

RECREATION & PARKS DEPARTMENT



220 Walnut Avenue • Cranford, NJ 07016 • 709-7283 • www.cranford.com/rec

Recreation Staff

Stephen P. Robertazzi, RA
Director

*Recreation & Parks and
Swim Pool Utility*

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Senior Citizen

Program Coordinator

Liz Gladwell
Administrative Secretary

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Clerk/Receptionist

William Babkowski
Maintenance

Recreation & Parks Advisory Board

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John Simonini
Senior Citizen Rep.

Roberta Vanata

Charles Walter

Richard Wischusen

Stephen P. Robertazzi, RA
Director

*Recreation & Parks and
Swim Pool Utility*

Office Hours:

Monday thru Friday – 8:00am to 4:30pm

Weather Emergency and Program Cancellation

Hotline: 908-276-6767

Building Hours:

Monday thru Thurs – 8:00am to 10:00pm

Friday – 8:00am to 7:00pm

Saturday – 9:00am to 5:00pm

Email: recreation@cranfordnj.org

Fax: 709-7286

2011 - 2012 FALL/WINTER/SPRING PROGRAMS

GENERAL INFORMATION

1. Registration is on a first come first serve basis and limited to Cranford residents only.
2. Proof of residency is required for all registrations.
3. At the time of registration, registration form and payment in cash or check is required.
4. Classes cancelled due to inclement weather will be made up at the discretion of the Recreation Department.
5. When public schools are closed, any programs conducted at public schools are automatically cancelled.
6. All programs meet at the Community Center unless otherwise indicated.
7. **Refund Policy:** A full refund will be given if requested in writing prior to the first class. Once a program begins, refunds will only be issued in cases of medical reasons with documentation. Refunds are issued by township check, so please allow 4-6 weeks.
8. **Photo Policy:** Please be advised that all participants involved in any department programs or special events are subject to being photographed. The Township of Cranford without an obligation to provide compensation to those photographed may use such photographs.
9. All programs are closed during Township holidays.
10. **Park & Building Permits:** Permits are required for organized activities. Requests for permits must be made in writing by filling out a Facility Use Form. Forms may be obtained

at the Recreation Dept. or on the website under the heading "Forms". Depending on request and organization requesting permit, a fee may be required.

11. How to watch a good program die: Nothing kills a recreation class faster than participants who wait until the last minute to enroll. There is a point at which courses must be canceled due to insufficient registration. **Please enroll early!**

12. For program cancellations and information on program status due to weather related issues, please call 908-276-6767.

ONLINE REGISTRATION AVAILABLE

You can now securely register your entire family at one time from the comfort of your home or workplace 24 hours a day, 7 days a week. Be sure to create your Community Pass account now by going to <https://register.communitypass.net/cranford>.

When your account is created, you will receive an email containing your login information. Be sure to keep this email in a safe place so that you can continue to enjoy the convenience of online registration.

In-person and online registration will occur simultaneously for all recreation programs unless otherwise indicated. Please note that you will not be able to register for any program online until the date and time listed in this brochure. You must pay for all program registrations in person and proof of residency is required at the time of payment.

Recreation Facilities & Parks

Adams Park – Adams Ave. & Lambert St.
Buchanan Park – Centennial Ave. & Buchanan Ave.
Canoe Club – Springfield Ave. & Orange Ave.
Community Center – 220 Walnut Ave.
Crane's Park – Springfield Ave. & North Union Ave.
Cranford West – Hope, N.J.
Girl Scout Park – Springfield Ave. & Orange Ave.

Hampton Park – Eastman St. & Hampton St.
Hanson Park – Springfield Ave. & Holly St.
Johnson Park – Johnson Ave.
Lincoln Park – Lincoln Ave.
Mayor's Park – Springfield Ave. & N. Union Ave.
Memorial Park – Springfield Ave. & Central Ave.
Sherman Park – Lincoln Ave. East

Sports Leagues & Organizations

Baseball/Softball – www.cranford.com/cbsl
Canoe Club – www.cranfordcanoeclub.com
Clay Courts – www.cranfordtennis.com
Hanson Park – www.hansonparkconservancy.com
Hockey – www.cranfordhockeyclub.com
Jaycees – www.cranfordjaycees.com

Jersey Central Arts Studio – www.jcas.org
Lacrosse – www.eteamz.com/cranfordlacrosse/
P.A.L. – www.eteamz.active.com/cranford_pal/
Recreation and Parks – www.cranford.com/rec
Soccer – www.cranfordsoccer.net

Special Events

NEW!



Special Olympics Young Athlete Program

Note: Non-Cranford residents may register for this class

Ages: 4 – 7
Days: Saturday
Date: Session 1 – October 1 to December 10*
Session 2 – January 14 to March 17
Session 3 – April 14 to June 16
Time: 9:00am – 10:00am
Fee: Free **Min:** 6 **Max:** 15
Note: *Parents must participate*
Registration will begin at 12:30pm on September 17th.
*No class on November 26

Run in conjunction with the Special Olympics. The Young Athlete Program is designed for participation of children ages 4 – 7 with intellectual disabilities. For more information, please visit www.sonj.org.



Santa Claus

Date: Saturday, December 3
Time: 9:00am – 12:00pm
Site: Community Center

Sponsored by the Cranford Jaycees

Let's Explore (For Special Needs Children)

Note: Non-Cranford residents may register for this class

Ages: 8 – 12
Days: Thursday
Date: October 27 to December 1*
*No class on November 24
Time: 4:15pm – 5:00pm
Fee: \$40 **Min:** 5 **Max:** 10
Note: *Children should be able to participate without parental or one-on-one assistance and follow one-step directions in a small group setting. Helpers will be available to assist with the group as a whole.*
Registration will begin at 12:30pm on September 17th.

Each week, children will have fun exploring a different area of learning: Music, Yoga, Art, Cooking/Kitchen, Safety, Crafts, Very Basic First Aid and Personal Safety.



Halloween Parade

Date: Sunday, October 30
Time: 1:00pm - Judging will be held at 1:30pm
Parade begins at 2:00pm
Site: Community Center Parking Lot

Co-sponsored by the Cranford Jaycees. Judging will be done by the following categories; Ages 0-3, 4-5, 6-7, 8-9, 10-11, 12-16, Adult / Child, Group and Pull Float.

Open Center

What is Open Center?

Open Center is a program run at the Community Center for all residents of Cranford. It consists of basketball, a game room with two (2) ping-pong tables, one (1) air hockey table, and a lounge with two (2) flat screen TVs, one (1) pool table, one (1) Foosball Table and Vending Machines.

What qualifies as proof of residency?

Current Cranford High School ID cards, Driver's Licenses, or a current utility bill qualify as proof of residency.

Who can use the Open Center?

The open center can be used by any resident of Cranford. Anyone wishing to use the facilities must first show proof of residency, and then sign in. No one will be admitted without proof of residency. Children under age 8

must be accompanied by a parent or guardian at all times.

When is the center "Open"?

The center is considered "open" Monday thru Thursday 8am to 10:00pm, Friday 8:00am to 7:00pm and Saturday 9:00am to 5:00pm as long as there are no recreation programs scheduled. You can refer to this brochure to see when various programs are scheduled.

