

Winter 2015

Recreation Activity Calendar & Senior Citizen Mini-letter



"Rooted in Fun - Growing Together"

Sparta Parks &
Recreation

1/1/2015

SENIOR CITIZEN INFORMATION



SPARTA PARKS & RECREATION Senior Division

SENIOR ADVISORY COMMITTEE

The Sparta Township Senior Advisory Committee is appointed by the Town Council to be advocates for the senior population in town. The Committee meets on the 4th Tuesday of the month at 9:00AM in the Sparta Senior Center Village Café in Knoll Heights Village. The public is always invited.

Members: Fred Schumann, Chairman, Mary Parker, Secretary, Eileen Francis, Dennis Gibson, Dorothy Eckweiler, Florence Meyer, Rose Satterfield, Joan Shaw, Herb Stanske, and Frederika Link.

Advisory Members: Marianne Dilworth and Mayor Molly Whilesmith



Senior Citizen Center:

Located: 40 Trapasso Drive
Sparta, NJ 07871

Hours of Operation: 8:30AM-4:30PM

Information:

Visit our website: [click here](#)

E-mail: Marianne.dilworth@spartanj.org

Phone: 973-729-2383

Sparta Recreation Staff:

Marianne Dilworth: Recreation Supervisor & Senior Coordinator

Donna Jenkins: Recreation Program Supervisor

Janice Williams: Accounts Clerk

Rita Drevitson: Recreation Aide

Roxanne Masker: Senior Van Driver



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SENIOR RECREATION PROGRAMS

Classes and programs are designed for Sparta residents 60 and over. Non-residents will be placed on a waiting list until we determine if there is space available. There is also an additional charge for these registrations. All classes and programs meet at the Sparta Senior Center (40 Trapasso Drive) unless otherwise noted. Register at the Recreation Department, lower level of the Library for classes.

Morning Exercise A.F.E.P.



Arthritis Foundation Exercise Program –Easy exercises for strength and flexibility. This class is held Mon. Wed. & Fri., in 10 week segments, however, you can join any time. Attend any or all classes weekly for an excellent workout.

Instructors: *Marianne Dilworth & Caryn Camelo*

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Session</u>	<u>Dates</u>	<u>Fee</u>
304101-A1	MWF	9:15-10:00	I	12/22-2/27/15	\$15
304101-B1	MWF	9:15-10:00	II	3/2-5/8/15	\$15

Gentle Yoga for Seniors- A class with gentle movements, designed for seniors. If you want to attend both Wed. & Fri. classes, you must register for both. Instructor: *Heather Bivona*

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Session</u>	<u>Dates</u>	<u>Fee</u>
304111-A1	Wed	1:00-2:00	I	2/4-4/8	\$15
304111-B1	Fri	1:00-2:00	II	2/13-4/17	\$15



Easy Art—Lessons in acrylic and oil painting for beginners to experts.

Classes held in the Village Café. Instructor: *Herbert Stanske*

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Session</u>	<u>Dates</u>	<u>Fee</u>
304121-A1	Fri	9:30-11:00	I	12/19-1/9/15	\$12
304121-B1	Fri	9:30-11:00	II	1/16-2/6	\$12
304121-C1	Fri	9:30-11:00	III	2/13-3/6	\$12

Line Dancing for Beginners!—Easy, fun dances & great exercise!

No partner or experience necessary. Instructor: *David Cross*

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Session</u>	<u>Dates</u>	<u>Fee</u>
304022-A1	Fri	12:00-1:00pm	I	1/30-4/3	\$15



Intermediate Line Dancing Instructor: *David Cross*

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Session</u>	<u>Dates</u>	<u>Fee</u>
304022-C1	Wed	10:00-11:00	I	1/21-3/25	\$15

Winter Arthritis Water Exercise—This 10week class is beneficial for people with arthritis or low fitness levels. Held at the heated indoor pool at NJSwim, 350 Sparta Avenue, Sparta. Instructors: *Jan Kitt, and Linda Messer.*



