



Somerset County  
Park Commission

# Therapeutic Recreation Department

P.O. Box 5327, North Branch, NJ 08876 ❖ Tel. 908 526-5650; Fax 908 429-5508

TTY users, please use the Relay Service @ 711 ❖ [www.somersetcountyparks.org](http://www.somersetcountyparks.org)

**Dina Trunzo, CTRS, Manager**  
**Lee Shahay, Sr. Program Coordinator**  
**Gwen Leubner, Program Coordinator**

**2010 Winter/Spring Adult Programs**  
**Office Hours: Monday through Friday 8:00am to 5:00pm**

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

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

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

## POLICIES

### Annual Information Form/Release & Waiver Form

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

### Financial Assistance

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

### Payment Policy

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

### Refund Request

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

### Canceled Programs

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

### Closed Programs

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

### Behavior

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

### Inclement Weather

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

### Medication/Personal Needs

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

### Groups

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

### Other Policies

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

## REGISTRATION POLICY

In order to accommodate most participants, the following is our registration process.

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

- In person registration will be accepted on **Saturday, January 9, 2010** between the hours of 8:30 am - 10:00 am at North Branch Park
- Phone-in / fax registration will be accepted as of **Monday, January 11, 2010** between the hours of 8:30 am - 4:30 pm at North Branch Park
- By mail as of **January 11, 2010**.
- Snow date **Sunday, January 10, 2010**

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

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

## TRANSPORTATION POLICY



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

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

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

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

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

## Age Policy

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

## PICK-UP/DROP-OFF POINTS

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



- A. Bardy Farms, Kings  
Warrenville Road, Warren
- B. Lyons Mall  
South Finley Avenue, Basking Ridge
- C. Nelsons Corner Shopping Center  
Route 206 & Amwell Rd., Hillsborough
- D. Franklin Township Municipal Complex  
Demott Lane, Somerset



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

## Pick-up/Drop-off Policy

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

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

# Programs

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

## Keep Moving

Hey all you couch potatoes lace up those sneakers and get ready to shed some holiday pounds. Through a variety of exercises you will learn the importance of exercise while increasing your level of fitness. Bring an exercise mat to class, and wear comfortable clothes and sneakers.



**Open to:** Adults 18 and older  
**Date:** Mondays, January 25  
February 1, 8, 15  
March 1, 8  
**Time:** 7:00 – 8:30 pm  
**Fee:** \$42.00

## Come on Down

If you are a fan of TV game shows, then this is the program for you. Join your friends and have a blast playing a variety of the most popular game shows from Wheel of Fortune to Let's Make a Deal. Light refreshments will be served.

**Open to:** Adults 18 and older  
**Date:** Thursdays, January 28  
February 4, 11  
**Time:** 7:00 – 8:30 pm  
**Fee:** \$27.00



## Cookie Clusters

There is nothing better than a cookie jar filled with homemade goodness. Roll up your sleeves and create a yummy cluster of sweet treats to share with family and friends.



**Open to:** Adults 18 and older  
**Date:** Wednesdays, February 10, 17, 24  
**Time:** 7:00 – 9:00 pm  
**Fee:** \$36.00

## TGIF

It's Friday night and time to join your friends for evenings of fun and relaxation. A different activity will be planned for each week. A flyer will be sent to you with the details. There will be additional fees for activities. Transportation will be from North Branch Park only for each activity.

**Open to:** Adults 18 and older  
**Date:** Fridays, January 29  
March 26  
May 14  
**Time:** 7:00 – 9:00 pm  
**Fee:** \$21.00

## Movie Night

Hang out with your friends and find out what's hot in Hollywood. Each week one of the latest block busters will be shown and light refreshments will be served.

**Open to:** Adults 18 and older  
**Date:** Fridays, February 19  
April 9  
June 4  
**Time:** 7:00 – 9:30 pm  
**Fee:** \$30.00



## Botanical Blends

Some of the sweetest scents come from the natural world. Using essential oils and botanicals you will make a variety of bath items to keep you squeaky clean.

**Open to:** Adults 18 and older  
**Date:** Thursdays, February 18, 25  
March 4  
**Time:** 7:00 – 8:30 pm  
**Fee:** \$42.00

## Art from Scratch

Making your own art supplies can be fun and easy. In this new and exciting art program you will have the opportunity to explore the scientific side of creating colorful art materials from scratch.