All Sports For Kids

Ages: 3 – 4 years

Days: Tuesday

Dates: Session 1 – September 27 to November 29

Session 2 – January 10 to March 13

Session 3 – April 10 to June 12

Time: 11:30am – 12:15pm

Fee: \$50

Min: 10 **Max:** 20

Registration begins at 10:30am on September 17th

Ages: 3 – 4 years

Days: Friday

Dates: Session 1 – September 30 to December 9*

Session 2 – January 13 to March 16

Session 3 – April 13 to June 15

Time: 11:30am – 12:15pm

Fee: \$50

Min: 10 **Max:** 20

Registration begins at 10:30am on September 17th.

*No class on November 25



Westfield Area Y instructors teach children the basics of T-ball, basketball, soccer and more in a safe and fun environment.

My First Friends

Ages: 2 – 3 years

Days: Tuesday

Dates: Session 1 – September 27 to November 29

Session 2 – January 10 to March 13

Session 3 – April 10 to June 12

Time: 9:30am to 10:15am

Fee: \$35

Min: 6 **Max:** 20

Note: Parent must attend

Registration begins at 11:30am on September 17th

Ages: 2 - 3 years

Days: Thursday

Dates: Session 1 – September 29 to December 8*

Session 2 – January 12 to March 15

Session 3 – April 12 to June 14

Time: 9:30am to 10:15am

Fee: \$35

Min: 6 **Max:** 20

Note: Parent must attend

Registration begins at 11:30am on September 17th

*No class on November 24

Designed especially for two and three year-olds. My First Friends class will emphasize and encourage the importance of playing and sharing within a group. Each class will mix games and toys, arts and crafts, dance and music. Activities will be presented in a positive, pleasant environment. An adult or guardian must accompany each child to class.

Mommy and Me Music

Ages: 9 – 18 months

Days: Monday

Dates: Session 1 – September 26 to December 5*

Session 2 – January 9 to March 26*

Session 3 – April 9 to June 18*

Time: 10:15am – 10:45am

Fee: \$120

Min: 6 **Max:** 10

Note: Parent must attend

Registration begins at 12:30pm on September 17th

*No class October 10, January 16, February 20, May 28

Ages: 1 1/2 – 3 years

Days: Monday

Dates: Session 1 – September 26 to December 5*

Session 2 – January 9 to March 26*

Session 3 – April 9 to June 18*

Time: 9:30am – 10:00am

Fee: \$120

Min: 6 **Max:** 10

Note: Parent must attend

Registration begins at 12:30pm on September 17th

*No class October 10, January 16, February 20, May 28

Brought to you by Sing A Song, children are introduced to instrument play, interactive songs, live music, dancing with colorful scarves, puppets, picture song books, world music, rhythm and movement.

Sports Squirts Camp

Ages: 3 – 5 years
Days: Fridays
Dates: Session 1 – September 23 to October 28
 Session 2 – Not Available
 Session 3 – May 4 to June 8
Time: 2:15pm – 3:15pm
Site: Lincoln Park & Community Center
Fee: \$105
Min: 20 **Max:** 80
 Registration done directly with US Sports Institute

The Sports Squirts Camp is a great way to introduce children to a variety of sports such as soccer, T-ball, basketball, lacrosse and hockey. For additional information, please contact the US Sports Institute, 732-563-2520 or www.ussportsinstitute.com

T-Ball Squirts Camp



Ages: 3 – 5 years
Days: Saturdays
Dates: Session 1 – September 24 to October 29
 Session 2 – Not Available
 Session 3 – May 5 to June 9
Time: 12:00pm – 1:00pm
Site: Lincoln Park & Community Center
Fee: \$105
Min: 10 **Max:** 30
 Registration done directly with US Sports Institute

The T-Ball Squirts Camp introduces young boys and girls to the game of baseball. Using safe and developmentally appropriate equipment, hitting, throwing, catching and running the bases are learned. For additional information, please contact the US Sports Institute, 732-563-2520 or www.ussportsinstitute.com.

Science Matters!

Morning Sessions

Ages: 3 1/2 – 6 years
Days: Tuesday
Dates: Session 1 – October 11 to November 15
 Session 2 – January 10 to February 14
 Session 3 – April 17 to May 22
Times: 10:15am – 11:00am
Fee: \$105
Min: 3 **Max:** 20
 Registration begins at 11:00am on September 17th

Afternoon Sessions

Ages: 3 1/2 – 6 years
Days: Tuesday
Dates: Session 1 – October 11 to November 15
 Session 2 – January 10 to February 14
 Session 3 – April 17 to May 22
Times: 1:00pm – 1:45pm
Fee: \$105
Min: 3 **Max:** 20
 Registration begins at 11:00am on September 17th

Brought to you by What Matters for Kids, Inc., science lessons are taught using a multi-sensory philosophy, so your child will get up and jump around, stick their hands in goop, smell the stink of a chemical reaction, hear the thud of gravity and even see color changes in some experiments. At the end of each lesson, your child will receive materials to continue their exploration and experimentation at home.

Pre-school Arts & Crafts

Whether you are crafty or not, this is a class you and your child will have lots of fun creating wonderful projects together in. We work on developing skills cutting, painting, gluing, coloring and most of all creativity. Enjoy the excitement you and your child will feel after seeing the projects you have created together.

Morning Sessions

Ages: 3 – 4 years
Days: Thursdays
Dates: Session 1 – Sept 29 to Dec 8*
 Session 2 – Jan 12 to Mar 15
 Session 3 – April 12 to June 14
Time: 9:45am – 10:45am
Fee: \$45
Min: 7 **Max:** 15
Note: Parent must attend
 Registration begins at 9:00am on September 17th
 *No class November 24

Ages: 3 – 4 years
Days: Thursdays
Dates: Session 1 – Sept 29 to Dec 8*
 Session 2 – Jan 12 to Mar 15
 Session 3 – April 12 to June 14
Time: 11:30am – 12:30pm
Fee: \$45
Min: 7 **Max:** 15
Note: Parent must attend
 Registration begins at 9:00am on September 17th
 *No class November 24

Afternoon Session

Ages: 3 – 4 years
Days: Thursdays
Dates: Session 1 – Sept 29 to Dec 8*
 Session 2 – Jan 12 to Mar 15
 Session 3 – April 12 to June 14
Time: 1:30pm – 2:30pm
Fee: \$45
Min: 7 **Max:** 15
Note: Parent must attend
 Registration begins at 9:00am on September 17th
 *No class November 24

Sing A Song Music

Ages: 3 – 5 years

Days: Monday

Dates: Session 1 – September 26 to December 5*
Session 2 – January 9 to March 26*
Session 3 – April 9 to June 18*

Time: Classes will run ½ hour and may start at 11:00am, 11:30am or 12:00pm

Fee: \$120

Min: 6 **Max:** 12

Registration begins at 12:30pm on September 17th

*No class October 10, January 16, February 20, May 28

Sing a Song presents a music class for 3-5 year olds where a child's creativity is encouraged through an interactive musical experience! This program includes song with movement, percussion instrument play, world music, dancing with colorful scarves, rhythm fun, singing with puppet friends, and more!

