



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—8:30 am to 4:00 pm
Rebecca Stauffer, Director Michele Hausch, Assistant Director



HOLIDAY DEPRESSION

"Yearning for the Good Old Days Play"

Thursday, December 1st at 1:30 pm

The New Jersey Mental Health Players teach the facts about mental illness and substance abuse issues using role plays and interactive discussions to help audiences gain a new awareness and understanding of mental illness and learn where to find and access appropriate mental health resources in their own communities. Their troupe consists of educators, actors, mental health professionals, social workers, students and other community advocates. This play will cover depression during the holidays.

LINE DANCE HOLIDAY PARTY

Monday, December 5th from 12:30 pm to 2:30 pm

Did you ever wonder if line dancing is something that you want to add to your activities? If so, the line dance group is holding a holiday party on December 5th and this would be a perfect time to drop by and check it out. Theresa, our line dance instructor will be leading a selection of dances appropriate for those with some experience as well as beginners. Please call and register to attend a special two hours of line dancing, food and fun. Space is limited.

SCAMS VS. SENIORS PRESENTATION

Tuesday, December 6th at 1:00 pm

Melissa Companick of New Jersey Better Business Bureau will be discussing the following: BBB Mission & History, How BBB Serving New Jersey Helps, Senior Scams, Common Denominators/Red Flags, Why are Seniors Targeted, The Science of Scams and Top Scams Against Seniors. There will be many topics to be discussed at this event that you do not want to miss! Join us!

HOLIDAY LUNCHEON CELEBRATION

Thursday, December 8th at 12:30 pm

(Snow date December 19th)

Come to our annual holiday celebration! TPR of Tenaflly will be catering the event. Our lunch will consist of salad, Chicken Marsala, potatoes, green beans and dessert served with coffee or tea. Entertainment for this special event will be an Elvis impersonator. He will present a program of holiday songs to keep us in the holiday spirit. Everyone will be entered into a raffle for a very special holiday treat! Cost: \$13.00. Space is limited and pre-registration is required.

GINGERBREAD WORKSHOP

Friday, December 9th at 1:00 pm

Get ready to build a gingerbread house! You will be creating a 6-by-5-by-8-inch gingerbread house, from ready baked dough and applying the final decorative touches. After class you'll take your sugared, frosted, candy-studded masterpiece home. The \$25 cost includes all supplies. Pre-registration is required.

DEEP TISSUE LASER THERAPY PRESENTATION

Tuesday, December 13th at 1:30 pm

Conditions such as arthritis are very painful, and present a large problem for geriatric patients in particular. As the elderly population grows, so too does the need for an effective way to manage pain, especially for situations where pharmaceutical intervention is not ideal. LiteCure therapy lasers are FDA cleared for the treatment of pain and inflammation. Dr. McGrath of Pure Med Laser Center in Englewood, was chosen in "People to Watch in Health 2016" because of this new innovation. This revolutionary approach to Laser Therapy is a powerful yet gentle technology that provides fast and lasting pain relief from many common and chronic conditions. LightForce laser therapy is a scientifically proven, drug-free, surgery-free, non-invasive treatment option that reduces pain. Join us and learn about this new technique.

TENAFLY HIGH SCHOOL

CHAMBER MUSIC & JAZZ BAND HOLIDAY CONCERT

Thursday, December 22nd at 2:00 pm

The Tenaflly High School Chamber Music and Jazz Band Clubs will be performing a wide variety of songs at our Center. Please come enjoy beautiful music and light refreshments.

ART CLASSES FOR BEGINNERS

DRAWING WITH DEIRDRE

8 Week Series Begins Thursday, January 5th at 9:30 am

So you think you can't draw? Don't worry, everyone has to start at the beginning, and if you can write your name, you can draw. Our experienced Artist and Instructor, Deirdre Molloy, will take you step by step to creating your very own masterpiece! Series will start on Thursday, January 5th at 9:30 am. Cost of the class is \$50.00 for 8 weeks. Pre-registration is required.

WATERCOLOR WITH DEIRDRE

8 Week Series Begins Friday, January 6th at 11:00 am

Learn to paint with Artist and Instructor, Deirdre Molloy. Let's find the lines, shapes and perspective. Define the colors on your palette and paint! Series starts Friday, January 6th. Cost is \$50.00 for 8 weeks. Pre-registration is necessary.

CABANICS!

