activities, educational groups, trips and other special events. (Military status not a requirement.) Listed here are some of the weekly activities scheduled at the LSCC; (except for shuffleboard at Northland)

- General Meetings: Tuesdays 10 am
- Card Games after meeting: Tuesdays 12 pm
- Thursday Discussion Group: Thursdays 9 am
Community Pool Membership 2020

Renewal & New Memberships available online at Community Pass or in person at Senior, Youth & Leisure Services, 204 Hillside Avenue, 8:30 AM – 4:30 PM, Monday-Friday.

Printable Form for in person registration (PDF)

Membership in the Livingston Community Pools is open to all Livingston, and Roseland & Essex Fells residents at non-resident rates. Memberships are also available to former Livingston residents who have had active pool memberships within the past three years.

Pool Memberships and Rates 2020 (PDF)

Township of Livingston essential services volunteers including active Auxiliary Police Officers, Volunteer Firefighters, and members of the First Aid Squad, shall be offered a 25% discount on the otherwise applicable membership fee.

Scheduled Hours of Operation:

- Livingston’s 2020 pool season will kick off with one of our pools opening on Memorial Day weekend – May 23, 24 & 25. That pool will continue to open for weekends, Sat & Sun, May 30 & 31; Sat & Sun, June 6 & 7, 13 & 14, 20 & 21. Hours of operation are Saturdays & holidays—11 am-8 pm, Sundays—12 pm-8 pm.


2020 Pool Season Dates & Hours (PDF)

Municipal Swimming Pool Information

**NORTHLAND POOL**

3 Madison Court off Congressional Parkway at Northland Recreation Center

Amenities include: accessible men’s and women’s locker rooms with private shower and dressing rooms; chair lift for the disabled, zero entry depth into main pool, wading pool, children’s wet mat play area, water slide, tetherball and table games and snack bar. Pool lounge and side chairs are also available.

**MERVYN V.T. HAINES POOL**

10 Wahler Road adjacent to Livingston High School

Amenities include: accessible men’s and women’s locker rooms with private showers and dressing rooms; chair lift for the disabled, wading pool, water slide, lap pool and table games and snack bar. Pool lounge and side chairs are also available.

For the safety of all swimmers, to be able to use the water slides at both pools – all users must meet minimum height requirements as established by the slide designers and manufacturers as required by state and O.S.H.A. rules and regulations. Swimmers must also be able to safely swim in the designated slide area of the pool.

Livingston Community Pools Open House

Sunday, June 14, 2020. WATCH FOR DETAILS!
Join by April 30, 2020 and receive Early Bird Discount Rate

2020 Livingston Community Pool Rates

Early Bird Deadline is Thursday, April 30, 2020

Circle Membership fee below:

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Early Bird * Ends 4/30/2020</th>
<th>Regular Full Season 5/1-end</th>
<th>Early Season Open-7/31</th>
<th>Late Season 8/1-Close</th>
<th>Weekly Mon-Fri</th>
<th>Weekend Sat, Sun &amp; Holidays</th>
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<tr>
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<tr>
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<td>Au Pair/Caregiver</td>
<td>$100</td>
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* Includes 5 free guest passes per family membership & 2 free guest pass for all other Early Bird Discount categories.

**Replacement Pass** $10
**Guest Pass** $10

**Purchase at the Pool**

| Daily Pass (18 & Over) | $25
| Daily Pass (3-17)      | $15

Family - self & spouse/partner plus all dependent, single children 24 years of age or younger by end of current calendar year who are living together as a family unit within the Twp of Livingston.

Couple - self & spouse/partner or adult with one child, 1-24 years of age by end of current calendar year, who reside at the same address.

Individual - self ONLY

Sr. Couple - any couple where one partner is at least 62 years of age by the end of the current calendar year. Proof of age is required.

Sr. Individual - any person age 62 years of age or older by the end of the current calendar year. Proof of age is required.

Au Pair/Caregiver/Babysitter - this membership is available as an add on to a current Family Membership. Fee is $100 in addition to the Family Membership fee.

Any Livingston resident who finds paying the pool membership fee a hardship should contact Anaharen Millan, LSW, Department of Human Services, at 973-535-7961, x 231.
**Adult Fitness (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)**

**Yoga—Susi Amaya-Thieke**

Yoga is a system of stretching postures which tone and align the body and help the body absorb the effects of stress to balance and rejuvenate the body and calm the mind. Participants should dress in comfortable clothing. Bring a yoga mat to each class. Please arrive to class on time.

**Level 1:** This class is for beginners and people interested in a more gentle class. Emphasis will be on stretching, alignment and relaxation.

**Level 2:** This class is for fit beginners and people interested in an active yoga class. Emphasis will be on stretching, strengthening, toning and relaxation.

<table>
<thead>
<tr>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
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<tr>
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<td>Tuesday 8:45-10AM, No class 6/2</td>
<td>4/7-6/16</td>
<td>LSCC</td>
<td>R: $69.00 NR: $90.00</td>
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<td>4/7-6/16</td>
<td>LSCC</td>
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**Chair Yoga (for Seniors) – Susi Amaya-Thieke**

**Spring:** Monday, 4/6-6/15, 9:30-10:30 am  
No class 5/25  
Fee: R-$34.50 NR-$56.00  
Spring: Wednesday, 4/8-6/17, 10-11 am  
No class 4/29  
Fee: R-$34.50 NR-$56.00  
Spring: Wednesday, 4/8-6/17, 11:05 am—12:05 pm  
No class 4/29  
Fee: R-$34.50 NR-$56.00  
Spring: Friday, 4/17-6/19, 9-10 am  
Fee: R-$34.50 NR-$56.00  
Summer: Monday, 7/6-8/17, 9:30-10:30 am  
Fee: R-$24.15 NR-$39.20  
Summer: Wed., 7/8-8/19, 10-11 am  
Fee: R-$24.15 NR-$39.20  
Summer: Wednesday, 7/8-8/19, 11:05 am—12:05 pm  
No class 8/5  
Fee: R-$20.70 NR-$33.60  
Summer: Friday, 7/10-8/21, 9-10 am  
Summer: Friday, 7/10-8/21, 10:05-11:05 am  
Fee: R-$24.15 NR-$39.20

**Chair Yoga**

A class for senior adults where chairs are used to eliminate sitting on the floor for stabilization and deepening stretches. The class consists of chi gong exercises, breathing exercises, sitting and standing yoga postures, tai chi and a guided relaxation. The goal is to increase energy, strength, balance, flexibility and relaxation.

**Location:** LSCC, lower level

**Stretch and Flex—Valerie DeNick**

**Spring:** Tuesday, 4/7-6/16, 10-10:45 am  
No class 6/2  
Fee: R-$69.00 NR $90.00  
**Northland Rec Center**

Join us for this 45 minute stretch class. Stretching is and should be an integral part of every workout program. Some of the benefits are: improve posture, aides with back health, maintains or increases range of motion, helps with stress management as it reduces muscular tension. Wear comfortable clothing and bring a yoga mat.
Adult/Senior Fitness (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)

Aquacise—Valerie DeNick
Summer: Mon., 7/6–8/24, 10–10:45 am, Northland Pool
No class 7/13
Fee: R-$36.26 NR $47.25
Summer: Wed., 7/8–8/26, 10–10:45 am, Northland Pool
No class 7/15
Fee: R-$36.26 NR $47.25
This program features aerobic exercises and a total body workout in the water. In the event of rain, participants should wear sneakers to participate in an indoor aerobic class at Northland Recreation Center. Water shoes are recommended.