**Open to:** Adults 18 and older  
**Date:** Thursdays, March 11, 18, 25  
**Time:** 7:00 – 8:30 pm  
**Fee:** \$36.00



## Spring Blooms

Spring is right around the corner and soon the natural world will come to life. Using a variety of early blooms and indoor plants we will get a jump start on the spring season.

**Open to:** Adults 18 and older  
**Date:** Mondays, March 15, 22, 29  
**Time:** 7:00 – 8:30 pm  
**Fee:** \$42.00



# Programs

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



## No Strings Attached

Get off the couch and head to the TR Activity Center where you will have a blast in this interactive theater arts program. Budding actors will have the opportunity to express themselves through acting, storytelling, movement, and mime. Save May 8 as a possible performance date.

**Open to:** Adults 18 and older  
**Date:** Mondays, April 5, 12, 19, 26  
May 3  
**Time:** 7:00 - 8:30 pm  
**Fee:** \$54.00

## Sittercise

Stretching, warm – ups, aerobic activities, and cool-downs will all be part of this fun and diverse fitness program. Wear comfortable clothes and bring a filled water bottle each week.

**Open to:** Adults 18 and older  
**Date:** Wednesdays, March 17, 24, 31  
April 7, 14, 21  
**Time:** 7:00 – 8:30 pm  
**Fee:** \$46.00

## Candy Making

Sweet treats made from scratch can be more delicious than anything you buy in the store. With a variety of tasty ingredients, you will be making candy like a professional confectioner.

**Open to:** Adults 18 and older  
**Date:** Thursdays, April 1, 8, 15  
**Time:** 7:00 – 9:00 pm  
**Fee:** \$36.00

## Shake it Up

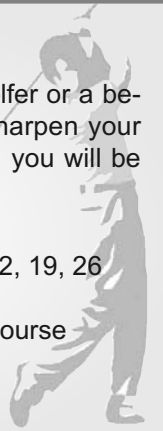
Join us for the ultimate music and fitness program. Using the latest technology, you will move your feet to the latest hits and have an awesome time exercising. Wear sneakers and comfortable clothes.

**Open to:** Adults 18 and older  
**Date:** Thursdays, April 22, 29  
May 6, 13, 20  
**Time:** 7:30 – 9:00 pm  
**Fee:** \$35.00

## Let's Get Swinging

Fore! Whether you are a seasoned golfer or a beginner, this is a great opportunity to sharpen your skills. With the assistance of golf pros, you will be swinging in no time.

**Open to:** Adults 18 and older  
**Date:** Wednesdays, May 5, 12, 19, 26  
**Time:** 7:00 – 8:30 pm  
**Location:** Neshanic Valley Golf Course  
South Branch Road,  
Neshanic Station  
**Fee:** \$36.00



## Paper Sculpting

With simple materials and a good deal of imagination, you can turn a piece of paper into a three-dimensional work of art. No crafting experience necessary.

**Open to:** Adults 18 and older  
**Date:** Thursdays, May 27; June 3, 10  
**Time:** 7:00 – 8:30 pm  
**Fee:** \$36.00

## History of Food

The foods we cook and eat have a long and interesting history. Many of the spices we use today traveled across the ocean on ships with Christopher Columbus. From the origin of macaroni and cheese, to the history of lemonade, we will explore many delicious dishes.

**Open to:** Adults 18 and older  
**Date:** Mondays, June 7, 14, 21  
**Time:** 7:00 – 9:00 pm  
**Fee:** \$36.00



## The Great Outdoors

Come out of winter hibernation and head to the Environmental Education Center for some outdoor fun. With the assistance of the center's naturalists, we will participate in activities including canoeing, a nature walk and an amazing animal program. More details will be sent to you upon registration.

**Open to:** Adults 18 and older  
**Date:** Wednesdays, June 2, 9, 16  
**Time:** 6:30 - 8:00 pm  
**Location:** Environmental Education Center,  
190 Lord Stirling Road  
Basking Ridge, NJ  
**Fee:** \$24.00

# Programs

## SPECIALS

### Trenton Devils Ice Hockey Game

Get ready for some high voltage action as the Trenton Devils take the ice for an exciting game against the Toledo Walleye. Bring money for dinner and souvenirs



**Open to:** Ambulatory adults 18 and older  
**Date:** Friday, March 12, 2010  
**Location:** Sovereign Bank Arena, Trenton, New Jersey  
**Time:** Van departs North Branch Park at 4:30 pm and returns at 11:00 pm  
**Fee:** \$33.00

### Glass Fusing

Experience art in the most stress free way as you select colorful glass pieces and layout a design. Due to kiln firing, completed works will be available at a later date. Bring money for lunch at a pizza restaurant located near the studio.