Authors and Artwork

Ages: 3 – 5 years

Days: Wednesday

Dates: Session 1 – September 28 to December 7*
Session 2 – January 11 to March 14
Session 3 – April 11 to June 13

Time: 9:30am to 11:00am

Fee: \$50

Min: 10 **Max:** 15

Registration begins at 12:00pm on September 17th

*No class November 23

Each class will explore a classic children's literature piece and the background of the author/illustrator. The kind of artwork used will be discussed and the children will then develop their own painting/drawing creating their own album/folder of artwork from the story!

Ready to Read

Ages: 4

Days: Friday

Dates: Session 1 – September 30 to December 9*
Session 2 – January 13 to March 16
Session 3 – April 13 to June 15

Time: 9:15am – 10:30am

Fee: \$70

Min: 8 **Max:** 10

Note: Parent must attend

Registration begins at 12:30pm on September 17th

*No class November 25

This class is designed to build the foundation for success in reading and writing. Through reading books, poems, songs, dramatic play, and writing stories; children will have the opportunity to build their knowledge of letters, sounds & sight words.

Get Cooking! Kids With Food Allergies

Ages: 4 – 5 years

Days: Tuesday

Dates: Session 1 – September 27 to November 29
Session 2 – January 10 to March 13
Session 3 – April 10 to June 12

Time: 9:30am to 10:30am

Fee: \$130 (includes food, recipes, instruction, book journal and apron)

Min: 6 **Max:** 8

Note: Parent must attend

Registration begins at 10:30am on September 17th

In this hands-on culinary arts class, children will prepare delicious, healthy, seasonally inspired dishes. Let us know what allergy your child has, nut-free, dairy free or gluten free and we will custom design a cooking class to meet their need and get them excited about cooking again!

YMCA Pre-School at the Cranford Community Center – 2011-2012 School Year

Join us for a fun-filled morning/afternoon packed with activities such as arts & crafts, story time, playtime in the gym, walks to the park, theme days, specialty days and live performances. The Y camp curriculum promotes teamwork, builds self-esteem, includes an educational component and is kid-tested and kid-approved for fun!

Wee Three's

Ages: Children must be 3 years of age by October 1st

Days: Tuesdays and Thursdays

Time: 9:00am to 11:30am

Children are assisted with socialization and are encouraged to learn and discover through hands-on art projects, stories, music and play. Children engage in a wide variety of pre-kindergarten development activities that focus on colors, shapes, group play, name recognition and cooperation.

Fun for Four's

Ages: Children must be 4 years old by October 1st

Days: Mondays, Wednesdays & Fridays

Time: 9:00am to 11:30am

The program fosters creativity, fine-motor & cognitive skills. Center-based learning allows the children to gain the pre-reading skills and math concepts they need to be confident kindergartners. Academic and social skills are gained for kindergarten.

Services Provided By: Westfield Area Y. For more information about these programs, please contact Eileen Rooney at the Westfield Area YMCA at 908-233-2700, ext. 423 or visit them on-line at www.westfieldynj.org. All programs listed are for Cranford residents only. Financial assistance available.



MANNERATIONS

Where manners are serious fun!

Mannerations is a fun, innovative program that teaches children and young adults about etiquette and how it should be practiced in today's world. Learning good manners early in life sets the stage for a more successful future.

Mannerations – Social Etiquette

(1 Day Class)



Ages: 6 – 12

Days: Monday

Dates: October 24, December 5, February 6 or April 9

Times: 4:00pm – 5:00pm

Fee: \$40 for 1 class (Includes instructional materials and a good fun manners bag)

Min: 5 **Max:** 10

Registration begins at 11:00am on September 17th

This one day class teaches children the proper etiquette techniques to successfully manage social situations. Topics include greetings and introductions, being a good guest and host, written correspondence, and behavior at celebrations and other life events. Children learn through role-playing, worksheets, and fun games.

Mannerations – Dining Program

(1 Day Class)



Ages: 6 – 12

Days: Monday

Dates: Nov. 7, Nov. 28, January 9 or March 5

Times: 4:00pm – 5:00pm

Fee: \$50 for 1 class (Includes 4 course meal and instructional manual)

Min: 5 **Max:** 10

Registration begins at 11:00am on September 17th

During this one-day class, children learn the etiquette of dining in a fun, interactive and memorable manner. A four-course meal is consumed while discussing why good manners during dining are important, and how to correctly behave and manage a formal meal.



THE HOBBY QUEST

The Hobby Quest has fun and interactive, hands on activities that are dedicated to stimulating the imagination and intellectual capacity of children while offering them tangible, take home results they can remember for a lifetime!



Aviation Class



Grades: K – 2

Days: Thursday

Dates: Session 1 – September 29 to December 8*

Session 2 – January 12 to March 15

Session 3 – April 12 to June 14

Time: 5:30pm – 6:15pm

Fee: \$165

Min: 4 **Max:** 10

Registration begins at 1:00pm on September 17th

*No class November 24

Each aviator learns to read plans, use metric rulers, make necessary calculations, and work with different hobby tools to build, fly and take home 3 different models of airplanes. All materials, wood, supplies and tools are provided.

Making Magic Class



Grades: K – 2

Days: Tuesday

Dates: Session 1 – September 27 to November 29

Session 2 – January 10 to March 13

Session 3 – April 10 to June 12

Time: 5:30pm – 6:15pm

Fee: \$165

Min: 4 **Max:** 10

Registration begins at 1:00pm on September 17th

Everything you need to know to become a real magician will be taught. Each student will build his own magic show from start to finish as well as being introduced to the science, physics and history of magic!

KINDER BOOK CLUB & YOGA

The Kinder Book Club is designed to enrich literacy and foster a love of reading. Children will engage in hands-on activities that will connect books and poetry to math, science, art and writing. Kinder Yoga is a happy, hip, active yet CALMING introduction to Yoga for boys and girls. This class aims to boost focus and promote a sense of well-being through movement and relaxation. Kinder Yoga is the perfect preparation for Kinder Book Club. Mats are provided. Water bottle is suggested. Please send a snack with your child.

Wednesday AM Session

Grades: Kindergarten
Days: Wednesday
Dates: Session 1 – September 28 to December 7*
 Session 2 – January 11 to March 14
 Session 3 – April 11 to June 13
Time: 9:00am – 11:15am
Fee: \$150
Min: 8 **Max:** 10
 Registration begins at 9:30am on September 17th
 *No class November 23



Wednesday PM Session

Grades: Kindergarten
Days: Wednesday
Dates: Session 1 – September 28 to December 7*
 Session 2 – January 11 to March 14
 Session 3 – April 11 to June 13
Time: 12:00pm – 2:15pm
Fee: \$150
Min: 8 **Max:** 10
 Registration begins at 9:30am on September 17th
 *No class November 23

Thursday AM Session

Grades: Kindergarten
Days: Thursday
Dates: Session 1 – September 29 to December 8*
 Session 2 – January 12 to March 15
 Session 3 – April 12 to June 14
Time: 9:00am – 11:15am
Fee: \$150
Min: 8 **Max:** 10
 Registration begins at 9:30am on September 17th
 *No class November 24

Thursday PM Session

Grades: Kindergarten
Days: Thursday
Dates: Session 1 – September 29 to Dec. 8*
 Session 2 – January 12 to March 15
 Session 3 – April 12 to June 14
Time: 12:00pm – 2:15pm
Fee: \$150
Min: 8 **Max:** 10
 Registration begins at 9:30am on September 17th
 *No class November 24



ROBOTICS

Come join Computer Explorers for their Robotics program. Each session will be something new!