Adult Tap—Andi Hopkins
Spring: Tuesday, 4/14–6/16, 7:15–8:15 pm
No class 6/2
Fee: R-$62.10 NR $81.00
Northland Rec Center
Class begins with a warm-up to stretch the muscles of the legs and feet. Students practice a series of basic steps, adding more difficult combinations as they become more proficient. Tap shoes required.

Barre Above®—Jane Dinner
Spring: Wednesday, 4/8–6/17, 10–11 am
Fee: R-$75.90 NR $99.00
Northland Rec Center
This class blends the best of ballet, yoga & Pilates. Focuses on balance, strength and flexibility for all levels of fitness. Bring weights (2-3 lbs.) and small towel. Grip socks or sneakers required.

Cardio Sculpt—Judy Nemiroff
Spring: Monday, 4/6–6/15, 7–8 pm
No class 5/25
Fee: R-$69.00 NR $90.00
LSCC, lower level
Summer: Monday, 7/6–8/17, 7–8 pm
Fee: R-$48.30 NR-63.00
LSCC, lower level
This class is divided into two sections. First half hour works on all the muscle groups (including abs) using light weights and one’s own body weight. Second half hour is old-school cardio, appropriate for all levels of fitness. Bring your own weights 3-5 lbs and exercise mat.

30 / 30—Linda Hemmat
No class 5/25
Fee: R-$69.00 NR $90.00
LSCC, lower level
Summer: Mon., 7/6–8/17, 9:15–10:15 am
Fee: R-$48.30 NR-$63.00
LSCC, lower level
30 minutes of low impact aerobics are used to burn body fat and increase endorphins that increase well being. 30 minutes of body sculpting on mat with light weights will be incorporated for strength and flexibility.

Inner Strength—Linda Hemmat
Spring: Wednesday, 4/15–6/17, 7–8 pm
No class 4/29
Fee: R-$62.10 NR-$81.00
LSCC, lower level
Summer: Wednesday, 7/8–8/19, 7–8 pm
Fee: R-$48.30 NR-$63.00
LSCC, lower level
This class is non cardio and can be done in bare feet or with socks combining Pilates and basic core conditioning. Students will achieve stronger abdominals, glutes and back muscles. Better posture is an added benefit. Please bring mat and either a set of 1–2 lb weights.

International Line Dancing—Tammy Resnikoff
(Senior and Adult program)
Spring: Thursday 4/16–6/18, 11:15 am–12:15 pm
No class 6/11
Senior Fee
Fee: R-$31.05 NR-$50.40
Adult Fee
Fee: R-$62.10 NR-$81.00
Northland Rec Center
Studies have shown that line dancing is the fountain of youth. Improve your balance, your mind, and your fitness while dancing to choreographed rhythms from around the world. Learn dances with modern flair such as salsa, cha cha, tango, bollywood to music from around the world. No partners needed, beginners and more experienced dancers equally welcome.
Adult/Senior Fitness (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)

Adult/Senior Fee Structure: The senior rate is available to those 62 years of age and older.

Pilates—Jane Dinner
Spring: Monday, 4/6–6/15, 11 am–12 pm
No class 5/25
Fee: R-$69.00  NR-$90.00
Northland Rec Center

Spring: Friday, 4/17–6/19, 11 am–12 pm
No class 5/22
Fee: R-$62.10  NR-$81.00
Northland Rec Center
Summer: Monday, 7/7–8/17, 11 am–12 pm
Fee: R-$48.30  NR-$63.00
LSCC
Summer: Friday, 7/10–8/21, 11 am–12 pm
Fee: R-$48.30  NR-$63.00
LSCC

Pilates is an exercise program designed to increase flexibility, strengthen muscles and improve posture. There is a concentration on core strengthening and stabilization. Please bring towel, water, mat and light weights (no more than 2-3 lbs.).

Senior Shape Up—Jane Dinner
Spring: Monday, 4/6–6/15, 9:45–10:45 am
No class 5/25
Fee: R-$34.50  NR-$56.00
Northland Rec Center

A total body workout incorporating light cardio and low impact routines. This class focuses on toning muscles, building strength and improving body flexibility. Bring 2-3lb weights.

Totally Toned—Linda Hemmat
Spring: Thursday, 4/16–6/18, 9:15–10:15 am
Fee: R-$69.00  NR-$90.00
LSCC, lower level
Summer: Thursday, 7/9–8/20, 9:15–10:15 am
Fee: R-$48.30  NR-$63.00
LSCC, lower level

This class works your arms, abs, glutes, thighs for a total tone-up. Stand and mat work only. No cardio. Equipment needed: Bring hand and ankle weights (1-3lbs), mat, water and towel.

Yogilates—Jane Dinner
Spring: Tuesday, 4/7–6/16, 6–7 pm
No class 6/2
Fee: R-$69.00  NR-$90.00
LSCC, lower level
Summer: Tuesday, 7/7–8/18, 6–7 pm
Fee: R-$48.30  NR-$63.00
LSCC, lower level

A non-impact combination of Yoga and Pilates. Floor exercises that combine toning and lifting while enhancing balance and agility. Using gentle Yoga postures you also work on improving your flexibility all in this one fusion class.

Zumba—Simone Thomas
Spring: Saturday, 4/18–6/13, 9:15–10:15 am
No class 5/23
Fee: R-$55.20  NR-$72.00
LSCC, lower level

Come join the fitness sensation that is sweeping the nation! Drawing on Latin dance moves, this fun and energetic dance fitness class is a great way to get in shape and have some fun.

Zumba Toning—Simone Thomas
Spring: Friday, 4/17–6/19, 9:15–10:15 am
Fee: R-$69.00  NR-$90.00
Northland Rec Center

When it comes to body sculpting, ZumbaToning raises the bar. Learn how to use lightweights (1-3lb), to enhance rhythm and tone all the target zones, including arms, abs and thighs. Bring your own weights (1-3lb) recommended.

No make up or substitution of classes missed, unless cancellation by SYLS AND make up session is scheduled.
Register early to avoid class cancellations. No refunds or credits once class has began.
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<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td><strong>MONDAY</strong></td>
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<td>Yoga Level 2</td>
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<td>Yoga - Level 2</td>
<td>Chair Yoga</td>
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<td>Yoga - Level 1</td>
<td>Seated Zumba Gold w/ Weights</td>
<td>Totally Toned</td>
<td>Chair Yoga</td>
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<td><strong>Zumba GOLD</strong></td>
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<td><strong>Healthy Bones</strong></td>
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<td>Silver Swans</td>
<td>Tai Chi Chih Cont. 1:15 - 2 pm</td>
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<td><strong>Cardio Sculpt</strong></td>
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<td>Yoga - Level 2</td>
<td>Spanish—Continuing 7 - 8:30 pm</td>
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<td><strong>Senior Shape</strong></td>
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<td>Stretch &amp; Flex</td>
<td>Barre Above</td>
<td>Intl Line Dancing</td>
<td>Zumba Toning</td>
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Forever Fit—Jane Dinner
(Senior and Adult program)
Spring: Tuesday, 4/7–6/16, 2–3 pm
No class 6/2
Senior Fee: R-$34.50  NR-$56.00
Adult Fee: R-$69.00  NR-$90.00
LSCC, lower level
Summer: Tuesday, 7/7–8/18, 2–3 pm
Senior Fee R-$24.15  NR-$39.20
Adult Fee: R-$48.30  NR-$63.00
LSCC, lower level
Have fun and move to the music with low impact cardio exercises that help active older adults maintain cardiovascular health, strength, balance and flexibility. Light weights and bands will be used. Please bring a towel, water and a set of light weights (1–2lbs).

