

FRANKLIN LAKES RECREATION AND PARKS COMMUNITY CENTER

Welcome to our center. If you have not taken advantage of our wonderful facility, we invite you to come see it. Just let our staff know you would like to take a tour when you arrive!

We have many activities and programs available at the Community Center. Our indoor space provides for a variety of activities and programs for all ages and abilities.

Our weight room is equipped with treadmills, ellipticals and free weights

We also have fitness classes which include...

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout that is fun and easy to do.

Yoga emphasizes body, mind, spirit awareness and expansion along with learning meaningful boundaries. Yoga improves strength, flexibility and relieves stress. Our instructor will guide you by offering suggestions and modifications.

Pilates aims is to improve flexibility and strength and to create a balance in the body. It includes comprehensive regulation of the physical functions and leads to physical and mental relaxation

Tai-Chi/ Chi- Kung is a slow, graceful Chinese exercise that enhances relaxation skills, mental focus and physical alignment while building leg strength, endurance and stability. Tai- Chi is ideal for increasing stamina, flexibility and coordination.

Jump Start is a high energy, fat burning cardio class. Sure to get your heart beat pumping.

Tone Up is full body work out that incorporates light lifting and high intensity cardio.

Cardio Blast is a slower Zumba- style class with a great calorie- burn and tone-up.

Senior Art Classes is for those looking to learn and have fun with art. The medium is primarily watercolor, but all other forms are used.

After school programs include:

Guitar Basics

Golf

Beading

Acting Class

Fall Tennis

Information on all of these opportunities can be found on our website, www.gameplan411.com or by contacting the recreation department at 201-847-8200.

Programs for Older Kids

BOOK BUDDIES

A book discussion group
for grades 2 & 3.
Meets the first Thursday
of each month @ 4:15 - 5:15 p.m.

Thursday, November 5
Cancelled

Thursday, December 3
The Worst Best Christmas Pageant Ever
by Barbara Robinson
Register and pick up your book now!



DOUBLE DIGITS

A book discussion group for
grades 4 - 6.
Meets 4:00 - 5:00 p.m.

Thursday, November 19
The Lightning Thief by Rick Riordan
Register and pick up your book now!

Thursday, December 17
Tuck Everlasting by Natalie Babbitt
Register and pick up your book now!



Wii for grades 4 & Up

Drop in and play on the **SECOND** Friday of each month
starting November 13 @ 3:30 - 5:30 p.m. Test your video game skills
against other contenders. Play MarioKart, Guitar Hero III, Wii Play,
SuperSmash Bros. and DDR .

ANIMAGIC! for grades 4 - 6

Thursdays, November 12 & December 10
@ 4:15 - 5:30 p.m.

Try your hand at computer graphics!
Create a 3D animation from your digital photograph
Of any animal (live or toy)!

Sign up November 2 - space is limited!
Franklin Lakes residents only. Register on-line
@ <http://www.franklinlakeslibrary.org/>

HOMEWORK HELPERS

for children in grades K-5
Tuesday & Thursdays
4:30 - 5:30 p.m.
November 3 - 19
December 1-17
(No Program November 5)

Franklin Lakes residents only. On-going
registration.
Check with the
Children's Desk for details.

BOOK JEOPARDY

for grades 3 & up
Friday, November 6
@ 3:30 - 4:30 p.m.

Game show based on your
favorite books!

Registration for Franklin Lakes
residents begins October 26
Out-of-Town November 4



HOLIDAY CRAFT

for grades 3 & up
Wednesday, December 2
@ 4:15-5:30 p.m.

A special craft for the season
Registration for Franklin Lakes residents
begins November 23
Out-Of-Town November 30

DROP-IN MOVIE on December 30 @ 1:00-3:00 p.m.

Disney - Pixar's **"UP"** Rated PG 96 minutes

Programs for Younger Kids



**WELCOME to the P.I.N.T. Center!
for newborns to 30 months**

9:30 - 10:15 a.m. or 10:30 - 11:15 a.m.



Wednesday, November 4 - November 25

An informal social time for parents, infants and toddlers. Come meet others, introduce your child to the library and hear stories, songs and fingerplays appropriate for the younger crowd.

Franklin Lakes residents can register on-line @ <http://www.franklinlakeslibrary.org/>
Franklin Lakes residents registration begins October 19
Out-of-Town October 26

HOLIDAY TOT-TIME for ages 30 months to 5 years

9:30 - 10:30 a.m. or 1:15 - 2:15 p.m.



Tuesday, December 1

Or

Thursday, December 3



A special holiday celebration featuring crafts, stories, music, and free play.
All children must be 30 months by December 1 to qualify for this session.

Franklin Lakes residents registration begins November 18
Out-of-Town November 25

HOLIDAY PJ STORY TIME - DROP-IN
for children ages 3 to 6 years old

Join us in your PJ's for favorite holiday tales.

