



SOMERSET COUNTY PARK COMMISSION

Therapeutic Recreation

2021 Fall Adult Programs



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



Therapeutic Recreation Department

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

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

Office Hours:
Monday through Friday 8:00am to 4:30pm
2021 Fall Adult Programs

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

Bedminister	Manville
Bernards Township	Montgomery
Bernardsville	North Plainfield
Bound Brook	Raritan
Branchburg	Somerville
Bridgewater	South Bound Brook
Green Brook	Warren
Hillsborough	Watchung

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

POLICIES

Annual Information Form/Release & Waiver Form

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

Financial Assistance

Through the Somerset County Park Foundation, a scholarship/financial aid fund has been created for individuals who cannot pay the entire amount due for a program. To request assistance contact the TR Department to find out more information regarding this procedure and requirements. Minimum contribution will be required.

Payment Policy

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

Refund/Household Credit Request

The Somerset County Park Commission will refund registration fees due to illness, injury, or other extenuating circumstances which makes participation in the program impossible, providing that prior to the start of the program notification is given to the TR Department. Refunds will be prorated in accordance with the number of sessions/classes attended and/or supplies/tickets already purchased. Furthermore, if we find the program requirements are not commensurate with the abilities of the registrant, a refund for the program will be given. A household credit for other reasons may be granted if the program has not yet begun and another program registrant enrolls. No refunds/credits for absences.

Canceled Programs

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

Closed Programs

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

Behavior

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

Inclement Weather

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

Medication/Personal Needs

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

Groups

No more than two individuals from any one group residence may register for an activity that has limited slots available.

Other Policies

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

REGISTRATION POLICY

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

- **Registration is now online and will take place on Thursday, September 2 at 7:00pm.**
- Phone-in/fax registration will begin Friday, September 3 at 9:00am. No email registration accepted.

The fax machine is in a public area. It is highly recommended that you fax only during office hours.

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

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

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 one week before the start of each program. 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 individuals 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. ****

The TR Department does not provide home pick-up.

TRANSPORTATION IS LIMITED ON OUR VANS AND WILL BE GRANTED ON A FIRST COME FIRST SERVE BASIS TO ENSURE SOCIAL DISTANCING. MASKS WILL BE REQUIRED WHILE RIDING THE VAN. NO EXCEPTIONS!

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.

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

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.



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

- A. Dewy Meadow Village Mall
403 King George Rd, Basking Ridge
- B. Nelsons Corner Shopping Center
Rte. 206 & Amwell Rd, Hillsborough

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.

Different Person Pick-Up

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

Adult Programs, ages 18 and older

COVID GUIDELINES

- Due to the uptick in covid cases programs have limited spaces.
- To limit exposure, we ask that you drop your participant off at the door where staff will be waiting to greet you. Participants will be brought outside at the end of the program.
- Equipment and supplies are regularly sanitized. The bathrooms are sanitized prior to the start of programs. Hand sanitizer is available.
- All individuals, regardless of vaccination status, must wear a mask when indoors. Mask breaks will be incorporated into the program.
- Individuals who are sick are asked to remain home. If someone comes to a program sick, family/staff will be called to pick up the individual immediately.
- Programs and transportation may change or be cancelled based on the Governor's executive orders or recommendations of the CDC.

MONDAY MUSIC CLUB (97700)



We will explore the world of music by interacting, singing, and creating sound with instruments. No musical talent needed.

Open to: Adults ages 18+
Date: Mondays, September 20, 27
Time: 7:00 – 8:30pm
Fee: \$34.00

MAGIC MARKER MASTERPIECES (97701)



Drawing with markers will offer you a range of brilliant color that surely will excite your creativity. Marker art uses a childhood favorite art material, is a great drawing tool, and more unique than you think.

Open to: Adults ages 18+
Date: Tuesdays, September 21, 28
Time: 7:00 – 8:30pm
Fee: \$44.00

FALL WALK AT THE EEC (97702)



Celebrate the first day of fall with a walk at the Environmental Education Center. Naturalist Vanessa Darras will be our guide while we will look and listen for sounds of nature! After our walk we will head inside and participate in a nature quiz and see some nature show and tell.

