Senior, Youth & Leisure Services

SPRING & SUMMER 2020
PROGRAM GUIDE

Registration begins Monday, March 9, 2020.
Non-Resident Registration begins Monday, March 16

Looking for.......  
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- Adult Leagues & Open Play Programs ............... 25  
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- Senior/Adult Enrichment .... 32  
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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  
jwalker@livingstonnj.org

Program Supervisors:
Senior & Adult Enrichment  Liliana Branquinho  lbranquinho@livingstonnj.org
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Marketing & Finance  Nancy Verniero  nverniiero@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 & wall, 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.

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.

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 skate boarding, 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.
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.

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

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 PassText 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.”

Keep up with what’s happening in Livingston!
Visit us: Livingstonnj.org
Like us: Facebook.com/LivingstonTownshipNJ
Follow us: Twitter@Livingston_NJ
Instagram: livingstontownshipnj
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 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/refunds for absences.
- No credits/refunds 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. LPS closing line, 973-535-8000, select "8," SYLS website, 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. 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.
- 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
Senior/Community Center Use

Using the Livingston Senior/Community Center (LSCC) for meetings:
The Livingston Senior/Community Center is available for use by Township organizations for general meetings. The

Who May Reserve a Space
1. Groups that may reserve space as often as needed each month free of charge:
   a. Township-sponsored programs and events including Departmental meetings.
   b. Township-appointed boards and committees.
   c. Township sponsored organizations.
   d. Senior Citizen organizations.
   e. Youth Sports Council organizations
2. Livingston-based organizations may reserve up to two (2) spaces, based on space availability, within Township facilities up to two (2) times per calendar month free of charge. More than two (2) spaces or two (2) dates per calendar month will result in rental fees being charged for the later dates. A Livingston-based organization* is defined as any non-profit organization, committee, chapter or branch, which satisfies any of the following criteria:
   a. Has members appointed by Township Council.
   b. Devotes its activities or resources to the Livingston community.
   c. Has at least 51% current membership of Livingston residents.
   d. Is devoted to enhancing the quality of life or provides programming/social activities to senior citizens of Livingston.

To Reserve a Space:
Visit www.livingstonnj.org for a Facility Reservation Request packet and a complete list of rules & regulations. Reservations will be accepted no later than Wednesday of the week prior to the date desired. The weekly calendar runs Monday—Sunday. SYLS must be notified 72 hours prior to the event if additional space or time is needed. Due to space limitations, no guarantees of additional space or time are made even with 72 hours notice.

Private Parties & Events at LSCC:

General Information:
1. Proof of insurance coverage for $1 million per occurrence with a "Certificate of Insurance" naming the Township of Livingston as additional insured is required for all rentals.
2. Reservations may be made for Friday, Saturday or Sunday only and is not available on Township holidays.
3. Application for use of the facility must be made by a Livingston resident 21 years of age or older.
4. There is a minimum of two hours rental time. Contract time includes all set up and take down.
5. The Township supplies only tables and chairs in a predetermined set up. No table covers, table service, decorations, catering equipment or professional sound or lighting equipment is available.
6. Alcohol is not permitted in the facility.
7. Admission may not be charged to any private rental event. Games of chance are not permitted.

How to Apply:
Visit www.livingstonnj.org for a Facility Reservation Request packet. Once you review the packet, you may arrange a meeting to tour the facility and discuss rental options.

Payment of the $200 refundable deposit guarantees your date. Once you have completed and signed all of the required forms, your application will be reviewed and you will be contacted within 5 working days to confirm your reservation and discuss final payment. Upon completion of your rental, allow up to 30 days for the return of your deposit.

Questions: Call SYLS Office, 204 Hillside Ave., 973-535-7925, option 8, Monday—Friday, 8:30 am-4:30 pm or email syls@livingstonnj.org
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></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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</thead>
<tbody>
<tr>
<td>Family - Res</td>
<td>$340</td>
<td>$454</td>
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<td>Family - NR</td>
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<td>Couple - Res</td>
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<tr>
<td>Couple - NR</td>
<td>$255</td>
<td>$295</td>
<td>$177</td>
<td>$177</td>
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<tr>
<td>Individual - Res</td>
<td>$165</td>
<td>$227</td>
<td>$136</td>
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<tr>
<td>Individual - NR</td>
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<td>$260</td>
<td>$156</td>
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<tr>
<td>Sr. Couple - Res</td>
<td>$163</td>
<td>$200</td>
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<tr>
<td>Sr. Couple - NR</td>
<td>$189</td>
<td>$231</td>
<td>$139</td>
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<tr>
<td>Sr. Individual - Res</td>
<td>$110</td>
<td>$131</td>
<td>$79</td>
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<tr>
<td>Sr. Individual - NR</td>
<td>$137</td>
<td>$152</td>
<td>$91</td>
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<tr>
<td>Au Pair/Caregiver</td>
<td>$100</td>
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</tbody>
</table>

* Includes 5 free guest passes per family membership & 2 free guest pass for all other Early Bird Discount categories.

<table>
<thead>
<tr>
<th></th>
<th><strong>Purchase at the Pool</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Replacement Pass</td>
<td>$10</td>
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<tr>
<td>Guest Pass</td>
<td>$10</td>
</tr>
<tr>
<td>Daily Pass (18 &amp; Over)</td>
<td>$25</td>
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<tr>
<td>Daily Pass (3-17)</td>
<td>$15</td>
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</tbody>
</table>

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 year 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 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 973-535-7967, x 231
P.S. Specialty Classes (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)

**Child & Caregiver Classes**

**Toddler Time**
DOB: 10/01/17 - 09/30/18
Friday, 4/17-6/19
No class 5/22
9–9:45 am
Share some special moments together with your little one as they explore our exciting toddler room! Look and listen to picture books shared with the group. Sing, dance and play instruments to some new and classic toddler tunes. Experiment with simple arts and crafts projects.
Fee: R-$74.25 NR-$92.25
Pre-registration required

**Sing, Dance, Play!**
DOB: 10/01/17 - 09/30/18
Wednesday, 4/15-6/17
9–9:45 am
Enjoy those sweet bonding moments with your growing toddler! Connect with your child through music and movement. Guide them in the development of building social skills in a group play environment.
Fee: R-$82.50 NR-$102.50
Pre-registration required

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**Time for “Two”**
DOB: 10/01/16 - 09/30/17
Tuesday & Thursday, 4/16-6/18
9–10 am
Not ready to drop your toddler off? Then this child and caregiver class is just for you! Experience Circle Time, Snack Time (please bring a small snack), and social and interactive play.
Fee: R-$132.50 NR-$152.50
Pre-registration required

**Toddler Splash Time**
DOB: 10/01/17-09/30/18
Mondays, 7/6-8/24
No class 7/13
Location: Northland Pool Complex
9:15-10:00 am
This child and caregiver class will have children learning basic water skills through developmentally appropriate songs and games! Class will include teacher lead instruction for 30 minutes followed by 15 minute open swim!
Fee: R-$57.75 NR-$71.75
Pre-registration required

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**Child Only Classes**

**Brown Bag Lunch Bunch**
Children enrolled in Power Package Options 3’s and 4’s do not need to enroll separately.
**Now Open for our 2 yr old Power Package Students!**
DOB: 10/01/14 - 09/30/16
Monday–Friday, 4/14-6/19
11:45 am–12:45 pm
No class 5/22, 5/25
Lunch Bunch is a recreation program designed to transition 3 & 4 year-old preschoolers into an afternoon of learning and fun. The program runs five days a week, Monday through Friday. Children will be taken from Lunch Bunch to afternoon classes where enrolled. You provide the lunch, we’ll provide the fun!
Fee: Mon & Fri- $36/day, Tues- Thurs. $40 per day

**Crafts Galore**
DOB: 10/01/14-09/30/16
Wednesday, 4/15-6/17
2–3 pm
In this class students will use their creativity to create art projects. They will be introduced to a variety of textures & sensory play to stimulate their mind & much more. Kids will take home crafts galore!
Fee: R-$87.50
Pre-registration required

**Jersey Kids**
DOB: 10/01/14–09/30/16
Tuesday, 4/14-6/16
2–3 pm
In this class students will learn all about the place they live! They will learn all about New Jersey through crafts, stories, and games.
Fee: R-$87.50
Pre-registration required

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All Preschool Specialty Classes are held at Livingston Senior/Community Center
204 Hillside Ave. - 2nd Floor
**2020-2021**

**COMMUNITY KIDS’ PRESCHOOL**

**Meet & Greet**

**Thursday, September 3, 2020, 5–6 PM**

Meet your child’s teachers, ask questions & see your child’s class room! Come and let your child explore their classroom and meet new friends.

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>4 Year Old Power Package Classes*</td>
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<td>Let’s Go 4’s 8:30 - 12:30 p.m.</td>
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<td>3 Year Old Power Package Classes*</td>
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<td>Get Set 3’s 8:30 - 12:30 p.m.</td>
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Full day Power Package 3’s & 4’s require rest time in between morning and afternoon classes. See page 10.