<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Session</u>	<u>Dates</u>	<u>Fee</u>
304555-A1	Mon. & Fri.	12:30-1:30	I	1/12-3/20	\$215
304555-B1	Mon. & Fri.	1:30-2:30	I	1/12-3/20	\$215
304555-C1	Mon. & Fri.	12:30-1:30	II	3/23-5/29	\$215
304555-D1	Mon. & Fri.	1:30-2:30	II	3/23-5/29	\$215

SENIOR ON-GOING PROGRAMS

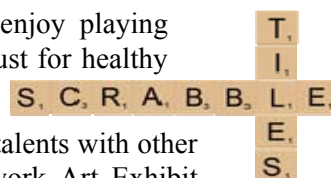
BOOK DISCUSSION- 4th Thursday monthly at 11:30 AM. Bring a brown bag lunch and join us for a lively discussion and dessert. Fee: \$2 Call Rita at 729-2383 to get the reading assignment or just come and listen to the stimulating discussions with Professor Michael Huges & other professors from Sussex County Community College.



MEN'S BREAKFAST CLUB - This group meets the 2nd Thursday monthly at 8:30AM. Program features continental breakfast, social time and a dynamic speaker. There is a \$3 fee. New members & guests always welcome.

WOMEN'S BREAKFAST CLUB - Our group will meet the 2nd Tuesday monthly at 8:30AM. Program will feature continental breakfast, social time and a dynamic speaker. There is a \$3 fee. Come & bring a friend.

SCRABBLE CLUB—Every Thursday at 1PM in the Lynch Room. If you enjoy playing Scrabble or would like to learn the game, join us. Keep your mind stimulated, a must for healthy aging!



NEEDLE ARTS GROUP—Grab your needles and share your talents with other group members. Create something new for our annual Needlework Art Exhibit February 7th. New members always welcome! We meet each Friday from 10AM-12 Noon in the Lynch Room.

"HEALTHY WEIGHS" WEIGHT LOSS GROUP—Meets on Fridays at 11:45am in the *new* Village Café. We focus on regular weight loss through proper nutrition and exercise. We weigh-in weekly, support each other, and share recipes, and tips on how to satisfy your hunger without high calorie foods. There is a weekly charge of \$5 (collected only if you gain weight). New members welcome!



MAHJONG – Join the fun learning and playing this challenging game. Every Friday from 1:00-4:00PM in the Village Café at Knoll Heights Village.

SENIOR EVENTS



Sat., Feb 7—Senior Needlework Art Exhibit 1:00PM– 3:00PM In conjunction with Sparta Recreation Advisory Committee's Winter Carnival, the Sparta Senior Needle Arts Group will be exhibiting their handicrafts in the "MOHAWK ROOM" of the Lake Mohawk Country Club. This group of very talented women will display their fine needlework. Some of their handiwork will be on sale. Please support them!

Wed., Feb. 25th—Pope John XXIII H.S. Play "EVITA"

Play begins at 3:30PM with dinner to follow. Free to all seniors.

Please sign up at Senior Center starting January 7th.



Tues., March 10th—Sparta H.S. Play "OLIVER"

Dinner starts at 5:00pm with show to follow. Please sign up at the Senior Center starting February 2nd.

SENIOR SEASONAL SERVICES



VITA—VOLUNTEER INCOME TAX ASSISTANCE PROGRAM—

Sponsored by NORWESCAP. This program offers assistance with income tax prep for seniors and those with limited resources. Please call and leave a message to make an appointment. 973-784-4900 x3502

SENIOR VOLUNTEER OPPORTUNITIES

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Senior Ambassadors: Town Hall - Sparta is seeking some active, engaging seniors to act as ambassadors, for a few hours each day, in Sparta's Municipal Building. Call Marianne for details! 973-729-2383

Sparta Senior Center - Sparta is seeking some volunteers to answer phones at the Senior Center. You can choose any day of the week; Monday to Friday, one or as many times as you like to volunteer. If interested call Marianne at 973-729-2383 or ask for Eileen Francis at the Senior Center.



SENIOR TRIPS



May: 911 Memorial & Museum

The National September 11 Memorial is a tribute of remembrance and honor to the nearly 3,000 people killed in the terror attacks of September 11, 2001 at the World Trade Center site, near Shanksville, Pa., and at the Pentagon, as well as the six people killed in the World Trade Center bombing in February 1993. Detailed information to follow.