Rock & Roll Robotics

Grades: 4 – 6
Days: Thursday
Dates: January 12 to March 15
Time: 3:45pm – 4:45pm
Fee: \$115
Min: 6 **Max:** 12
 Registration begins at 12:00pm on September 17th

Razzle Dazzle Robotics

Grades: 4 – 6
Days: Thursday
Dates: April 12 to June 14
Time: 3:45pm – 4:45pm
Fee: \$115
Min: 6 **Max:** 12
 Registration begins at 12:00pm on September 17th

Robotics

Grades: 4 – 6
Days: Thursday
Dates: September 29 to December 8*
Time: 3:45pm – 4:45pm
Fee: \$115
Min: 6 **Max:** 12
 Registration begins at 12:00pm on September 17th
 *No class November 24

Pico Blocks v.1.0 Students will design and construct simple machines. To those machines will be added motors, sensors and actuators to help the machines come to life.

This course builds knowledge of simple machines, engineering, programming, and teamwork in an environment full of Rockin' Fun! Using the LEGO™ WeDo Robotics System your robots will include a monkey that plays a drum to a rock & roll beat, a lion that roars, a bird that flaps its wings to create a big wind, a sleeping giant who will awaken on your command and a boat that will rock on the rough seas.

Students will use the LEGO® WeDo Robotics software, Robotics Activity Pack, and Robotics Construction Set along with the Scratch programming language to create real world models that interact with their Scratch programs. The key to the interaction is the use of the WeDo distance & tilt sensors blocks. The students' programs will gather information from the sensors and then use it in the program to direct the on-screen action.

YOUTH TENNIS CLINIC

In association with the US Sports Institute



Suited to players who are of beginner to intermediate level, the tennis clinic will teach children the basic fundamentals in stroke production (forehand, backhand, volley, serve & smash), court movement and basic footwork skills. All children who attend the clinic will have a great time playing and learning the number one racket sport. Note: Children must bring their own racket to the clinic.

For additional information please contact the US Sports Institute: Phone: 732-563-2520.
Web: www.ussportsinstitute.com

Ages: 3 – 5
Days: Saturday
Dates: Session 1 – Sept. 24 to Oct. 29
 Session 2 – Not Available
 Session 3 – May 5 to June 9
Time: 1:30pm – 2:30pm
Site: Hillside Ave. Tennis Courts
Fee: \$89
Min: 10 **Max:** 30
Note: Registration is done directly with US Sports Institute

Age: 6 – 8
Days: Saturday
Dates: Session 1 – Sept. 24 to Oct. 29
 Session 2 – Not Available
 Session 3 – May 5 to June 9
Time: 2:30pm – 3:30pm
Site: Hillside Ave. Tennis Courts
Fee: \$99
Min: 10 **Max:** 30
Note: Registration is done directly with US Sports Institute

Age: 9 – 12
Days: Saturday
Dates: Session 1 – Sept. 24 to Oct. 29
 Session 2 – Not Available
 Session 3 – May 5 to June 9
Time: 3:30pm – 4:30pm
Site: Hillside Ave. Tennis Courts
Fee: \$99
Min: 10 **Max:** 30
Note: Registration is done directly with US Sports Institute

Bowling

Ages: 5 – 14
Days: Tuesdays
Dates: September 20 thru May 2012
Time: 3:45pm
Site: Linden Lanes
Fee: For more information contact Linden Lanes at 908-925-3550
 Please bring the registration form on the bottom of our bowling flyer to Linden Lanes to register.

Special Bumper Division for boys and girls ages 5 – 7. Bowl on Fridays at 9:30am or 12:30pm. Runs in conjunction with the Nationwide Bowling Association.

Bowling - Adult / Youth

Days: Friday
Dates: September 16 to December 2
Time: 6:00pm start
Site: Linden Lanes
Fee: \$7 per bowler
 Please bring the registration form on the bottom of our bowling flyer to Linden Lanes to register.

This new program will allow 4 on a team for some great parent and child fun. The bowling program is run in conjunction with the Nationwide Bowling Association.



Authors and Artwork



Grades: 1 – 3
Days: Tuesday
Dates: Session 1 – September 27 to November 29
 Session 2 – January 10 to March 13
 Session 3 – April 10 to June 12
Times: 4:00pm – 5:30pm
Fee: \$50
Min: 10 **Max:** 15
 Registration begins at 12:00pm on September 17th

Each class will explore a classic children's literature piece and the background of the author/illustrator. The kind of artwork used will be discussed and the children will then develop their own painting/drawing creating their own album/folder of artwork from the story!

Science Matters!

Grades: 1 – 4
Days: Tuesday
Dates: Session 1 – October 11 to November 15
 Session 2 – January 10 to February 14
 Session 3 – April 17 to May 22
Times: 3:45pm – 4:30pm
Fee: \$105
Min: 3 **Max:** 20
 Registration begins at 11:00am on September 17th

Brought to you by What Matters for Kids, Inc., science lessons are taught using a multi-sensory philosophy, so your child will get up and jump around, stick their hands in goop, smell the stink of a chemical reaction, hear the thud of gravity and even see color changes in some experiments. At the end of each lesson, your child will receive materials to continue their exploration and experimentation at home.

KINDER COOKING & ARTS AND CRAFTS

In Kinder Cooking your child will learn about various preparation tools, kitchen safety and how to prepare and cook simple recipes. The Kinder Arts and Crafts portion of this program will include projects using paint, clay, markers, spin art and finger painting.

Monday AM Session

Grades: Kindergarten
Days: Monday
Dates: Session 1 – September 26 to December 5*
 Session 2 – January 9 to March 26*
 Session 3 – April 9 to June 18*
Time: 9:00am – 10:45am
Fee: \$130
Min: 7 **Max:** 12
 Registration begins at 9:00am on September 17th
 *No class on October 10, January 16, February 20 and May 28

Friday AM Session

Grades: Kindergarten
Days: Friday
Dates: Session 1 – September 30 to December 9*
 Session 2 – January 13 to March 16
 Session 3 – April 13 to June 15
Time: 9:00am – 10:45am
Fee: \$130
Min: 7 **Max:** 12
 Registration begins at 9:00am on September 17th
 *No class November 25

Monday PM Session

Grades: Kindergarten
Days: Monday
Dates: Session 1 – September 26 to December 5*
 Session 2 – January 9 to March 26*
 Session 3 – April 9 to June 18*
Time: 12:30pm – 2:15pm
Fee: \$130
Min: 7 **Max:** 12
 Registration begins at 9:00am on September 17th
 *No class on October 10, January 16, February 20 and May 28

Friday PM Session

Grades: Kindergarten
Days: Friday
Dates: Session 1 – September 30 to December 9*
 Session 2 – January 13 to March 16
 Session 3 – April 13 to June 15
Time: 12:30pm – 2:15pm
Fee: \$130
Min: 7 **Max:** 12
 Registration begins at 9:00am on September 17th
 *No class November 25

ACTOR'S GARAGE

Join The Actor's Garage for a program that teaches acting with a focus on TV, film and commercials. The class teaches actors through the basic tools of concentration, relaxation and improvisation to be more self confident and outgoing.