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<tr>
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<td>Get Ready 2’s 9:00 - 11:30 a.m.</td>
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*The above PS Power Package classes are full for 2019-2020 school year. Caregiver & Child AND Afternoon classes are available for individual registration for our Spring 2020 session.

**Parent & Child Classes**

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<tr>
<td>Time for “Two</td>
<td>Sing, Dance,</td>
<td>Time for “Two</td>
<td>Toddler Time</td>
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<tr>
<td>9:00 - 10:00 a.m.</td>
<td>Play! 9:00-9:45 a.m.</td>
<td>9:00 - 10:00 a.m.</td>
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**Afternoon Classes for 3 & 4 year olds**

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<tbody>
<tr>
<td>Lunch Bunch 11:45 - 12:45 p.m.</td>
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<tr>
<td>Math A-Magicians 1:00 - 2:00 p.m.</td>
<td>Story Stretchers 1:00 - 2:00 p.m.</td>
<td>Let’s Experiment 1:00 - 2:00 p.m.</td>
<td>Kids in the Kitchen 1:00 - 2:00 p.m.</td>
<td>Traveling Caravan 1:00 - 2:00 p.m.</td>
</tr>
<tr>
<td>Animal Adventures 2:00 - 3:00 p.m.</td>
<td>Jersey Kids 2:00 - 3:00 p.m.</td>
<td>Crafts Galore 2:00 - 3:00 p.m.</td>
<td>Music Mania 2:00 - 3:00 p.m.</td>
<td></td>
</tr>
</tbody>
</table>
P.S. Specialty Classes (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)

**Preschool Rest Time**

Children who stay for the afternoon 3 & 4 year specialty classes are required by NJ State Licensing to have 30 minutes of rest time. Rest time will be from 12:15-12:45PM with afternoon classes beginning at 1:00PM.

Please provide a crib sized sheet & blanket for your child.

Children who leave at 12:30pm and do not attend afternoon classes will have song/story time from 12:15-12:30PM.

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**Lets Experiment**

DOB: 10/01/14 - 09/30/16
Wednesday, 4/15-6/17
1–2 pm

Definitely a hands-on program! New, fun experiments are conducted each session, so feel free to sign up over and over again! Class can be combined with Lunch Bunch.

Fee: R-$87.50
Pre-registration required

**Animal Adventures**

DOB: 10/01/14 - 09/30/16
Monday, 4/13-6/15
No class 5/25
2–3 pm

Learn everything you ever wanted to know about animals! Through hands on activities and stories we will discover new and interesting facts about various creatures, a new one each week.

Fee: R-$87.75
Pre-registration required

**Math-A-Magicians**

DOB: 10/01/14 - 09/30/16
Monday, 4/13-6/15
No class 5/25
1–2 pm

Using patterns and simple hands-on counting exercises, this program will introduce your child to basic math concepts. New lessons and activities are completed each session making this the perfect class for old and new friends! Class can be combined with Lunch Bunch.

Fee: R-$87.75
Pre-registration required

**Music Mania**

DOB: 10/01/14 - 09/30/16
Thursday, 4/16-6/18
2–3 pm

Sing, dance and play while learning pre-music skills based on rhythm and movement! Kids will be introduced to a variety of instruments and musical selection.

Fee: R-$87.50
Pre-registration required

**Story Stretcher**

DOB: 10/01/14 - 09/30/16
Tuesday, 4/14-6/16
1–2 pm

We will stretch our imaginations through projects and activities related to the theme of our weekly story! Stories from previous sessions are not repeated.

Fee: R-$87.50
Pre-registration required

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**Traveling Caravan - Mexican Fiesta!**

DOB: 10/01/14 - 09/30/16
Friday, 4/17-6/19
1–2 pm

Join us as we tour Mexico, learning about the language, people and culture as we go. Mexican stories, crafts, cooking and games will help make this an exciting trip.

Fee: R-$78.75
Pre-registration required

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**Youth Classes**

**Crunch & Munch Workshop**

Grades 1-3
Wednesday, 4/15-6/17
No class 4/29
5–6 pm
LSCC, lower level kitchen

Explore the world of creative cooking through mindful and innovative recipes custom tailored to cater to even the pickiest eaters! Original recipe books will be created & distributed at the end of each session. Guaranteed to be finger-licking fun!

Fee: R-$130.00 NR-$160.00
Pre-registration required

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**Crunch & Munch Workshop**

Grades 4-6
Wednesday, 4/15-6/17
No class 4/29
6:15–7:15 pm
LSCC, lower level kitchen

These exciting, hands-on culinary classes are a great way to engage students in healthy, fun food from scratch, all while building kitchen confidence where their motor & thinking skills are challenged. Each week highlights key skills that will be practiced and reinforced throughout the curriculum.

*Crunch & Munch is allergy aware, please inquire for specific details.

Fee: R-$130.00 NR-$160.00
Pre-registration required
Youth Classes (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)

Dynamic Designs
Grades 2-3
Wednesday, 4/15-6/17
No class 4/22, 4/29, 5/13, 6/3
4-5:30 pm
LSCC, Craft Rm 1
This art program is designed to teach drawing, painting, designing and numerous creative art techniques. Children will utilize an assortment of materials to create works of art in this enjoyable class.
Fee: R-$72.00 NR-$84.00
Pre-registration required

Ooey Gooey Science
Grades 1-4
Friday, 4/17-6/19
No class 5/22
Session 1: 3:30-4:30 pm
Session 2: 4:45-5:45 pm
LSCC, Craft Rm 1
Captivate and stimulate young minds with exciting hands-on exploration of simple scientific concepts through play, crafts and demonstrations. From chemistry to magnets, to rainbows children will discover how science can help us to better understand the world around us.
Fee: R-$78.75 NR-$96.75
Pre-registration required

Sticky Fingers
Grades K-1
Thursday, 4/16-6/18
No Class 4/23, 5/14
4-5:30 pm
LSCC, PS room, 2nd floor
This art program is an opportunity for your child to do all the messy things children love to do, but parents dread having them do at home. Children will also be introduced to a variety of art mediums and techniques. The art activities and projects will be varied according to the season.
Fee: R-$96.00 NR-$112.00
Pre-registration required

Turning Teen: Body Basics For Girls
Ages: 8-12
Sunday, 3/8 & Sunday, 4/26
2:00-4:00 pm
LSCC, Lower Level
Turning Teen provides age appropriate, medically accurate information about puberty in an engaging and relaxed manner. This educational, interactive workshop of girls (ages 8 and up) will help them with their trusted adult.
Topics include: an introduction to a body and its parts, the difference between boys and girls, physical and emotional changes that happen during puberty, introduction to menstruation, rules for body respect, body safety, and more! This class is taught by pediatrician, Dr. Abby Silverman. **For more information and to register visit www.turningeeteen.com
Instructor: Dr. Abby Silverman
Fee: $60.00 per session
Pre-registration required

Fashion Sewing Class
Grades 2-5
Tuesday, 4/21-6/9
5:00-6:00 pm
LSCC, Game Room
Do you have a passion for fashion? This spring our student designers will recreate the peace sign top. This unique yet very fashionable silhouette will challenge your creativity with the use of fabric placement. We can't wait to see what our designers come up with!
Fee: R-$175.00 NR-$190.00
Pre-registration required

Being My Best Self For Girls
Ages: 10 & Up
Sunday, 3/22
2:00-4:00 pm
LSCC, Lower Level
Turning Teen provides age appropriate, medically accurate information about puberty in an engaging and relaxed manner. This is the second Turning Teen workshop for girls (ages 10 and up) with their trusted adult.
This first program in the series is recommended but not required. This educational, interactive workshop is intended to help facilitate and continue important conversations about puberty and body changes.
Topics covered include: Review of physical changes of puberty, Acne, Bras, Self-Esteem and details of Menstruation and Menstrual Care.
This class is taught by a Pediatrician. **For more information and to register visit www.turningeeteen.com
Instructor: Dr. Abby Silverman
Fee: $60.00 per session
Pre-registration required

Register early to avoid class cancellations.
Summer Kids Camp, Grades 2-8, Fall 2020: Register NOW!

Camp Dates - June 29 - August 7, 2020
No Camp Friday, July 3, 2020

Registration fees include six weeks of fun and excitement at Livingston Kids’ Camp. All special events, daily activities, weekly swimming trips to Northland Pool and a camp T-shirt are included!

The Camp registration fee does not include Field Trips, which are optional and a separate fee. More information on Field Trips will be released in March 2020.

**KIDS CAMP @ HERITAGE MS, GRADES 2-8, FALL 2020**

<table>
<thead>
<tr>
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<th>Half Day: 8 am—12 pm</th>
<th>Full Day: 8 am—3 pm</th>
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<td>On or Before 3/31</td>
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</table>

**Pre Camp Drop Off**

Pre-Camp Drop Off provides parents the opportunity to drop off beginning at 7:15 AM. Campers can bring breakfast to camp to eat with their friends and participate in morning activities. Limited space available and additional fees apply.

