



BOROUGH OF Tenafly Newsletter

INSIDE THIS ISSUE

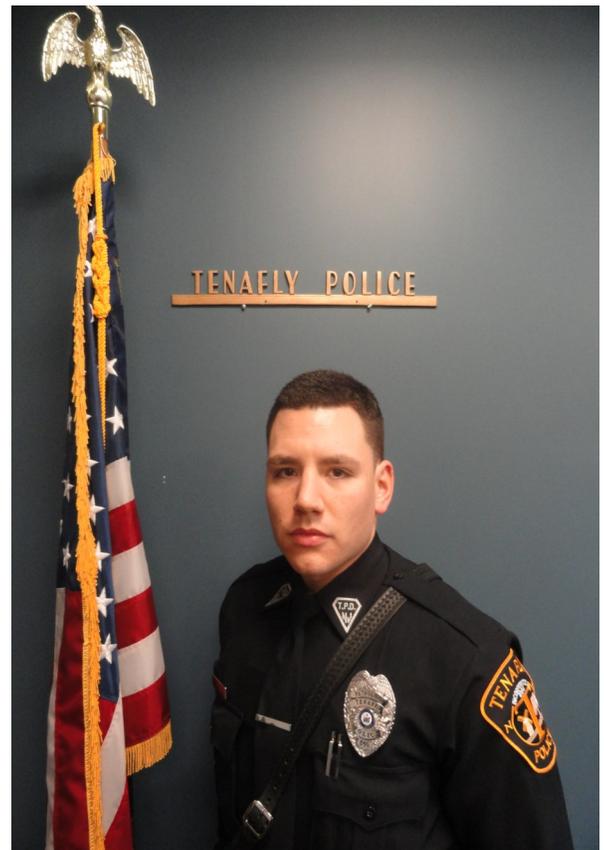
- **Mayor's Message**
Page 2
- **Pet Licenses**
Page 3
- **Nature Center**
Page 4
- **Public Library**
Page 5
- **Recycling Center**
Page 6
- **Public Works**
Page 7
- **Environmental Green Team**
Page 8
- **Welcome ! Committee**
Page 9
- **Garden Club**
Page 9
- **Police & Public Safety**
Page 10
- **Council Member Introduction**
Page 11
- **Health News**
Page 11
- **Senior Center**
Pages 12 & 13
- **Seasonal Safety Tips**
Page 14
- **Recreation**
Page 15

New Police Officer on the Beat is a Tenafly Native

New Police Officer Maxwell Werner graduated from the 115th Basic Police Training Class at the Bergen County Police Academy on December 18, 2015. Officer Werner was hired in July 2015 to fill an opening created by the retirement of a senior officer.

Following his successful completion of the five month New Jersey Police Training Commission basic training course, he is now undergoing the field training requirement of his new law enforcement position for Tenafly.

Officer Werner served with the United States Marine Corps, reaching the rank of Corporal, prior to his employment with the Borough. He is also an active member of the Tenafly Volunteer Fire Department. Residents should expect to see Officer Werner proudly serving the community in this added role.



2016 ALARM REGISTRATION REMINDER

The Police Department wishes to remind residents that residential and business alarm registrations were due on January 31st, 2016. All payments received after the due date will incur a \$15.00 monthly late fee. A new registration form was included with the invoice. If you have not submitted your registration yet, be sure to complete both sides of the application and return it to the police department promptly. If you no longer have a functioning alarm system, plan to move, or have recently moved, please notify the department in writing as required by the code. If you have a new system or plan to have one installed, contact Jeanne Alcott at 201-568-5100.

For details, go to Tenafly Borough Code via IMPORTANT LINKS on the Borough of Tenafly homepage www.tenaflynj.org . Go to section 4-1 Alarm Systems.

From the Desk of the Mayor...