Lights! Camera! Kids! Action!

Grades: K – 2
Day: Thursday
Dates: Session 1 – September 29 to December 8*
 Session 2 – January 12 to March 15
 Session 3 – April 12 to June 14
Time: 3:45pm – 4:45pm
Fee: \$95
Min: 8 **Max:** 16
 Registration will begin at 11:00am on September 17th
 *No class November 24

Grades: 3 – 5
Day: Wednesday
Dates: Session 1 – September 28 to December 7*
 Session 2 – January 11 to March 14
 Session 3 – April 11 to June 13
Time: 3:45pm – 4:45pm
Fee: \$95
Min: 8 **Max:** 16
 Registration will begin at 11:00am on September 17th
 *No class November 23



Once Upon A Comic Book

Grades: 2 - 4
Days: Friday
Dates: Session 1 – September 30 to December 9*
 Session 2 – January 13 to March 16
 Session 3 – April 13 to June 15
Times: 3:45pm – 4:45pm

Fee: \$115
Min: 6 **Max:** 12
 Registration begins at 11:30am on September 17th
 *No class November 25

Write and design your own comic book tales about princesses, goblins, genies and princes. Create your own characters (even scary looking monsters!) for your comic book scenes. Animate your story and see it come to life in a special comic book player.

Intro to Rock Instruments

Ages: 4 – 6
Days: Thursday
Dates: Session 1 – September 29 to December 8*
 Session 2 – January 12 to March 15
 Session 3 – April 12 to June 14
Times: 6:00pm – 6:45pm
Fee: \$70
Min: 4 **Max:** 15

Registration begins at 10:00am on September 17th
 *No class November 24

Curious about what instrument is right for your child? Come join RMC Music Studio on this fun journey through the world of instruments used to play rock n roll music. Participants will get a chance to learn to play drums, guitar, keyboards and sing along with their favorite rock tunes.

Parliamo in Italiano



Ages: 8 – 12 years
Days: Monday
Dates: Session 1 – October 3 to November 21*
 Session 2 – January 9 to March 12*
 Session 3 – April 16 to June 11*
Time: 4:30pm – 5:30pm
Fee: \$100
Min: 6 **Max:** 10

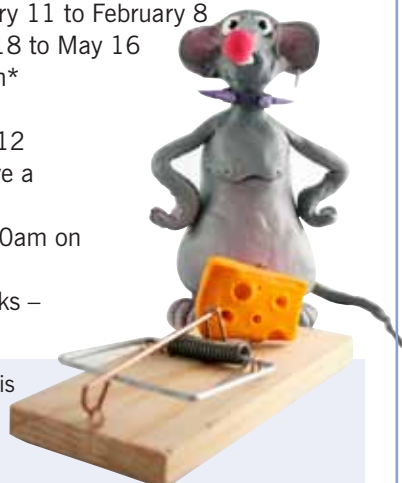
Registration begins at 9:30am on September 17th
 * No class on October 10, January 16, Feb. 20, May 28

Would you like your child to learn to speak Italian? “Parliamo In Italiano” is an intro class to learning about Italian language and culture. Your child will have fun learning how to speak Italian as well as learn many interesting and fun facts about Italy. Handouts of what your child learns in each class will be provided. A presto!

Clay Animation

Grades: 1 – 3
Days: Wednesday
Dates: Session 1 – September 28 to October 26
 Session 2 – January 11 to February 8
 Session 3 – April 18 to May 16
Time: 3:45pm – 5:45pm*
Fee: \$115
Min: 6 **Max:** 12

Note: Each session will have a different theme
 Registration begins at 11:30am on September 17th
 * Class will meet for 5 weeks – 2 hour class



Computer Explorers leads this class: Clay & animation – what a perfect combination! Working in teams, students do it all, from story creation to making characters and sets. As they learn the production process they will animate, record, download, assemble and edit their own movies.

Intro to Guitar

Ages: 10 – 17
Days: Thursday
Dates: Session 1 – September 29 to December 8*
 Session 2 – January 12 to March 15
 Session 3 – April 12 to June 14
Times: 8:00pm – 8:45pm
Fee: \$70
Min: 4 **Max:** 15

Registration begins at 10:00am on September 17th
 *No class November 24

Come join RMC Music Studio and learn to play guitar like your favorite rock and roll hero. This fun and exciting class is centered around chord theory, song study, artist study, melodic embellishments and proper playing technique and posture.



Intro to Keyboard



Ages: 7 – 10
Days: Thursday
Dates: Session 1 – September 29 to December 8*
 Session 2 – January 12 to March 15
 Session 3 – April 12 to June 14
Times: 7:00pm – 7:45pm
Fee: \$70
Min: 4 **Max:** 15

Registration begins at 10:00am on September 17th
 *No class November 24

Come join RMC Music Studio in this fun and exciting class that is centered around chord theory, song study, artist study, melodic embellishments and proper playing technique and posture.

Elementary Cooking

Grades: 1 - 3
Days: Monday
Dates: Session 1 – September 26 to December 5*
 Session 2 – January 9 to March 26*
 Session 3 – April 9 to June 18*
Time: 3:45pm – 4:45pm
Fee: \$70
Min: 8 **Max:** 12

Registration begins at 12:00pm on September 17th
 *No class on October 10, January 16, February 20 and May 28

This program will go beyond the basics learned in Kinder Cooking and teach the children slightly more advanced recipes. This is a very hands-on class where the children will get their hands dirty.

SMARTYCAT KIDS



At Smartycat Kids, we have a true passion for getting kids excited about science, technology, and experimentation! We provide everything needed to run amazing science and technology programs including all materials, flyers and other class information for parents so they know exactly what their child will be doing during class.

Smartycat Junior Scientists

Ages: 4 – 6
Days: Wednesday
Dates: Session 1 – September 28 to December 7*
 Session 2 – January 11 to March 14
 Session 3 – April 11 to June 13
Time: 4:30pm – 5:15pm
Fee: \$155
Min: 4 **Max:** 16
 Registration begins at 1:00pm on September 17th
 *No class November 23

Ages: 7 – 10
Days: Wednesday
Dates: Session 1 – September 28 to December 7*
 Session 2 – January 11 to March 14
 Session 3 – April 11 to June 13
Time: 5:30pm – 6:15pm
Fee: \$155
Min: 4 **Max:** 16
 Registration begins at 1:00pm on September 17th
 *No class November 23

Smartycat Kids uses fully hands-on experiments to make learning the basic areas of science fun! Activities include creating chemical reactions that ooze, fog erupt or change color, exploring physical forces with air rockets, airplane gliders, or a hair-raising static electricity generator. Designing and constructing engineering projects such as model roller coasters, bridges, or skyscrapers in addition to building robots, exploring outer space and studying live animals.



Junior Ceramics

Grades: K – 5
Days: Wednesday
Dates: October 12, November 16 & December 7
Time: 4:00pm – 5:30pm
Fee: \$30
Min: 10 **Max:** 40
 Registration begins at 11:00am on September 17th

Come join *Barbara's Ceramically Yours* to make and take home special Halloween, Thanksgiving & Christmas/Hanukkah projects.