Arthritis Water Workout
Ages: 55 and over
Tuesday, 4/7–6/16
Thursday, 4/9–6/18
9–10 am
West Essex YMCA
Hosted by the West Essex YMCA, this water workout program is for men and women who have been diagnosed with osteoarthritis or osteoporosis. Done in shallow water, the program uses specific movements to help strengthen the bones and surrounding muscles to help alleviate the pain and stiffness of these conditions.
(Individuals with YMCA membership and non-Livingston residents not eligible)
FREE, pre-registration required

Arthritis Exercise Program
Betsy Rauch and Jane Dinner
(Senior and Adult program)
Spring: Thursday, 4/16–6/18, 11 am–12 pm
Senior Fee: R-$36.50  NR-$56.00
Adult Fee: R-$69.00  NR-$90.00
LSCC, lower level
Summer: Thursday, 7/9–8/20, 11 am–12 pm
Senior Fee: R-$24.15  NR-$39.20
Adult Fee: R-$48.30  NR-$63.00
LSCC, lower level
People with Arthritis can exercise using gentle activities to help increase joint flexibility and range of motion. You will learn exercises to maintain muscle strength, increase flexibility and improve balance. (1–2 lb weights recommended). The class will end with Jacobson’s Progressive Meditation from the Arthritis Foundation.

Balance for Seniors—Linda Wheeler
Spring: Thursday, 4/16–6/18, 1:30–2:30 pm
Fee: R-$34.50  NR-$56.00
LSCC, lower level
Summer: Thursday, 7/9–8/20, 1:30–2:30 pm
Fee: R-$24.15  NR-$39.20
LSCC, lower level
The class geared specifically to the needs of older adults for boosting their balance through specially-focused exercises. Participants will learn/expand/reinforce: how to make their environment and lives safer; why the risk of falling increases with age; and how to improve one’s overall balance. Boost: alignment, strength & flexibility, agility & dynamic balance, and improve stretching. Exercises will take into consideration the needs and abilities of the attendees.

Line Dancing—David Cross
(Senior and Adult program)
Spring: Wednesday, 4/8–6/17, 3:15–4:15 pm
No class 4/29
LSCC, lower level
Senior Fee: R-$34.50  NR-$56.00
Adult Fee: R-$69.00  NR-$90.00
Summer: Wednesday, 7/8–8/19, 3:15–4:15 pm
No class 8/5
LSCC, lower level
Senior Fee: R-$20.70  NR-$33.60
Adult Fee: R-$41.40  NR-$54.00
No more watching for you! Everyone can learn to line dance. Have fun and exercise while dancing to a variety of great country and popular songs. No partner needed.

Seated Zumba Gold with Weights—Tammy Resnikoff
Spring: Wednesday, 4/8–6/17, 10:50–11:35 am
No class 4/29, 6/10
Fee: R-$23.31  NR-$37.80
LSCC, lower level
Summer: Wednesday, 7/8–8/19, 10:50–11:35 am
No class 8/5
Fee: R-$15.54  NR-$25.20
LSCC, lower level
Move and groove to upbeat fun songs from past and present. Improve your upper body strength and range of motion with light weights...all from the safety of a chair. Bring 1–3lb weights.
Adult/Senior Fitness & Enrichment (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)

Zumba Gold—Senior/Beginner Program
(Senior and Adult program)
Spring: Monday, 4/6–6/15, 11:00–11:45 am
No class 5/25 (Simone Thomas)
Senior Fee: R-$25.90 NR-$42.00
Adult Fee: R-$51.80 NR-$67.50
Spring: Wednesday, 4/8–6/17, 10:00–10:45 am
(Tammy Resnikoff)
No class 4/29, 6/10
Senior Fee: R-$25.90 NR-$42.00
Adult Fee: R-$51.80 NR-$67.50
LSCC, Lower level
**Summer: Monday class will return in the Fall**
Summer: Wednesday, 7/8–8/19, 10:00–10:45 am
(Tammy Resnikoff)
No class 8/5
Senior Fee: R-$15.54 NR-$25.20
Adult Fee: R-$31.08 NR-$40.50
LSCC, Lower level

It is an innovative, fun and exciting program. It was
designed for the active older adult, the true beginner,
and/or people who are not used to exercising, or people
who may be limited physically. The main difference
between Zumba Gold and Zumba Basic is Zumba Gold is
done at a lower intensity, not as fast, but it certainly is
as much fun. The same great Latin styles of music and
dance are used.

Meditation & Relaxation—Laura Goren
Spring: Monday, 4/6–6/15, 12:00–1 pm
No class 5/25
LSCC, Lower level
Senior Fee: R-$34.50 NR-$56.00
Adult Fee: R-$69.00 NR-$90.00
Summer: Monday, 7/6–8/17, 12:00–1 pm
Senior Fee: R-$24.15 NR-$39.20
Adult Fee: R-$48.30 NR-$63.00
LSCC, Lower level

Learn tools to manage stress, anxiety, panic, feel less
overwhelmed and agitated, cultivate mindfulness and a
deeper sense of purpose, gratitude, kindness and
respect. Classes are open to beginners and experienced
practitioners and will include discussion and the
practice of a variety of meditation and relaxation
techniques.

Tai Chi Chih® + Seijaku—Lee Bergman
(Senior and Adult program)
Beginner Class
Spring: Wednesday, 4/8–6/17, 12:00–1:00 pm
No class 4/29
Senior Fee: R-$34.50 NR-$56.00
Adult Fee: R-$69.00 NR-$90.00
LSCC, Lower level
Summer: Wednesday, 7/8–8/19, 12:00–1:00 pm
No class 8/5
Senior Fee: R-$20.70 NR-$33.60
Adult Fee: R-$41.40 NR-$54.00
LSCC, Lower level

It includes a series of slow and gentle movements based
on ancient Far East wellness principles and is not a
martial art. Movements are gentle, easy, soft, flowing
and fun to do. Nineteen moves Tai Chi Chih® circulates
and balances the Chi (energy). Also known as A Moving
Meditation. We recommend comfortable, flexible shoes
or no shoes. This class can be modified for sitting in a
chair if necessary.