December 2015 saw the dissolution of the Tenaflly Business Improvement District (BID). Established by Ordinance in 2008, its purpose was to revitalize our downtown business district. The BID was financed by a special tax assessment on property owners located within the boundaries of the BID District Map. Unfortunately, the BID did not live up to the expectations that surrounded its creation. The Board of Directors of the BID itself recommended to the Tenaflly Mayor and Council that the BID be dissolved, and they received authorization to take this action. The formal process took place last month. Money remaining in the BID account at the time of dissolution will be returned to its stakeholders. As your Mayor, I have the same mindset as many residents concerning our downtown. Our downtown might be considered by some to be nice or quaint, but I believe a town such as Tenaflly can support a more vibrant, exciting downtown. Without the BID, we must look for other tools to rejuvenate and upgrade our business district. I am forming a small committee of professionals to study this subject. I will look for this committee to come back with some ideas and a direction with which we can move forward. I will report back to our residents with the results of the committee's efforts.

It is impossible to predict the amount of snow Tenaflly may receive this winter. However, should snow fall in Tenaflly, there may be a need for volunteers to help our senior citizens who are unable to shovel snow or face difficulties in finding anyone to help them. If you are interested in volunteering to assist our seniors with snow removal, please contact the Mayor's office at 201-568-6100 x 5535 or by email at prustin@tenaflly.net. Please do not wait until the snow arrives; consider adding your name to the list today.

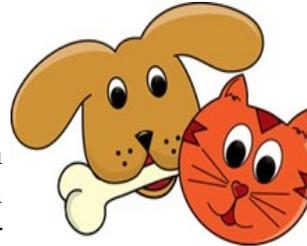
There have been numerous reports that some of our young residents have been observed skateboarding and, or using the newest mode of transportation, hoverboards, on the sidewalks in our downtown. This is not a safe activity and we must remind those young people to keep their skateboards and hoverboards off of our business district sidewalks before some unlucky pedestrian is injured.

Have a healthy and a happy New Year, from my family to yours,

Peter S. Rustin, Mayor

TIME TO RENEW YOUR PET LICENSE!

In the beginning of every year, under state law residents are required to renew the licenses for their dogs and cats. Renewal notices were mailed out on December 30th.



In case you did not receive your renewal license, you can click on the Online Pet Registration link on the Borough website. You can also use this site if you are registering your pet for the first time.

You just input your information and your pet’s information. You need to upload the rabies certificate and other applicable documents. Payment is accepted via debit or credit card. You will receive all confirmations via e-mail until you receive the license and tag in the mail.

During the renewal process, applications will only be accepted online or by mail. So, if you do not have access to a computer, you can send back your renewal form with the rabies certificate and payment to: Borough of Tenafly, 100 Riveredge Road, Tenafly, NJ 07670 – ATTN: Pet Licensing. The renewal form can be accessed under Online Municipal Forms (2016 pet registration).

If your pet’s rabies vaccine expires before October 31, 2016 you must either obtain a booster shot or a certificate of exemption (VPH-28) from the veterinarian. This is also required under state law.

Renewals must be received before March 1st to avoid a late fee of \$10. If you file a renewal online, starting March 1st the \$10 late fee will automatically be included in the charge.

2016 MUNICIPAL BUDGET HEARINGS

The Tenafly Mayor and Council have authorized the following dates and times for Departmental Budget Hearings related to the preparation of the 2016 Municipal Operating and Capital Budgets:

- ◆ Saturday, February 6, 2016: 9:00 am to 1:00 pm
- ◆ Tuesday, February 16, 2016: 7:00 pm to 10:00 pm
- ◆ Saturday, February 20, 2016: 9:00 am to 1:00 pm
- ◆ Tuesday, March 1, 2016: 7:30 pm

A detailed schedule, along with budgetary information, will be available on the Borough website at www.tenaflynj.org.

MUNICIPAL DIRECTORY

**POLICE, FIRE
AMBULANCE
EMERGENCIES
9-1-1**

**Police Department
Non-Emergency
201-568-5100**

**Borough Hall
100 Riveredge Road**

Main	201-568-6100
Mayor	Ext. 5535
Administrator	Ext. 5502
Assessor	Ext. 5531
Clerk’s Office	Ext. 5544
Property Code	Ext. 5506
Construction	Ext. 5505
Fire Prevention	Ext. 5566
Health Office	Ext. 5511
Library Main Desk	Ext. 5579
Planning Board	Ext. 5502
Recreation	Ext. 5515
Tax Office	Ext. 5533
Violation Bureau	Ext. 5540
Zoning Board	Ext. 5454