THE CUPCAKE EXPERIENCE



During our new Little Bakers Classes, your child will have a blast as we explore various techniques of decorating and make creative and delicious edible treats!

Little Bakers Workshop

Ages: 4 – 6
Days: Thursday
Dates: Session 1 – September 29 to December 8*
 Session 2 – January 12 to March 15
 Session 3 – April 12 to June 14
Time: 4:30pm – 5:15pm
Fee: \$155
Min: 4 **Max:** 16
 Registration begins at 1:00pm on September 17th
 *No class November 24

Ages: 7 – 10
Days: Thursday
Dates: Session 1 – September 29 to December 8*
 Session 2 – January 12 to March 15
 Session 3 – April 12 to June 14
Time: 5:30pm – 6:15pm
Fee: \$155
Min: 4 **Max:** 16
 Registration begins at 1:00pm on September 17th
 *No class November 24

Make fun projects such as 3-dimensional cupcake decorations, decorating mini-cakes using gum paste and fondant, learning how to make home-made cotton candy and use candy molds, sculpting crispy treats and fun cookie creations, and designing your own apron to take home! All treats are taken home, not eaten during class!



GIRL'S COUGAR SKILL CAMP

Grades: 5 - 6

Days: Saturday

Dates: October 1 to November 5

Time: 12:40pm – 1:40pm

Fee: \$55

Min: 10 **Max:** 60

Registration begins at 10:30am on September 17th

Grades: 3 - 4

Days: Saturday

Dates: October 1 to November 5

Time: 11:30am – 12:30pm

Fee: \$55

Min: 10 **Max:** 60

Registration begins at 10:30am on September 17th



Girls Varsity Basketball Coach Jacquelyn Dyer will give your child the basic fundamental skills needed to improve as an overall player. Skill sessions will consist of instruction on dribbling, passing, shooting, rebounding and defense. Campers will have the maximum opportunity to improve their abilities and have fun.

General Sports Conditioning

Grades: 3 - 8

Days: Tuesdays

Dates: Session 1 – September 27 to November 1

Session 2 – Not Available

Session 3 – April 17 to May 22

Time: 4:00pm – 5:00pm

Site: Lincoln Park / Community Center

Fee: \$75

Min: 10 **Max:** 20

Registration begins at 11:00am on September 17th

Keep in shape between seasons! Concentrate on building and improving core skills that will make you a better overall athlete. Brought to you by Next Step in Fitness, this program focuses on speed and agility skills to improve balance and reaction time and on power and conditioning to improve endurance and strength.

Boys & Girls Basketball Leagues

Grades: 3 – 8

Days: Monday to Friday (practices & games)
Saturday (games)

Dates: November to March

Site: Brookside Place School, Community Center,
Hillside Avenue School, Livingston Avenue School,
Orange Avenue School

Fee: \$70

Registration began on August 1 and will end on Saturday, October 1. Registration must be done in person.

Basketball Clinic

Grades: 1 – 2

Days: Saturday

Dates: October 1 to November 5

Time: 9:30am – 11:00am

Fee: \$55

Min: 15 **Max:** 60

Registration begins at 10:30am on September 17th

This Basketball Clinic will prepare your child for the Recreation Department's Fall/Winter Basketball League. Learn the fundamentals of dribbling, passing, shooting and much more!

Golf For Juniors

Ages: 8 - 14

Days: Thursday

Dates: Session 1 – September 29 to November 17

Session 2 – Not Available

Session 3 – April 19 to June 7

Time: 4:00pm – 5:00pm

Site: Scotch Hills Country Club

Fee: \$150

Min: 6 **Max:** 8

Registration begins at 11:30am on September 17th

Join PGA Professional Bill McCluney for this eight week program to get a complete education of the game of golf. Proper grip, tee shots, short swing, long swing, bunker play, putting and much more will be taught. Class will be held at the Scotch Hills Country Club. Clubs will be provided, but those who have their own are encouraged to bring them.

Kid Safe Self Defense

Ages: 5 and up

Days: Monday

Dates: Session 1 – September 26 to December 5*

Session 2 – January 9 to March 26*

Session 3 – April 9 to June 18*

Time: 5:00pm – 5:45pm for new students age 5 – 8

5:50pm – 6:30pm for new students age 9 and up, and all White Belts with 1 or 2 stripes

6:40pm – 7:20pm for all Colored Belts

Fee: \$75

Min: 10 **Max:** 30

Registration will begin at 10:30am on September 17th

*No class on October 10, January 16, Feb. 20 and May 28

This program teaches Karate and Safety awareness designed to enhance self-esteem and self-discipline.

Field Hockey Clinic

Grades: 3 - 8

Days: Saturday

Dates: January 21 to March 3*

Time: 9:00am – 10:30am

Site: Orange Avenue School

Fee: \$45

Min: 10 **Max:** 30

Registration begins at 12:00pm on September 17th

*No class on February 18

6th to 8th Grade Teen Center

Grades: 6, 7 & 8
Days: Friday
Dates: Restarting September 9th (Ongoing)
Times: 7:00pm – 10:00pm
Site: Community Center
Fee: Free

Note: This program is cancelled on dance nights. Parental signatures are no longer required for children to leave the center.

6th to 8th Grade Dances

Grades: 6, 7 & 8
Days: Friday
Dates: December 2, January 6, February 3 and March 2
Times: 7:00pm – 10:00pm
Site: Community Center
Fee: \$5

High School Basketball League

Grades: 9 - 12
Dates: December to April
Fee: \$70
 Registration began on August 1 and will end on October 1. Registration must be done in person.

3rd Annual Dodgeball Tournament

Dates: Saturday, May 12
Times: TBD
Site: Community Center

Look for details in the schools closer to the event date or search Facebook for the Cranford Teen Advisory Board.

Coffee House

Grades: 9 - 12
Days: TBD
Times: 3:00pm
Site: Cranford High School
Fee: Free



Battle of the Bands

Dates: Friday, February 17
Times: 7:00pm – 11:00pm
Site: Community Center
Fee: \$5

Tickets are \$5.00 in advance and \$8.00 at the door. Proceeds will help support the Cranford High School Senior Class. Look for flyers around the school before the event

Wii

Grades: 7 - 12
Days: Wednesday
Dates: 1st & 3rd Wednesday of each month from October through June
Times: 7:00pm – 9:00pm
Site: Community Center Lounge
Fee: Free
 Note: Wii nights will include Guitar Hero Tournaments

Volleyball

Grades: 7 - 12
Days: Monday
Dates: January 23 to April 30*
Times: 6:30pm – 8:00pm
Site: Bloomingdale School
Fee: \$50
Min: 10 **Max:** 30

Note: This program is subject to school activities
 Registration begins at 10:00am on September 17th
 *No class on February 20, March 12, April 9 and April 16

Golf For Women

Ages: 18 & Up
Days: Thursday
Dates: September 29 to November 17
Time: 10:00am – 11:00am
Site: Scotch Hills Country Club
Fee: \$150
Min: 6 **Max:** 8

Registration begins at 12:00pm on September 17th

Join PGA Professional Bill McCluney for this eight week program to get a complete education of the game of golf. Proper grip, tee shots, short swing, long swing, bunker play, putting and much more will be taught. Classes will be held at the Scotch Hills Country Club. Clubs will be provided, but those who have their own are encouraged to bring them.