Weekly: $45.00 per week

Must be registered for Kids Camp to be eligible. Register under “Pre Camp Drop Off,” available for grades 2-8 only.

**Summer 2020 Camp Play: Watch for Updates**

Get into character and costume! A role will be assigned to every registered child. Auditions will be held for all major characters the first week of camp.

Practices are held after lunch most afternoons. All campers registered in the Camp play will be required to attend the camp play rehearsals and performance at Heritage Middle School the last week of camp.

After a few weeks of practice, campers will perform onstage in front of their fellow campers, family and friends during the final week of camp.

Performance will be held at Heritage Middle School Thursday, August 6 at 6:30 pm.

**Materials Fee:** $35.00 per camper

Must be a full day camper to be eligible.

Register under “Kids Camp Play” available for grades 2-8 only.

**Registration begins**

Mon., March 9 @ 8:30 am

**Theatre & Dance Camp:**
August 10–August 21

**Last Blast Camp at Northland Pool:**
August 10–August 21

**Specialty Camps:**
August 10–August 27

**Additonal Information can be found in our 2020 Summer Camp Program Guide**
Kiddie Camp and Tots Camp 2020 (Registration opens Mar. 9, 2020, @ 8:30 am)

Camp Dates - June 29 - August 7, 2020 (No Camp Friday, July 3, 2020)

Kiddie Camp: Preschool, Kindergarten & 1st Grade, Fall 2020

Location: Mount Pleasant Middle School

Preschool Camp: DOB 10/1/2015—09/30/2016 (entering Pre-K 4, Fall 2020)

Kindergarten Camp: DOB: 10/1/2014—09/30/2015 (entering Kindergarten, Fall 2020)

1st Grade Camp: entering 1st Grade, Fall 2020

<table>
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<tr>
<th>Kiddie Camp</th>
<th>Half Day: 8:30 am—12:15 pm</th>
<th>Full Day: 8:30 am—2:30 pm</th>
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<tr>
<td>After 5/1</td>
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</table>

Tots Camp: DOB 10/1/2016—09/30/2017

Location: Monmouth Ct. Community Center, 26 Monmouth Ct.

<table>
<thead>
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<th>Tots Camp</th>
<th>Beginning 3/9/2020</th>
<th>Beginning 6/1/2020</th>
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<tbody>
<tr>
<td></td>
<td>Monday—Friday</td>
<td>Mon., Wed., Fri.</td>
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<tr>
<td></td>
<td>9 am—12:30 pm</td>
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</table>

Registration for Kiddie Camp & Tots Camp begins Monday, March 9, 2020, @ 8:30 am.

Additional Information can be found in our 2020 Summer Camp Program Guide

Camp Field Trips

List of trips can be found in our 2020 Summer Camp Program Guide

Registration for all trips begins Monday, March 9, 2020, @ 8:30 am.

Mini Camp: 3–6 pm Extended Camp Care, available for Grades 2–8

Theater & Dance Camp  August 10—August 21  9 am–4 pm  MCCC

Ages: 6–16 years old

Training will focus on ballet, tap, jazz, and Broadway musical theatre repertoire, along with introduction to vocal technique, song interpretation, monologue, scene study, and improvisation. Children will be grouped by age and ability.

Fee:  R: $360.00, NR: $410.00

Livingston Dance Academy Discount: $310.00 (Discounts available for current 2019–2020 Dance Academy Dancers. Registration must be done in person to receive discount.)
Party Packages

Come celebrate your Birthday with us! Our trained party host will set up; lead activities and best of all clean up when the fun is over. Parties are available Monday–Sunday. Each party includes party hosts, utensils, plates, cups, napkins and table clothes. Our party host will also cut the cake! Party fees are based on the number of guests you have. We ask you to please give our party planner at least a month notice to book a party. Participants are required to bring food, drinks, cake, goodie bags and decorations. Party packages are available for both residents (R) and non-residents (NR).

Not your birthday? We do Graduation, 5th Grade Moving Up Celebrations and other special events!

Party Locations: Monmouth Court Community Center, LSCC, Northland Pool (summer only), or Northland Recreation Dance Room.

2 Hour time frame, additional hours can be added for an extra fee.

Party Packages:

**Celebration:** up to 25 guests
Resident: $250  Non-Resident: $300

**Fiesta:** up to 40 guests
Resident: $300; Non-Resident: $350

**Bash:** up to 60 guests
Resident: $350; Non-Resident: $400

**Birthday Party Special Add-On Items:**
Sno-Kone Machine
Cotton Candy Machine
Pop Corn Machine
GaGa Pit

**Youth/Teen Dance Party:** up to 150 guests
Resident: $450; Non-Resident: $500
This party includes the gym and cafe for 2 hours with 4 staff members as chaperones.

Looking for DJ Services?
Call Mike at Summit Soundz for a discounted price when you book a party with SYLS!
908-265-2169

For more information please call our Party Planner at (973) 535-7925, Monday–Friday, 8:30 am—4:30 pm, or email mcohen@livingstonnj.org.
Visit http://livingstontownship.org/sylsprograms/ to download the Birthday Party Request Form and Birthday Party Agreement found under YOUTH/TEEN.
Special Populations Recreational Activities & Services

Shining Stars Sports Programs

Sports and recreation programs are available to non-residents. I.E.P. or 504 Plan is required to attend.

Spring Recreation

Gym Games
Location: Monmouth Court Community Center Café,
26 Monmouth Ct. Livingston
Fee: $40.00; 3 classes
Tuesday, 05/12, 05/19, 05/26
4:30-5:15 pm

T-Ball/Kickball
Location: Monmouth Court Community Center,
26 Monmouth Ct. Livingston
Fee: $85.00; 6 classes

Junior League – Ages 4-9
Saturday, 04/25-06/06
9:15-10:15 am
No Class: 05/23

Teen League – Ages 10-16
Saturday, 04/25-06/06
10:30-11:30 am
No Class: 05/23

Adult League – Ages 17+
Saturday, 04/25-06/06
10:30-11:30 am
No Class: 05/23

*Focus will be on T-ball but we will have an option to play kickball on the field as well* if inclement weather, the gym is available.

Family Socials

Family Socials will be offered throughout the year and will include a variety of activities and events.

*Watch for emails on an end of the year pool party*

Adaptive Recreation “Shadow” Program

The Adaptive Recreation Program provides trained volunteers to assist “shadow” participants during most recreation programs. The “shadow” works with the specific needs of the individual to help him or her participate more comfortably within the parameters of the program. For more information please call Jennifer Quirk at 973-535-7925, ext. 403 or email jquirk@livingstonnj.org

These programs are made possible by a grant from the Department of Children and Families.

Program Registration through Community Pass.
www.livingstonnj.org/ShiningStars
Livingston Youth & Community Services (LYCS)

SIGN UP FOR 2020-2021 SCHOOL YEAR (Registration ends 10/30/2020)

LYCS is a community-based, after-school program that provides leadership training, healthy choices and substance abuse prevention education to grades 1-12. Since this is a leadership program, students are expected to sign and adhere to a behavioral agreement. Our program is designed to:

• Teach Livingston’s youth about making healthy life choices and the dangers of alcohol, tobacco and other drugs in a fun educational way.
• Train Leaders and provide opportunities to practice leadership by participating in community service activities.
• Provide opportunities for Livingston youth to engage in healthy social interactions.
• Build stronger healthy families through workshops and programs.

More Info: LYCS Program Brochure (PDF) Visit www.livingstonnj.org or email lycs@livingstonnj.org
All programs meet once a month and run from October through May.

AFTER-SCHOOL ELEMENTARY PROGRAMS
2:40–3:40 pm at their school.
Fee: $85.00

Grade 1 Young Leaders

Young Leaders is an after-school program that teaches social, emotional, and leadership skills in a fun, educational, after-school program that is age appropriate. Students will learn how to make friends, communicate their feelings, listening skills, and gain confidence in their leadership abilities. Community service opportunities are available.

Grade 2 Young Leaders

In Young Leaders Grade 2 students are taught age-appropriate life skills, healthy life choices, and leadership skills in a fun, educational program. The program includes topics on listening, self-esteem, feelings, friendship, making choices, and when to say no. Community service opportunities available.

Leaders - Grades 3, 4, & 5

Leaders class topics each month including healthy life choices, leadership, and social skills. Students are taught communication skills, self-esteem, responsibility, respect, and teamwork. An introduction to the dangers of drugs and alcohol are addressed.

EVENING PROGRAMS
5:30–7:00 pm, @ Monmouth Court Community Center, 26 Monmouth Ct Livingston
Fee: $85.00

Grade 5 Leaders Club

Leaders Grade 5 Club is an opportunity for all Grade 5 students to meet before going into middle school next year. There is a core curriculum and additional topics address drugs, alcohol. Community service opportunities are available. Pizza and refreshments are provided.