**Public Works
107 Grove Street
201-568-4134**

**Recycling Center
153 Grove Street
201-541-7325**

**Senior Citizens Center
20 South Summit Street
201-569-2159**

**Youth Center
100 Riveredge Road
201-567-7579**

**Recreation Office
100 Riveredge Road
201-871-3008**



313 Hudson Ave., Tenaflly
201-568-6093
tenafllynaturecenter.org



February

- 7: Guided Nature Walk
- 7: Maple Sugaring
- 13: Great Backyard Bird Count
- 13: Natural Sweethearts
- 13: Seasonal Scavenger Hunt
- 14: Maple Sugaring
- 15-19: President's Week Day Camp
- 20: Nature Story Time
- 21: Maple Sugaring
- 22: Full Moon Hike
- 26: Parents' Night Out
- 28: Maple Sugaring

March

- 6: Guided Nature Walk
- 6: Maple Sugaring
- 12: Seasonal Scavenger Hunt
- 13: Maple Sugaring
- 19: Nature Story Time
- 19: Spring Campfire
- 20: Maple Sugaring
- 23: Full Moon Hike
- 26: Camouflaged Egg Hunt
- 26: Salamander Search

April

- 2: Lost Brook Trail Race
- 3: Pancake Brunch & Maple Sugaring
- 3: Guided Nature Walk
- 9: Seasonal Scavenger Hunt
- 10: Earth Month Walk to Greenbrook
- 11-15: Spring Break Camp
- 16: Nature Story Time
- 22: Full Moon Hike



Summer Nature Day Camp

Children who like nature love camp at the Tenaflly Nature Center! Our professional Environmental Educators lead outdoor activities that are fun and educational: hiking along TNC's trails, engaging in nature-based crafts, games and activities. Campers will learn to identify native species and understand ecosystems and habitats throughout our nearly 400 acre forest. Sharp-eyed campers may spot native animals that live in TNC's preserve; from Snapping Turtles to White-tailed Deer, Wild Turkeys, Bullfrogs, and Red-tailed Hawks.

Sign up early, as spots are limited. Don't let your child miss out on fun, hands-on nature experiences, outdoor discovery, and the chance to explore our native hardwood forest and pond ecosystems.



- Certified by the State to meet all NJ Youth Camp Safety health and safety standards. Camp ID #2248.
- Curriculum and activities are designed for children ages 4 to 14.
- Led by experienced, adult professional educators.
- Different sessions, grouped by age, meet each week.
- Preschool to 5th grade campers may attend multiple sessions, each with different themes and activities.
 - A 1:9 teacher-to-child ratio enables us to give your child a lot of individual attention.
 - Preschool and Kindergarten campers may attend half-or full-day sessions.
 - 1st through 8th grade campers attend full day sessions.
 - Option to extend care before or after regular day camp hours.
- Camp fee includes camp T-shirt and water bottle.



Registration Opens February 1*

Learn more about Summer Camp or register online at: <http://tenafllynaturecenter.org/For-Summer-Campers>

*Current annual Family Membership is required for all participants in our camp programs.



Exhibits

Edna Kawulitzki Gallery

February

Naomi Brikman
Paintings

LIBRARY HOURS

Monday 10-9
Tuesday 10-9
Wednesday 10-5
Thursday 10-9
Friday 10-5
Saturday 10-5
Sunday 12-4

Closed Sundays

Memorial Day

Weekend through

Labor Day

HOLIDAY CLOSINGS

President's Day

Monday, February 15

Good Friday

Friday, March 25

Easter

Sunday, March 27

Memorial Day

Saturday, May 28 through
Monday, May 30

Independence Day

Saturday, July 2
through
Monday, July 4

Labor Day

Saturday, September 3
through
Monday, September 5

Visit us on the web:
tenafly.bccls.org

201-568-8680



FEAR & LOATHING IN COLLEGE ADMISSIONS

Tuesday, March 15 @ 7:00 p.m.

Collegewise shares strategies for choosing colleges that best match each student resulting in a less stressful college search.

THE ART OF HOMESTAGING — Tuesday, March 22 @ 7:00 p.m.

Prepare your home for a quick & successful sale.

A CELEBRATION OF POETRY with Tenafly Middle School 6th Grade Student Poets and guest poet JAMES NICOLA - Monday, March 28—6:30 to 8:00 p.m.

