



Back to Basics – A Healthy Lifestyle Series

Ridgewood Parks and Recreation Department and

REAC/ Ridgewood Environmental Advisory Committee

Join us in attending this new, educational and informative hands on series presented by professionals within the field. Topics address the importance and value in leading a healthy lifestyle and simple steps to attaining these goals. Registration is required for all classes.

Understanding Lead Poisoning - Free -Dawn Cetrulo, Health Supervisor, Danielle Cinnante, MS, CHES
January, Monday 25th, 7:00 – 8:00 pm, Senior Lounge, Village Hall



Even small amounts of lead can cause serious health problems. Learn about where to find lead in older homes, garages and out buildings; know how to recognize the symptoms of lead poisoning and the simple precautions necessary to protect your family.

Backyard Beekeeping - Free Northeast NJ Beekeepers Association, Pres. Frank Mortimer
February, Saturday 13th, 10:00 am – 12:30 pm, the Stable

Interested in keeping honey bees and wanting to learn the very basics about this hands-on hobby? This introductory workshop will include: equipment and supplies, the care and handling of bees, clothing, colony health, costs involved, and where to go to learn more!



Re-Forestation - How does it work in the Village? -Free - T. Cronin, B.Comery, G. Wolfson, C. Rutishauser
March, Monday 21st, 7:00 – 8:30 pm, Senior Lounge, Village Hall



Re-forestation is the natural or intentional act of planting young trees in an area; within our community this program includes the following: the Shade Tree Commission, Adopt-A-Tree, the 5 year Community Forestry Management Plan and the Sidewalk Replacement project. How does it all come together, meet the team that make it happen with our Village Community.

Backyard Composting -Free Angela Bonnanno-Lynch, BCUA Educator
April, Saturday 23rd, 10:00 – 12:00 noon, the Stable

All are encouraged to learn the basics and benefits of this organic method of turning yard waste and kitchen scraps into something useful – rich garden soil. The value of backyard composting to the homeowner and the environment are substantial.



*The Earth Machine is a ready-made compost bin, suitable for residential backyard use will be made available for purchase, \$60.00 apiece. - Make checks payable to : BCUA

From Garden to Table Stacey Antine, Director HealthBarnUSA

May, Saturday 14th, 8:30 am – 12:00 noon, the Gate House, Irene Habernickle Family Park

Here is what you need to know to begin and maintain your own organic vegetable garden. Instruction will cover site selection, amending the soil, seeds and seedlings, companion planting, proper watering techniques, harvesting and using vegetables in your favorite recipe. Workshop includes light breakfast and delicious lunch. \$65.00 per person/ \$100.00 per couple. Register on line at www.healthbarnusa.com



Recycling – Free -What happens after it leaves the curb? Frank Stanton / Atlantic Coast Recycling
June, Monday 13th, 7:00 – 8:00 pm , Senior Lounge, Village Hall George Wolfson / Recycle America (Ret)

Where does it go from here – it's dirty, stinky and gross ...it gets picked up and then what? Learn what happens to the bottles, cans, glass and myriad containers collected weekly by the Recycling Division.



PROGRAM REGISTRATION online at www.ridgewoodnj.net/communitypass

By Mail/ In Person: The Stable, 259 N. Maple Ave., Ridgewood, NJ 07450 Tel: 201-670-5560

Back to Basics—A Healthy Lifestyle Series

Name _____ Address _____

Emergency Tel _____ Emergency Contact _____ Email _____

1.Understanding Lead Poisoning _____ Program(s) - Indicate all classes attending with a mark(x)
Earth Machine \$60.00 _____ 2. Backyard Beekeeping _____ 3. Re-Forestation _____ 4. Backyard Composting _____
Total Amount Paid _____ 5. From Garden to Table - cost \$65 person/\$100 couple _____ 6. Recycling _____
Check # _____

I, the participant, assume all risks and hazards incidental to participation in the above Recreation activity. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors, and persons involved in the activities for any claim arising out of an injury, whether the result of negligence or for any other cause, except to the extent and in amount covered by accident insurance.

Signature of Participant _____