(Registration discount if in addition to Leaders, Grade 5)

Peer Leaders Club - Grades 6, 7, & 8

Peer Leaders Club is a place for students to take on a leadership role. Students continue to learn about the dangers of drugs and alcohol, and can participate in community service opportunities. Pizza and refreshments are provided.

Community Leaders Club - Grades 9, 10, 11 & 12

This is a community leadership program that provides high school students with opportunities to work with younger leaders in cross-age teaching opportunities. Program topics include dangers of social media, cyber-bullying, peer pressure, alcohol, tobacco and drug prevention and educational opportunities with community officers and specialists. Projects include volunteering, and environmental initiatives.

Students in this program are expected to be positive role models in the community and are committed to an ATOD-free lifestyle (Alcohol, Tobacco & Other Drugs). This program provides excellent experience in community programming which can enhance any college application.

Family Discount for 2 or more children. Take 10% off the total cost when you sign up for 2 or more programs.

LYCS Leaders provides two family socials, a Halloween Party in October and an end-of-year Pool Party in June.

LYCS is funded in part by the Livingston Municipal Alliance Committee (LMAC) and the Governors Council on Alcoholism & Drug Abuse (GCADA)
Aquatic Programs (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)

Learn to Swim Program
Classes are available to Livingston residents regardless of pool membership status and NEW this year - Non-Resident pool members age three and over by June 30, 2020. Students are divided into classes based on skill levels (see Youth Testing Schedule below). A child may register for both sessions at a time.

Registration deadline: June 12, 2020

Youth Testing Schedule
All participants must be tested by members of the swim staff to ensure placement in the correct level. Testing is done at Haines Memorial Pool and appointments may be made by calling the SVLS Office at 973-535-7925.

Appointment Availability:
Thursday June 25 10-12:45PM
Friday June 26 10-12:45PM
Saturday June 27 10-12:45PM
Sunday June 28 10-12:45PM

Aquajets Swim Team
Ages: 6-18
Open to 2020 pool members ages 6-18, the Aquajets Swim Team competes with other communities in the Northern New Jersey Suburban Swim League in a number of home and away meets. Age categories are 6-8, 9-10, 11-12, 13-14 & 15-18.
Ages are determined as of June 1, 2020. All practices and home meets are held at Haines Memorial Pool. Evening practices begin Tuesday, June 18, and morning practices begin Monday, June 24.

There is a mandatory parent’s meeting on Wednesday, May 27, 7:00 PM at the Senior/Community Center, 204 Hillside Avenue.
Fee: $110.00
Registration Deadline: Fri., June 5
Late Fee: $30.00
Swimmers are required to attend a minimum of 3 practices per week. This is a competitive team that enhances individual’s skills for competition. Not to be used as swimming lessons.

Swim Lesson Schedule 2020

<table>
<thead>
<tr>
<th>Session #</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
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<td>6/29-7/16</td>
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<tr>
<td>1B</td>
<td>6/29-7/16</td>
<td>M-Th</td>
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<td>1C</td>
<td>6/29-7/16</td>
<td>M-Th</td>
<td>12-12:45PM</td>
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<tr>
<td>2A</td>
<td>7/20-8/6</td>
<td>M-Th</td>
<td>10-10:45AM</td>
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<td>2B</td>
<td>7/20-8/6</td>
<td>M-Th</td>
<td>11-11:45AM</td>
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<tr>
<td>2C</td>
<td>7/20-8/6</td>
<td>M-Th</td>
<td>12-12:45PM</td>
<td>$45</td>
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</table>

Location: Haines Memorial Pool

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
Haines 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.

In the event sessions are cancelled, attempts will be made for make-up classes based on pool and instructor availability.

Fee: $55.00
Registration Deadline: June 12, 2020

Aquatic Programs @ Northland Pool
Sunday, 11 am–12 pm
6/28–8/9/2020
FREE, pre-registration required

Open swim for people with special needs is held at Northland Pool on Sunday mornings, June 23–August 11, from 11AM–12PM. Pool membership is not required & non-residents are welcome. Pre-registration is required. Forms are available at the SVLS Office, mailed upon request by calling 973-535-7925 or may download Printable Registration Form (PDF)
Sports—Youth (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)

Junior Lancer Track Program
Grades: 4–8
Wednesday, 7–8:30 pm & Saturday, 3–4:30 pm
Detailed schedule will be given at team meeting.

Dates: April 1–early June
Livingston HS Track
Team Meeting: Sat., March 21, 11:00 am at LSCC

This instructional program is designed to teach the fundamentals of running events, turbo javelin and running broad jump. The team will also compete in track & field meets against surrounding communities. Volunteers are needed to help run the meets. All adults able to assist at the meets, please contact Senior, Youth & Leisure Services.

Fee: $70
Registration Deadline: Monday, March 9, 2020
Late Fee: $15—space permitting

Tae Kwon Do Chong Do Kwan
Youth: Ages 6–12
Adult: Ages 11 & up
Spring 4/1/20–6/10/20
No session 4/8/20
Youth: 7–8 pm Adult: 8–9 pm
Mt. Pleasant Elementary School Gym

This co-ed class teaches a specific and traditional martial art, Tae Kwon Do Chong Do Kwan, for everyone ages 6 & up. Students will learn practical self-defense while acquiring discipline, conditioning the body, gaining self-confidence and reducing stress.

This class is taught by 5th degree black belt Steven Safran. Steve has been teaching Tae Kwon Do for over 20 years. He also has a Masters Degree in education.

Based on ability: (overlap in age reflects flexibility in trying to find the appropriate spot for the transitional age group.)

Fee: $168.00

Boys & Girls Volleyball Clinic
Grades: 5–8
Wednesday, 4/1/20–6/3/20
No session 4/8
7–9 pm
Heritage Middle School Gym

This is a developmental program under the direction of experienced Livingston High School boys and girls volleyball coaches and team members. The program is devoted to introducing participants to the sport and learn and sharpen skills needed through drills and matches.

Fee: $65.00
Registration Deadline: Friday March 13, 2020
Late Fee: $20—space permitting

Girls 7th & 8th Grade Travel Volleyball Team Tryouts
Tryouts will be held
June 10 & 11, 2020
Tentative date, subject to change.

Girls entering 7th or 8th grade in September 2020 are eligible to tryout to compete against other area recreation departments in a competitive league. There is a limit of one team per community. Practices will be held on Wednesday nights in September with matches to be played in October. Matches will be played based on host gym availability in participating communities.

Pre-registration required
Fee: $125.00, refundable if not selected for team
Registration Deadline: Friday, May 29, 2020
Late Fee: $30

Kiddie Soccer
Ages: 3 1/2–6 years
Friday, 4/17/20–6/5/20
4–5 pm
Monmouth Court Field
Sunday, 4/19/20–6/14/20
9–10 am OR 10–11 am OR 11 am–12 pm
Hillside School Upper Field

Kiddie Soccer is a fun-filled and age-appropriate soccer program for boys and girls. The 8-week sessions are based on various games that are fun and non-competitive, yet instructional. The coaching staff consists of men and women who coach and play the game of soccer, but more importantly, are experienced in working with young children.

Fee: $140.00
In the event of rain, make-up will be added at the end.

Register at [www.kidsofsoccer.com], or call 973-543-1197, or pick-up a brochure at the SYLS Offices.

Parent & Me Sports Squirts Program
Ages 2–3
Tuesday, 4/21/20–6/9/20
5–6 pm
Monmouth Court Field

Parent & Me is similar to our Sports Squirts program however we allow parents to play as well for the younger kids or those not quite ready for the Sports Squirts program. With the help of Mom or Dad, children will have fun playing and learning new sports skills. For frequently asked questions regarding Sport Squirts, please visit [www.usportsinstitute.com] or call 866-345-BALL (2255).

Register directly with U.S. Sports at [www.usportsinstitute.com] or pick-up a form at SYLS.

Fee: $154.00
Registration Deadline: Wed, April 1, 2020
Late Fee: $25
Sports—Youth (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)

**Total Sports Squirts Program**
Tuesday, 4/21—6/9/2020
Ages 3-5, 4—5 pm
Ages 3-5, 6—7 pm
Monmouth Court Field

Total Sports Squirts is similar to our Pre-School Sports Squirt program, where participants will learn various sports in a safe, instructional environment and is geared toward their appropriate ages. For frequently asked questions regarding Sports Squirts, please visit [www.USsportsinstitute.com](http://www.USsportsinstitute.com) or call 866-345-BALL (2255).

Register directly with U. S. Sports online [www.USsportsinstitute.com](http://www.USsportsinstitute.com) or pick-up a form at SYLS.

