



TENAFLY SENIOR CENTER

Leisure & Learning for Individuals 55 and Over

20 South Summit Street, Tenaflly, NJ 07670

201-569-2159

Center Hours: Monday through Friday—9:00 am to 4:00 pm
Julie Villafuerte MS, Director Becky Stauffer, Asst. Director

April 2016

PROPERTY TAX

Thursday, April 7th at 2:00 pm

Tax Collector, Anne Doyle will come to the Center to speak about real estate property taxes and take questions that you may have. Among the topics to be covered are the property tax rebate and deduction programs, what is a Tax Sale, interest free home improvements loans, and are you eligible for programs if you live in a co-op. Stop by for the latest information. This program is open to all seniors, their family members and friends.

FABULOUS FABRICS FROM FIVE CONTINENTS

Thursday, April 21st at 2:00 pm

Judy Manton will display her collection of hand-made/hand decorated fabrics from five continents, including an American coverlet dating back to 1848. Among the fabrics are tie die and batiks from Africa and China, mirrored wedding kurtas from the Pakistan, a tribal piece from Mali, silk from Cambodia and India and much more. Her illustrated presentation and anecdotes will bring us close to the faces and fabrics of the weavers and embroiderers from many areas of the world.

CAR FIT PROGRAM

Tuesday, April 26th

Scheduling between 10:00 am & 12:00 pm

CarFit is an educational program that provides a quick, yet comprehensive review of how well you and your vehicle work together. This program, was developed by AAA, AARP, and the American Occupational Therapy Association. Car Fit helps you explore vehicle adjustment and develop strategies to achieve your safest fit by working with a CarFit Technician on a one to one basis. The entire process takes 20 minutes and you will leave with recommended car adjustments and a list of local resources. Please call the Center for an appointment.

MUSIC APPRECIATION

"LISTENING TO MUSIC"

Thursday, April 14th at 1:00 pm

Please join us for a musical presentation and lecture by Cathy Campbell, pianist. Ms. Campbell will lead us on a journey to understand the elements of music, melody, rhythm, form, texture and harmony. For the past several years, she has been a performer, lecturer and teacher.

APRIL LUNCHEON

Thursday, April 28th at 12:30 pm

The entertainment for this event will be a return visit by singer, Rhonda Denet. This month we will have a Mexican luncheon, a treat for many of us. As always, sign up early as space is limited. Our food will be prepared by East/West Restaurant in Englewood. We will be serving a Tostada Salad served in a crisp fresh flour tortilla with lettuce, tomato, cheddar cheese. You can add one of the following:

- *Grilled chicken, fried onions and peppers
- *Chili Con Carne (ground meat)
- *Mixed vegetables

The meal comes with dessert and coffee or tea.
Cost: \$10

A MATTER OF BALANCE

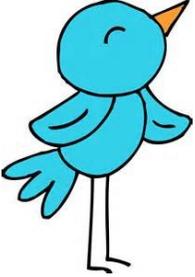
Managing Concerns About Falling

Eight Week Program Begins Friday, May 6th

Have you cut down on a favorite activity because you might fall? This program is designed to reduce the fear of falling. Participants learn to set realistic goals to increase their activity, change their environment to reduce risk factors and learn simple exercises to increase strength and balance. The Tenaflly Board of Health and The Tenaflly Senior Center in partnership with the Health Awareness Regional Program of HUMC is offering "A Matter of Balance". This free program meets for eight consecutive Fridays from 1:00 pm to 3:00 pm. Pre-registration is necessary and space is limited. Please call the Center to register for this one time opportunity. There are only one or two places left.

April

Tenafly Senior Center ~ 20 South Summit

Monday	Tuesday	Wednesday
 <p>Special thanks to Janet Bazzini for proofreading our newsletter</p>		<p>CENTER HOURS: MONDAY THROUGH FRIDAY 9:00 AM TO 4:00 PM</p> <p>*PRE-REGISTRATION REQUIRED (Call for details)</p>
<p>4 9:00—Standing Pilates* 9:30—Drawing w/Deidre* 10:00—Delay the Disease Exercise Class for those with Parkinson’s Disease* 10 to 12—BLOOD PRESSURE ASSESSMENT* 10 to 3—Bridge 11:00—Exercise w/Susan* 12:30—Line Dancing w/Theresa 1:00—Needlework Crafts 2:00—Tap Dancing w/Jean*</p>	<p>5 9:10—Chair Yoga 9:30—ABCs of Watercolor* 10:00—Tuesday Tai Chi 10:00—Beginner’s Chinese* 11:00—Mind and Body* 11:15—Beginner’s Spanish* 1:00—Canasta 1:00—Balance Class*FILLED</p>	<p>6 9:30—Qi Gong/Tai Chi w/Johanna*FILLED 10 to 3—All Day Bridge 11:30—Zumba Gold w/Bernadette*FILLED 1:00—Hearts and Hands with Dagmar (Puppet making for pediatric patients) 2:00—Stretch & Tone w/Ulli*FILLED</p>
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2016

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SAVE THE DATE

Tuesday, May 3rd—Dr. Elena Blanco—Common Foot Issues

Thursday, May 5th—European Discovery of the Western Hemisphere

Tuesday, May 10th—Computer Information—Ross Sweetland

Wednesday, May 11th—Presentation of Breast Health by Christine Weiselberg, from Englewood Hospital

Monday, May 23rd—Korean Luncheon

Thursday, May 19th— Paul Kubarych, Professional Landscape Architect

Thursday, May 26th- Monthly luncheon

Friday, May 13th and Friday May 20th—AARP Safe Driving class

CENTER MOVIES

Friday, April 8th—The Martian—Astronaut Mark Watney is presumed dead after a fierce storm and left behind by his crew. Watney has survived and finds himself stranded and alone on the hostile planet with only meager supplies. Through his ingenuity and spirit to survive he finds a way to grow food and signal Earth he is alive. 2 hrs 24 min Rated: PG-13

Friday, April 15th—Z for Zachariah—In the wake of a disaster that wipes out most of civilization, two men and a young woman find themselves in an emotionally charged love triangle as the last known survivors. 1 hr 38 min Rated: PG-13

Friday, April 22nd—The Walk—Philippe Petit was the only man to have walked on a tightrope between the World Trade Towers. He overcame long odds, dissension and countless close calls. 2 hrs 3 min Rated: PG

Friday, April 29th—Spotlight—The true story of how the Boston Globe uncovered the massive scandal of child molestation and cover-up within the local Catholic Archdiocese, shaking the entire Catholic Church to its core. 2 hrs 8 min Rated: R

TRAVEL ADVENTURES

TITANIC Exhibit and the Liberty State Park—Monday, April 18th- Cost includes coach transportation, ticket to exhibit and lunch at the Olive Garden. Cost: \$69

Westchester Broadway—Theater—"Man of La Mancha" Wednesday, April 27th
Wait List Cost: \$72

Nosh & Learn "Lower Manhattan"—Wednesday, June 8th—Eat and Learn your way through Lower Manhattan with tastes from Katz's Deli, some Spanish treats, Belgium Frites, Gelato, Dumplings from Little Korea, a taste of Little Italy. Art Zuckerman Tour Guide and Radio Show Host will be our guide for the day. Cost: \$69