10 Week Series Begins

Thursday, January 5th at 3:00 pm

Cabanics is back! Cabanics is rhythmic movements to music using props. It targets areas such as improving circulation, balance and flexibility, provides strength and endurance, increases your degree of range of motion and joint mobility. Class space is limited, pre-registration is required for this class. Cost of the series is \$25.00 for 10 weeks.

Monday	Tuesday	Wednesday
<p>Special thanks to Janet Bazzini for proofreading our newsletter</p> 	<p><u>WEATHER CONDITIONS</u></p> <p>As winter approaches, please remember in case of snow or icy conditions, call the Center to see if your class, a scheduled speaker or special event has been cancelled. Your safety comes first!</p> 	<p>Tenaflly Senior Center 20 South Summit Street Tenaflly, NJ 07670 201-569-2159</p> <p>Center Hours Monday through Friday 8:30 am to 4:00 pm</p> <p>*Pre-registration required (Call for details)</p>
<p>5 9:00—Standing Pilates w/Kim* 9:30—Drawing w/Marcia* 10:00—Delay the Disease Class for those with Parkinson’s Disease w/Kim* 10:00 to 2:00—Bridge 11:00—Exercise w/Susan* 10:00—12:00—BLOOD PRESSURE ASSESSMENT* 10:00 to 2:00—Bridge 12:30 to 2:30—LINE DANCE HOLIDAY PARTY* 1:00—Needlework Crafts</p> <p>NO TAP DANCING TODAY</p>	<p>6 9:10—Chair Yoga 9:30—ABC’S of Watercolor* 10:00—Tuesday Tai Chi 10:00—Chinese w/Christine* 11:00—Mind and Body* 11:15—Beginner’s Spanish w/Vivi* 12:30—Canasta 1:00—Balance Class w/Liz* 1:00—“SCAMS VS. SENIORS” PRESENTATION 2:00—Fitness Sr Style w/Richard*</p> <p>TRIP TO TROPICANA AC HOLIDAY SHOW</p>	<p>7 9:30—Qi Gong/Tai Chi w/Johanna* 10:00 to 2:00—All Day Bridge 11:30—Zumba Gold w/Bernadette* 1:00—Hearts and Hands w/Dagmar (Puppet making for pediatric patients) 2:00—Stretch & Tone w/Ulli*</p>
<p>12 9:00—Standing Pilates w/Kim* 9:30—Drawing w/Marcia* 10:00—Delay the Disease Class for those with Parkinson’s Disease w/Kim* 10:00 to 2:00—Bridge 11:00—Exercise w/Susan* 12:30—Line Dancing w/Theresa 1:00—Needlework Crafts 2:00—Tap Dancing w/Jean*</p>	<p>13 9:10—Chair Yoga 9:30—ABC’S of Watercolor* 10:00—Tuesday Tai Chi 10:00—Chinese w/Christine* 11:00—Mind and Body* 11:15—Beginner’s Spanish w/Vivi* 12:30—Canasta 1:30—DEEP TISSUE LASER THERAPY PRESENTATION 2:00—Fitness Sr Style w/Richard*</p>	<p>14 9:30—Qi Gong/Tai Chi w/Johanna* 10:00 to 2:00—All Day Bridge 11:30—Zumba Gold w/Bernadette* 2:00—Stretch & Tone w/Ulli*</p>
<p>19 9:00—Standing Pilates w/Kim* 9:45—TENAFly BD OF TRUSTEES MTG 10:00—Delay the Disease Class for those with Parkinson’s Disease w/Kim* 11:00—Exercise w/Susan* **11:30 to 2:00—Bridge** 12:30—Line Dancing w/Theresa 1:00—Needlework Crafts 2:00—Tap Dancing w/Jean* **BRIDGE WILL BEGIN LATE TODAY**</p> <p>NO DRAWING W/MARCIA TODAY</p>	<p>20 9:10—Chair Yoga 10:00—Tuesday Tai Chi 11:00—Mind and Body* 12:30—Canasta 2:00—Fitness Sr Style w/Richard*</p> <p>NO WATERCOLOR W/MARCIA TODAY NO CHINESE W/CHRISTINE TODAY NO BEGINNER’S SPANISH W/VIVI TODAY</p>	<p>21 9:30—Qi Gong/Tai Chi w/Johanna* 10:00 to 2:00—All Day Bridge 11:30—Zumba Gold w/Bernadette* 1:00—Hearts and Hands w/Dagmar (Puppet making for pediatric patients) 2:00—Stretch & Tone w/Ulli*</p>
<p>26</p> <p>CENTER CLOSED</p> 	<p>27</p> <p>NO FORMAL CLASSES TODAY</p>	<p>28</p> <p>NO FORMAL CLASSES TODAY</p>