Fee: $154
Registration Deadline: Wed, April 1, 2020
Late Fee: $25

**Soccer Squirts and Parent & Me Soccer Squirts Program**
Ages 2-3

**Soccer—Parent & Me Squirts** classes are a fun and positive introduction to soccer for children aged 2-3 and their parents! With a parent participating by their side, kids will have fun learning the fundamental skills of soccer through a program of structured activities, fun based games.

Ages 3-5

**Soccer Squirts** is the perfect introduction to the most popular sport in the world! Boys and girls ages 3-5 will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. Soccer Squirts classes are taught through structured activities, fun games, and scrimmages and are designed to ensure learning and most importantly...fun!

**Soccer—Senior Squirts** players learn the principles of attacking, defending and passing, and will be encouraged to apply these skills to game scenarios. Soccer Senior Squirts is appropriate for players graduating from USSI’s Soccer Squirts program or for children looking for their first ever soccer experience! All Senior Squirts curricula create an environment which allows players to develop and progress within the sport.

Questions & registration, please visit [www.USsportsinstitute.com](http://www.USsportsinstitute.com) or call 866-345-BALL (2255).

**Soccer Squirts**
Sat, 4/18—6/13/2020 8:30—9:30 am
Parent & Me
Sat, 4/18—6/13/2020 9:30—10:30 am

**Soccer Squirts**
Sat, 4/18—6/13/2020 10:30—11:30 am

Fee: $154
Registration Deadline: Wed, April 1, 2020
Late Fee: $25

Hillside Elementary School

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**LIVINGSTON YOUTH SPORTS ASSOCIATION CONTACT INFORMATION**

**Baseball & Softball:**
Little League Baseball
Boys ages 5—12
Girls Softball League—Rec & Travel
Girls Thunder Softball
Girls grades K-10
Senior League 13-16

Livingston Little League
Jason Lerner
617-233-7839
[www.livlls.org](http://www.livlls.org)

Girls—Michael Weber
Boys—Barry Silverman
973-978-2458
[www.livingstonjrlax.com](http://www.livingstonjrlax.com)

**Soccer:**
Livingston Soccer Club
[www.lisclub.com](http://www.lisclub.com)
[president@lisclub.com](mailto:president@lisclub.com)

**Cricket Club**
[www.sanskritifnj.org](http://www.sanskritifnj.org)
[info@sanskritifnj.org](mailto:info@sanskritifnj.org)

**Football & Cheerleading:**
Livingston Jr. Lancers
Elmer Ramos
862-245-1307
[www.jrlancers.org](http://www.jrlancers.org)
[cheer@jrlancers.org](mailto:cheer@jrlancers.org)

**Lacrosse:**
Livingston Jr Lacrosse Club
[www.livingstonjnlax.com](http://www.livingstonjnlax.com)
[www.livingstonjnlax.com](http://www.livingstonjnlax.com)
[www.livingstonjnlax.com](http://www.livingstonjnlax.com)
Boys & Girls Summer Sports Camps

The Livingston High School Coaching Staff will conduct the tenth annual Lancers Summer Sports Camps in conjunction with Livingston Senior, Youth and Leisure Services. All camps will be specifically "geared" to the campers to provide each participant with the ingredients for an action packed, learning and FUN camp experience. Participants will have hands on training and be supervised by the LHS Coaching Staff in each sport. Registration fee refund is made only in the event of cancellation.

As part of the camp, to make camp a full day experience, participants will be brought to Haines Pool from 1:50 PM unless your camp is being held at Northland facilities, then drop off and pick up are at Northland. Pool membership is not required. Parents will pick up their campers at the pool no later than 5:30 PM.

Late Pick-up Fee: Parents you will be charged $10.00 every 15 minutes after 5:30pm

See schedule below with tentative dates, subject to change

Fee: $175 per session  Registration Deadline: 2 weeks prior to camp start date  Late Fee: $45.00

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>GRADE (Fall 2020)</th>
<th>DATES</th>
<th>CAMP</th>
<th>POOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball—Co-Ed</td>
<td>4 – 9</td>
<td>June 29 – July 3rd</td>
<td>9 am–1 pm</td>
<td>1:50 –3 pm</td>
</tr>
<tr>
<td>Softball—Girl’s</td>
<td>4 – 9</td>
<td>June 29 – July 3rd</td>
<td>9 am–1 pm</td>
<td>1:50 –3 pm</td>
</tr>
<tr>
<td>Soccer—Co-Ed</td>
<td>4 – 9</td>
<td>July 6 – July 10</td>
<td>9 am–1 pm</td>
<td>1:50 –3 pm</td>
</tr>
<tr>
<td>Speed Agility/Track—Co-Ed</td>
<td>4 – 9 (Tue &amp; Thu)</td>
<td>June 29 – July 31</td>
<td>5:30 –8 pm</td>
<td>1:50 –3 pm</td>
</tr>
<tr>
<td>Cheerleading—Girl’s</td>
<td>4 – 9</td>
<td>July 6 – July 10</td>
<td>9 am–1 pm</td>
<td>1:50 –3 pm</td>
</tr>
<tr>
<td>Tennis—Coed*</td>
<td>4 – 9</td>
<td>July 6 – July 10</td>
<td>9 am–1 pm</td>
<td>1:50 –3 pm</td>
</tr>
</tbody>
</table>

*Tennis camp is held at Northland Tennis courts and then northland pool

Lacrosse—Co-Ed         | 4 – 9             | July 6 – July 10 | 9 am–1 pm | 1:50 –3 pm |
Wrestling—Boy’s         | 2 – 9             | July 20 – July 24 | 9 am–1 pm | 1:50 –3 pm |
Basketball—Co-Ed        | 4 – 9             | July 20 – July 24 | 9 am–1 pm | 1:50 –3 pm |
Soccer—Co-Ed           | 4 – 9             | July 27 – July 31 | 9 am–1 pm | 1:50 –3 pm |
Baseball               | 4 – 9             | July 27 – July 31 | 9 am–1 pm | 1:50 –3 pm |
Volleyball—Co-Ed        | 4 – 9             | July 13 – July 17 | 9 am–1 pm | 1:50 –3 pm |
Leisure games camp**    | 4 – 9             | July 13 – July 17 | 9 am–1 pm | 1:50 –3 pm |

**This camp is held at Northland fields and pool

Dates are tentative and subject to change

SYLS relies on the cooperation & assistance of the Board of Education, our schools and school staff for the success of our programs and activities. With this cooperation we must be good neighbors and respect the school facilities, school displays, school equipment and most of all the school students and staff at each of the facilities. At no time should any of our coaches, players, or spectators be using any school equipment—be it balls, mats, or any other equipment in the school facilities without prior authorization. Parents must supervise and control all siblings and friends under their guardianship attending the games and activities offered. Our continued use of the school facilities requires everyone’s cooperation and assistance. BE A GOOD NEIGHBOR and RESPECT our school and town facilities.
Youth Sports (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)

Spring Vacation Golf Camp 2020
Ages 7-14 years, coed
Mon-Fri, 4/6-4/10/2020
9:15 am–1 pm
Millburn Golf Course
357 White Oak Ridge Rd.
Short Hills, NJ
One week (Monday-Friday) camp session will teach the proper mechanics to all levels of golfers. Learn the golf swing and all other basics such as putting, short game, hybrids and woods. Campers will receive golf instruction on all facets of the game in a learning and fun camp environment. Camp will provide clubs, balls, prizes, handouts, snacks and beverages.
Class size is limited to 20 participants/minimum of 10 on a first come — first served basis
Fee: $400
Contact: Lou Ruina: 201-213-1844, 118 Park Ave First Floor Madison 07940
LouisRuina@yahoo.com Mail payment and form to Lou Ruina or drop off at SYLS.