Open to: Adults ages 18+
Date: Wednesday, September 22
Time: 6:00 – 7:30pm
Fee: \$15.00

REC CONNECT ADULT DAY PROGRAM (97703)

This program was such a blast we wanted to continue it! Each week will be filled with exciting activities including games, arts & crafts, cooking, fitness, and current events. The goal of this program is to provide leisure opportunities, foster independence, and enhance health and well-being. Bring a lunch with beverage each week. A schedule will be sent prior to the start of each session.

Open to: Adults ages 18+
Session I: Thursdays, September 23, 30
October 7, 14, 21
Session II: Thursdays, October 28
November 4, 18
December 2, 9
Time: 9:00am – 3:00pm
Fee: \$115.00 per session

SOCIAL CLUB (97704)



Friday night is a blast when you are having a great time with friends. Activities may include game night, special guest, or a dance. Get ready to have fun.

Open to: Adults ages 18+
Date: Fridays, September 24; October 22
Time : 7:00 – 8:30pm
Fee: \$42.00

MOVIE NIGHT (97705)



Movies are always fun on a Friday night. Sit with friends to watch a movie while enjoying a light snack. The group will vote on which movie to show each evening.

Open to: Adults ages 18+
Date: Fridays, October 1; November 19
Time: 7:00 – 9:30pm
Fee: \$30.00

Adult Programs, ages 18 and older

TRICKER TREATS (97706)



Roll up your sleeves and get ready for some fun in the kitchen. We will whip up some sweet Halloween treats.

Open to: Adults ages 18+
Date: Tuesdays, October 5, 12
Time: 7:00 – 8:30pm
Fee: \$46.00

DINNER WITH FRIENDS (97707)



Dinner is a great way to socialize with friends as well as tantalize your taste buds. We will cook and chat as we make a great meal. One night will be an Italian meal and the other a Mexican meal.

Open to: Adults ages 18+
Date: Wednesdays, October 6, 13
Time: 7:00 – 8:30pm
Fee: \$46.00

FAB FLOWERS (97708)



The fall always has beautiful colors of flowers. Join us to create fabulous flower projects using real flowers and different crafting supplies.

Open to: Adults ages 18+
Date: Mondays, October 18, 25
Time: 7:00 – 8:30pm
Fee: \$50.00

FALL PAINTING (97709)



Fall is bursting with color! Bring your creativity and love of the season and let your paint brush do the talking. No experience needed.

Open to: Adults ages 18+
Date: Wednesday, October 20
Time: 7:00 – 8:30pm
Fee: \$27.00

HALLOWEEN FUN (97710)



Calling all witches, ghouls, and ghosts! Let your creative juices flow as we carve pumpkins, roast pumpkin seeds, eat some sweet treats, and make fun decorations for the spookiest time of the year.

Open to: Adults ages 18+
Date: Wednesday, October 27
Time: 7:00 – 8:30pm
Fee: \$32.00

YOGA (97711)



Bend, move, and stretch in this great yoga program. We will relax our mind and body to get rid of the stress of the day. No experience necessary.

Open to: Adults ages 18+
Date: Mondays, November 1, 8, 15
Time: 7:00 – 8:30pm
Fee: \$51.00

THEATER WORKS (977012)



Gather with friends to explore the world of theater through old fashioned stories from when you were a child. A few examples are Snow White, Goldilocks and the Three Bears, Little Red Riding Hood, and more. This program will sure to be a blast from the past.

Open to: Adults ages 18+
Date: Wednesday, November 3, 10
Time: 7:00 – 8:30pm
Fee: \$34.00

CRANBERRY CRAZE (97713)



Autumn is great time to cook seasonal treats using cranberries, apples, and cinnamon. You will learn to bake tasty treats to share with family and friends. You will also learn about the history of growing and harvesting cranberries.

