The “Rec Room”

FALL Happenings

Recreation Department Office Staff:
Don Bogardus - Director
Heather Re-Ferratti - Assistant Director /Aquatics Supervisor
Linda Johnson - Program Coordinator
Joanne Colanderi - Office Secretary
Lauren Harmer - Senior Programs
Paul Cherci - Pool Technician

Westfield Recreation Commission:
The Westfield Recreation Commission is made up of members who are all appointed by the mayor. The Commission has a responsibility to determine and formulate policies for the effective management of park and recreation services. It also supports and sets policy for the Recreation Department staff. In addition, it functions as liaison between the Board of Education, the Mayor and Town Council. For Commission dates please see the department’s website.

Commission Members: Gary Fox (Chairman) Monica Bergin, Peter Echausse, Amy Berman, Russ Howell, Ruth Maloney, Larry McDermott, Brad Rothenberg, Jeff Perella, Gretchen Ohliger, Michael Dandia, Beth Dencker Karen Petruzzi

3 Easy Ways To Register for Programs:

(1) ONLINE
Register at https://secure.rec1.com/nj/westfield-nj

(2) MAIL IN
Fill out & Mail in Registration Form from the back of this brochure or web site
CHECKS PAYABLE TO:
Westfield Recreation Department

(3) WALK-IN
Recreation Department Office
Monday-Friday, 8:30AM - 4:30PM

*Please Read Carefully: Some programs have special registration requirements or other web site to register on*

Be Active, Be Healthy, Have Fun with

Westfield Recreation Programs this Fall!
The Department has many programs for you to enjoy. Visit our website, “Like Us” on Facebook & Follow us on Twitter for up to date information on programs, events and department information.

Schools Out Soccer Camps

Dates:
Sept. 3 & 4
Sept. 30 & Oct. 1
Oct. 9 / Oct. 14
Nov. 7 & 8

Plus MANY MORE Fall Sports Programs
Ages 2 - 14
www.USsportsInstitute.com (866) 345 - BALL

The Westfield Recreation Department
425 East Broad Street, Westfield, NJ 07090 - 908-789-4080 ~ Department Email: recreation@westfieldnj.gov
Website: www.westfieldnj.gov/recreation ~ “Like Us” on Facebook ~ https://secure.rec1.com/nj/westfield-nj
Art & Science

Smartycat Kids

Location: Recreation Department's Community Room
Register @ wwwSmartyCatKids.com

** All NEW Lessons & Projects **

Creative Art Lab — (Grades K-5)
This is the ultimate class for fostering creativity and allow your child to have complete freedom to express themselves through their art! Students will get to experiment with a wide variety of materials as we rotate between classic art projects such as painting, sketching and sculpting and non-traditional projects such as 3D art and recycled art.

Mondays: 5:00-5:45pm
Fee: $150
Grades K-5
Dates: 10/7 - 12/9
(8 week Session)
(No Class 10/14 & 11/11) Participants grouped by age at class

Cool Chemistry — (Grades K --5)
Would your child love mixing together ingredients in order to explore their properties and see how they change and react? Make liquids bubble, fog, erupt or change colors. Create new and unique substances and see what happens! During this cool class, we will conduct a variety of fun and safe experiments that will prove how exciting chemical reactions can be!!

Fridays: 5:00 - 5:45 pm
Fee: $150
Grades K-5
Dates: 10/11 - 12/13
(8 week session)
(No Class 11/8 & 11/29) Participants grouped by age at class

Register @ wwwSmartyCatKids.com
OR call 732-762-5022

Fashion First – Designer!
Do you have a passion for fashion?
Fashion Sewing & Construction: Participants will learn all about garment construction through measuring, pattern making, pinning, marking, cutting & sewing. They will learn to use a sewing machine and build on skills to learn all the proper sewing techniques to finish a self designed garment.

Thursdays:
Dates: Oct 3 - Dec 12 (8 week session)
(No Class 10/31, 11/7, 11/28)
Grades: 2–5 / Time: 4:15 -5:15 pm
Grades; 6 & up / Time: 5:15 -6:15 pm
Fee: $220 pp
Includes all fabric, supplies and use of sewing machines.
FALL Project = Grades 2-5 = Skort Skegging
= Grades 6 & up = Tulip Shirt
These projects are flattering & fun and the designs are up to you!
No sewing experience needed for either class!