Total Conditioning Mornings

Ages: 18 & up
Days: Monday & Wednesday
Dates: Session 1 – September 26 to December 7*
 Session 2 – January 9 to March 21*
 Session 3 – April 9 to June 18*
Time: 9:15 – 10:15am
Fee: \$75
Min: 15 **Max:** 40
 Registration begins at 10:00am on September 17th
 *No class on October 10, November 23, January 16, February 20 and May 28

Total Conditioning Evenings

Ages: 18 & up
Days: Tuesday & Thursday
Dates: Session 1 – September 27 to December 6*
 Session 2 – January 10 to March 15
 Session 3 – April 10 to June 14
Time: 7:30pm – 8:30pm
Fee: \$75
Min: 15 **Max:** 40
 Registration begins at 10:00am on September 17th
 *No class on November 24

Westfield Area Y instructors will lead these programs that combine cardiovascular, muscle strength and flexibility exercises to give you a complete and total workout.



Monday Night Yoga

Ages: 18 & up
Days: Monday
Dates: Session 1 – September 26 to December 5*
 Session 2 – January 9 to March 26*
 Session 3 – April 9 to June 18*
Time: 7:30 – 8:30pm
Fee: \$85
Min: 10 **Max:** 25
 Registration begins at 11:00am on September 17th
 *No class on October 10, January 16, February 20, May 28

Wednesday Night Yoga

Ages: 18 & up
Days: Wednesday
Dates: Session 1 – September 28 to December 7*
 Session 2 – January 11 to March 14
 Session 3 – April 11 to June 13
Time: 7:00pm – 8:00pm
Fee: \$85
Min: 10 **Max:** 25
 Registration begins at 11:00am on September 17th
 *No Class on November 23

Westfield Area Y instructors will lead these classes that are designed to increase flexibility & strength, relieve stress, increase energy and promote health and well-being. Bring a yoga mat and a towel. Classes are done in bare feet and on an empty stomach.

Zumba!

Ages: 18 & up
Days: Wednesday
Dates: Session 1 – September 28 to December 7*
 Session 2 – January 11 to March 14
 Session 3 – April 11 to June 13
Time: 7:30pm – 8:30pm
Fee: \$80
Min: 15 **Max:** 40
 Registration begins at 10:00am on September 17th
 *No Class on November 23

Westfield Area Y instructors will lead Zumba!, a Latin inspired dance-fitness class that will work your entire body!

Pilates

Ages: 18 & up
Days: Thursday
Dates: Session 1 – September 29 to December 8*
 Session 2 – January 12 to March 15
 Session 3 – April 12 to June 14
Time: 7:30pm – 8:30pm
Fee: \$85
Min: 15 **Max:** 25
 Registration begins at 11:30am on September 17th
 *No class on November 24

Westfield Area Y instructors will lead the Pilates program that improves core strength and balance, increases flexibility, enhances athletic performance and helps perform daily tasks with greater ease through heightened sense of muscle control and self-awareness. Bring a mat and towel.

Piano for Beginners

Ages: 18 & up
Days: Tuesday
Dates: Session 1 – September 27 to November 29
 Session 2 – January 10 to March 13
 Session 3 – April 10 to June 12
Time: 10:00am – 11:00am
Fee: \$20
Min: 3 **Max:** 7
 Registration begins at 12:30pm on September 17th

Piano – Intermediate

Ages: 18 & up
Days: Tuesday
Dates: Session 1 – September 27 to November 29
 Session 2 – January 10 to March 13
 Session 3 – April 10 to June 12
Time: 11:00am – 12:00pm
Fee: \$20
Min: 3 **Max:** 7
 Registration begins at 12:30pm on September 17th



Common Sense Cooking



Ages: 18 & Up
Days: Tuesday
Dates: Session 1 – October 4 to November 22
 Session 2 – January 10 to February 28
 Session 3 – April 17 to June 5
Time: 7:00pm – 8:30pm
Fee: \$150
Min: 8 **Max:** 12
 Registration begins at 9:30am on September 17th

Topics covered will include, Stir-Frys – mixing and matching flavors that only take minutes to make; Double Duty Dinners – cook once, serve twice; Simple Saute Suppers; and The Game Plan for entertaining. An open forum takes place the last 2 weeks where the class will choose the topics. Jackie Plant who has developed recipes for Woman's Day, Parents, and Weight Watchers will share some sound advice and tasty tips for quick, healthy meals.

Co-Ed Volleyball

Ages: 18 & up
Days: Monday
Dates: September 26 to May 21*
Time: 8:00pm – 9:30pm
Site: Bloomingdale School
Fee: \$70
Min: 20 **Max:** 40
 Note: This program is subject to school activities.
 Registration begins at 12:00pm on September 17th
 *No classes on October 10, December 26, January 2 & 16, February 20, March 12, April 9 and 16

Over 35 Basketball

Ages: 35 & up
Days: Monday
Dates: September 26 to May 21*
Time: 7:00pm – 9:30pm
Fee: \$75
Min: 15 **Max:** 40
 Registration begins at 11:30am on September 17th
 *No class on October 10, December 26, January 2 & 16 and February 20

Parliamo in Italiano



Ages: 18 & Up
Days: Monday
Dates: Session 1 – October 3 to Nov. 28*
 Session 2 – January 9 to March 12*
 Session 3 – April 16 to June 11*
Time: 6:15pm – 7:15pm
Fee: \$125
Min: 4 **Max:** 8
 Registration begins at 9:30am on September 17th
 *No class on October 10, January 16, February 20, May 28th



Would you like to open up your horizons by learning another language? "Parliamo In Italiano" is an intro class to learning basic conversational Italian. You will learn the basics to speaking Italian as well as learn aspects of language and culture that are interesting to you!

Inspired Spaces



Ages: 18 & Up
Days: Tuesday
Dates: Session 1 – October 11 to November 29
 Session 2 – January 10 to February 28
 Session 3 – April 17 to June 5
Time: 8:00pm – 9:00pm
Fee: \$75
Min: 6 **Max:** 12
 Registration begins at 9:30am on September 17th

Want to change the paint color of the family room? Unsure what to select? Learn to design a room that reflects your style and meets your needs. Class focuses on step by step tools on how to design your own beautiful space.

Adult Self Defense

Ages: 18 & Up
Days: Monday
Dates: Session 1 – September 26 to December 5*
Session 2 – January 9 to March 26*
Session 3 – April 9 to June 18*
Time: 7:45pm – 8:45pm
Fee: \$75
Min: 10 **Max:** 20

Registration begins at 10:30am on September 17th
*No class October 10, January 16, February 20, May 28

Learn real world self defense in a safe, easy going atmosphere with our 5th degree black belt instructor Ben Esparra. Great for Men and Women of all ages!!

Adult Beginner Tai Chi

Ages: 18 & Up
Days: Tuesday
Dates: Session 1 – September 27 to November 29
Session 2 – January 10 to March 13
Session 3 – April 10 to June 12
Time: 7:30pm – 8:30pm
Fee: \$50
Min: 8 **Max:** 12

Registration begins at 10:30pm on September 17th

Awaken your mind, body and spirit thru Tai Chi's moving meditation. This program will help to reduce stress, improve balance, circulation, concentration, flexibility, relaxation and more.