Continuing Class—This class will incorporate Seijaku,
an advanced form of Tai Chi Chih.
Spring: Wednesday, 4/8–6/17, 1:15–2:00 pm
No class 4/29
Senior Fee: R-$25.90 NR-$42.00
Adult Fee: R-$51.80 NR-$67.50
LSCC, lower level
Summer: Wednesday, 7/8–8/19, 1:15–2:00 pm
No class 8/5
Senior Fee: R-$20.70 NR-$33.60
Adult Fee: R-$41.40 NR-$54.00
LSCC, lower level

Project Healthy Bones—Sally Fullman
Beginners PROGRAM FULL
Monday, 1–3:15 pm
LSCC, Lower level

Continuing—must have attended the Beginners class.
Thursday, 12:10–1:10 pm
LSCC, Lower level

Project Healthy Bones is an exercise & education
program for older women & men who have osteoporosis,
osteopenia or are at risk of developing the condition.
Exercises that target the body’s larger muscle groups are
designed to improve posture, balance, strength and
flexibility. Participants use ankle cuffs with varying
weight pellets & hand weights for individualized
progression. The education component informs
participants about the importance of exercise, nutrition,
safety, medications and lifestyle factors related to
osteoporosis. Physician’s approval required to
participate.

Fees: Program is full. No registration accepted at this
time. Participants purchase weights at program, $26.00,
and a manual, $10.00, at the class
Adult & Senior Enrichment (Registration begins for Residents Mon., Mar. 9, Non-residents, Mon., Mar. 16

**Everyday Spanish Continuing—Monica Cavalië**

**Thursday, 4/16–5/21**
**7–8:30 pm**
LSCC, Lower level

Learn to converse in Spanish with confidence! Join us in this basic course on how Spanish works in typical life situations, from ordering at a restaurant to understanding the news on TV to making a new friend. While the focus will be on conversation, grammatical instruction will be covered.

**Fee: R-$17.70 NR-$22.20**

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**Canasta For Beginners—Bobbi Felcher**

**Spring: Wednesday, 4/8–6/17, 11:00–1:00 pm**
**No class 4/29**
**Fee: R-$32.00 NR-$42.50**
LSCC, Lower level

This class is an introduction to Modern American Canasta. It is designed as an introduction to the game that will include skills, rules and strategies to play the game. At the conclusion of the session, participants should be comfortable enjoying the game.

**No registration will be accepted after class has started.**

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**Canasta Instruction II—Bobbi Felcher**

**Spring: Wednesday, 4/8–6/17, 1:30–3:30 pm**
**No class 4/29**
**Fee: R-$32.00 NR-$42.50**
LSCC, Lower level

This class is for those who have previously played the game, may need to refresh skills, or want to meet others and learn new strategies.

**No registration will be accepted after class has started.**

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**Advanced & Strategic Canasta—Phyllis Weiss**

**Spring: Thursday, 4/16–5/21, 10 am–12 pm**
**Fee: R-$19.20 NR-$25.50**
LSCC, lower level

This class is for those who have previously played the game, may need to refresh skills, or want to meet others who enjoy the game. The emphasis from the lessons will be on strategy to get more enjoyment from the game and to be a really great player.

**No registration will be accepted after class has started.**

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**Advanced Mahjong Drop-In**

**Friday, 10 am–12 pm**
LSCC, Lower level

This is for anyone who loves the game, wants to meet new people and have some fun. Must know the rules of the game and bring own Mahjong set.

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**Mahjong Basic Beginners—Lois Cantwell**

**Spring: Tuesday, 4/7–6/16, 12–2 pm**
**No class 6/2**
**Fee: R-$32.00 NR-$42.50**
LSCC, Lower level

This class will offer an introduction and instruction in playing mahjong, a game that involves skill, strategy and calculation, as well as a certain degree of luck.

**Note:** Table play may be assigned randomly from week to week and may rotate throughout the sessions at the instructor's discretion.

Current National Mahjong card required at www.nationalmahjongleague.org or 212-246-3052

**No registration will be accepted after class has started.**

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**Mahjong Advanced Intermediate—Lois Cantwell**

**Spring: Thursday, 4/16–6/18, 12–2 pm: DAY TIME CLASS**
**Fee: R-$32.00 NR-$42.50**
LSCC, Lower level

**Spring: Tuesday, 4/7–6/16, 7–9 pm: EVENING CLASS**
**No class 6/2**
**Fee: R-$32.00 NR-$42.50**
LSCC, Lower level

This class will be for anyone who has previously played and needs to refresh skills, taken an introductory class, or wants to meet others who enjoy the game.

**Note:** Table play may be assigned randomly from week to week and may rotate throughout the sessions at the instructor's discretion.

Current National Mahjong card required at www.nationalmahjongleague.org or 212-246-3052

**No registration will be accepted after class has started.**

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**Chess Group for Seniors**

**Spring: Friday, 4/17–6/19**
**3–6 pm**
LSCC, Lower level

**Free, pre-registration required**

Chess is the most popular game in the world! All are welcome at any level.

**Facilitator:** Jorge Camacho, volunteer

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We welcome Caregivers to assist participants, however, game play will be restricted to those that are registered.
**Drop-in Intermediate Adult Bridge**

Bridge players may join their friends to play bridge on Mondays and Thursdays. This is a free, drop in program. Knowledge of the game is required. **Must know the rules.** No instruction is provided or games guaranteed. The program meets from 12:30PM to 3PM, year round at the Livingston Senior Community Center, Lower level. No partner needed.

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**Game Room & Library at the LSCC**

Located in the lower level of the Livingston Senior/Community Center, the game room offers a pool table and card tables. **This is for drop in games only and no tables can be reserved.** The Library features several computers with internet access and a nice variety of books and movies available for borrowing. Open most days between 9AM and 8PM. Occasional programming in the spaces may pre-empt the drop-in status. Please watch for signs.

**Game room NOT available on Fridays between 11:30am-3pm.**

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**Keeping Up With Technology (ages 62+)**

Learn about iPads, iPhones, and other smart devices **Must bring your own device.** Instruction provided by Livingston High School Techie Teen Tutors Club. Free. Every 3rd Friday of the month.

**Location:** After Senior Happening at Livingston Public Library

**Time:** 3pm-4pm

**Dates:** Friday, 3/20, 4/17, 5/15,

No registration required. First come first serve basis.

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**Poetry Aficionados**

**Tuesday, 4/28, 5/26, 6/23**

2:00–3:00 pm

LSCC, Lower level

If you love poetry this is the right place to come. Read, listen and discuss poems old and new. Bring your favorite poems, if you wish. The group meets on the fourth Tuesday of the month, 2pm-3pm. Light refreshments will be provided. All are welcome. Volunteer Facilitator, Mena McAllister.

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**Internet for Seniors Using Smart Devices**

**Monday, May 4, 11, 18, 4:30–6 pm**

Fee: R-$8.85 NR-$11.10

LSCC, lower level

Pre-registration required

**Instructor: Mike Skara, Computer Training Service**

Learn the basics of the internet at a relaxed pace using an iPad, iPhone or any other smart devices. Your mobile device is a powerful tool. Learn how to:

- Browse the Internet
- Use email
- Shop online
- Manage your finances
- Play games
- Write letters
- Download and watch movies
- Listen to music
- Stay in touch with friends and family
- Share photo albums

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**Cutting the Cord on Cable**

**Monday, June 1, 7–9 pm**

Fee: R-$17.00 NR-$21.10

LSCC, lower level

Pre-registration required

**Instructor: Mike Skara, Computer Training Service**

Do you want to stop being tied to your living room and to a specific device and save money at the same time? Then learn how to cut the cord and get your entertainment wherever you are for potentially for less than you're paying now. Get advice on canceling cable or satellite subscriptions and changing to streaming video content over the internet.