Open to: Adults ages 18+
Date: Tuesdays, November 9, 16
Time: 7:00 – 8:30pm
Fee: \$50.00

FRIENDSGIVING (97714)

Gather around the TR table for a time of food and friendship. This day will be spent making a feast to share with friends, playing group games, and a craft for your table at home.

Open to: Adults ages 18+
Date: Saturday, November 13
Time: 10:00am – 1:00pm
Fee: \$40.00

FALL FOLIAGE (97715)



Autumn is such a lovely time of year. The air gets cool and crisp and the leaves get showy with their vibrant colors. This class feature easy craft projects for you to really embrace.

Open to: Adults ages 18+
Date: Tuesdays, November 23, 30
Time: 7:00 – 8:30pm

Adult Programs, ages 18 and older

CARDIO DRUM (97716)



Have you ever heard of pound? Here is your chance to get fit using fun drum sticks and fitness balls as your fitness equipment.

Open to: Adults ages 18+
Date: Mondays, December 6, 13
Time: 7:00 – 8:30pm
Fee: \$34.00

HOLIDAY GIFTS (97717)



Make your home merry and bright with holiday and winter themed decorative items. From wreaths to luminaries, you are sure to make the season bright.

Open to: Adults ages 18+
Date: Tuesdays, December 7, 14
Time: 7:00 – 8:30pm
Fee: \$50.00

COOKIE CREATIONS (97718)



There is nothing better than a cookie jar filled with homemade goodness. Gather round the kitchen as we try our hand at yummy treats.

Open to: Adults ages 18+
Date: Wednesdays, December 8, 15
Time: 7:00 – 8:30pm
Fee: \$46.00

WINTER BALL (97719)



Dig out your Sundays best and join us on the dance floor as we listen to today's top hits! Tasty snacks will be served while dancing the night away!

Open to: Adults ages 18+
Date: Friday, December 10
Time: 7:00 – 9:00pm
Fee: \$26.00

FITNESS CHALLENGE (97720)



Who will get to the finish line first? Find out in this fitness challenge. We will compete to see who can make it to the finish line while completing different fitness challenges along the way.

Open to: Adults ages 18+
Date: Monday, December 20
Time: 7:00 – 8:30pm
Fee: \$20.00

JEOPARDY (97721)



Challenge your friends to see who will guess the correct answer first! This classic game is always a good time.

Open to: Adults ages 18+
Date: Wednesday, December 22
Time: 7:00 – 8:30pm
Fee: \$20.00



SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Registration	3	4
5	6 Holiday	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Monday Music Club	21 Magic Marker Masterpieces	22 Fall Walk at the EEC	23 Rec Connect Adult Day I	24 Social Club	25
26	27 Monday Music Club	28 Magic Marker Masterpieces	29	30 Rec Connect Adult Day I		

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Movie Night	2
3	4	5 Tricker Treats	6 Dinner with Friends	7 Rec Connect Adult Day I	8	9
10	11 Holiday	12 Tricker Treats	13 Dinner with Friends	14 Rec Connect Adult Day I	15	16
17	18 Fab Flowers	19	20 Fall Painting	21 Rec Connect Adult Day I	22 Social Club	23
24	25 Fab Flowers	26	27 Halloween Fun	28 Rec Connect Adult Day II	29	30
31						

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Yoga	2 Holiday	3 Theater Works	4 Rec Connect Adult Day II	5	6
7	8 Yoga	9 Cranberry Craze	10 Theater Works	11 Holiday	12	13 Friends-Giving
14	15 Yoga	16 Cranberry Craze	17	18 Rec Connect Adult Day II	19 Movie Night	20
21	22	23 Fall Foliage	24	25 Holiday	26 Holiday	27
28	29	30 Fall Foliage				

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Rec Connect Adult Day II	3	4
5	6 Cardio Drum	7 Holiday Gifts	8 Cookie Creations	9 Rec Connect Adult Day II	10 Winter Ball	11
12	13 Cardio Drum	14 Holiday Gifts	15 Cookie Creations	16	17	18
19	20 Fitness Challenge	21	22 Jeopardy	23 Holiday	24 Holiday	25
26	27	28	29	30	31 Holiday	