Register at:
www.fashionfirstworksshops.com

MANNERS Anyone? ? ?

Mannerations™ - SOCIAL Etiquette
Kids learn proper etiquette techniques to successfully manage social situations. Some of the topics reviewed include: greetings and introductions, being a good guest and host, written correspondence, and behavior at celebrations. Children learn through role playing, worksheets and fun games.
Instructor: Patti Manning of Mannerations™

Ages: 6-10 yrs old Fee: $40 pp
October 29 (Tuesday) = 4:00—5:00 pm
December 4 (Wed.) = 4:00 - 5:00 pm
Location: Recreation Department

Mannerations™ - DINING Etiquette
Kids learn etiquette of dining in a fun interactive and memorable manner. A four course meal is consumed while etiquette instruction is provided. Participants learn how to correctly behave and manage a formal meal. Patti Manning of Mannerations™

Ages: 6-10 yrs old Fee: $55 pp
November 13 (Wednesday) = 4:00-5:00 pm
December 11 (Wednesday) = 4:00-5:00 pm
Location: Recreation Department
Register: In person, By Mail or Online at https://secure.recc1.com/nj/westfield-nj

Save The Date
Sunday March 8 2020
Registration Opens Mid-December
Training For Teens (Grades 6 - 12)
CPR & First Aid Training

**Adult, Child & Infant CPR & First Aid**
Course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing & cardiac emergencies to help victims of any age - adults (about 12 yrs and older) and pediatric (infants and children up to 12 yrs of age). **Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.**

Learn What to Do in an Emergency

**Class:** Adult, Child & Infant CPR w/ First Aid
**Date:** Monday Sept. 30  **Time:** 9:00 - 4:00 pm
**Teens:** Grades 6 - 12  **Fee:** $100 pp
**Location:** Rec. Dept / Municipal Building
Pre-Registration is Required

Register: In-person at Rec. Dept., by Mail or Online at: https://secure.rec1.com/nj/westfield-nj

SAFE SITTER
**ESSENTIALS w/CPR**
This 1-day class is designed to prepare students in grades 6-9 to be Safe when they are home alone, watching younger siblings or Babysitting. This Instructor-led class is filled with fun games & role-playing exercise. Students will use manikins to practice rescue skills like choking rescue and CPR!

**Class Content:** Indoor & outdoor safety, handling emergencies, child development, child care duties, behavior management, injury prevention, first aid & injury management, choking rescue, CPR, job screening, meeting employers and MUCH, MUCH MORE!

**4 Classes Being Offered**
- Saturday Sept. 14 / Wednesday Oct. 9
- Saturday Oct. 26 / Friday Nov. 8

**TIME:** 9:00 am - 3:30 pm
**WHERE:** Westfield Rec. Dept.
**WHO:** Girls & Boys ~ Grades: 6-9
**FEE:** $95 pp
Register online: https://secure.rec1.com/nj/westfield-nj

Be the sitter that all parents & kids want!
Safe Sitter® Course

Field Hockey
“Scrimmage & Skills” League

**Day:** Sundays  **Time:** 8:30 - 9:30 am
**Dates:** Sept 22 - Nov 3  (6 weeks / No 9/29)
**Grades:** 6 - 8  **Fee:** $80.00 pp
**Location:** Sid Fay Complex  (Turf Field)

Register online at: https://secure.rec1.com/nj/westfield-nj

Join WHS Coach Corinne Varhley in this new program for girls in grades 6 thru 8th. Player will learn & improve their fundamental skills of the game. Players will learn new strategies and increase their knowledge & enjoyment of the game. scrimmages will be played so they can put their new skills to use.

TENNIS CLINICS for Kids
Under the Direction of Coach Jeff Brandes

**September 24 — October 24**
**Days:** Tuesdays OR Wednesdays OR Thursdays
**Location:** Memorial Park Courts

**Pee Wee’s:** Generally ages 3-4.5 (3:30-4:15) $77
**Hot Shots:** Generally ages 4.5--6 (3:30-4/15/4:15-5) $77
**Level 1:** Generally ages 6 and up (3:45-5/5:00-6:15) $118
**Level 2:** Generally ages 8 and up (5:00—6:15) $118
(**NOTE:** Teens aged 13 & up can take Adult classes)
Refer to Online Registration for EXACT Days & Times

Register In-person at Rec. Department  OR Online at: https://secure.rec1.com/nj/westfield-nj

WOW!
Schools OUT - Join a Camp!