Thursday	Friday
<p>1 9:30—Folk Dancing w/Ginny* 9:30—Open Forum Discussion Group 11:30—Intermed/Adv Spanish w/Vivi* 12:30—Mahjong w/Ming—Chinese Tiles 1:00—Art Studio (open to all artists) 1:00—Beginner's Italian* 1:30— PLAY BY NJ MENTAL HEALTH PLAYERS— "Yearning For The Good Old Days" 2:45—Italian with Giovanna* 7:00—Tenafly Singers</p> <p>NO GI GONG WITH JOHANNA TODAY</p>	<p>2 9:30—ESL Class* 10:00—Friday Tai Chi 11 to 2—Bridge 11:15—Osteoporosis Exercise w/Ulli* 12:15—Osteoporosis Exercise w/Ulli* 1:30—Center Movie</p> <p>TRIP TO WESTCHESTER BROADWAY THEATER—"CHRISTMAS INN"</p>
<p>8 9:30—Folk Dancing w/Ginny* 9:30—Open Forum Discussion Group 11:30—Intermed/Adv Spanish w/Vivi* 12:30—CENTER LUNCHEON* 12:30—Mahjong w/Ming—Chinese Tiles 1:00—Beginner's Italian* 2:45—Italian with Giovanna* 7:00—Tenafly Singers</p> <p>NO GI GONG WITH JOHANNA TODAY NO ART STUDIO TODAY</p>	<p>9 9:30—ESL Class* 10:00—Friday Tai Chi 11 to 2—Bridge 11:15—Osteoporosis Exercise w/Ulli* 12:15—Osteoporosis Exercise w/Ulli* 1:00—GINGERBREAD HOUSE WORKSHOP* 1:30—Center Movie</p>
<p>15 9:30—Folk Dancing w/Ginny* 9:30—Open Forum Discussion Group 11:30—Qi Gong w/Johanna* 11:30—Intermed/Adv Spanish w/Vivi* 12:30—Mahjong w/Ming—Chinese Tiles 1:00—Art Studio (open to all artists) 1:00—Beginner's Italian* 2:45—Italian with Giovanna*</p> <p>NO TENAFLY SINGERS TONIGHT</p>	<p>16 9:30—ESL Class* 10:00—Friday Tai Chi 10:00—12:00—BLOOD PRESSURE ASSESSMENT* 11 to 2—Bridge 11:15—Osteoporosis Exercise w/Ulli* 12:15—Osteoporosis Exercise w/Ulli* 1:30—Center Movie</p>
<p>22 9:30—Folk Dancing w/Ginny* 9:30—Open Forum Discussion Group 11:30—Qi Gong w/Johanna* 12:30—Mahjong w/Ming—Chinese Tiles 1:00—Art Studio (open to all artists) 2:00—THS CHAMBER MUSIC & JAZZ BAND HOLIDAY CONCERT 7:00—Tenafly Singers</p> <p>NO INTERMED/ADV SPANISH W/VIVI TODAY NO ITALIAN CLASSES TODAY</p>	<p>23</p> <p>CENTER CLOSED</p> <p><i>Merry Christmas!</i></p> <p><i>Happy Hanukkah!</i></p>  
<p>29</p> <p>NO FORMAL CLASSES TODAY</p>	<p>30</p> <p>CENTER CLOSED</p> 

WELCOME TO OUR NEW ASSISTANT DIRECTOR MICHELE HAUSCH!!

I am pleased to announce our new addition to the Tenafly Senior Center staff!

Let's give Michele a warm welcome to our family!



****NORMAL CENTER HOURS WILL RESUME ON TUESDAY, JANUARY 3RD, 2017 AT 8:30 AM**



A Friendly Reminder

As a convenience to our teachers/presenters, bright orange safety cones are placed into parking spaces saving the spots for them.

Under no circumstances should these cones be removed by anyone except the teachers/presenters who are teaching/lecturing that day.