**Open to:** Adults 18 and older  
**Date:** Saturday, May 1, 2010  
**Location:** Art Attack, Flemington, NJ  
**Time:** Van departs North Branch Park at 10:00 am and returns at 1:30 pm  
**Fee:** \$25.00

### Summer Bash



With summer just days away, why not join us as we kick off the season in style. There will be a DJ on hand spinning your favorite hits, carnival style games, and a tasty BBQ. This is an evening of fun that you won't want to miss.

**Open to:** Adults 18 and older  
**Date:** Friday, June 11, 2010  
**Location:** TR Activity Center  
**Time:** 7:00 – 9:00 pm  
**Fee:** \$28.00



**Did you know that the Therapeutic Recreation department has a payment plan available to help you pay for your winter/spring registration fees? For more information call the TR office at 908 526-5650.**

## 2010 Winter/Spring Adult Program Schedule

### January

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1 Holiday	2
3	4	5	6	7	8	9 Registration
10	11	12	13 <i>Garden Club</i>	14	15	16
17	18 Holiday	19	20	21	22	23
24 31	25 <b>KEEP MOVING</b>	26	27	28 Come on Down	29 TGIF	30

### February

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1 <b>KEEP MOVING</b>	2	3 <i>Garden Club</i>	4 Come on Down	5 Teen Program	6
7	8 <b>KEEP MOVING</b>	9 Teen Program	10 Cookie Clusters	11 Come on Down	12 Holiday	13
14	15 <b>KEEP MOVING</b>	16 Teen Program	17 Cookie Clusters	18 Botanical Blends	19 <b>Movie Night</b>	20
21	22 Holiday	23 Teen Program	24 Cookie Clusters	25 Botanical Blends	26 Teen Program	27
28						

## 2010 Winter/Spring Adult Program Schedule

March						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1 <b>KEEP MOVING</b>	2	3	4 Botanical Blends	5 Teen Program	6
7	8 <b>KEEP MOVING</b>	9 Teen Program	10 <i>Garden Club</i>	11 <b>ART FROM SCRATCH</b>	12 Trenton Devils	13
14	15 Spring Blooms	16 Teen Program	17 Sittercise	18 <b>ART FROM SCRATCH</b>	19 Teen Program	20
21	22 Spring Blooms	23 Teen Program	24 Sittercise	25 <b>ART FROM SCRATCH</b>	26 TGIF	27
28	29 Spring Blooms	30	31 Sittercise			

April						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1 Candy Making	2 Holiday	3
4	5 No Strings Attached	6 Teen Program	7 Sittercise	8 Candy Making	9 <b>Movie Night</b>	10
11	12 No Strings Attached	13 Teen Program	14 Sittercise	15 Candy Making	16 Teen Program	17
18	19 No Strings Attached	20 Teen Program	21 Sittercise	22 Shake It Up	23	24 Weekend Getaway
25 Weekend Getaway	26 No Strings Attached	27	28 <i>Garden Club</i>	29 Shake It Up	30 Teen Program	

May						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
						1 <i>Glass Fusing</i>
2	3 No Strings Attached	4	5 <b>Let's Get Swinging</b>	6 Shake It Up	7 Teen Program	8
9	10	11 Teen Program	12 <b>Let's Get Swinging</b>	13 Shake It Up	14 TGIF	15
16	17 <i>Garden Club</i>	18 Teen Program	19 <b>Let's Get Swinging</b>	20 Shake It Up	21 Teen Program	22
23	24 Holiday 31	25 Teen Program	26 <b>Let's Get Swinging</b>	27 Paper Sculpting	28	29

June						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		1 Teen Program	2 Great Outdoors	3 Paper Sculpting	4 <b>Movie Night</b>	5
6	7 History of Food	8 Teen Program	9 Great Outdoors	10 Paper Sculpting	11 <b>SUMMER BASH</b>	12
13	14 History of Food	15	16 Great Outdoors	17	18 Teen Program	19
20	21 History of Food	22	23 <i>Garden Club</i>	24	25	26
27	28 <i>Camp Begins</i>	29	30			