Readings of original work by guest poet James Nicola and student poets.

THE ART OF EDGAR DEGAS— Wednesday, March 30 @ 1:00 p.m.

Preview the upcoming MoMA exhibit on Degas in this slide lecture.

FRENCH FOR TRAVELERS - 6 Tuesdays beginning April 5 from 10:30-11:30 a.m.

Enhance your vacation with this introduction to essential words & phrases.

WEST SIDE STORIES—Wednesday, April 6 @ 1:00 p.m.

Tour guide Marty Schneit explores the rich architecture and history of the Upper West Side and shares local stories, secrets and scandals in this slide lecture.

EXPLORING AGING AS A TIME OF GROWTH — Tuesday, April 12 @ 7:00 p.m.

Explore continued growth as an elder with Ann Wennhold as your guide.

ORGANIZE PAPERWORK & PHOTOGRAPHS - Thur., April 28 @ 7:00 p.m.

Author & organizing expert **Jamie Novak** provides tips for clearing paper clutter.

FLOWERS IN ART—Thursday, May 12 @ 1:00 p.m.

Explore forms of flowers depicted in art featuring works in the Newark Museum.

Tenafly Library Friends SUNDAY CONCERT SERIES @ 2:00 p.m.



CELEBRATE EARTH DAY @ the TENAFLY PUBLIC LIBRARY
throughout April with programs for all ages.

FEATURED PERFORMANCE: Saturday, April 23 @ 2:00 p.m.

Bash the Trash Environmental Arts Performance Group

Bash the Trash builds, performs & educates with musical instruments made from recycled and reused materials. The Library will offer a musical instrument making workshop for children utilizing recycled materials on a separate day.

Visit the Library or web site for a full listing of Earth Day events.

St. Patrick's Day Concert with **Ian McGregor:** March 13

Ellen Rochford Classical Concert with musicians April 3
from the **New Jersey Symphony Orchestra**

Bergen Chamber Artists: May 15

Forgotten Treasures for Flute and Piano



Tenaflly Recycling Center

153 Grove Street

201-568-4134



HOURS OF OPERATION

Friday through Monday – 7:45 am – 3:00 pm

Tuesdays – Closed

Wednesday and Thursday – 1:00 pm – 3:00 pm

**PUBLIC WORKS HOLIDAY CLOSURES
& GARBAGE COLLECTION**

Monday, February 15, 2016 President's Day

Friday, March 25, 2016 Good Friday

Monday, May 30, 2016 Memorial Day

There is no garbage collection on Memorial Day.
Collections missed on this day will be picked up on the next regularly scheduled collection day.

**RECYCLING CENTER HOLIDAY
CLOSURES**

Monday, February 15, 2016 President's Day

Sunday, March 27, 2016 Easter Sunday

Monday, May 30, 2016 Memorial Day

How Do I Obtain a Blue Recycling Container?

Tenaflly residents may obtain a blue plastic recycling container at the Tenaflly Recycling/Convenience Center located at 153 Grove Street. Stop by the Recycling Center and you will receive a free container.

How Do I Obtain a Recycling Center Decal?

Tenaflly residents may obtain a TRCC decal by first visiting the DPW office located at 107 Grove Street, Monday through Friday from 7:30 am to 3:00 pm to obtain an application. The decal is then applied to the resident's vehicle at the Recycling Convenience Center. There is no charge for this decal.

BERGEN COUNTY HOUSEHOLD HAZARDOUS COLLECTION



Saturday, March 12 & November 12, 2016

Bergen County Utilities Authority

Foot of Empire Blvd.

Moonachie, NJ

Sunday, April 17, June 26, & October 16, 2016

Bergen Community College

400 Paramus Road

Paramus, NJ

Saturday, May 14, July 23, & September 10, 2016

Bergen County Campgaw Mountain Reservation

200 Campgaw Road

Mahwah, NJ

Events Open: 9:00 am—3:00 pm Rain or Shine

Visit the Borough Website under Departments > Public Works for other recycling collection dates

(Tires, Electronics, and Computers)

GRASS CLIPPINGS COLLECTION

DPW Grass Clippings Collection runs from April 15—October 15, 2016



Grass and leaves ONLY must be placed curbside the night before pick-up in 20 gallon reusable containers with lids or in bio-degradable paper bags.

