

The Department of Parks and Recreation is pleased to announce free programs for its Senior Citizens

SENIOR CITIZENS (60 YEARS OLD AND OLDER)

We are extremely pleased to announce effective September 2015, all North Plainfield residents and all North Plainfield borough employees will be eligible to participate in any recreation sponsored activity for **FREE**.

To be eligible to participate, you must obtain a Photo ID from the recreation department. Requirements include proof of residency or employment and age. To receive your photo ID card, you must make an appointment with the recreation department and come to 93 Greenbrook Road to have your picture taken. Appointments are required as the office is closed during the day.

Once you receive your card, it is yours to be used as free admission to any one of our programs. Most of our programs require a completed registration form. Please fill out a form when requested. No fees will be charged.

Our new "Free" Senior Citizen's program is a privilege, not a right. Transfer of cards will result in loss of your privilege.

Currently, the Department of Parks and Recreation offers the following adult programs: Archery, Badminton, Basketball, Volleyball, Softball and now Zumba, Zumba Gold and Yoga. All of our adult programs are co-ed.

Our adult programs are designed for adults 18 years old and older to go out for an hour or so, meet new people, socialize, exercise and most importantly, have fun. Our programs are not designed for "win at all costs" Please bear that in mind when registering.

Children: We prefer when possible to leave your children at home. We recognize there may be circumstances beyond your control and you must bring your children to your adult program. If this be the case, please understand they may not participate. They may not wander around the building. They must stay in the room and as quiet as possible.

Please be reminded this is an adult program. Some adults may have left their children home to get "me" time. Please be respectful of other participants.

We wish you a lot of fun and entertainment and exercise!!

Enjoy!

North Plainfield Recreation