June: Brooklyn Botanic Garden is a botanical garden in the borough of Brooklyn in New York City. Founded in 1910 and located in Prospect Park neighborhoods and holds over 10,000 types of plants and each year welcomes over 900,000 visitors from around the world. Detailed information to be follow.



July: Point Pleasant Boardwalk

Jenkinson's Boardwalk offers your family a wide range of activities. Whether you are visiting for the day or the entire summer, you will always find something to excite every member of your family. Detailed information to follow.

August: Li Grecis Staten Island Continuing in a tradition of elegance, exquisite cuisine, and exemplary service. Detailed information to follow.



September: Alaska Discovery Land & Cruise September 1 – 13, 2015

Cruise-Land tours combine the best of land and sea. Highlights... Anchorage, Denali National Park, Music of Denali Dinner Theater, Denali Wilderness Tour, Luxury Domed Rail, Whittier, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage

***Inside Cabin Rates: Double \$4,349; Single \$5,849**

***Outside Cabin Rates: Double \$4,999; Single \$7,149**

***Balcony Cabin Rates: Double \$5,349; Single \$7,849**

Included in price: Port Charges, Round Trip Air from Newark Intl Airport, Air Taxes and Fees/surcharges, Hotel Transfers *13 Days *21 Meals: 7 Breakfasts, 6 Lunches, 8 dinners

October: Platzlbrauhaus – “Oktoberfest” Come to the best Oktoberfest in the country. Detailed information to follow.



December: Radio City Christmas Spectacular & Sightseeing

Don't miss this one-of-a-kind Christmas celebration starring the Rockettes. Detailed information to follow.

SENIOR ON-GOING SERVICES

FREE SENIOR VAN SERVICE

Free transportation service for Sparta Seniors over 60 years of age is available weekdays. Reservations are necessary at least 24 hrs. in advance of any appointment. The Van makes regularly scheduled trips to Newton each Mon., Wed., and Fri. mornings for doctor's appointments, the hospital or some shopping at the local stores. The van leaves Sparta by 9:15 AM and returns everyone home by noon. Local grocery shopping, banking, hair appointments, etc. are accommodated afternoons. There are also monthly trips to Franklin & bi-monthly trips to the Rockaway Mall. Riding the van is the easiest way to get out and around. Call 973-729-8542 weekdays between 1:00 and 3:00PM and a van volunteer will schedule your ride. The van is equipped with a wheelchair lift to transport disabled or handicapped clients



SENIOR CHORE SERVICE—The Sparta Kiwanis Club staffs the Senior Chore Service and they will make minor non-emergency household repairs. Call 973-729-2383 to ask for help.

GOOD MORNING PROGRAM—This is a wonderful comfort for your families and friends and a great protection for you. The Sparta Police Department has a call in program. To participate, you must first complete a registration form and then you call in every morning; if you don't call in, someone from the Police Dept. will attempt to contact you by phone. If this is unsuccessful after a few attempts, a patrol car will be dispatched to your home to check on your welfare. Call 973-729-6121, ext. 4032.



SENIOR HANDYMAN PROJECT

The Senior Advisory committee has compiled a list of contractors who have agreed to perform services for seniors in a timely fashion, at a "going" reasonable rate, satisfaction guaranteed. When contacting one of these individuals, please tell them that you received their name from the Senior Advisory Committee Handyman Project, please give us feedback on your level of satisfaction. * indicates positive feedback. More than one is even better! Stop by Sparta Recreation Office and pick up a list of contractors.



SPARTA SENIOR CITIZEN'S CLUB

Welcomes new members. Anyone living in Sparta, age 55+ may join. Seniors meet each Tuesday at the Senior Center in Knoll Heights. The major monthly business meeting is the second Tuesday of each month. The next meeting is January 8th at 12:00 Noon. The Hospitality Committee will welcome you as a guest for the day while you make new friends or visit old neighbors. Call 973-729-8542 for details.