GRASS CLIPPINGS PICKUP SCHEDULE

West Side: Zones 3 and 4 - Grass picked up on MONDAYS only

East Side: Zones 1 and 2 - Grass picked up on TUESDAYS only

In the event of a holiday please see the Borough Calendar/Garbage & Recycling Schedule at www.tenaflynj.org for more details.



GRASS CLIPPINGS PLACED IN PLASTIC BAGS WILL NOT BE COLLECTED!

How to Dispose of Bulky Items, Furniture, Appliances



Tenaflly residents may arrange with the Borough's garbage contractor to have curb-side pickup of certain bulky waste, furniture and household appliances by appointment. Residents must make arrangements and pay the contractor directly for the service. Residents then bring the item or items to the curb for collection.

Residents may call the contractor, Waste Industries, at 201-567-3100 to schedule a date for the collection and disposal of: refrigerators, freezers, clothes dryers or washers, televisions, toilet fixtures, sofas, upholstered chairs, hot water heaters, stoves or ovens, window air conditioners, mattresses or box springs. Removal of Freon from refrigerators, freezers and air conditioners is the responsibility of residents. However, if you were to take this to the Recycling Center, it is not necessary to remove the Freon.

Tenaflly residents may dispose of these items at no cost by delivering them to the Recycling Convenience Center. Residents must have a permit or decal issued by the Borough to use this facility. Refer to "How do I obtain a Recycling Center Decal?" on page 6.

COMMUNITY GARDEN COMING THIS SPRING!

The Tenafly Green Team is pleased to announce gardening opportunities will be available this spring in the form of individual plots located at the Municipal Center. The Green Team encourages local groups, children, and community members to participate in growing organic vegetables and companion flowers in a sustainable environment.

The details are currently in the planning stage. Work will begin in the spring. Initially there will be 8 plots. Interested persons should contact Carole Hodges at 203-228-0994 for complete rules and application forms.

RULES PERTAINING TO FEES AND GARDEN PLOTS

- Gardeners agree to pay \$25.00 to the Green Team to cover the cost of gardening at the site for the 2016 gardening season. Part of this fee is refundable at the end of the gardening season, November 1st, upon satisfactory cleanup of the garden plot and return of the gate key. Fees must be paid by March 1st.
- Plots will only be assigned upon receipt of payment and signed agreement.
- Plots are assigned on a first come/first serve basis. Plots are assigned to one person only and are not transferable and responsibility for payment, cleanup and other duties at the site will be the responsibility of the individual whose name is assigned to the plot.
- Planting deadline is June 3, 2016. Plots unplanted by the planting deadline are assumed abandoned and will be forfeited without a refund. Plots not planted will be reassigned.
- If a plot becomes unkempt a 2 week's notice, by phone or mail, to clean it up will be issued. At that time it will be reassigned and any produce will be donated to a charity. The deposit will be forfeited to pay for the cleanup.
- It is the responsibility of each gardener to follow Tenafly Community Garden Rules and to take an active role in administering the gardens.
- Plot requests are filled according to the order in which the registration forms arrive BY MAIL. Check or money order must be included with the application form. If requests cannot be filled, the fee will be refunded. A waiting list will be maintained for applicants for whom no plot was available.
- Gardeners will have the right of first refusal to their plot for the following season.
- Garden plots are not transferable. A one-season temporary transfer is allowed after notifying the Tenafly Community Garden Green Team Committee.

SUSTAINABLE JERSEY CERTIFICATION



Sustainable Jersey certification is a prestigious designation for municipal governments in New Jersey. Tenafly has achieved Bronze Certification!

Municipalities that achieve certification are considered by their peers, state government, and the experts and civic organizations in New Jersey, to be among the leading municipalities encouraging and educating their residents about sustainability. **LET'S KEEP TENAFLY GREEN!**

TENAFLY WELCOME! COMMITTEE

2015 has come to another successful end for the committee.

- Our Welcome! book continues to have updated information
- The September new resident event was very successful
- We have a full committee list of very supportive volunteers.



We continue to search for new opportunities to reach out to our new residents in order to make their transition to Tenafly as easy as possible. Our next new resident event will be in conjunction with the **Tenafly Nature Center**, located at 313 Hudson Ave. New residents will be invited to a Maple Sugaring afternoon on Sunday March 20, 2016 from 3:30 – 4:30 pm. New Residents will be offered a **Free One Year Membership**.

