



Somerset County
Park Commission



SOMERSET COUNTY PARK COMMISSION

Therapeutic Recreation

2022 Fall Programs

Ages 15+



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



Therapeutic Recreation Department

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

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

Office Hours:
Monday through Friday 8:00am to 4:30pm
2022 Fall Programs ages 15 and older

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

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

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

POLICIES

Annual Information Form/Release & Waiver Form

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

Financial Assistance

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

Payment Policy

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

Refund/Household Credit Request

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

Canceled Programs

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

Closed Programs

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

Behavior

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

Inclement Weather

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

Medication/Personal Needs

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

Groups

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

Other Policies

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

REGISTRATION POLICY

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

- **Registration is online and will open on Monday, September 12 at 6:00pm**
- If you do not have a computer to utilize for online registration, please call the TR office prior to September 12 to discuss options.
- **You may register for 10 programs and one (1) special program.**
- Phone-in registration will begin on **Tuesday, September 13** at 9:00am. **No email registration accepted.**
- Registrations received prior to the specified date & time will not be accepted.

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

PICK-UP /DROP-OFF



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

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

****No pick-up/drop-off is available within 5 miles of a program site. ****

The TR Department does not provide home pick-up/drop-off.

AVAILABILITY ON THE VEHICLES IS LIMITED AND WILL BE GRANTED ON A FIRST COME FIRST SERVE BASIS. MASKS WILL BE REQUIRED WHILE RIDING IN THE VEHICLES. NO EXCEPTIONS!

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



This symbol displayed next to programs indicates that pick-up/drop-off **MAY** be available from the locations listed below.

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

PICK-UP/DROP-OFF POLICY

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

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

DIFFERENT PERSON PICK-UP

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

If you have any questions about these policies, or if you are scheduled for pick-up, but cannot attend the day's program or event, please call the TR office at 908-526-5650.

ADULT PROGRAMS, AGES 15 AND OLDER



FIT & FUN 98457



Keep moving this fall in this fun fitness mash up. Each week will be different fitness activities to help keep us on track.

Date: Mondays, September 19, 26
October 3, 17, 24, 31

Time: 7:00 – 8:30pm

Fee: \$84.00

MUFFIN TIN MEALS 98458



It's about time to discover the magic of muffin tin meals. Your muffin tins are probably gathering dust in the pantry right now. If you've only been using them for muffins, you're in for a surprise. There are many recipes you can make. So, dust off your pans and try muffin-tin recipes for breakfast, lunch, dinner or dessert. Everything tastes better in bite-size.

Date: Tuesdays, September 20, 27
October 4

Time: 7:00 – 8:30pm

Fee: \$63.00

HOLIDAY CARDS 98459



Now is your chance to make some cards for others that you will have on hand so you never run out. We will make different cards for various occasions such as birthday, Valentine's Day, Christmas/Hanukkah, and more.

Date: Wednesdays, September 21, 28

Time: 7:00 – 8:30pm

Fee: \$50.00

BINGO 98460



You have to be in it to win it, and this may be your chance to do just that. With great prizes and yummy snacks, you will have a great time with friends. **You may only sign up for one session.**

Session I: Thursday, September 22

Session II: Tuesday, November 29

Time: 7:00 – 8:30pm

Fee: \$30.00



MOVIE NIGHT 98461



Lights, camera, action! Gather with friends to check out the latest movies and enjoy a light snack. The group will vote on which movie to see.

Date: Fridays, September 23
November 18

Time: 7:00 – 9:30pm

Fee: \$30.00



DINING OUT 98462

Get out and enjoy a scrumptious meal with friends. One week we will visit Buffalo Wild Wings and Houlihan's the other week. **Please bring a minimum of \$35 to cover the cost of your meal, dessert, tax, and tip. You may only choose one session.**

Session I: Wednesdays, October 5, 12

Session II: Thursdays, December 8, 15

Time: 6:30 – 8:30pm

Fee: \$40.00

YUMMY MUMMY 98463



You don't have to be a mad scientist to cook up some extra spooky recipes. We will make frighteningly delicious and terrifyingly tasty treats in preparation for Halloween.

Date: Thursdays, October 6, 13, 20

Time: 7:00 – 8:30pm

Fee: \$63.00

SOCIAL CLUB 98464



Hanging out with friends and having fun is what social club is all about. There will be a variety of activities for all to enjoy!

Date: Fridays, October 7; November 4
December 9

Time: 7:00 – 8:30pm

Fee: \$60.00



ADULT PROGRAMS, AGES 15 AND OLDER



CASINO NIGHT 98465



Come join us to see if lady luck is with you! We will learn a variety of games of chance, from card games to dice and let's not forget about the ponies too. Will you be the high roller and win the most fun money we have? **(For this program we will only be able to provide transportation home)**

Date: Tuesday, October 11
Time: 7:00 – 8:30pm
Fee: \$25.00



MIXED MEDIA 98466



Create one-of-a-kind project using a variety of material from paint, clay, and paper as well as other found objects. This will be a great way to expand your creative horizons while making items to display for your family and friends. No art experience necessary. **(For this program we will only be able to provide transportation home)**

Date: Tuesdays, October 18, 25
November 1
Time: 7:00 – 8:30pm
Fee: \$60.00

BODY PUMP 98467



Stretch, bend, and move in this fitness program. We will break out the mats and get down on the floor for some good old-fashioned fitness. Each week will be filled with movement and music as we focus on different areas of the body.