Golf Schools for Youth/Adults
Juniors: Ages 8-14
Mon. 4/13-5/4/2020
3:45-5:15 pm
Teen/Adult: Ages 15+
Sat. 4/11–5/2/2020
11 am–12:30 pm
Sat. 5/9–5/30/2020
11 am–12:30 pm
Millburn Golf Course
357 White Oak Ridge Rd.
Short Hills, NJ
Each one and a half hour class will teach the proper mechanics to all levels of golfers. Learn the golf swing and all other basics such as putting, short game, hybrids and woods. Golf Professionals and assistants at the facility will teach all classes.
Class size is limited to 16 participants/minimum of 10 on a first come — first served basis.
Contact Lou Ruina at 201-213-1844 or louisruina@yahoo.com
Fee: $160.00
Registration Deadline: 3/16 & 4/20

Junior Pickleball: Spring Youth/Junior Pickleball League

Grades 4—12
Tuesday 3/24/20—5/19/20
No class 4/7
Session 1: 6:30 pm—7:45 pm, grades 4-7
Session 2: 8:00 pm—9:15 pm, grades 8-12
Mt. Pleasant Middle School Gym
Participants will play round-robin pickleball games rotating partners and opponents. Pickleball paddles recommended.
Fee: $200.00

To register send your child’s name and grade level for the 2019-2020 school year to pickleballpalacenj@gmail.com or call 973-689-1716 / 973-886-7803
No class whenever schools are closed for holidays and for bad weather

S.A.G.E.—Set A Good Example
The Township of Livingston and the Livingston Sports Council aspire to be outstanding educational athletic organizations providing a quality experience to every athlete. As part of our commitment to this goal, all parents, legal guardians and adult sports participants must sign a Code of Conduct pledge prior to participating in any Township sponsored sports activity. Signing the pledge acknowledges that every participant has read and discussed the Code of Conduct with all family members and accepts responsibility for their family’s actions while attending, coaching, officiating or participating in a sports event.
Complete copies of the Township of Livingston Sports Council Code of Conduct are available at the SYLS Office, Livingston Public Library, Livingston Public Schools or on the Township website (www.livingstonnj.org) or the Board of Education website (www.livingston.org).
Youth Sports (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)

**Youth Golf Camp 2020**

Each one week (Monday-Friday) camp session will teach the proper mechanics to all levels of golfers. Learn the golf swing and all other basics such as putting, short game, hybrids and woods. Campers will receive golf instruction on all facets of the game in a learning and FUN camp environment. Camp will provide clubs, balls, prizes, handouts, snacks and beverages.

Class size is limited to 20 participants/minimum of 10 on a first come – first served basis.

**Open To:** Livingston boys & girls ages 8—14 years old  
**Location:** Millburn Golf Course, 357 White Oak Ridge Rd. Short Hills, NJ  
**Fee:** $400.00 Checks or Cash accepted

Mail payment and form to Lou Ruina or drop off at Livingston Senior, Youth & Leisure Services

Contact Lou Ruina: 201-213-1844, 118 Park Ave 1st floor Madison, NJ 07940 LouisRuina@yahoo.com

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>June 29—July 3</td>
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<tr>
<td>July 6—July 10</td>
<td>9:15 AM—1:00 PM</td>
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<tr>
<td>July 13—July 17</td>
<td>9:15 AM—1:00 PM</td>
<td>$400</td>
</tr>
<tr>
<td>July 20—July 24</td>
<td>9:15 AM—1:00 PM</td>
<td>$400</td>
</tr>
<tr>
<td>July 27—July 31</td>
<td>9:15 AM—1:00 PM</td>
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**August Sessions**

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<td>Aug 10—Aug 14</td>
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<td>Aug 17—Aug 21</td>
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<tr>
<td>Aug 24—Aug 28</td>
<td>9:15 AM—1:00 PM</td>
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</tr>
<tr>
<td>Aug 31—Sept 4</td>
<td>9:15 AM—1:00 PM</td>
<td>$400</td>
</tr>
</tbody>
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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.

1. Log in to your Livingston Community Pass account at Community Pass Online  
2. Under heading "useful links", select "view account"  
3. Select edit to the left of individual you would like to receive text alerts  
4. Fill in all fields: *Mobile Phone and *Mobile Provider  
5. Check the box to "receive alerts via text messages"  
6. 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.”
**Tennis—Youth & Young Adult** *(Registration opens Mon., Mar. 9, Non-residents, Mon., Mar. 16)*

**Youth Tennis Lessons**

Grades: Entering Pre-School (4 years old), K-6, Fall 2020

NEW! For Summer 2020, SYLS in cooperation with Elite Tennis, will be offering Junior Youth Tennis programs. This program is open to Livingston residents. Lessons are held at Northland Recreation Center, 3 Madison Ct, located at the end of Jefferson Ct, Monday—Thursday. Registration forms are available at SYLS Office. Make checks payable to Elite Tennis Academy and return form along with payment to Elite Tennis Academy, 42 Fairfield Place, West Caldwell, NJ 07006. For further information please call 973-575-1000 ext 202.

Students should also bring their own racquet to every class.

Instructors: Professional tennis instructors will lead each class.

**Fee: $80 per session**

| Tennis Session 1 – June 29 – July 2 |
| Tennis Session 2 – July 6 – July 9 |
| Tennis Session 3 – July 13 – July 16 |
| Tennis Session 4 – July 20 – July 23 |

**Pre-School & K**

- **9:15 - 10:05 am**
- **1** Jun 29 – July 2
- **2** Jul 6 – Jul 9
- **3** Jul 13 – Jul 16
- **3** Jul 20 – Jul 23

**Grades 1 & 2**

- **9:15 - 10:05 am**
- **1** Jun 29 – July 2
- **2** Jul 6 – Jul 9
- **3** Jul 13 – Jul 16
- **3** Jul 20 – Jul 23

**Grades 3 & 4**

- **9:15 - 10:05 am**
- **1** Jun 29 – July 2
- **2** Jul 6 – Jul 9
- **3** Jul 13 – Jul 16
- **3** Jul 20 – Jul 23

**Grades 5 & 6**

- **9:15 - 10:05 am**
- **1** Jun 29 – July 2
- **2** Jul 6 – Jul 9
- **3** Jul 13 – Jul 16
- **3** Jul 20 – Jul 23

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**Young Adult Tennis Lessons**

Grades 7—12, Fall 2020

The program is open to Livingston boys and girls. Lessons are held at the Northland Park tennis courts Friday mornings for five weeks, beginning June 26. In the event of rain, classes will be added at the end. **Please bring one unopened can of tennis balls to the first class.** Students should also bring their own racquet to every class. Make checks payable to Elite Tennis Academy, 42 Fairfield Place, West Caldwell, NJ 07006.

For further information please call 973-575-1000 ext 202. Registration form must be returned to Elite Tennis Academy.

**Limit:** 10 per class  
**Instructors:** Professional tennis instructors  
**Session:** Friday June 26–July 31  
**11:15-12:05**  
**Fee:** $80  

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**12 & under Tennis Program—Spring 2020**

Elite Tennis is proud to offer Spring tennis programs cosponsored with Livingston Senior, Youth & Leisure Services (SYLS). These clinics are designed to introduce young children to the game of tennis by utilizing specialized equipment, such as shorter court dimensions, smaller racquets, and specialized balls. This equipment is better suited to their size and ability. This program open to Livingston residents ages 12 years and younger.

**Fee:** $105.00 per participant or $129.00 which includes Junior Racquet with cover.

**Location:** Monmouth Court Community Center  
Classes meet on Fridays, 4/17, 4/24, 5/1, 5/8, 5/15  
**Boys & Girls** ages 4-6, 3:30 PM–4:20 PM  
**Boys & Girls** ages 7-10, 4:30PM–5:20 PM  
**Boys & Girls** ages 10-12, 5:30–6:20 pm  

**Register early!! Space is limited**

Register today by calling 973-575-1000 ext. 202 or send application to ELITE TENNIS, 42 Fairfield Place West Caldwell, NJ 07006. You must register directly with Elite Tennis.

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During the times of SYLS instruction as well as Livingston High School and Heritage Middle School Sports Programs – limited tennis courts may be available to the general public for use. Additional courts are available at Memorial, Heritage and Northland. **Tennis Courts may NOT BE USED AT ANYTIME for private lessons.** No more than six (6) balls are permitted on a court and ball hoppers are prohibited other than SYLS and school programs.
Adult Sports (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)

* To participate in ALL Adult Sports Programs—Participants must be at least 18 years of age and older AND have graduated or would have graduated from high school prior to the start of the respective season. Other age restrictions may apply to specific divisions.

Adult Tennis
(Ages 18+)
NEW! For Summer 2020 SYLS in cooperation with Elite Tennis, will be offering Adult Tennis programs Wednesday evenings & Friday mornings. This program is open to Livingston residents. Lessons are held at Northland Recreation Center, 3 Madison Ct, located at the end of Jefferson Ct. Registration forms are available at SYLS Office. Make checks payable to Elite Tennis Academy and return form along with payment to Elite Tennis Academy, 42 Fairfield Place, West Caldwell, NJ 07006. For further information please call 973-575-1000 ext 202.

Fee: $80 per session

<table>
<thead>
<tr>
<th>Session</th>
<th>Day</th>
<th>Times</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Wed.</td>
<td>June 24 – July 22* 6:30PM – 7:20PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>Wed.</td>
<td>June 24 – July 22* 7:20PM – 8:20PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Session 3</td>
<td>Friday</td>
<td>June 26 – July 29 9:15AM – 10:05AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Session 4</td>
<td>Friday</td>
<td>June 26 – July 24 10:15AM – 11:05AM</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

These are group lessons - the instructor will group participants by skill and experience level and adapt instruction based on the needs of the players in each class.
Instructors: Professional tennis instructors will lead each class.

Golf Schools for All Ages
Each one and a half hour class will teach the proper mechanics to all levels of golfers. Learn the golf swing and all other basics such as putting, short game, hybrids and woods. Golf Professionals and assistants at the facility will teach all classes.