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**Cybersecurity for Your Home or Business**

**Tuesday, June 9, 7–9 pm**

Fee: R-$17.00 NR-$21.10

LSCC, lower level

Pre-registration required

**Instructor: Mike Skara, Computer Training Service**

What you don’t know can hurt you! In today’s ever-growing reliance on digital tools at work or at home, it is critical to learn techniques to implement security measures to protect physical and digital assets.

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**Senior Knitting Group**

This drop-in group meets the 3rd Tuesday of each month, from 1-3 pm, to knit a variety of pieces such as baby hats, lap robes, shawls and blankets. These items are donated to area social service agencies. Knitting needles, patterns and yarn are provided. All skill levels are welcome. Donations of yarn are accepted.
Adult & Senior Enrichment (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)

Live Life Laughing—Joan Castellano
Monday, April 13, 20, May 4, 11, 18
10–11 am
LSCC, lower level
Senior Fee: R-$17.25 NR-$28.00
Adult Fee: R-$34.50 NR-$45.00

Laughter is perhaps the only single exercise routine that helps to ease physical, mental and emotional stress all at the same time. The hustle and bustle of life has caught on to such an extent that instead of a smile on our faces, we often bear wrinkles on our foreheads and in our spirits. Laughter Yoga will help you!

The benefits of laughter and deep breathing are helping thousands of people worldwide. In laughter yoga we combine laughter exercises with childlike play and movement, eye contact and deep breathing to connect, unwind, and let go. We boost our joy, reduce our stress and we have fun. We laugh for no reason and no sense of humor or flexibility is required! The benefits are reported to last for days after a laughter session. Sessions are 55 minutes and are suitable for all ages and abilities. Participants are encouraged to wear loose clothing and bring water, as laughter is like internal jogging.

Some Benefits of Laughter Yoga
• Reduces stress and increases joyfulness
• Increased Oxygen and blood flow
• Boosts Self-confidence and focus
• Strengthens connections with others
• Releases Endorphins and reduces pain
• Improves energy & mood & outlook
• Melts away negative feelings

Instructor:
Joan Castellano, certified Laughter Coach. She is a certified Laughter Yoga Leader (CLYL) and Teacher (CLYT). Joan has a Master’s in Higher Education Administration from Columbia University, Teachers College. Joan has facilitated Laughter Yoga at Bloomfield College, Hudson County Community College, Livingston Senior Youth and Leisure Center, The Old Guard Senior Group, Brookdale Senior Living, Family Connections for 180 mental health professionals, Mindfulness Workshops, & various women’s groups in Essex County. She has co-facilitated at Jersey City Medical Center and Sloan Kettering.

Laughter Yoga was created by Dr. Madan Kataria a Medical Doctor in India and his wife, a yoga teacher in 1995. And is now in over 100 countries and continues with rapid expansion. There is much medical research documenting the myriad of health benefits both physical and mental, Hahaha!

AARP Smart Driver Course
Friday, May 29
9 am–3 pm
Lunch Break 12–12:30 pm (Lunch on your own)
Senior/Community Center
Fee: AARP Member-$15-non Member-$20

The AARP Smart Driver™ Course is the nation’s first and largest refresher course for drivers age 50 and older. It has given millions of drivers the skills and tools they need to drive safely on today’s roads, allowing them to remain independent for many years to come. In fact, 97% of those who take it change at least one driving behavior. And the best part? There are no tests to pass—just useful information to keep you safe on the road.

The course is designed to help you:
• Update driving skills and your knowledge of the rules - and hazards - of the road.
• Learn about normal age-related physical changes and how to adjust your driving to compensate.
• Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured.
• Get an insurance discount. Auto insurance companies in most states provide a multi-year discount to course graduates! (Some states may have restrictions on accepting an online driver improvement course for insurance discounts. Please consult your insurance agent for more information about discounts in your state.)

Highlights of the course:
The AARP Smart Driver Course is packed with useful information that you can put into practice immediately, including:
• How to maintain a proper following distance.
• The safest way to change lanes and make turns at intersections.
• The effects of medications on driving.

Reducing driver distractions such as eating, smoking, and cell phone use. Completed registration form with check only, made payable to “AARP,” is required. No cash accepted.
Adult & Senior Enrichment (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)

Learn How to Build a Terrarium

Wed., May 13, 11am-12pm  
FREE, Pre-registration is required.  
Volunteer Instructor: Ayne Klein Chasid

If you want to try your hand at growing plants indoors but don’t feel your thumb is green enough, try a terrarium. Terrariums not only allow you to control the growing environment, but you can customize them with fun figurines and decorative landscaping. Our volunteer, Ayne Klein Chasid will demonstrate the steps and supplies needed to build a terrarium. Bring your own 6.5” glass vase. All other materials will be provided.

Silver Swans®

Tues., 4/14–5/19, 1-1:45pm  
FREE, Pre-registration is required.  
Volunteer Instructor: Ayne Klein Chasid

Are you looking to change your attitude? Is it all getting to be “tutu” much sometimes and you dream of dancing with the Prince as the Snow Queen? Well it’s never too late to make these dreams come true. If you once took ballet classes and would like to experience the freedom of dance, why not give it a try in a judgement free class for older adults? Join us an access you inner ballerina. The music will be both classical and modern but specifically geared toward a ballet class. Wear comfortable clothing that allow you to move freely. Ballet flats or socks are necessary.

Adult Swim Lessons

Ages: 18 and over  
Monday, 6/29–8/10/2020  
7–7:45 pm  
Sunday 6/28–8/9/2020 11:00-12:00pm  
Halnes Memorial Pool

This class is designed to provide group instruction and orient participants to the water and teach basic swimming skills to develop confidence and competency. Trained instructors will teach the class based on the participants skill levels.

Fee: $55.00  
Registration Deadline: June 12, 2020

Self-Defense for Old Adults

Thurs., 5/7/2020, 1:30pm  
Free, Pre-registration required  
Presented by Livingston Community Police

Everyone wants to feel safe, and self-defense for seniors is a concern for older adults, both men and women. But getting older sometimes means becoming a potential target for muggers, and fear can get in the way of leading your best life. The good news is that it’s never too late to learn to defend yourself! This presentation will focus on situational awareness and recommended self-defense tools. You will learn some simple practices that make you less susceptible to crime.

Open Play Pickleball

Thursday 3/19/20–5/28/20, 7:30 - 10 pm  
No class 4/9  
Mount Pleasant Middle School Gym

Pickleball is one of the fastest growing sports in the country. This paddle sport combines elements of badminton, tennis, and table tennis. Pickle ball is played on a court the size of doubles badminton with a ball that moves at one-third the speed of a tennis ball, similar to a whiffle ball. The net is similar to a tennis net.

Fee: R-$35.00  NR-$70.00

Remember When...Yesterday, Today and Tomorrow

3rd Tuesday of the month,  
4/21, 5/19, 6/16, 7/21, (no meeting in August)  
1–3 pm  
LSCC, Lower level

Have a great time socializing, connecting and meeting new and old friends from Livingston in a warm and cozy atmosphere. Share memories of your youth, adult life and families. Bring interesting, fun facts or favorite photos you would like to share.

