



TENAFLY SENIOR CENTER

Leisure & Learning for Individuals 55 and Over

20 South Summit Street, Tenafly, NJ 07670

201-569-2159

Center Hours: Monday through Friday—9:00 am to 4:00 pm

Julie Villafuerte, Director

Becky Stauffer, Asst. Director

February 2016

MINIATURE PAINTING WORKSHOP

Thursday, February 4th

Three hour workshop

This will be a four piece art workshop of the four seasons taught by Deirdre Molloy. Each individual season will be drawn, painted, and outlined in pen. The class will run 12:00 pm to 3:00 pm. Please call for more information. The \$20 includes the four 5" by 7" mats and four frames for the project. Space is limited. Please register early.

BELIEF SYSTEMS OF CHINA

Thursday, February 11th at 1:00 pm

The contact and interaction between Chinese and Americans are rapidly increasing through tourism, cultural exchanges as well as business. In order to understand the Chinese today, it's helpful to explore the various belief systems which help shape the value system and lifestyle of the Chinese. In her power point presentation, Judy Manton will present belief systems from Animism, Taoism, Confucianism, Buddhism, Judaism and Christianity to the nationalism, materialism and consumerism of today.

RED APPLE STOP

Thursday, February 18th at 1:00 pm

For all those who have stopped at the Red Apple Rest on Route 17th, the landmark eatery is returning the favor. Author Elaine Freed Lindenblatt will be here with the entertaining story of her father's business that served over a million customers annually. Her talk is accompanied by power point slide presentation and is designed to entertain and inform. The afternoon will be sure to bring fond memories from the past.

BALANCE CLASS

Tuesday, February 16th at 1:00 pm

Six Week Series

If you are not as surefooted as you used to be or you are finding yourself off kilter more than you would like, it's time to Tip the Balance! Liz Romick, Doctor of Physical Therapy will be leading a six-week exercise class series. Exercises will focus on training your nervous system to keep you in balance and reduce the risk of falling. Participants should be able to stand and walk comfortably. Your \$15 donation makes this series possible.

LEARN CHINESE—6 Week Series

Begins, Tuesday, February 16th at 10:00 am

The goal of this class is to let students know Chinese is a conquerable language. In this class, students will master the skills of speaking and listening comprehension. The course will focus on everyday expressions and basic conversation. In addition the class will touch on Chinese culture. Christine Hsias, our teacher, is proficient in Chinese and will present an accessible and fun way for students to learn. Your \$30 donation will make this class possible.

SPICE UP YOUR LIFE

Wednesday, February 17th at 12:45 pm

Start the year on the "right foot". Michelle Goffredo is a Health and Wellness coach workshop presenter and a teaching Chef. This workshop can change your relationship with herbs and spices, teach you how to use spices to help your body feel great and make your food more exciting. Learn how to use spices for a more healthy nourishing lifestyle.

LET YOUR YOGA DANCE

Wednesday, February 24th 12:45 pm

Come try our newest class. It's a joy-filled dance that combines yoga, the breath, and dance with music from all around the world. The class is wonderful for all ages. Sheryl Sarnak is a certified Kripalu-trained Let Your Yoga Dance instructor. Pre-registration is necessary at space is limited.

FEBRUARY LUNCHEON

Thursday, February 25th at 12:30 pm

Chinese lunch at the Center has become a February tradition. Come join us for this festive holiday.

This year's food choices include:

- ◆ Chicken with Broccoli
- ◆ Sweet & Sour Pork
- ◆ Mixed Chinese Vegetables

One of our most popular entertainer at our Center, Iyla, will return to complete the afternoon with a variety of songs.