Wednesday, November 11 and Wednesday, December 9
@ 7:00 - 7:45 p.m.



FAMILY SPECIALS: *sponsored by the Friends of the Library*

Family Specials are open to only Franklin Lakes residents and current members of the Friends organization. Tickets are free and available in person or by telephone (201-891-2224).

NATURE WALK with the NJ Audubon Society: Grades 3-6

Wednesday, November 4 @ 4:15-5:30 p.m.

Join Pat Scheuer for a fun and informative nature walk on the library grounds. In the event of rain, an indoor program will be substituted. Registration begins October 26. Register on-line or in person.



DUET PRODUCTIONS presents *PETER PAN*: Grades K & up

Thursday, November 5 @ 7:00-8:00 p.m.

Fun for all with Peter Pan and Tinkerbell in Neverland with the Pirates, Indians, and the Lost Boys.

Tickets available beginning October 19.

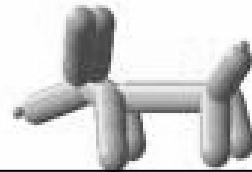


MR. TWISTER: Grades K & up

Friday, November 6 @ 1:30-2:30 p.m.

World renowned balloon maestro will twist and create your favorite creatures.

Tickets available beginning October 28.



PILGRIM ADVENTURE: A MYSTERY HISTORY HUNT: Ages 7-12

Wednesday, November 18 @ 7:00-8:00 p.m.

Children will participate in a brain bending hunt for clues to locate information on how to survive New England winters.

Registration begins November 2.



YOSI presents *A Thanksgiving Friendship Special*: Ages 4 & up

Tuesday, November 24 @ 7:00-8:00 p.m.

Lots of rhythms and songs about friendship in this interactive Thanksgiving program. Tickets available beginning Monday, November 9.



LYLE COGEN presents *Snowflakes and Snowsongs: A Winter Songfest*: Grades K & up

Thursday, December 3 @ 7:00-8:00 p.m.

Featuring songs reflecting Christmas, Chanukah and celebrating cultural diversity for the holiday season.

Tickets available beginning November 16.



TRAVELING LANTERN presents *A CHRISTMAS CAROL*: Grades K & up

Saturday, December 5 @ 10:30-11:30 a.m.

A classic tale about Old Ebenezer Scrooge, a nasty old geezer, until his only friend appears as a ghost to teach him the joys of caring and giving to others. Tickets available beginning November 16.



EXIT 9: Grades K & up

Tuesday, December 29 @ 1:30 p.m.-2:30 p.m.

One of the most exciting percussion groups ensembles around! They will play music of all styles including ragtime, steel pan calypso, and West African drumming. Tickets available beginning December 21.



HEALTH CARE REFORM IS ABOUT SAVING LIVES, NOT DESTROYING THEM.

Abortion is not health care because killing is not healing.

For over 30 years, the Hyde Amendment and other longstanding and widely supported laws have prevented federal funding of elective abortions.

Yet health care reform bills advancing in Congress violate this policy.

Americans would be forced to subsidize abortions through their taxes and health insurance premiums.

We need genuine health care reform —reform that helps save lives, not destroy them.

**Tell Congress:
“Remove Abortion Funding
and Mandates from Needed
Health Care Reform!”**

**Visit www.usccb.org/action
to send your e-mails today.**

For more information on the U.S. bishops’ advocacy for authentic Health Care Reform, visit www.usccb.org/healthcare.





United States Conference of Catholic Bishops

3211 FOURTH STREET NE • WASHINGTON DC 20017-1194 • 202-541-3100 • FAX 202-541-3166

USCCB NATIONWIDE BULLETIN INSERT

Tell Congress: Remove Abortion Funding & Mandates from Needed Health Care Reform

Congress is preparing to debate health care reform legislation on the House and Senate floors. Genuine health care reform should protect the life and dignity of all people from the moment of conception until natural death. The U.S. bishops' conference has concluded that all committee-approved bills are seriously deficient on the issues of abortion and conscience, and do not provide adequate access to health care for immigrants and the poor. The bills will have to change or the bishops have pledged to oppose them.

Our nation is at a crossroads. Policies adopted in health care reform will have an impact for good or ill for years to come. None of the bills retains longstanding current policies against abortion funding or abortion coverage mandates, and none fully protects conscience rights in health care.

As the U.S. bishops' letter of October 8 states:

“No one should be required to pay for or participate in abortion. It is essential that the legislation clearly apply to this new program longstanding and widely supported federal restrictions on abortion funding and mandates, and protections for rights of conscience. No current bill meets this test.... If acceptable language in these areas cannot be found, we will have to oppose the health care bill vigorously.”