**soccer camps ~ Fall 2019 ~ Ages 5-14**

- **Sept 3 & 4** (9a-12:30p or 4:00p)
- **Sept 30 & Oct 1** (9a-12:30p)
- **Oct 9** (9:00a-12:30p)
- **Oct 14** (9:00a-12:30p or 4:00p)
- **Nov 7 & 8** (9:00a-12:30p)

Soccer Camps - Sid Fay/Houlihan Fields

**camp details:** (Early Drop off from 8:15am)
Players receive soccer instruction at a level that will both challenge them and ensure they have a fantastic experience at camp. Our professional, qualified coaches will cover different topics and themes each day. Ample scrimmage time will ensure players have the opportunity to put these new skills into practice.

**Players are typically organized into the following groups:**

**Foundation Soccer Level:** Players will develop their dribbling, passing, control & shooting skills in a fun environment. Focusing on developing a basic understanding of the sport, the Foundation curriculum is designed for the beginner to intermediate player.

**Development Soccer Level:** Focusing on the technical and tactical aspects of soccer, players will refine their skills in dribbling, shooting, control and passing under pressure. This level is for the intermediate to advanced player looking to enhance their skills and decision making abilities in a game situation.

**Advanced Soccer Level:** Players will work on individual technical and tactical development, enhancement of game awareness and understanding in a challenging and competitive environment. Designed for the advanced travel player looking to master their skills & decision making in a game situation. **Participants MUST wear shin guards for this program.**

Register Online: [www.USsportsInstitute.com](http://www.USsportsInstitute.com) OR Call 866-345-BALL for the Sport Camps

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**Fall Sports. . . Get Involved!**

**About US Sports Institute (USA & USSI):** The US Sports Institute offers an abundance of sport programs in the fall to cater to players of all ages and ability levels. With a wide variety of program options, we have something to suit every child! Fall programs are offered as weekly classes which typically take place once per week for a 6-8 week period. Not sure which is the correct sports program for your child? Call them at (866) 345-BALL or use the chat function on their site, they are there to help!

**Fall Sports Programs:** (Location - Tamaques Park)

**Preschoolers - Parent & Me Classes** (Ages 2-3): Where you and your child participate in the class together. (Soccer and Multi Sports)


**Multi Sports** (Ages 2-5): Multi sports programs allow participants to try a variety of sports within the program rather than specializing on a single sport.

**Soccer** (Ages 2-11): USSI's leading soccer programs are great for children of all ages & abilities.

**T-Ball** (Ages 3–5): T-Ball is the perfect introduction to baseball or softball for your young slugger.

**Lacrosse** (Ages 3–7): Boys & Girls - Learn one of the nation's fastest growing sports w/ help from a licensed USSI coach.

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**pre-school ~ Ages 2-5 ~ Late Fall:** Weekly Classes (Indoors - Westfield Rec. Dept. ~ Community Room)

**Saturdays:** Parent & Me Multi Sports (2-3) / Squirts Multi Sports (3-5) / Parent & Me Soccer Squirts (2-3) / Soccer Squirts (3-5)

Saturdays = 11/16 - 12/21/19 (no class 11/30) - 1 hr weekly classes - Morning starting at 9 am

**Sundays:** Parent & Me Soccer Squirts (2-3) / Squirts Soccer (3-5) / Parent & Me Multi Sports Squirts (2-3) / Squirts Multi Sports (3-5)

Sundays = 11/17 - 12/23/19 (no class 12/1) - 1 hr weekly classes - Morning starting at 9 am

Register Online: [www.USsportsInstitute.com](http://www.USsportsInstitute.com) Or Call 866-345-BALL for the above Sport Programs
Young Rembrandts
The Westfield Recreation Department has partnered with Young Rembrandts to offer Art Classes:

**CARTOONING (Ages 6-12)**
Our artists will draw lively party animals and bring ordinary items to life as they illustrate and personify inanimate objects. They will also learn how to visualize sounds. And what’s cartooning class without learning how to draw expressions! (8 week session)

- **Day:** Tuesdays
- **Dates:** 10/8 - 11/26
- **Time:** 5 - 6 pm
- **Fee:** $115 pp

**Pre-School Drawing (Ages 3-5/PreK-K)**
Young Rembrandts introduces drawing lessons that will excite your young artist. Drawing rainbows will introduce our students to the wonderful world of color. We will illustrate airplanes, ice cream sundae and learn to draw a friendly lion. (8 week session)

- **Day:** Tuesdays
- **Dates:** 10/8 - 11/26
- **Times:** 4 - 4:45 pm
- **Fee:** $106 pp

**Location (Both Classes):**
Rec. Dept. / Community Room

**Register:**
In-person at Rec. Dept, By mail or Online at:
[https://secure.rec1.com/nj/westfield-nj](https://secure.rec1.com/nj/westfield-nj)

LEGO® Classes
Power up your engineering skills with PlayWell Teknologies and tens of thousands of LEGO® parts! Design and build as never before and explore your craziest ideas in a supportive environment. There are no prerequisites for these courses.

**Jedi Master Engineering w/LEGO Materials**
The Force Awakens in this advanced engineering course for the young Jedi! Key concepts covered include gear trains, worm drives, pneumatics, and eccentric motion. Projects include X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities an much more from a galaxy far, far away. (8 week session)

- **Dates:** Sept. 25 - Dec. 4 (No class 10/9, 11/6, 11/27)
- **Day:** Wednesday
- **Time:** 4:00 - 5:30 pm
- **Ages:** 5 - 12
- **Fee:** $160 pp
- **Location:** Rec. Dept.

**Winter Wonderland Engineering w/LEGO® Materials**
We’re creating a Winter Wonderland with bob sles, snowmobiles, and the Polar Express. Students will explore their snowiest ideas and learn STEM concepts with thousands of LEGO® pieces.

- **Dates:** Dec. 26 & 27 / 2 Day Camp
- **Ages:** 5 - 7
- **Time:** 9am-12pm
- **Location:** Rec. Dept.
- **Fee:** $70 pp

**Winter Wonderland Challenge w/ LEGO® Materials**
Students apply concepts in engineering & architecture to brave the winter weather. Design & build motorized snow blowers, gondolas and a snowball launcher with thousand of LEGO pieces.

- **Dates:** Dec. 26 & 27 / 2 Day Camp
- **Ages:** 8 - 12
- **Time:** 1pm-4pm
- **Location:** Rec. Dept.
- **Fee:** $70 pp

For Info or Register Online at:
[www.Play-Well.org](http://www.Play-Well.org)

Fencing Classes
The WRD is happy to partner again with the Advanced Fencing & Fitness Academy of Garwood. (AFFA)

**Fall Session:** Tuesdays = Sept 24 – Oct 29
**Winter Session:** Tuesdays = Jan 14-Feb 18

- **Time:** 3:30 - 4:30pm
- **Fee:** $130 pp

**Location:** AFFA 110 South Ave., Ste. B, Garwood

**Grades:** 2-6 (6 week session)

Participants will learn the basic positions, rules & techniques of the sport. No prior experience required & equipment is provided.

**WHY FENCING:** The sport of fencing is a uniquely classic sport. Fencing develops discipline, balance, coordination, & sportsmanship. It helps youth develop quicker reflexes & the ability to make fast analyses of tactical situations which transfer to problem solving skills. Mentally it is mind consuming, allowing not a moments break earning its nickname "Physical Chess".

**Register:**
In-person at the Rec. Dept.
By Mail or Online:
[https://secure.rec1.com/nj/westfield-nj](https://secure.rec1.com/nj/westfield-nj)

Safe@Home
This program is designed for students in grades 4 - 6 to prepare them to be safe when they are at home alone. It teaches how to practice safe habits, how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies. Participants also learn a system that helps them assess and respond to injury & illnesses.