ALZHEIMER SUPPORT GROUP - Held on the 3rd Tuesday of the month at 5:30pm at the Sparta Senior Center. Call Lisa for details: 973-729-4311



SUSSEX COUNTY HEALTH DEPARTMENT: Please remember..... if you have any health concerns, please call the Sussex County Public Health Nurse @ 973-579-0570 x1211.

REGISTRATION INFORMATION

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MAIL IN REGISTRATION

Best chance for class placement!

***POSTMARKED NO EARLIER THAN**

DECEMBER, 29, 2014

*Postmarks will be monitored and any that are postmarked before December 29th, 2014 will **not be processed** until the following days work. **Please indicate a second choice (just in case!)**.

NEW Can't get to the Post Office? There will be a registration "***Drop Off Box***" at the Recreation Office. You can drop the registration form in there – it will be entered after any mail-in registrations the following day.

ON-LINE & WALK-IN

REGISTRATION:

JANUARY 5, 2015

To register on-line : [Click Here](#)

The Recreation Office is located in the lower level of the Sparta Library and the hours are:

Mon—Fri - 8:30am-4:30pm

General Registration Information

Please register early! If a class doesn't have a sufficient number of participants 48 hours prior to the beginning of the class, it may be canceled.

- ❖ All fees are payable at the time of registration (unless noted otherwise.)
- ❖ Please select a 1st & 2nd choice for class times, when applicable.
If no 2nd choice is noted, you will be placed on a wait list for the selected activity time.
- ❖ All program tuition **already includes** a non-refundable registration fee:
 - Programs costing up to \$50.00 include a \$5.00 non-refundable fee.
 - Programs costing \$51.00+ up include a \$10.00 non-refundable fee
- ❖ Fees are calculated per session and are not prorated (unless noted otherwise).
- ❖ **Refund Policy:** Refunds are given due to insufficient registration, documented illness, or other circumstances beyond our control. If a program does not meet your expectations, please let us know at the beginning of the program term and we will gladly credit your account, minus the non-refundable registration fee.
- ❖ **Transfer Policy:** Any change or transfer is subject to a transfer fee.
- ❖ **Payment:** Acceptable forms of payment are: Check, Visa, MasterCard or Cash (cash: not by mail)
- ❖ **Make all checks payable to:** Sparta Parks & Recreation
- ❖ **Sparta Recreation Mailing Address:**
 - 65 Main Street
 - Sparta, NJ 07871
- ❖ Please use one form per person
- ❖ Registration forms may be duplicated, however, additional forms are available on-line or at the Recreation Office.
- ❖ All classes held in Recreation, located in the lower level of the Sparta Library, unless otherwise noted.
- ❖ Participants must be the required age by the start of the program. Please be sure to **include birth date** on the registration form.
- ❖ **Class Participation:** Classes are scheduled at times that are designed to be convenient for both you and the instructors. Please check your schedule carefully before signing up for any given program.
- ❖ **Class Observation:** Parents are invited to observe classes on the last day of each session as per the instructor.
- ❖ Out of town residents are invited to participate, however, there is an additional 20% charge for participation.
- ❖ **Weather related closing policy:**
 - Schools closed: Day classes cancelled
 - Delayed Opening: AM classes cancelled

SPARTA RECREATION INFORMATION

SPARTA PARKS & RECREATION

Sparta Recreation Staff:

Marianne Dilworth: Recreation Supervisor & Senior Coordinator

Donna Jenkins: Recreation Program Supervisor

Janice Williams: Accounts Clerk

Rita Drevitson: Recreation Aide

Roxanne Masker: Senior Van Driver



Sparta Recreation:

Located: 22 Woodport Road,
Sparta, NJ 07871

Hours of Operation: 8:30AM-4:30PM

Contact: 973-729-2383

e-mail: donna.jenkins@spartanj.org



Recreation Committee:

Joe Galley, Carol Bull, Cathy Romine, Shauna Stanley,

Paul Johnson, Scott Friedland, TJ O'Leary

Advisory Members: Mayor Gil Gibbs, Donna Jenkins



MISSION STATEMENT

Sparta Township Parks and Recreation exists to provide and facilitate access to parks, recreation, cultural opportunities, and open space. Our staff members are committed to delivering the benefits of parks and recreation services including:

- *Leisure time benefits of providing a wide variety of quality and introductory programs at affordable costs.*
- *Personal benefits of strengthening self-esteem and self-image, improving health and fitness, and reducing stress in an enjoyable atmosphere.*
- *Social benefits of building stronger families, creating community spirit, promoting opportunities to develop new friendships, and providing positive alternatives for all segments of the community.*
- *Environmental benefits of protecting and rehabilitating natural areas and open space, and contributing to overall community livability.*

We strive to provide parks and facilities which are safe and attractive and offer recreation programs which are enjoyable and meaningful. We look forward to working with other area agencies and departments to help enhance the overall quality of life. We believe in being honest, positive and responsive to the needs and interests of the public.



"Rooted in Fun - Growing Together"

VOLUNTEER SPORTS ORGANIZATION CONTACTS



Organization	President	Email	Website
Men's Mushball & Women's Softball	Janice Williams	Janice.williams@spartanj.org	www.spartanj.org
In-town Basketball	Marianne Dilworth	marianne.dilworth@spartanj.org	www.spartanj.org
Adult Basketball	Janice Williams	janice.williams@spartanj.org	www.spartanj.org
Sparta Spartans Youth Football & Cheer	Josh Hertzberg (football)	spartansnj@gmail.com	www.spartafootball.org
	Beth Faria (cheer)		www.spartacheer.org
Sparta Girls Sports Softball & Field Hockey	Ray Manning	N/A	www.spartagirlssports.org
Sparta Soccer Club	Shauna Stanley	spartasoccerclub@gmail.com	www.spartasoccer.com
Sparta Youth Wrestling	Shelley Battaglia	spartawrestling@icloud.com	www.spartawrestling.com
Sparta Pride Wrestling	David Mastrotgiovanni	yourboard@spartapride.com	www.spartapride.com
Sparta LL Baseball	Kim Seelagy	president@spartabaseball.com	www.spartabaseball.com
Sparta Lacrosse	Ken Johnson	N/A	www.spartalacrosse.com
Sparta P.A.L. Travel Basketball	Ernie Reigstad	ernie@spartaPAL.com	www.leaguelineup.com/spartapal
Men's Soccer	Michael Dalichow	info@spartaOFFC.org	N/A
Women's Soccer	Natalie Neuschatz	icneusch@me.com	N/A
Sparta Bears Football	Brian Dolan	president@spartabears.org	www.spartabears.org
Sparta Ice Hockey	Frank Shaughnessy	spartahockey@spartahockey.com	www.spartahockey.com

REGISTRATION FORMS

RECREATION PROGRAM REGISTRATION FORM

Participant Name _____ Date of Birth _____ Male/Female _____

Address _____ Phone (home) _____ (cell) _____

Email _____ Grade _____ Age _____

PROGRAM	CODE	FEE	PROGRAM	CODE	FEE

IMPORTANT – PLEASE READ – HOLD HARMLESS RELEASE FORM

I hereby grant permission for myself and/or child to participate in the Sparta Recreation Department program noted above. I waive and release all rights and claims for damages against the Sparta Recreation Department and their employees and agents for any and all injuries, which may be suffered by the herein named minor or myself while participating in the program. Inherent in outdoor activities are the risk of cut, bruises, sprains, hypothermia, or concussion. I also give permission for the Sparta Recreation Department to make non-commercial use of any activity photographs of my child/myself.

SIGNATURE: _____ DATE: _____
(Signature of participant or parent of minor under 18)

PLEASE CLEARLY PRINT PRIMARY GUARDIAN NAME _____

(Full Payment must be made when registering by mail, fax or in person. Make check payable to Sparta Recreation)

Please fill out the following for mail-in or faxed registrations only. TOTAL \$ _____

Please select payment option: Check or Money Order: Check # or M.O. # _____ Cash (in-person registration only)

Visa MasterCard **Print** Name on Card _____ Zip Code _____

Account # _____ Exp. Date _____

Signature of Card Holder _____

RECREATION PROGRAM REGISTRATION FORM

Participant Name _____ Date of Birth _____ Male/Female _____

Address _____ Phone (home) _____ (cell) _____

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