No registration required.
**Health & Wellness** (Registration begins for Residents Mon., Mar. 9, Non-residents, Mon., Mar. 16)

**Take Control & Choose Happiness:**
Exploring Emotional Wellness for the Active Senior

Series sponsored by Arbor Terrace, Roseland and Morris Plains

**FREE, Pre-registration is required.** Light refreshments

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**Releasing Anger & Finding Forgiveness**

Thursday, 5/14 at 1:30 pm  
LSCC, lower level

Everyone has experienced hurt in their lives. Sometimes the hurt can linger and cause resentment, bitterness and keep us stuck. Forgiveness is a powerful tool to help us release the anger, hurt pain and fear.

- Learn ways to forgive without feeling like your letting the other person off the hook.
- Learn to define forgiveness for yourself and the importance of forgiveness.
- Learn ways to move past your anger and hurt to heal.

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**Self Care—Filling Up Your Cup**

Tuesday, 6/9 at 1:30pm  
LSCC, lower level

People spend much of their lives nurturing others. When we find ourselves focusing more on others instead of ourselves, we become stressed out and burn out is sometimes inevitable. Self-care is not selfish. It is an essential component to appreciating yourself, cultivating happiness and finding balance. Join me to learn the importance of self-care and specific actions you can take to fill your cup.

*Speaker: Diane Lang, MA - Therapist, Educator and Life Coach. As a Therapist, Educator and Positive Living Expert, Diane has dedicated her career to helping people turn their lives around and is now on a mission to help them develop a sustainable positive attitude that can actually turn one into an optimist, literally.*

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**Brain Health and Healthy Aging**

Tues., May 5, 1pm  
Free—Pre-registration is required

Lena Mattero, Registered Dietitian from Livingston ShopRite

Join us for an informative session that encompasses many aspects of brain health and healthy aging. Lena Mattero, MS, RD from the ShopRite of Livingston will be sharing information to empower you to nourish your brain well and take care of yourself. Examples being, healthy eating, exercise, social interaction, and medication management.

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**Nutrition Programs**

Lena Mattero, Registered Dietitian from Livingston ShopRite

Join us at these tabling events to learn some healthy tips.

**11:30 am—1 pm**
LSCC, Lower Lobby

**Friday, 6/12**—5 Ingredients or less recipes

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**Cooking Demonstration:**
**Cooking Healthy on a Low Budget**

Lena Mattero, Registered Dietitian from Livingston ShopRite

Learn how to cook healthy and delicious meals in a cost effective way. Participants will come away with low budget shopping, preparing and reusing leftovers. Please let the dietitian know if you have any food allergies.

**Wednesday, 3/25**
**1:30—2:30 pm**
LSCC, lower level

**Free—Pre-registration is required.**
Elder Care Special Presentation - “This Could Be Us”

How be prepared to help your loved ones on important life changes as they age. Stroke, Aneurysm, Early-Onset Dementia, Parkinson's, Multiple Sclerosis, ALS. These are medical diagnoses that we don't expect but we need to plan for! Come listen to our panel of experts.

Learn how to be prepared for a crisis:
- Executing the appropriate legal documents.
- Setting up and funding appropriate trusts.
- Having an asset-protection plan in place.
- Knowing about living and care-giving options.
- Advocating for loved ones
- Making the home safe

Wednesday, 4/22, 7–8:30 pm
LSCC, lower level
FREE, Pre-registration is required.
Presented by: Laurie A. Hauptman, Esq., Lisa Bayer-Geriatric Care Manager, Essex County Surrogate Court

Getting your Affairs in Order: Important Legal Documents Everyone Should Have

Thursday, 6/4, 1:30pm
LSCC, lower level
FREE, Pre-registration is required.
Light refreshments will be provided

No one ever plans to be sick or disabled. Yet, it's this kind of planning that can make all the difference in an emergency. This presentation will focus on important legal documents such as: HIPAA, DNR, properly executed Power of Attorney, Health Care Proxy. The process of Guardianship/Conservatorship and the process. Presented by Geriatric Care Manager, Lisa Bayer and Essex County Surrogate Court.

Lisa Bayer, J.D., CCM is a board-certified case manager and an Advanced Professional member of the Aging Life Care Association. Lisa uses her legal and social service experience to advocate on behalf of her clients and their families.

Elder Abuse Presentation

Thursday, April 23, 1pm
Andrea Oilitzky, LCSW
Jewish Family Service of Metro West New Jersey
FREE, Pre-registration is required.

The Elder Abuse Training, for Volunteers, Professionals and Older Adults, will include up to date statistics on elder abuse in the US, strategies to recognize, prevent and report elder abuse and resources for the community.

Andrea Oilitzky, LCSW, is a licensed clinical social worker with a Master of Social Work degree from New York University School of Social Work and Bachelor of Social Work from Barnard College of Columbia University. She has worked in the mental health field since 2005, and has several years of experience at medical facilities as the Organ Transplant Social Worker. Andrea is currently a Clinician and Coordinator of the Senior Reach and Elder Abuse Programs at Jewish Family Service of MetroWest NJ.
Organizations and Services

Motor Meals

Nutritious meals are provided to homebound residents who are unable to cook for themselves. St. Barnabas Medical Center prepares the meals which are offered at cost. Participants can choose one, two or three meals a day; special diets require a physician’s note. Meals are delivered by volunteers five days a week Monday through Friday during the lunchtime period. Any person interested in receiving meals or in becoming a volunteer call Anakaren Millan, LSW, Human Services Coordinator, 973-535-7961, ext. 231.

Utility Assistance Programs

There are various programs available for payment of utility bills or weatherization such as Home Energy Assistance Program, Universal Service Fund, New Jersey Shares and TRUE program. Each program has different eligibility requirements and potential benefits. For more information and assistance, call Anakaren Millan, LSW, Human Services Coordinator, 973-535-7961, ext. 231.

Senior Advisory Committee

The Senior Advisory Committee was created by the Township of Livingston through Senior, Youth and Leisure Services Department to receive feedback and suggestions from senior residents on present and future senior programs and activities. This committee meets quarterly. For more information contact Liliana Branquinho 973-535-7925 ext. 260 or at lbranquinho@livingstonnj.org

The Mission Statement:

The Senior Citizen Advisory Committee is an advisory to the Township of Livingston Senior, Youth and Leisure Services representing the senior citizens of the community on issues and matters related to the senior community center and its senior programs and activities. The Senior Advisory Committee is responsible for advising the SYLS Program Supervisor on the needs of senior citizens, making recommendations and suggestions for senior programs and social activities that will maintain or improve senior citizens’ quality of life.

Blue Star (Livingston Police Department)

This is an assistance program for a senior citizen or handicapped person living alone to register this information with the police department. In addition, a house key is kept in a secure location at police headquarters (and also with the individual’s neighbor, if desired) so that access can be quickly gained to the person’s residence when needed in an emergency.

Click here for the two Blue Star forms that must be completed. The forms and a house key can be dropped off at headquarters 24 hours a day.

Permanent Drug Drop Box

The Livingston Police Department has installed a permanent drug drop box that will allow residents to safely dispose of unwanted drugs 24/7. The drop box is placed in the lobby of police headquarters. For more information regarding the disposal of medications, please contact the Community Policing Unit at (973) 992-3000 extension #3600.

Looking for Volunteers!