- **Grades:** 4th - 6th
- **Date:** Wednesday - November 20
- **Time:** 3:45 - 5:15 pm
- **Fee:** $20 pp

**Location:** Rec. Dept / Conference Room

Register at: [https://secure.rec1.com/nj/westfield-nj](https://secure.rec1.com/nj/westfield-nj)
TAI CHI
Tuesday Mornings
Tai Chi combines intense mental focus with deliberate, graceful movements designed to improve strength & agility. Particularly important for anyone who has balance issues.

All Levels Welcome! Walk-ins Welcomed for $10/class!
Tuesdays 10:00-11:00 am
Location: Community Room (Municipal Building)
Instructor: Barry Gallitzer

Fall Session #1: September 3 — October 8 (Fee: $30)
Fall Session #2: October 29 — December 17 (Fee: $40)
Winter Session #1: January 7—February 25 (Fee: $40)
(No Class October 15 & October 22)
Register: By Mail. In Person Or Online at:
https://secure.rec1.com/nj/westfield-nj

Zumba & More
Our Zumba & More class mixes aerobics with stretching and toning. It combines a full body workout to lively music with a flair while you strengthen your core and increase your flexibility. All levels WELCOME!!

Location: Community Room (Municipal Building)
Instructor: Peggy
Time: 7:30—8:20 pm

Fall #1: Sept 16 - Nov 4 Fee: $63
(No class 10/14) (7 weeks)
Fall #2: Nov 18 - Dec 16 Fee: $45
(No class 11/11, 12/23, 12/30) (5 weeks)
Winter #1: Jan 16 - March 2 Fee: $63
(No class 1/20, 2/17) (7 weeks)
Register: By mail In-person & Online
https://secure.rec1.com/nj/westfield-nj

TRY A CLASS
Come TRY a Tai Chi or Zumba & More class for a Drop In fee of $10
Dress comfortably & wear sneakers. Join in on the fun!

TENNIS CLINIC - Adults
Under the direction of Coach, Jeff Brandes

SUNDAYS: September 22 - October 20
THURSDAYS: September 26 - October 24

Beg/Adv. Beg: 10-11:30am (Thursdays & Sundays)
Lo Int/Int: 11:30-1pm (Sundays)
FEE: $143 Location: Memorial Park Courts
Registration Online at
https://secure.rec1.com/nj/westfield-nj

Note: Juniors Age 13 and up can take the Adult classes

Come Out and Learn a Lifetime Sport!

WOMEN’S PROTECTION WORKSHOP
Collaboration of Westfield Rec. Dept & Harmony By Karate
Join us for a Workshop on Women & Self Defense hosted by the Westfield Recreation Dept. and presented by Sensei John P. Mirrione (owner of Harmony By Karate). Learn simple effective moves to stand up for yourself in the presence of an attacker or more importantly avoiding this kind of situation. Participants will learn that self-defense is a set of awareness, assertiveness, verbal confrontation skills, safety strategies and physical techniques that enable you to successfully escape, resist and survive hostile encounters or violent attacks.

SATURDAY - November 2
9:30 am - 11:00 am
Women & Teens (ages 15 & up)
$55 pp
Community Room / Municipal Building
(Pre-Registration Is required)
Register online at:
https://secure.rec1.com/nj/westfield-nj

NEW
WESTFIELD MEMORIAL POOL
MEMBERSHIP 2020

Not a Pool Member & want to become one?
Fill out the Interest Form NOW to go on the wait list for Summer 2020

Find the Interest Form at:
www.westfieldnj.gov/pool

Email the Completed Form to us at:
recreation@westfieldnj.gov

Senior Transportation
Transportation Services for Westfield Senior Residents who are 65 Years of Age or Older

Call to Register OR to Schedule a Ride:
(908) 301-1287
You Can Leave a Message Anytime

Medical Rides:
Our transport service for Westfield senior residents provides rides to Doctors, Dentists, Professional Appointments on Tuesdays & Wednesdays. Rides to Overlook are available on Wednesdays. Transportation runs from 9:00 am—1:00pm.