Date: Wednesdays, October 19, 26
November 2, 9, 16
Time: 7:00 – 8:30pm
Fee: \$84.00

BOO BASH 98468



DJ Jean Marie is back and will be playing the latest hits! Dig out your favorite costume and come ready to dance. A light snack will be served.

Date: Friday, October 21
Time: 7:00 – 9:00pm
Fee: \$35.00



PUMPKIN PALOOZA 98469



The air is crisp, and the leaves are changing! You know what that means...it is fall and pumpkins are in season. We will explore a variety of ways to decorate our pumpkins and make a sweet treat in the kitchen.

Date: Thursday, October 27
Time: 7:00 – 8:30pm
Fee: \$40.00

CRANBERRY CREATIONS 98470



Autumn is a great time to cook seasonal treats using cranberries, apples, and cinnamon. You will learn to bake tasty treats to share with your family and friends and talk about the history of growing and harvesting cranberries. **(For this program we will only be able to provide transportation home)**

Date: Thursdays, November 3, 10, 17
Time: 7:00 – 8:30pm
Fee: \$60.00



Cranberries

CARD SHARKS 98471



See who can win in this massive game of cards. Each week we will play card games. Play some of your favorites like uno and go fish and learn some new ones you may have never heard of.

Date: Mondays, November 7, 14
Time: 7:00 – 8:30pm
Fee: \$40.00

GROUP GAMES 98472



We all love games so why not play them in big groups? Join us for Jeopardy and other large group games. A light snack will be served.

Date: Mondays, November 21, 28
Time: 7:00 – 8:30pm
Fee: \$40.00



ADULT PROGRAMS, AGES 15 AND OLDER

CARDIO BEAT 98473



Get your heart pumping in this fitness drumming program. We will rock out to different music while pounding to the beat.

Date: Mondays, December 5, 12

Time: 7:00 – 8:30pm

Fee: \$50.00

HOLIDAY CRAFTS 98474



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

Date: Tuesdays, December 6, 13, 20

Time: 7:00 – 8:30pm

Fee: \$63.00

COOK IT UP 98475



See what you can cook using everyday things in your fridge. Make sure you eat a light dinner so you can taste test your creation.

Date: Wednesdays, December 7, 14

Time: 7:00 – 8:30pm

Fee: \$50.00

PIZZA & KARAOKE 98476



Dust off those vocal cords and sing your heart out. We will enjoy a pizza dinner followed by entertainment from our friends. **You may only choose one session.**

Session I: Monday, December 19

Session II: Wednesday, December 21

Time: 7:00 – 8:30pm

Fee: \$32.00



SPECIALS

YOU MAY ONLY REGISTER FOR 1 SPECIAL!



A CHRISTMAS STORY 98477

Join us as we watch this old-time classic come to life on the stage at Music Mountain Theater. Everyone will have a good time laughing at the jokes and enjoying the company of friends. **Please eat lunch before you come.**

Date: Saturday, November 5

Time: Arrive by 1:15pm. Van departs the TR Activity Center and returns at 6:00pm

Location: Music Mountain Theater
1483 NJ-179, Lambertville, NJ

Fee: \$50.00

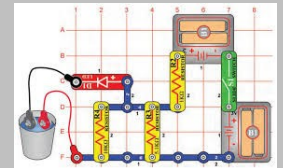
I CODE FUN 98478



Come join us for some fun stem activities with iCode. We will learn some computer science, using the basic principles of electricity and explore various types of circuits using snap circuits. We will also learn how to navigate a robot to complete tasks and guide it through a maze to get a reward.



Date: Tuesdays, November 15, 22

Time: 7:00 - 8:30pm

Fee: \$95.00



SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
													
				1	2	3							1
4	Holiday	6	7	8	9	10	2	3 Fit & Fun	4 Muffin Tin Meals	5 Dining Out I	6 Yummy Mummy	7 Social Club	8
11	12	13	14	15	16	17	9	10 Holiday	11 Casino Night	12 Dining Out I	13 Yummy Mummy	14	15
18	19 Fit & Fun	20 Muffin Tin Meals	21 Holiday Cards	22 Bingo I	23 Movie Night	24	16	17 Fit & Fun	18 Mixed Media	19 Body Pump	20 Yummy Mummy	21 Boo Bash	22
25	26 Fit & Fun	27 Muffin Tin Meals	28 Holiday Cards	29	30		23	24 Fit&Fun	25	26 Body Pump	27 Pumpkin Palooza	28	29
							30	31 Fit&Fun	Mixed Media				

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
													
		1 Mixed Media	2 Body Pump	3 Cranberry Creations	4 Social Club	5 A Christmas Story					1	2	3
6	7 Card Sharks	8 Holiday	9 Body Pump	10 Cranberry Creations	11 Holiday	12	4	5 Cardio Beat	6 Holiday Crafts	7 Cook It Up	8 Dining Out II	9 Social Club	10
13	14 Card Sharks	15 I Code Fun	16 Body Pump	17 Cranberry Creations	18 Movie Night	19	11	12 Cardio Beat	13 Holiday Crafts	14 Cook It Up	15 Dining Out II	16	17
20	21 Group Games	22 I Code Fun	23	24 Holiday	25 Holiday	26	18	19 Pizza & Karaoke I	20 Holiday Crafts	21 Pizza & Karaoke II	22	23 Holiday	24
27	28 Group Games	29 Bingo II	30 Body Pump				25	26 Holiday	27 Virtual Reunion	28	29 Virtual Reunion	30	31