Program Leaders

In an effort to expand Adult and Senior programs, we are seeking volunteers with expertise in a number of program areas to lead social or educational groups. Just to name a few topics:

- Classical Music Facilitator
- Computer classes for seniors
- Piano Player

Any suggestions? We would love to hear them. Please contact Liliana Branquinho at 973-535-7925, ext. 260 or lbranquinho@livingstonnj.org
Township Events

Livingston’s 2nd annual Doggy Dip
Saturday September 12, 2020
WATCH FOR DETAILS

SUMMER CONCERTS AT THE GAZEBO
Proudly Sponsored by Regal Bank
The treatment you deserve.

June 28—Super TransAm (70s and 80s)
July 12—Joey Arminio & Family (Oldies Show)
July 19—Stone Flower (Carlos Santana Tribute)
July 26—B-Street Band (Bruce Springsteen Tribute)

IN THE EVENT OF RAIN, CONCERT IS MOVED TO LHS AUDITORIUM
https://www.facebook.com/LivingstonTownshipNJ

Notify Me! - Township Website

Don’t miss any of Senior, Youth & Leisure Services programs or important information from the Township! To sign up for Notify Me, please follow the instructions below.

Go to Livingston Township’s website at www.livingstonnj.org

1. Go to the top right corner and click “How Do I…"
2. On the right side column, look for “Sign Up For” and click “Notify Me”
3. Type your email address in the box and select Sign In.
4. If you want to receive text messages enter your phone number and select Save.
5. To subscribe or unsubscribe click and/or next to the lists to which you wish to subscribe/unsubscribe.
6. Scroll down to “News Flash” and click and/or next to Senior, Youth & Leisure Services and/or any other department you wish to follow.

973-535-7925 | 204 Hillside Avenue, Livingston, NJ 07039 | www.livingstonnj.org
Adult & Senior Enrichment

Adult/Senior Trip

“The Wanderer”
Paper Mill Playhouse

Wednesday, June 24, 2020

Bus Departs Senior/Community Center,
204 Hillside Ave., 12:30 pm
Approximate time of return, 4:30 pm

Fee: $60 per person
(Includes bus transportation & show ticket)

Pre-registration required.

No refunds unless spot can be filled
with another participant.

PLEASE NOTE
Activity level requires
participants to be able to get on and off
the bus unassisted, walk from parking lot
to entrance and a few stairs.

Spring Senior/Adult Socials

Friday, 1 pm—2 pm
At LSCC, 204 Hillside Ave.

FREE, pre-registration required online
or in person at SYLS office
Non-residents $5.00

Coffee and dessert start at 12:30 p.m.
Entertainment 1-2 pm

March 13
St. Patrick’s Day Celebration
The Florian Schantz Jazz Combo

May 8th
Mother’s Day Social
The Arminio’s

June 12th
Father’s Day Social
Singer Eleanor Jackson
Pool Party
(swim or casual attire)
Seniors (62+) - Free
Wed., July 8, 2020
Northland Pool, 11:AM—1PM
Entertainment 11:30am-12:30pm
With Julian

Bring your own lunch, desserts provided.
Entertainment sponsored by Sycamore Living

Parties are FREE, pre-registration required. Non-residents $5.00

Summer Party
(Indoor at LSCC)
Wed., August 5, 2020
West Hills Project Band
Coffee & dessert at 12:30pm
Entertainment 1—2 pm

Parties are FREE, pre-registration required. Non-residents $5.00

Ice Cream Social
Wednesday, September 2, 2020
1-2:30 PM at LSCC
Back by popular demand
The Jersey Chix
Light refreshments and ice cream will be served.
Free, pre-registration required. Non-residents $5.00

Free Tax Preparation Help
Available @ Livingston Senior/Community Center
204 Hillside Avenue
By Appointment Only

February 12—April 15, 2020
Wednesdays & Fridays, 10 am—12:45 pm
LSCC, 204 Hillside Ave., Livingston NJ
Book your appointment online TODAY!
Senior Transportation

To schedule your ride or to find out more about the transportation service, please call 973-535-7925, select option “1” at the prompt. Appointment lines are open Monday—Friday, 10 am—3 pm.

SYLS Senior Bus Shuttle Service Available to the Senior Happenings at the Public Library on Fridays.
Senior Bus departs the LSCC at 11:30am. Must call SYLS Transportation Line to pre-register.

A transportation program offered to Livingston residents 62 years of age and older and disabled residents 18 years of age and older to any Livingston location including Township programs, Shop Rite, Livingston Mall and the JCC in West Orange.

The wheelchair accessible bus runs M–F, 8:45 am – 4:00 pm. An additional vehicle is available other days as needed. Reservations may be made one week to twenty-four hours in advance of the desired ride.

The service includes two rides per day, either one round trip to one location from one address and back or a drop-off at one address and pick-up at another address.

Participants in the service must pre-register for the program. Call Senior, Youth & Leisure Services at 973-535-7925, option 1, for details.

We have recently added trips to Trader Joe’s and Short Hills Mall.
Schedule your appointment with our Transportation Line 973-535-7925, option 1.

Essex County Special Transportation System: (973) 737-7200

Providing you with safe, reliable and convenient transportation services:

- Non-Emergency Medical Appointments
- Dialysis
- Nutrition Sites
- Physical & Mental Therapy
- Radiation & Chemotherapy
- Competitive Employment Non-Competitive Workshop Employment
- Food Shopping
- Farmers Market (June – September)
- Veteran Services Post-Secondary Education
- Social & Recreational Activities

Ask about Ryde 4 Life!
Public Library Adult/Senior Programs

April
Coping with a Mid-Life Crisis to Transition, 4/2 | 12pm
Concert: The Kootz, 4/5 | 2pm
Living and Laughing by the Chopsticks-Fork Principle, 4/15 | 7pm
Meet the Author: Barbara Hussmann Long, 4/20 | 7pm
Horseshoe Crabs: A Fascinating Conservation Study, 4/23 | 11am
Remedies from the Kitchen, 4/25 | 2pm
Retro Road Map: Discover Cool Vintage Places, Good Eats, and Retro Fun!, 4/26 | 7pm
Feeding Butterflies, Not Bambi: Deer Resistant Native Plants, 4/29 | 11am
Uncovering a Masterpiece, 4/29 | 7pm
Crystal Healing, 4/30 | 7pm

June
Bitcoin and Cryptocurrency: An Overview, 6/7 | 2pm
Ludwig Van Beethoven: His Music & Influence, 6/8 | 7pm
Ornamental and Edible Flowers, 6/11 | 11am
Healthy Brain Aging: Tips and Strategies, 6/17 | 11am
Livi Cares: Make Napkin Rings for Meals on Wheels, 6/22, 6/29 | 10:30am
Doo Wop Concert: Yorkie and the Actuals, 6/28 | 2pm

Senior Happenings - Friday
Program for Seniors, third Friday of the month,
Lunch is at 12:00 noon. The library will serve
dessert and coffee. Programs begin at 1:00pm.
A shuttle bus from LSCC to the Library is available.
It leaves LSCC at 11:30 am. To schedule
transportation, call (973) 535-7925, option 1
Pre-registration required.
3/20: Here’s to the ladies: Barbara McCarthy
4/17: Soul Music: Stephen Fuller and Seasoned Soul
5/21: Livingston High School Jazz Band (Special Day: Thursday).
6/19: Fred Miller: They Wrote the Words Part 1

July
Livi Cares: Make Dog Toys for Mt. Pleasant Animal Shelter 7/21, 7/28 | 10:30am

Ongoing
Saturday at the Movies: 4/4, 5/2, 6/27 | 2pm
Bookish Vibes: 4/16, 5/1, 6/18 | 7pm
Cookbook Club: 5/5, 5/11 | 7pm
Let’s Talk About Books: 4/10, 5/8, 6/12, 7/10 | 12:45pm
Trivia Night: 5/20 | 7pm
ARC of Essex: 4/7, 5/5, 6/2 | 7pm
Color Your Stress Away: 4/16, 4/30, 5/7, 5/28, 6/4, 6/25 | 11am

Do you have questions about your Medicare?
Contact a SHIP (State Health Insurance Assistance Program) counselor.