It is unfortunate that we only have one (1) handicap parking space. These cones are not for handicap parking. DO NOT MOVE THESE CONES.

MARK YOUR CALENDAR!

**MONDAY, JANUARY 2ND:
CENTER CLOSED—NEW YEAR'S DAY HOLIDAY**

****NORMAL CENTER HOURS WILL RESUME ON
TUESDAY, JANUARY 3RD, 2017 AT 8:30 AM**

**FRIDAY, JANUARY 6TH AT 2:00 PM:
SEVILLE PHYSICAL THERAPY PRESENTATION**

**TUESDAY, JANUARY 10TH AT 12:45 PM:
NEW SELF BODY & MIND YOGA TRIAL CLASS**

**THURSDAY, JANUARY 12TH AT 2:00 PM:
MANHATTAN BRIDGES BY KEVIN WOYCE**

**FRIDAY, JANUARY 13TH AT 2:00 PM:
MEDICARE COVERED TELE-MEDICINE
PRESENTATION**

**MONDAY, JANUARY 16TH:
CENTER CLOSED—MARTIN LUTHER KING DAY**

**THURSDAY, JANUARY 19TH AT 12:30 PM:
CENTER LUNCHEON (SNOW DATE: 1/25 /17)**

**FRIDAY, JANUARY 20TH AT 2:00 PM:
ELECTRIC COMPANY SCAMS PRESENTATION**

**THURSDAY, JANUARY 26TH AT 2:00 PM:
JOHN ADAMS PRESENTATION**

Heartfelt 
THANKS
TO OUR VOLUNTEERS!

**A VERY SPECIAL THANK YOU
TO OUR VOLUNTEER KITCHEN CREW FOR HELPING
AT OUR CENTER LUNCHEONS!**

**SUSAN CHU, BARBARA NUBILE, JUDY HARBATER, ELAINE
ENGER, WERNER AND CHRISTINE BISCHOFF, LOU
VALLEJO, JOE MANNINO, DONNA POTHAS, EDNA
CALLERY, LAUREL MUDRICK, BARBARA BUTLER, EVELYN
ROONEY, RUTH HORBERT AND DON AND NANCY ALTUVE**

**YOUR DEDICATION TO THE CENTER IS GREATLY
APPRECIATED!**

TRAVEL ADVENTURES



Philadelphia Flower Show Monday, March 13th, 2017

This year's theme is "HOLLAND—Flowering the World". Round trip transportation and admission fee is included. Lunch is available at the Convention Center or at the Reading Market. \$50 per person includes roundtrip motor coach transportation and admission into show. You will be responsible for your own lunch.



CENTER MOVIES

FRIDAY, DECEMBER 2, 2016 AT 1:30 PM THE INFILTRATOR

In 1986, federal agent Robert Mazur (Bryan Cranston) goes under cover to infiltrate the trafficking network of Colombian drug kingpin Pablo Escobar. Working with fellow agents Kathy Ertz (Diane Kruger) and Emir Abreu (John Leguizamo), Mazur poses as a slick, money-laundering businessman named Bob Musella. Gaining the confidence of Roberto Alcaino (Benjamin Bratt), Escobar's top lieutenant, Mazur must navigate a vicious criminal underworld where one wrong move could cost him everything. Cast: Bryan Cranston, Diane Kruger, John Leguizamo, Amy Ryan, Jason Isaacs, Joseph Gilgun, Olympia Dukakis, Yul Vazquez .
Rated: R 2 hr. 7 min.

FRIDAY, DECEMBER 9, 2016 AT 1:30 PM WILD OATS

After mistakenly receiving a large amount of money, a woman (Shirley MacLaine) and her best friend (Jessica Lange) travel to the Canary Islands for a fun-filled adventure. Cast: Shirley MacLaine, Jessica Lange, Billy Connolly, Rebecca Da Costa, Demi Moore, Judd Hirsch, Matt Walsh, Jay Hayden. Rated: PG-13 1 hr. 26 min.

FRIDAY, DECEMBER 16, 2016 AT 1:30 PM THE FAMILY STONE

An uptight, conservative businesswoman accompanies her boyfriend to his eccentric and outgoing family's annual Christmas celebration and finds that she's a fish out of water in their free-spirited way of life. Cast: Dermot Mulroney, Sarah Jessica Parker, Claire Danes, Diane Keaton. Rated: PG-13 1 hr. 43 min.