Senior Programs

Special Senior Services

- Free shuttle bus service - Monday thru Friday – 8:30am to 2:30pm Specialty trips run the 2nd Tuesday of each month (Linden Plaza & Aviation Plaza) and the 4th Wednesday of each month (Target & Walmart). On these days, the bus does not run the regular schedule. Call 908-709-7283 for information or reservation for trips.
- Health Education and Maintenance Program (Blood Pressure Screenings and Weight Counseling). Conducted by the Visiting Nurse and Health Services at 12:30pm. Call 908-709-7283 for dates.
- Senior Handyman Program - Call the Handyman phone at 908-709-7294 for information or for an application. Seniors who meet the HUD income levels qualify for minor repairs to their home. Repairs such as broken glass or screens, kitchen locks/hinges on cabinets, install/check smoke & carbon monoxide detectors, minor painting, minor plumbing, minor electrical, help storing seasonal furniture, and other repairs/improvements of a minor nature. It's free! Homeowners only pay for materials.
- Volunteers to teach senior class, short term or long term, or provide one-day class/seminars are always needed. Please call 908-709-7283 if interested.

Proof of residency required for all programs.

All programs and services are open to Cranford residents 60 years and older unless otherwise indicated. Seniors do not need to be a member of a club to participate. Summer class are limited in size and in some instances seniors may be required to supply their own materials. Unless otherwise indicated, all programs and services are available year-round.

Senior clubs meet every week on Wednesday, Thursday and Friday for social, recreational, educational and cultural activities between 12:30pm and 3:00pm. Most club meetings begin at 1:00pm.

Monday

Bowling Club – Mixed League

Time: 9:30am – 12:00pm
Cranford seniors (men and women) enjoy the game of bowling at Linden Lanes, 741 North Stiles Street. Call Linden Lanes at 908-925-3550 to register. Minimal charge for three games.

Fall Prevention

Time: 1:00pm – 2:00pm
Min: 7 **Max:** 20
This program is designed for the group to understand and participate in exercises to prevent falls, due in part to leg weakness, poor flexibility and balance.

Healthy Bones

Time: 9:00am – 10:00am
Min: 7 **Max:** 20
Healthy Bones is a low-impact exercise program for all who have been diagnosed with or who are at risk for osteoporosis.

Keeping Fit with Exercise

Time: 10:00am – 11:30am
Min: 7 **Max:** 20
A Registered Nurse leads the group in an innovative exercise program designed to strengthen bones and increase flexibility in all muscle groups. Awareness of health issues, proper diet and cardio fitness is discussed to round out this excellent program.

Monday - cont.

MahJongg

Time: 1:00pm – 4:00pm

Min: 4 **Max:** 20

Players enjoy this tile game using strategies to eliminate tiles to win the game. Challenging and lively, the hour will pass quickly.



Senior Movies

Time: 11:15am – 1:15pm

Enjoy popular and classic movies in our air-conditioned Audio-Visual room. Selections for the month will be posted at the Community Center, TV35 and in local newspapers. Shown on the first and second Monday of the month.

Tuesday

Aerobics:

Time: 10:30am – 11:30am

Min: 7 **Max:** 20

Group exercise done to fun videos geared toward the senior population. Videos incorporate aerobic exercises, toning & stretching. Exercises may sometimes be done while seated

Crochet

Time: 1:00pm – 4:00pm

Min: 4 **Max:** 8

Bring yarn and crochet hooks to class.



Healthy Bones

Time: 9:00am – 10:00am

Min: 7 **Max:** 20

Healthy Bones is a low-impact exercise program for all who have been diagnosed with or who are at risk for osteoporosis.

Painting Class: Oil, Pastel and Pencil

Time: 9:30am – 11:30am

Min: 3 **Max:** 15

Beginners as well as experienced artists are able to create their own masterpieces by using their own preference of media. An experienced artist provides one-on-one guidance.

Senior Yoga

Time: 1:30pm – 2:30pm

Date: Beginning September 14

Min: 7 **Max:** 20

Simple, functional repetitive, easy-to follow movements to help posture, balance, strength and flexibility. Includes relaxation period at the end of class. Bring an exercise or yoga mat to class.



Wii Bowling & More

Time: 9:30am – 11:30am

Date: Beginning September 14

Wii Sports has made virtual bowling possible for Cranford Seniors. Wii's emphasis on gentle motions, balance, and coordination disguises mild physical activity under a heap of outlandish fun. Other games include Tennis, Baseball, Boxing and Golf.

Wednesday

Canasta Club

Time: 12:30pm – 3:30pm

Min: 7 **Max:** 20

Enjoy this popular card game by joining other and forming groups.

Healthy Bones

Time: 9:00am – 10:00am

Min: 7 **Max:** 20

Healthy Bones is a low-impact exercise program for all who have been diagnosed with or who are at risk for osteoporosis.

Pinochle Club

Time: 10:00am – 12:00pm

Min: 7 **Max:** 20

Enjoy this popular card game by joining other and forming groups.

Zumba! **NEW!**

Time: 11:00am – 12:00pm

Min: 5 **Max:** 20

Zumba! is a Latin inspired dance/fitness class that will work your whole body.

Thursday

Advanced Bridge

Time: 1:00pm – 3:00pm

Min: 4 **Max:** 20

Bridge is a challenging and stimulating card game. Get together with fellow bridge players and enjoy the game while learning some new plays. Players should have knowledge of the game to participate.



Intermediate Bridge

Time: 10:00am – 12:00pm

Min: 4 **Max:** 20

Bridge is a challenging and stimulating card game. Get together with fellow bridge players and enjoy the game while learning some new plays. Players should have knowledge of the game to participate.

Healthy Bones

Time: 9:30am – 10:30am

Min: 7 **Max:** 20

Healthy Bones is a low-impact exercise program for all who have been diagnosed with or who are at risk for osteoporosis.

Line Dancing

Time: 11:00am – 12:00pm

Date: Beginning September 8

Min: 5 **Max:** 20

Learn the latest line dancing steps to popular country western, oldies, rock and light classic music. Fast paced and fun, it's a wonderful way to exercise.

MahJongg

Time: 2:15pm – 4:00pm

Min: 4 **Max:** 20

Players enjoy this tile game using strategies to eliminate tiles to win the game. Challenging and lively, the hour will pass quickly.

Friday

Healthy Bones

Time: 9:30am – 10:30am

Min: 7 **Max:** 20

Healthy Bones is a low-impact exercise program for all who have been diagnosed with or who are at risk for osteoporosis.

Tai Chi (Beginner)

Time: 12:15pm – 1:15pm

Min: 7 **Max:** 20

An introductory/continuation of learning & practicing the basic movements of Tai Chi. Relaxing and beneficial for wellness of mind and body.

Tai Chi (Advanced)

Time: 11:00am – 12:00pm

Min: 7 **Max:** 20

Geared towards those who have been practicing tai chi for a number of years. Muscle strength, flexibility and inner peace are at a heightened level.

Saturday

Healthy Bones

Time: 9:30am – 10:30am

Min: 7 **Max:** 20

Healthy Bones is a low-impact exercise program for all who have been diagnosed with or who are at risk for osteoporosis.