Do you need assistance understanding or completing your Medicare or other insurance paperwork? The State Health Insurance Program (SHIP) may be able to help. A SHIP volunteer counselor is available to assist you and answer questions. To schedule an appointment, please call SYLS office 973-535-7925 during office hours, Monday—Friday, 8:30AM—4:30PM. This is a free service.

For additional information, visit the New Jersey SHIP Website: www.state.nj.us/humanservices/daos/services/ship or call 800-792-8820.
The State Health Insurance Assistance Program (SHIP) provides free help to New Jersey Medicare beneficiaries who have problems with, or questions about their health insurance. SHIP is a statewide program sponsored by the New Jersey Department of Health and Senior Services with major funding from the U.S. Department of Health and Human Services’ Centers for Medicare & Medicaid Services. Volunteer counselors do not provide legal advice, sell, recommend, endorse any specific insurance product, agent, insurance company, Health Maintenance Organization (HMO), Preferred Provider Organization (PPO) or Private Fee-for-Service (PFFS) plan. They provide information and assistance so that you can make your own decisions. Counseling is free of charge.
Livingston Health Department

The Nursing Division of the Livingston Health Department invites all to check out the livingston township.org/healthdept web page and Nursing Office (located in the lower level of the Senior Community Center) for upcoming events. For blood pressure screenings, medication questions, and health education material please stop in or call (973) 535-7961 at extension 227, 228 or 243. Please feel free to come over and say Hello or ask us any medical questions you may have. We operate during normal business hours and our door is always open. We are here to serve our community by keeping its residents healthy and happy.

Sincerely yours,

The local public health nurses: Melissa Kimmel & Mary Cincotta Health Educator—Jessica E. Kelly

Adult Vaccines

Tuesday, March 31, 2020
1:00-2:00pm
LSCC, lower level, Tahaney Room 1
Presenter: Lucio Volino, Pharm D, Clinical Pharmacist (St. Barnabas and Rutgers University) and Student Interns

Join us for this free presentation to learn about various vaccines that you need to get as adult. Information on the shingles, pneumonia, and other vaccines will be provided.
Pre-registration required
Contact the Livingston Health Department at 973-535-7961 ext. 227 or 228 or email jekelly@livingstonnj.org

Meet the Pharmacist

Tuesday, April 14, 2020
9:00 am-12:00 pm
LSCC, lower level, Craft Room 1
Do you have questions about the medications you are taking? If so, make an appointment to meet with a pharmacist from St. Barnabas Medical Center for free. A pharmacist can make sure you’re taking your medication safely and answer questions you have.
Appointments Required
Call Livingston Health Department at 973-535-7961 ext. 227 or 228 for an appointment.

Sleep Health Presentation

Tuesday, April 28, 2020
1:00-2:00 pm
LSCC, lower level, Tahaney Room 1
Presenter: Dr. Jenny Kim, Summit Medical Group
*More details to be announced, watch for details
Pre-registration required
Contact the Livingston Health Department at 973-535-7961 ext. 227 or 228 or email jekelly@livingstonnj.org

Spring Health Expo

Friday, May 1, 2020
10:30 am-12:30 pm
LSCC, lower level, lobby area
Stop by the health expo for free screenings, health information, and giveaways. More information to be announced-watch for details. No registration is required and all are welcome to attend.

Stroke Screening

Wednesday, May 6, 2020
9:30 am-11:30 am
LSCC, lower level, Craft Room 1
The Livingston Health Department, in conjunction with Saint Barnabas Medical Center, will offer a free Stroke Risk Assessment Screening. The screening will test blood pressure, cholesterol, and blood glucose and will include a brief nursing consultation.
Pre-registration required
Contact the Livingston Health Department at 973-535-7961 ext. 227 or 228.

Blood Pressure Screening Schedule 2020

Blood Pressure Screenings are available 10 am—12 pm by appointment in First Aid Room at Senior/Community Center (lower level), 204 Hillside Ave. Please call to make an appointment at (973) 535-7961, ext. 227, 228 or 243
Spring Dates:
April 15, April 29, May 6, May 20 June 3, June 17

Livingston Advisory Committee on Disabilities

Under the supervision of the Livingston Department of Health, Welfare and Human Services, the Committee on Disabilities serves both as an advisory board concerned with issues within the Township relating to persons with disabilities and ADA compliance and also provides periodic activities to the disabled community in town.
Contact Anakaren Millan, LSW, at 973-535-7961 for more information about the committee and its programs.
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For Later Use or Camp Activities Please Check:  
- S  
- M  
- L  
- XL  
- ADULT:  
- T-SHIRT SIZE:  
- ALLERGY:  
- ALERGY:  
- Yes / No  
- Does your child require a shadow?  
- Yes / No  
- If yes, does your child require a shadow?  
- Yes / No  
- If yes, does your child require a shadow?  
- Yes / No

TOTAL DUE:  
LATE FEE (if applicable)

Phone:  
Name:  
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State:  
Zip:  
Email:  
Sponsor:  
Phone:  
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City:  
State:  
Zip:  
Signature:  
Date:  

For Sport Activities, Please Complete Both Sides.

Parent/Guardian Signature:  
Participants must sign below. Parent/Guardian signature required for Registrants under 18.

Make Checks Payable to: Township of Livingston
Ph.: 973-985-4040 
Fax: 973-985-2349 
Email: SYLS@livingston.org

Sponsor: Youth & Leisure Services (SYLS), 204 Hillsdale Avenue, Livingston, NJ 07039
Join your friends & neighbors at Memorial Oval across from Town Hall for a Memorial Day Remembrance Ceremony followed by the annual Memorial Day Parade.

Ceremony — 9:30AM
Parade — 10AM

Parade Route:
From Memorial Oval to Congressional Parkway on Livingston Avenue.

(In the event of rain, ceremony will be held in LHS auditorium)

If your organization is interested in marching in the parade form may be obtained at Livingstonnj.org or email wtbrady@aol.com
Volunteer Parade Marshalls Needed. Contact lbranquinho@livingstonnj.org

84th Anniversary
4th of July Celebration
Saturday, July 4, 2020
Memorial Oval
Family Fun beginning at 9AM
Classic Car Show & Swim Carnival
Returning for a third year,
Dinosaur BBQ, more food & live music.
Watch for details!
Main Stage Entertainment: 7:45PM
Featuring
The Infernos
Fireworks: 9:15PM