Class size is limited to 16 participants/minimum of 10 on a first come – first served basis. Contact Lou Ruina at 201-213-1844 or louisruina@yahoo.com  www.louisruina.com. Mail registration to Louis Ruina, 118 Park Ave 1st Floor Madison, NJ 07940. Register at the SYLS Office with cash or check.

Location: Millburn Golf Course, 357 White Oak Ridge Rd. Short Hills, NJ

After School Youth Golf Program
Livingston Children ages 10 – 14 years of age

<table>
<thead>
<tr>
<th>Session</th>
<th>Day</th>
<th>Times</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>April</td>
<td>M</td>
<td>3:30—5PM</td>
<td>4/6—4/27</td>
<td>$140</td>
</tr>
<tr>
<td>May</td>
<td>M</td>
<td>3:30—5PM</td>
<td>5/4—5/25</td>
<td>$140</td>
</tr>
</tbody>
</table>

Teen/Adult (15 and Over with Adult)
Livingston, Men, Women and Teens

<table>
<thead>
<tr>
<th>Session</th>
<th>Day</th>
<th>Times</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>April</td>
<td>Sat</td>
<td>11 am-12:30 pm</td>
<td>4/4—4/25</td>
<td>$140</td>
</tr>
<tr>
<td>May</td>
<td>Sat</td>
<td>11 am-12:30 pm</td>
<td>5/2—5/30</td>
<td>$140</td>
</tr>
</tbody>
</table>

Registration Deadline: April sessions: March 13th
                          May sessions: May 1st

Late Fee: $30

Millburn Par 3 Golf Club Memberships
Ages: 18 and over
Course Opens: April 1st
The Township of Millburn offers to Livingston residents golf memberships to the Township Par 3 Golf Course located in Gero Park on White Oak Ridge Road. Livingston residents can sign up online beginning March 1st by going to http://register.communitypass.net/millburn. Residents can register online or by mail beginning March 1st. If members have their Millburn Photo ID Badge from 2019 they can use the same badge in 2019. If you are a first time Par 3 member, they must register online or by mail and also email or mail in a photo. For detailed information on the registration process or any questions please call Millburn Recreation Office at 973-564-7095.

Adults and Youth ages 13-17

<table>
<thead>
<tr>
<th>Membership</th>
<th>Fee</th>
<th>Adults</th>
<th>Youth</th>
</tr>
</thead>
<tbody>
<tr>
<td>FULL MEMBERSHIP</td>
<td>$180</td>
<td></td>
<td>$95</td>
</tr>
</tbody>
</table>
| Play permitted whenever the course is open.

LIMITED MEMBERSHIP | $90 |        |
| Play permitted Tuesday—Friday, 10AM—2PM tee times only.
Adult Sports (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)

Adult Leagues/Open Play

Softball registration is conducted in January, however check with the SYLS Office, (973) 535-7925, to see if there are any available openings for new teams.

Men’s Softball League

Men 18+ - M1, M2, M3, M4
Men 35+ - MA & MB

All teams are competitive within their divisions. Registration is by team only. Individuals without a team may contact Senior, Youth & Leisure Services office for information about starting a new team or possible placement on an existing team.

Fee: $350.00/team

Registration Information
Fri 1/3/20 - Open registration begins
Fri. 2/7/20 - Registration Closes

Women’s Softball League

Women 18+ - W1
Women 30+ - WA

All teams are competitive within their divisions. Registration is by team only. Individuals without a team may contact Senior, Youth & Leisure Services office for information about starting a new team or possible placement on an existing team.

Fee: $300.00/team

Registration Information:
Fri 1/3/20 - Open registration begins
Fri. 2/7/20 - Registration Closes

Open Play Pickleball

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

Pickleball is one of the fastest growing sports in the country. This upcoming paddle sport combines elements of badminton, tennis, and table tennis. Pickleball 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. Pickleball was invented as a backyard pastime that can be played in doubles or singles and is now an organized sport throughout the world. The United States Pickleball Association estimates more than 100,000 active players in the U.S. alone.

Fee: R-$35.00 NR-$70.00

No sessions when schools are closed.
No Make-ups for cancelled sessions.

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.
**Adult Fitness (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)**

**Yoga—Susí 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>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Spring</td>
<td>Tuesday</td>
<td>8:45—10AM</td>
<td>4/7—6/16</td>
<td>LSCC</td>
<td>R: $69.00 NR: $90.00</td>
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<td>No class 6/2</td>
<td>7/7—8/18</td>
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<tr>
<td>Summer</td>
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<tr>
<td>Spring</td>
<td>Tuesday</td>
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**Chair Yoga (for Seniors) – Susí Amaya-Thieke**

**Spring**: Monday, 4/6-6/15, 9:30—10:30 am

No class 5/25

Fee: $34.50 NR: $56.00

Spring: Wednesday, 4/8-6/17, 10—11 am

No class 4/29

Fee: $34.50 NR: $56.00

Spring: Wednesday, 4/8-6/17, 11:05 am—12:05 pm

No class 4/29

Fee: $34.50 NR: $56.00

Spring: Friday, 4/17—6/19, 9—10 am

Fee: $34.50 NR: $56.00

Summer: Monday, 7/6-8/17, 9:30—10:30 am

Fee: $24.15 NR: $39.20

Summer: Wed., 7/8-8/19, 10—11 am

Fee: $24.15 NR: $39.20

Summer: Wednesday, 7/8-8/19, 11:05 am—12:05 pm

No class 8/5

Fee: $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: $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: $59.00 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: improved 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 3-5lbs 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, 7/6—8/17, 11 am—12 pm
Fee: R-$48.30 NR-$63.00
LSCC

Summmer: 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, 9:45-10:15 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 2-3 lb 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 (1-5lbs), 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, Zumba Toning 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.
## Adult/Senior Fitness & Enrichment Class Schedule—Spring/Summer 2020

### LSCC

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>30/30</td>
<td>Yoga Level 2 8:45 - 10 am</td>
<td>Zumba Gold 10:10:45 am</td>
<td>Yoga - Level 2 8:45 - 10 am</td>
<td>Chair Yoga 9 - 10 am</td>
<td>Zumba 9:15 - 10:15 am</td>
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<td>Chair Yoga 9:30 - 10:30 am</td>
<td>Yoga - Level 1 10:15 - 11:30 am</td>
<td>Seated Zumba Gold w/ Weights 10:50 - 11:35 am</td>
<td>Totally Toned 9:15 - 10:15 am</td>
<td>Chair Yoga 10:05 - 11:05 am</td>
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<tr>
<td>Live, Love, Laugh 10-11 am</td>
<td>Chair Yoga 10 - 11 am</td>
<td>Yoga - Level 1 10:15 - 11:30 am</td>
<td>Pilates (summer) 11 am–12 pm</td>
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<td>Zumba GOLD 11 -11:45 am</td>
<td>Mah jongg Beginners 12 - 2 pm</td>
<td>Chair Yoga 11:05 - 12:05 pm</td>
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<td>Pilates (summer) 11 am–12 pm</td>
<td>Canasta for Beg 11 am – 1 pm</td>
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<td>Arthritis Exercise 11 am – 12 pm</td>
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<td>Meditation &amp; Relaxation 12 - 1 pm</td>
<td>Tai Chi Chih Beg 12 - 1 pm</td>
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<td>Mah jongg Advanced 12 - 2 pm</td>
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<td>Healthy Bones 1 - 3:15 pm</td>
<td>Silver Swans 1:145pm</td>
<td>Tai Chi Chih Cont. 1:15 - 2 pm</td>
<td>Healthy Bones 12:10 - 1:10 pm</td>
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<td>Forever Fit 2 - 3 pm</td>
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<td>Balance For Seniors 1:30 - 2:30 pm</td>
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<td>Canasta II 1:30 - 3:30 pm</td>
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<td>Chess Group 3 - 6 pm</td>
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<td>Yogilates 6 - 7 pm</td>
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<td>Mah jongg Intermediate 7 - 9 pm</td>
<td>Inner Strength 6:30 - 7:30 pm</td>
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<td>Cardio Sculpt 7 - 8 pm</td>
<td>Yoga - Level 2 7:15 - 8:30 pm</td>
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<td>Spanish—Continuing 7 - 8:30 pm</td>
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### Northland Recreation Center

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<th>Stretch &amp; Flex 10–11 am</th>
<th>Barre Above 10 – 11 am</th>
<th>Intl’ Line Dancing 11:15 am–12:15 pm</th>
<th>Zumba Toning 9:15 - 10:15 am</th>
<th>Pilates 11 am – 12 pm</th>
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<td>Senior Shape Up</td>
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Adult/Senior Fitness (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)

**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  
Adult Fee: R-$69.00  
LSCC, lower level  
Summer: Tuesday, 7/7–8/18, 2–3 pm  
Senior Fee: R-$24.15  
Adult Fee: R-$48.30  
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-$34.50  
Adult Fee: R-$69.00  
LSCC, lower level  
Summer: Thursday, 7/9–8/20, 11 am–12 pm  
Senior Fee: R-$24.15  
Adult Fee: R-$48.30  
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**
(Senior and Adult program)

**Spring:** Thursday, 4/16–6/18, 1:30–2:30 pm  
Fee: R-$34.50  
LSCC, lower level  
Summer: Thursday, 7/9–8/20, 1:30–2:30 pm  
Fee: R-$24.15  
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  
Summer: Wednesday, 7/8–8/19, 3:15–4:15 pm  
No class 8/5  
LSCC, lower level

Senior Fee: R-$34.50  
Adult Fee: R-$69.00  
LSCC, lower level  
Senior Fee: R-$20.70  
Adult Fee: R-$41.60

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**
(Senior and Adult program)

**Spring:** Wednesday, 4/8–6/17, 10:50–11:35 am  
No class 4/29, 6/10  
Fee: R-$23.31  
LSCC, lower level  
Summer: Wednesday, 7/8–8/19, 10:50–11:35 am  
No class 8/5  
Fee: R-$15.54  
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
**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 various 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
Everyday Spanish Continuing—Monica Cavalie
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

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.