As always, we continue to reach out to the community for additional members. Fresh ideas and perspectives are always such rich contributions. If you would like to be part of our committee fun, please join us. Contact us through Borough Hall or the web site www.tenaflynj.org.

Roxana Surrey, Chairperson

Welcome to Tenafly. It's a great place to Live!

TENAFLY GARDEN CLUB

The Tenafly Garden Club meets monthly on the first Monday of the month at 11:30 a.m. in the Garden Room at Davis-Johnson Park. Meeting dates may vary due to special events. Please contact Vivian DeMarco, Garden Club President, at 201-944-3925, if you are interested in participating.

Upcoming meeting dates:

- ♦ March 7, 2016
- ♦ **April 20, 2016: See details below for this special event**
- ♦ May 2, 2016



SPECIAL EVENT: April 20, 2016 for the Garden Club Luncheon at the Knickerbocker Country Club
The speaker will be Carl Lemanski, Floral Arranger • for information call Rita at 201-568-6067

PEDESTRIAN CROSSINGS AND SAFETY



The Tenafly Police Department recently investigated two pedestrians being struck by motor vehicles. Both incidents occurred at night time when visibility was limited for both motorists and pedestrians alike. Both instances involved actions on the part of the pedestrian that contributed to being struck.

Pedestrian safety, along with overall traffic safety, must be in the forefront of all motorists' minds when operating a motor vehicle. With that being said, pedestrians have a shared responsibility to practice safe methods of travel as well. They need to remember to cross the roadway where it's legal and safe to do so. They need to remember to use sidewalks when one is provided, and to walk against the flow of traffic when one is not. They also need to recognize if motorists have seen them, and are responding accordingly to their presence by slowing or stopping for crossings, and moving over when passing them along the roadway. Pedestrians are required to cross signalized intersections in accordance with statutory regulations (crossing parallel to green lights, and stopping for red lights). Pedestrians should wear bright/reflective colors, or some type of illumination device when walking at night time.

They should also refrain from *distracted walking* caused by listening to loud music or conversations using headphones or ear buds, or manipulating (texting, emailing, etc.) their electronic devices while walking in and around traffic. Most importantly, parents need to teach their children about the rules of pedestrian travel and safety techniques to conform to the rules. Crash statistics show the majority of pedestrians who are struck by motor vehicles involve a vehicle that is making a turn, so pay extra attention when crossing at intersections, parking lot entrance/exits, and driveways.

By no means is this article designed to reduce the obligation placed on motorists to abide by the rules of the road, to operate their vehicles safely, and to properly yield to pedestrians. The goal is to bring attention to the responsibility that pedestrians share with motorists in regard to pedestrian travel, and to shed light on the recent trend in crashes involving contributing factors of the part of the pedestrians.

NEW PROPOSED MID-BLOCK PEDESTRIAN CROSSWALK



A new marked mid-block crosswalk will be installed on Riveredge Road to connect the municipal center with the Roosevelt Common. The marked crosswalk, with accompanying signage, is being designed to provide a safer passage to the high volume of pedestrian traffic that crosses the road in this particular location. It will serve to provide pedestrian access to the Borough Hall, the Library, the Teen Center, and the municipal athletic field.

Maser Consulting, Borough Engineer, has completed a technical study which is required to document the need and demonstrate that the proposed crosswalk is in compliance with the State's Municipal Uniform Traffic Control Standards. After final governing body review, the study will be sent to the Bergen County Engineer's office for final authorization. The installation will follow receipt of County approval.

TENAFLY WELCOMES BACK COUNCIL MEMBER SHAMA HAIDER

I have lived in Tenafly for the last 33 years where my late husband and I raised our two children. Previously, I served on the Council from 2002-2004. I recently retired after serving as the Director of Development at an arts non-profit. Community service is very important to me. When my children were in school, I was elected President of the Home and School Association.



Soon after that I became President of the Tenafly League of Women Voters. I have served on the Environmental Commission, being subsequently elected as Chair. While Chair, I initiated the first ever environmental resource inventory of Tenafly.

