

THE TENAFLY SENIOR CENTER WILL NOW BE
OFFERING **EVENING CLASSES**, STARTING
THURSDAY, SEPTEMBER 26, 2019!!!!

THURSDAY EVENING CLASS OFFERINGS:

STRETCHING AND WEIGHT TRAINING WITH STEPHEN

7:00 – 8:00 pm

Stephen Sinisi has designed an *allover body exercise program* to accommodate all levels and abilities of exercise. Stephen will teach you the benefits of keeping your body strong to prevent injuries due to falling or balance related problems. Please bring 1-3 lb weights. Time to tone up!!

LET'S DRAW!! BEGINNERS WELCOME

LET'S TAKE DRAWING TO THE NEXT LEVEL

6:30 – 8:00 pm

Watercolor, Pencils and Colored Pencils, Inks and More! How about Charcoal and Pastels? Learn about Still Life, Landscape and Portraits. We will give you a list of supplies that you will need to enjoy this class.

LEARN TO SPEAK SPANISH -BEGINNERS

7:00 – 8:00 pm

So you want to learn Spanish?? This class is perfect for you. This class is designed for beginners who want to learn something new. Conversational and travel Spanish is the goal in completing this course.

Your choice - \$110.00 for 12 week session

(Only one class choice per session, you must be 55 and older and you need not be a Tenafly resident to sign up.)

Mail or Drop off a check Payable to: Tenafly Senior Center
20 South Summit Street, Tenafly, NJ 07670

Be sure to include Name, Address, Phone number and class choice.

TENAFLY SENIOR CENTER
CLASSES OFFERED DURING THE DAY
SIGN UP TODAY!

Most classes are 10 week sessions.

Stop in at the Center for our most current newsletter

- Acrylics Class
- Aerobics
- Balance Class
- Chair Yoga
- Drawing
- ESL
- Exercise with Susan
- Folk dancing
- Italian -Intermediate and Advanced
- Line Dancing
- Mahjong - American and Chinese
- Open Forum
- Osteoporosis Class
- Qigong
- Spanish - Beginners and Advanced
- Standing Pilates
- Stretch and Tone
- Tai Chi
- Tap Dancing Class - Beginners and Advanced
- Watercolor Class
- Weight training
- Zumba

Please contact us for class fee

201-569-2159

non-residents welcome 55 years and older