For the full text of this letter and more information on proposed legislation and the bishops' advocacy for authentic health care reform, visit: www.usccb.org/healthcare.

Congressional leaders are attempting to put together final bills for floor consideration. Please contact your Representative and Senators today and urge them to fix these bills with the pro-life amendments noted below. Otherwise much needed health care reform will have to be opposed. Health care reform should be about saving lives, not destroying them.

ACTION: Contact Members through e-mail, phone calls or FAX letters.

- **To send a pre-written, instant e-mail to Congress go to www.usccb.org/action.**
- Call the U.S. Capitol switchboard at: 202-224-3121, or call your Members' local offices.
- Full contact info can be found on Members' web sites at www.house.gov & www.senate.gov.

MESSAGE to SENATE:

“During floor debate on the health care reform bill, please support an amendment to incorporate longstanding policies against abortion funding and in favor of conscience rights. If these serious concerns are not addressed, the final bill should be opposed.”

MESSAGE to HOUSE:

“Please support the Stupak Amendment that addresses essential pro-life concerns on abortion funding and conscience rights in the health care reform bill. Help ensure that the Rule for the bill allows a vote on this amendment. If these serious concerns are not addressed, the final bill should be opposed.”

WHEN: Both House and Senate are preparing for floor votes now. **Act today! Thank you!**



MUSIC FOR LIFE

Ackerman's Music Center

259 Godwin Avenue Midland Park, NJ 07432

201-444-4955

www.ackermansmusic.com

October 30, 2009

Dear Parents,

On Friday morning, November 6, 2009 MUSIC FOR LIFE will be giving a Music Demonstration Assembly for the children. It will be held at 10:30am in the gym/auditorium immediately following the morning mass. Parents are invited to attend and watch the demonstration.

MUSIC FOR LIFE is offering musical instruction in the following instruments:

Guitar K-8

Percussion K-8

Violin K-8

Woodwinds – flute, clarinet, saxophone, recorder Grade 4-8

Brass – trumpet, trombone Grade 4-8

Guitar and Percussion lessons will be held on Monday morning at 8am and are 30 minutes in length. After your child's lesson is finished, they may go to the After Care room until school begins and you will not be charged for that time period.

Lessons for Violin, Woodwinds and Brass are all taught by one teacher, so depending on the enrollment your child's lesson could be on Monday 8am or on Wednesday or Thursday after school.

The enrollment forms are on the next page. We do appreciate you getting your forms into the Ackerman's Music Center office as soon as possible so the classes can be set up. If you need to purchase or rent an instrument, please call our office at 201-444-4955 to reserve one for your child.

MUSIC FOR LIFE will also be involved in a very exciting event this coming school year. We will be sponsoring "Catholic Rock Fest" which is an American Idol type competition for Best Vocalist, Best Rock Band and Best Instrumentalist. The winners will perform at the Our Lady of the Visitation in Paramus Spring Fair in May 2010. Details of this fantastic event for your musical children will follow throughout the year.

If you have any questions about the MUSIC FOR LIFE instrumental program or about Catholic Rock Fest, please call or email me at MusicForLifePLD@aol.com. We look forward to a wonderful year of musical learning for your child and to seeing you at the concerts! Thank you for your support!

Sincerely

Patricia Lazzara

MUSIC FOR LIFE –Executive Director

MusicForLifePLD@aol.com

201-529-2337

NJ CHILDREN'S CHESS SCHOOL, 862 DEGRAW AVENUE, FOREST HILL (NEWARK), NJ 07104
**DIRECTIONS: TAKE GSP TO EXIT 148 ON SECOND TRAFFIC LIGHT MAKE TURN ON TO
FRANKLIN STREET (TOWARD EAST) GO 1 ½ ML & LEFT ON DEGRAW AVE
OR TAKE ROUTE 21 EXIT 5**



NJ Children's Chess School "Geller Quads" - First Friday Every Month!

FRIDAY *november 6, 2009

Where? 862 DeGraw Ave, Forest Hill, NJ 07104
Open To? K-6 3-RR G/35
Trophy to ALL PLAYERS!!!

Registration 6:00-6:25 PM Rounds 6:30-7:40-8:40 PM Presentation 9:15 PM
EF \$27 if rec'd by 10/30/09, \$30 at site \$3 off from second in family

Please complete and sign the registration form below and return with payment
to "Children's Chess" at the address:
Arkady Geller, 862 DeGraw Avenue, Newark, NJ 07104

Info: Arkady Geller (973) 483-7927 E-mail: chesscamp@hotmail.com
Web: kidschesscamp.com

My child _____

Will attend chess tournament on November 6, 2009 @ NJCCS

Enclosed please find check for \$27

Phone (home) _____ (cell) _____

E-mail _____

Parent signature _____