I've also served as a member of the Planning Board and then as its Chair. I was a member of the Business Development Committee which introduced the concerts in Huyler Park. I was a gubernatorial appointee to the Juvenile Justice and Delinquency Prevention Committee of the State of NJ where I served for 5 years.

I am honored by the confidence and trust placed in me by the residents and look forward to serving Tenafly again.

A MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, "A Matter of Balance: Managing Concerns About Falls" is a program for you.

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

The Tenafly Board of Health, Mid-Bergen Regional Health Commission, and the Tenafly Senior Center in partnership with the Health Awareness Regional Program of HUMC is offering an informative 8 week program entitled "A Matter of Balance: Managing Concerns About Falls".

Days: Fridays April 29 — June 17, 2016

Time: 1:00— 3:00 PM

Place: Tenafly Senior Center 20 South Summit Street, Tenafly, NJ 07670

Registration is necessary beginning March 1, 2016

The program is free and a workbook is provided.

To register please call 201-569-2159

A Matter of Balance: Managing Concerns About Falls

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

TSC—Leisure and Learning for Individuals 55 and Older

The Center offers 30 different classes each week including art, folk dancing, line dancing, many levels of exercise, Zumba, Yoga, Tai Chi, Qi Gong, Bridge, language classes including Spanish and Italian and more. Please call (201) 569-2159 for more information about a specific event or for a full listing of Center classes.

Highlighted Events and Special Classes for February through April

Thursday, February 4 – One Session Art Workshop – Art Miniatures with Dierdre Molloy

Thursday, February 11 – Belief Systems of China a Lecture by Judy Manton

Tuesday, February 16 – NEW CLASS Chinese Conversation - Learning Basic Chinese Conversation A six week series focusing on everyday expressions. Chinese culture will also be introduced in the class.

Tuesday, February 16 - NEW CLASS – Improving balance with Dr. Mary Elizabeth Romick, PT

Wednesday, February 17 – “Spice Up Your Life” – Learn to use spices for health

Thursday, February 18 – “The Red Apple Stop on Route 17” – Presentation by Elaine Freed Linden Blatt

Wednesday, February 24 – Special trial class – Yoga Dance

Thursday, February 25 – Monthly Center Luncheon with Entertainment

**Thursday, March 3 - Emergency Management Preparedness & Surviving the Active Shooter ,
Presentation by Tony Barzelatto, Councilman and Emergency Management Coordinator**

Thursday, March 10 – Monthly Center Luncheon with Entertainment

Tuesday, March 15 – New Series on Improving Your Pelvic Floor by Liz Romick, Physical Therapist

Wednesday, March 16 – LES MISERABLES - Tenafly High School will be holding senior night at the high school for senior residents which will include their show preceded by appetizers, finger foods, deserts and coffee. Preregistration through the Senior Center is necessary.

Thursday, March 24 – Art talk and video on The Life of Winslow Homer by Deirdre Molloy

Thursday, March 31 – “Unique Perspective on the Presidency” – Talk by Walter Brown. Lecturer and Author

Thursday, April 7 – “Q & A” with Anne Doyle, Tax Collector

Thursday, April 14 – Listening to Music – A musical presentation and lecture by Cathy Campbell, Pianist

TSC—Leisure and Learning for Individuals 55 and Older

Highlighted Events and Special Classes for February through April –cont’d.

Thursday, April 21 – Fabulous Fabrics from Five Continents – Presentation and display by Judy Manton

Tuesday, April 26 – Car FIT Program – An educational program providing a quick yet comprehensive review of how well you and your vehicle work together developed by American Occupational Therapy Association, AAA and AARP

Thursday, April 28 – Monthly Center Luncheon with Entertainment

Friday, April 29 – A Matter of Balance: Managing Concerns About Falls – Special free 2 hour 8 week informational program provided by HARP dealing with balance and concerns about falls

Register for AARP –Sign up for AARP Safe Driving Class to be held on May 13 and 20