February

Tenaflly Senior Center ~ 20 South Summit

Monday	Tuesday	Wednesday
<p>1 9:00—Standing Pilates* 9:30—Drawing w/Deidre* 10:00—Delay the Disease Exercise Class for those with Parkinsons Disease* 10 to 12—BLOOD PRESSURE ASSESSMENT* 10 to 3—Bridge 11:00—Exercise w/Susan* 1:00—Needlework Crafts 2:00—Tap Dancing w/Jean* NO LINE DANCING W/THERESA TODAY</p>	<p>2 9:10—Chair Yoga 9:30—ABCs of Watercolor* 10:00—Tuesday Tai Chi 11:00—Mind and Body* 11:15—Beginner's/Conversational Spanish*FILLED 1:00—Canasta 1:30—Center Movie</p> 	<p>3 9:30—Qi Gong/Tai Chi w/Johanna* FILLED 10 to 3—All Day Bridge 11:30—Zumba Gold w/Bernadette* 1:00—Hearts and Hands with Dagmar (Puppet making for pediatric patients) 2:00—Stretch & Tone w/Ulli* FILLED</p>
<p>8 9:00—Standing Pilates* 9:30—Drawing w/Deidre* 10:00—Delay the Disease Exercise Class for those with Parkinsons Disease* 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>9 9:10—Chair Yoga 9:30—ABCs of Watercolor* 10:00—Tuesday Tai Chi 11:00—Mind and Body* 11:15—Beginner's/Conversational Spanish*FILLED 1:00—Canasta 1:30—Center Movie</p>	<p>10 9:30—Qi Gong/Tai Chi w/Johanna* FILLED 10 to 3—All Day Bridge 11:30—Zumba Gold w/Bernadette* 1:00—Hearts and Hands with Dagmar (Puppet making for pediatric patients) 2:00—Stretch & Tone w/Ulli* FILLED</p>
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<p>22 9:00—Standing Pilates* 9:30—Drawing w/Deidre* 9:45—TENAFly BD OF TRUSTEES MTG 10:00—Delay the Disease Exercise Class for those with Parkinsons Disease* 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>23 9:10—Chair Yoga 9:30—ABCs of Watercolor* 10:00—Tuesday Tai Chi 11:00—Mind and Body* 11:15—Beginner's/Conversational Spanish*FILLED 1:00—Canasta 1:00—Balance Class*</p>	<p>24 9:30—Qi Gong/Tai Chi w/Johanna* FILLED 10 to 3—All Day Bridge 11:30—Zumba Gold w/Bernadette* 12:45—Let Your Yoga Dance Free Trial Class* 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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Thursday	Friday
<p>4 9:30—Folk Dancing w/Ginnie* 9:30—Open Forum Discussion Group 10 to 2—Miniature Painting Workshop* 11:30—Beginner’s/Conversational Spanish*FILLED 11:30—Qi Gong w/Johanna* FILLED 12:30—Mahjong w/Ming—Chinese Tiles 1:00—Art Studio (open to all artists) 1:00—Beginner’s Italian* 3:00—Italian with Giovanna*</p>	<p>5 9:30—ESL Class* 10:00—Friday Tai Chi 11:00—Bridge 11:00—Beginner’s WC & Drawing w/ Deirdre* 11:15—Osteoporosis Exercise w/Ulli*FILLED 12:15—Osteoporosis Exercise w/Ulli*FILLED 1:45—Tai Chi for Arthritis* 7:00—Tenafly Singers</p>
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<p>*PRE-REGISTRATION REQUIRED (Call for details)</p>	<p>CENTER HOURS: MONDAY THROUGH FRIDAY 9:00 AM TO 4:00 PM</p>

SAVE THE DATE

Thursday, March 3rd—Presentation on Emergency Preparation and Active Shooter by Tony Barzelatto, Emergency Management Coordinator

Thursday, March 10th—Monthly luncheon—Entertainment by Mr. Poodles and food from Harold's New York Deli

Wednesday, March 16th—Special senior night which will include Tenafly High School's performance of Les Miserables preceded by refreshments

Thursday, March 24th—Art Presentation and slides by Art teacher, Deirdre Molloy

Thursday, March 31st—Unique Perspectives on the Presidency—Presentation by Walter Brown Author and Lecturer

CENTER MOVIES

Tuesday, February 2nd at 1:30 pm —The Judge

Big city lawyer, Hank Palmer (Robert Downey Jr.) returns to his childhood home where his estranged father, the town's judge (Robert Duvall) is suspected of murder. The son sets out to discover the truth and along the way reconnects with the family he walked away from years before. Rated: R 148 minutes

Tuesday, February 9th at 1:30 pm—Calendar Girls

A true story of a group of dynamic women who bare all—or nearly all—for charity and become international celebrities as a result. Rated: PG-13 1 hour 48 minutes

TRAVEL ADVENTURES

Philadelphia Flower Show—Friday, March 11th

This is our annual trip to see the Philadelphia Flower Show. This year's theme will be National Parks. The cost of the trip includes transportation and show entrance fee. Food is available at the Convention Center, local restaurants or at the Reading Market across the street. Cost: \$52

St. Patrick's Day Celebration at the Brownstone—Thursday, March 17th

The Leonia Seniors invite us to join them on a trip to the Brownstone. The trip includes transportation, an Irish meal, entertainment and music to dance to. Cost: \$65

Tropicana in Atlantic City—Includes lunch at Carmines—Wednesday, March 30th

Leonia Seniors have invited the Tenafly Seniors to join them on their trip to AC with a pickup in Tenafly. Cost is \$32.00. Cost includes transportation, lunch at Carmine's and \$20 for slot play.

Titanic Exhibit at Liberty State Park—Monday April 18th

Coach transportation, ticket to exhibit and lunch at the Olive Garden is included. Cost: \$69

Westchester Broadway Theatre—Wednesday, April 27th

Join us for a trip to this top quality theater with equity actors. We will be enjoying a performance of "Man of LaMancha". A three course meal at the theater is included. Cost: \$72.00 (Limited number of seats remaining)