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.

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.

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.

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.

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.

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
Adult & Senior Enrichment (Registration for Residents, Mon., Mar. 9, Non-residents, Mon., Mar. 16)

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.

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 table. **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 preempt the drop-in status. Please watch for signs.

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

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.**

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 device. 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

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 less than what you're paying now. Get advice on canceling cable or satellite subscriptions and changing to streaming video content over the Internet.

Cybersecurity for Your Home or Business

**Tuesday, June 9, 7–9pm**

**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.
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
- Increases 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!

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**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

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**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.
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 to 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 and access your 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.

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.

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.

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.

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.
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

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.

Self Care—Filling Up Your Cup
Tuesday, 6/9 at 1:30 pm
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. Selfcare 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.

Brain Health and Healthy Aging
Tues., May 5, 1pm
Free—Pre-registration is required
Lena Matteo, Registered Dietitian from Livingston ShopRite
Join us for an informative session that encompasses many aspects of brain health and healthy aging. Lena Matteo, 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.

Nutrition Programs
Lena Matteo, 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

Cooking Demonstration: Cooking Healthy on a Low Budget
Lena Matteo, 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.

Food & Mood
Thurs., April 30, 1:30 pm
LSCC, lower level
Free—Pre-registration is required
Lena Matteo, Registered Dietitian from Livingston ShopRite
Did you know the foods you eat play a role in how you feel? Join Lena Matteo, MS, RD, in-store Dietitian at ShopRite of Livingston as she explores the relationship food has on our mood. Come learn how to feel your best and fuel your body to keep you smiling.
Adult & Senior Enrichment (Registration begins for Residents Mon., Mar. 9, Non-residents, Mon., Mar. 16)

**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

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

**Thursday, 6/4, 1:30 pm**
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.

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**Elder Abuse Presentation**

**Thursday, April 23, 1 pm**
Andrea Oilitzy, 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 Oilitzy, 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.
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 12.30p.m.
Entertainment 1-2pm

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
Adult & Senior Enrichment

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

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
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 11:30 am. 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

LIVINGSTON PUBLIC LIBRARY
10 Robert Harp Drive
Livingston, New Jersey 07039
973-992-4600
livingston.bcds.org

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 Funt, 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, 5/21, 6/18 | 7pm
Cookbook Club: 5/6, 7/10 | 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 livingstontownship.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, Taheaney 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.

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.

Sleep Health Presentation

Tuesday, April 28, 2020
1:00-2:00pm
LSCC, lower level, Taheaney 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

Blood Pressure Screening Schedule 2020

Fridays—Dates To Be Announced, Watch for Details
We will meet in the parking lot of Mcloone’s Boathouse, 9 Cherry Lane in West Orange and will walk 1.75 miles around the reservoir.
Questions about the Walking Club—contact Jessica Kelly, Health Educator at 973-535-7961 ext. 227 or email jekelly@livingstonnj.org

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.
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 973-276-1791 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.childrenstheateroflivingston.org

Livingston Symphony Orchestra

Established in 1955, 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 N1 07039. The society maintains the following properties: Elly Cemetery—open to the public on Memorial Day and Veterans Day Force Homestead—open to the public the second Sunday from February to 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 well-being 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 Marlene Reiter at 973-887-1285.

AARP Livingstones:

Join the Livingstones 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
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.

RSVP (Retired & Senior Volunteer Program)
The RSVP (Retired & Senior Volunteer Program) Center of Essex and Hudson Counties is designed to mobilize members of the community who are 55+ and want to give back to their own neighborhoods through volunteer services. Some examples of placements include visiting homebound seniors, reading to children, working in the community gardens, food pantries and more!
For information please contact RSVP Director, Stephanie Grove at 973-637-1766 or email sgrove@jfsometwest.org.

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 citizen’s 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 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

Save the Date
Youth Appreciation Week
May 11–17, 2020
Participate in some of the many events that celebrate and appreciate the youths in our community!
A weeklong celebration!

Family Festival
May 16, 2020
Memorial Oval & park
Enjoy an entire day of celebration: Family Fun Day, Town-wide Campout and Movie Under the Stars!

LACD Blue vs. Red Wiffle Ball
Sunday, May 17, 2020
The Livingston Advisory Council on Disabilities hosts a Blue (Police) vs. Red (Fire Department) wiffle ball game.

Livingston Celebrates Israel

Flag Raising
Sun, April 26, 2020
9:30 AM
Livingston Town Hall
357 S. Livingston Ave
Livingston, NJ

Festival
Wed, April 29, 2020
4:30 - 7:00 PM
Livingston Community Ctr.
204 Hillside Ave
Livingston, NJ

A Project Through the Livingston Diversity & Inclusion Committee
Starliners Dance Team Auditions

Thinking about joining the Starliners?
The Livingston Starliners Dance Team is a competitive dance team designed for the student who is highly motivated in the performing arts!

Team Requirements
All dancers must make a minimum of 90% of all classes and Starliner rehearsals to compete. Instructors will make all decisions regarding competition numbers and participation in performances.

Team Class Requirements
Dancers on all levels must be enrolled in a minimum of one ballet, one jazz and one tap class per week. Acceptable jazz classes include Kids/Teens on Broadway, Jumps and Turns Jazz, Lyrical Jazz and Hip Hop Jazz/Combo.
The first team rehearsal of the 2020-2021 seasons will be held on Friday, September 6, at Northland from 4:00-6:00p.m for all Starliners Dancers. There will be a mandatory parent meeting following the first practice at 6:00p.m.

Dance Team Fee*
$450 (Resident)  $475 (Non-Resident)
*The township will only cover the cost of the first group dance competition fee. Additional competition fees will apply.

Register online at LivingstonNJ.org/SYLS
or in person at SYLS Office, 204 Hillside Ave., M–F, 8:30 am—4:30 pm.
Please select the season 2020-2021 Livingston Dance Academy
Questions: call 973-535-7925, option 8 or email syls@livingstonnj.org
Summer Employment Opportunities

Looking for a summer job?
Come to our Open House, March 12, 2020, 7-9 pm @ LSCC. Walk-in, no appointment necessary. Supervisors will be conducting on-site interviews.

Swim Instructors and Lifeguards
Positions are available at both Township pools. Applicants must be 15 years of age or older with the appropriate certifications.
Township of Livingston employment applications must be completed for Swim Instructor and Lifeguard positions along with copies of Lifeguard Training and CPR/AED certifications attached.

Snack Bar Concessionaires
Positions are available at both Township pools. Applicants must be entering 10th grade or older. Application deadline is Friday, March 13, 2020.

Summer Camp Counselor Jobs

Camp Dates: June 29—August 7, 2020 (must be available all six weeks)

CAMP COUNSELOR — Entering 10th grade or older, Fall 2020
Monday—Friday, 8:00 am—12:15 pm, half day; 8:00 am—3:00 pm, full day

COUNSELOR IN TRAINING (CIT) PROGRAM — Entering 9th grade, Fall 2020
This is an unpaid position & must interview!
Monday—Friday, 8:00 am—12:15 pm

Applications now available. Summer Camp application deadline is Friday, March 27th, 2020.
Hiring decisions are made by mid May.

Township of Livingston employment applications may be obtained online at www.livingstonnj.org/employment or at Senior, Youth and Leisure Services at 204 Hillside Avenue.

Call 973-535-7925, option 8, for more information.

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.
Proudly Sponsored

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

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32nd Annual
Intergenerational Prom
“The Roaring Twenties”
April 15, 2020
5:30 pm
Pick up your ticket at SYLS office

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Summer Concerts at the Gazebo
Proudly Sponsored

Regal Bank
The treatment you deserve.

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

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 Cover Band)

In the event of rain, concert is moved to LHS auditorium

https://www.facebook.com/LivingstonTownshipNJ