UPCOMING SENIOR TRIPS – Please register early as trips fill up quickly

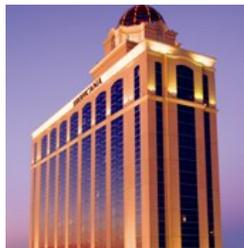
- ◆ **Friday, March 11 – The Philadelphia Flower Show – This year’s theme is “The National Parks”**
- ◆ **Thursday, March 17 – St. Patrick’s Celebration at the Brownstone – Irish food, entertainment and dancing**
- ◆ **Wednesday, March 30 – The Tropicana at Atlantic City with lunch at Carmine’s**
- ◆ **Monday, April 18 – The Titanic Exhibit at Liberty Science Center and lunch at the Olive Garden**
- ◆ **Wednesday, April 27— Westchester Broadway Theater - Man of La Mancha - Trip includes a three course lunch**



Phil. Flower Show



Brownstone



Tropicana Casino



Liberty Science Center



Elmsford, NY

*** WINTER DRIVING TIPS: KNOW WHAT TO DO TO AVOID A CRASH**

Driving in the winter can be harrowing, especially where blizzard and icy conditions crop up seemingly out of nowhere. Drivers in some locations may be used to heavy snow, but these conditions are becoming more frequent and driving can be more treacherous because drivers are not accustomed to it. Here are some precautions that drivers can take in order to arrive safely at their destination.

Check the Weather Before You Go!

If the weather is frigid, you're going to want to warm up the car before you drive it. To prevent carbon monoxide poisoning, never leave a vehicle running in an enclosed area, such as a garage. The Consumer Product Safety Commission warns that a car running in an attached garage is never safe, even with the garage door open.

If the forecast looks iffy, wait out the storm if possible. But if you must travel make sure you share your travel plans and route with someone before you leave.

If you become stranded in an unfamiliar area, do not leave your car. Light flares in front and behind the car and make sure the exhaust pipe is not blocked by snow, mud or any object.

You've done all you can to prepare your car, you've checked the weather, but suddenly you find yourself driving in a slippery mess. If visibility is severely limited due to a whiteout, pull off the road and don't even attempt to drive farther until conditions improve.

Sometimes water or ice on the road can surprise drivers, even with little to no precipitation. Do you know how to prevent a skid? Would you know what to do if you ended up sliding toward another vehicle or fixed object? To help in avoiding a crash, AAA® offers some winter driving tips:

- Never mix radial tires with other types of tires
- Avoid using your parking brake to slow or stop
- Do not use cruise control in wintry conditions
- Look and steer in the direction you want to go
- Accelerate and decelerate slowly
- Increase following distance to 8 to 10 seconds
- Know whether you have antilock brakes, which will "pump" the brakes for you in a skid
- If possible, don't stop when going uphill
- Keep your gas tank at least half-full
- If you do get stranded, don't try to push your vehicle out of snow
- Signal distress with a brightly colored cloth tied to the antenna or in a rolled up window

*** These helpful seasonal driving tips are provided as a public service by AAA®**

Tenaflly Recreation Presents:

The **"I AM STRENGTH"** Anti Bullying Workshop by YESS Training

This 2 hour seminar will be hands on Self Defense Training for ages 10 years and up.

YESS will be teaching kids how to identify and prevent a physical attack from happening and strategies that will keep them safe if an attack does occur.

WE DO NOT PROMOTE VIOLENCE!

We promote self-defense, strength, empowerment, and confidence.

This is an educational class for your child's protection.

Learn the safe way to protect yourself from harm.

Class Date: Saturday March 5, 2016

Location: McCandless Room

Ages: 10 years and older

Fee: \$35.00

Registration accepted in the Recreation Office or online at

<https://register.communitypass.net/tenafly>

In self-defense there are

No Rules

If you're in danger, in trouble, or
in anyway threatened, you do
anything and everything you can
to get away and get to safety.

YESS Training, 55A W Shore Ave, Dumont, NJ 07628

**BOROUGH OF
TENAFLY**
Mayor
Peter Rustin

Council Members
Anthony Barzelatto
Max Basch
Shama Haider
Daniel Park
Paul Stefanowicz
Mark Zinna

STANDARD MAIL
POSTAGE PAID
PERMIT #500
PARAMUS, NJ 07652
CART SORT

ECRWSS

**POSTAL CUSTOMER
LOCAL**
TENAFLY, NJ 07670

2016 SPECIAL EVENTS



July 2nd: Independence Day Celebration
July 2nd: Fireworks
September 8th: New Resident Reception
September 12th: Tenafly Community Night