Shopping Rides:
We offer transports for Shopping to locations in & around Westfield. Pick up starts at 9:00 am. Designated drop off locations are listed below:

Drop Off Locations (Shopping):
Stop & Shop - Lord & Taylor - Post Office - CVS - Library
Elm & Broad St - Trader Joes - Train Station - Voting
Shop Rite (Clark) - Target (Clark) - Marshalls (Clark) - Banks
South Ave Center - Municipal Building - Walgreens - Kings

Program Days:
Tuesday & Wednesday = Medical Rides
Thursday = Shopping
CALL (908) 301-1287

DRUMLINE

Intermediate students will cover the basics of drumline including marching technique, drumline warm-ups, and cadences using real marching percussion. Thinking about joining drumline in high school but want to get a feel for the activity? Or are you looking to take your drumming to the next level? Then Drumline is the perfect fit for you. Come find your rhythm with us & join Drumline!!

Grades: 6 - 8
Day: Monday
Dates: Oct. 7 - Nov 25 (6 week session)
Time: 3:30 - 4:30 pm Fee: $85 pp
Location: Rec. Department
(No Class 10/14 & 11/11)
Register In person at Rec. Dept
By Mail or Online at
https://secure.rec1.com/nj/westfield-nj

Music and Movement
(Ages 3 - 5)

Students will have a BLAST learning how to make music in this exciting, interactive and high energy class. Children will explore the world through movement, learning fun songs, playing instruments and singing in different languages. Music and Movement encourages children to embrace their creativity. Through a myriad of fun and interactive musical activities, this class will teach participants about individual expression as well as collaborative cooperation.

Day: Tuesday
Dates: Oct 22- Nov 26 (6 week session)
Time: 10:00—10:45 am
Ages: 3 - 5 Fee: $85 pp
Location: Rec. Dept / Lower Room
Register online at:
https://secure.rec1.com/nj/westfield-nj
Westfield Recreation Department
General Registration Form

This form can be filled out & mailed into the Recreation Department with a check (Payable to: Westfield Recreation Department).

Please be aware that all programs are on a first come basis.
Mail to: Westfield Recreation Department 425 East Broad St, Westfield, NJ 07090

Participants Name: ________________________________ Male / Female
DOB: _______ Age: ______ Grade: ______ Phone Provider: ____________________________
Address: ___________________________________________________________ Home #:
Number Street Apt Town Zip

Parent Name: __________________________________________________________ Cell #1:

Cell #2: _____________________________________________________________

Parent Email: _______________________________________________________
Emerg. Name: ___________________ Relation________ Emerg #: ____________________

List any allergies, medication, limitations or health issues we should be aware of (If none put “none”)

Program Name: ______________________ Dates: ___________ Fee: ______
Program Name: ______________________ Dates: ___________ Fee: ______

Amount Enclosed: ___________ Check #: __________________________

I certify that the participant listed above is physically able to participate in the Westfield Recreation Department’s programs. I hereby give permission for the participant listed to participate in the above-named activity.

Hold Harmless: I waive and release all rights and claims for damages against Town of Westfield, the Recreation Department, the Recreation Commission, the Town of Westfield Board of Education, and any employees, volunteers and agents for any and all injuries, which may be suffered by the above, named individual while participating in the activity. I understand that all injuries must be reported immediately to the Recreation Department. I also realize that Town of Westfield, Town of Westfield Recreation Department, and the Westfield Board of Education do not have medical or accident insurance to cover the above named individual or any other participants. I further certify that all information on this form is true.

Media Policy: On occasion participants may be photographed while participating in Westfield Recreation Activities/programs. Understand that pictures at these activities may appear on the Westfield web page, Face book page and/or other social media, publicity, or brochures marketing Westfield Recreation activities/programs and facilities. The participants and/or their legal guardians will have no rights granted to inspect or approve the use of said photographs prior to publication. Names will not be published with any pictures that are used

Requests for a refund must be made in writing at least five (5) business days (M-F) before program begins. NO refunds will be issued once the program starts. Approved refunds will be issued by Town of Westfield check according to the Finance Dept. paying schedule through the mail (4-6 weeks for approved refunds).

Parent/Guardian Signature: ___________________________ Date: ______
(Over 18 yr of age – Participants Signature)

Westfield Recreation Dept. 425 East Broad St., Westfield, NJ 07090 ~ 908-789-4080 ~ recreation@westfieldnj.gov