



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

July 2016

THE TENAFLY SENIOR CENTER WILL BE CLOSED FROM FRIDAY, JULY 1ST UNTIL FRIDAY, JULY 8TH FOR MAINTENANCE. THE CENTER WILL REOPEN FOR CLASSES ON MONDAY, JULY 11TH AT 9:00 AM. PLEASE REVIEW INSIDE CALENDAR FOR ANY CLASSES THAT WILL BE HELD AT THE MC CANDLESS ROOM WHICH IS LOCATED AT THE TENAFLY MUNICIPAL COMPLEX, 100 RIVEREDGE ROAD.

LEARN MAHJONG WITH MING

5 Week Class Series

Tuesdays beginning July 12th at 1:00 pm

Did you ever want to learn mahjong? We will be offering a free, five week series beginning Tuesday, July 12th at 1:00 pm with Ming Yeh. There is only 8 spots available in this class. Register early to reserve your spot!

JULY LUNCHEON WITH TRIVIA GAME SHOW

Thursday, July 14th at 12:30 pm

Come and enjoy an afternoon of garden salad, 2 slices of pizza, ice cream and play "Ron's LUCKY GUESS Game Show". Our game show host Ron, is an enigmatic, charming and innovative entertainer who will conduct a fun filled game show of trivia and games! Ron will recreate the Game Show experience of TV's past! Cost of the luncheon is \$8.00.

40's FLASHBACK WITH WALTER C.

Friday, July 15th at 1:30 pm

Travel back in time with Walter Choroszewski as he presents an entertaining overview of the 1940s—the decade that launched the modern era. Defined by World War II, America industrialized and united in victory. The post-war period ushered in the "Baby Boom" and times of prosperity. Walter highlights the history, technology, culture and arts of the times.

HARP "KEEPING YOUR MIND SHARP" PRESENTATION

Tuesday, July 19th at 1:00 pm

This program uses a fun approach to introduce the effects of normal aging on learning and memory, lists several ways to improve brain functioning, and use specific "brain exercises" to prevent "senior moments." Please join us for this interesting topic.

SKINCARE PRESENTATION BY CLARENS LORD & TAYLOR—GARDEN STATE PLAZA

Wednesday, July 26th at 1:30 pm

Malka, a skincare professional from Clarens, will be giving a presentation on skincare. Some top experts will be giving mini facials. Attend this special presentation and enter their raffle to win a basket of goodies and receive some Clarens samples!

"A TO Z ON DIABETES" PRESENTATION

Thursday, July 21st at 1:00 pm

Mary O'Connor from Englewood Medical Center, will give an "A to Z" presentation on the prevention, medication and the effects that diabetes can have on your life. Come listen to her informative lecture.

WOODROW WILSON PRESENTATION

Friday, July 22nd at 2:00 pm

Our 28th President is considered by historians to be our 4th greatest president. This is because of the many progressive reforms that were enacted during his administration and because he led us to victory in World War I. However, there was a dark side to President Wilson and that was his racism and the racist policies that he enacted. Presenter Marty Alboum will discuss Woodrow Wilson's life, his career, his complicated personality and his romantic relationships.

CHINESE CULTURE PRESENTATION

Thursday, July 28th at 1:00 pm

When dealing with another culture it is easy to accidentally let an offense slip. Some American people, might feel odd with certain Chinese habits and customs. For example: Do you know the common mistake when giving gifts to Chinese people? And do you know in Chinese culture certain numbers are believed by some to be auspicious or inauspicious? In order to avoid some common cultural mistakes when interacting or visiting with Chinese people in a social or business setting, there are some basic rules of thumb you will need to know. Our Chinese language teacher Christine Hsaio will be leading this presentation which is one of many in this series.

\$1.00 DOG DAY LUNCH & A SUMMERTIME MOVIE

Friday, July 29th at 12:30 pm

Come in from the hot weather and into an air conditioned room and enjoy \$1.00 hot dogs, can of soda and the summertime movie "Gidget". Please register in the Center office for the lunch in advance.

PBA PICNIC FOR

TENAFLY RESIDENTS 55+

Friday, August 12th from 4:00 pm to 6:00pm

The Tenafly PBA will once again hold its annual picnic at the Center for Tenafly Residents 55 and over. Preregistration is necessary. We look forward to having you come to meet the local police, spend time with your neighbors, and enjoy a fantastic barbeque.



July

Tenaflly Senior Center ~ 20 South Summit

Monday	Tuesday	Wednesday
<p>*PRE-REGISTRATION REQUIRED (Call for details)</p> <p>CENTER HOURS: MONDAY THRU FRIDAY 9:00 AM TO 4:00 PM</p>		 <p>Special thanks to Janet Bazzini for proofreading our newsletter</p>
<p>4</p> <p>CENTER CLOSED</p> 	<p>5</p> <p>CENTER CLOSED FOR MAINTENANCE</p> <p>ALL CLASSES TODAY HAVE BEEN CANCELLED WITH THE EXCEPTION OF:</p> <p>1:00—CANASTA</p> <p>GAME WILL BE HELD AT THE TENAFLY MUNICIPAL COMPLEX MC CANDLESS ROOM</p>	<p>6</p> <p>CENTER CLOSED FOR MAINTENANCE</p> <p>NO CLASSES SCHEDULED FOR TODAY</p>
<p>11</p> <p>9:00—Standing Pilates w/Kim*</p> <p>9:30—Drawing w/Deidre*</p> <p>10:00—Delay the Disease Class for those with Parkinson’s Disease w/Kim* 10 to 3—Bridge</p> <p>11:00—Exercise w/Susan*</p> <p>12:30—Line Dancing w/Theresa</p> <p>1:00—Needlework Crafts</p>	<p>12</p> <p>9:00—Beginner’s Chinese*</p> <p>9:10—Chair Yoga</p> <p>9:30—ABCs of Watercolor*</p> <p>10:00—Tuesday Tai Chi</p> <p>10:00—Intermediate Chinese*</p> <p>11:00—Mind and Body*</p> <p>11:15—Beginner’s Spanish*</p> <p>1:00—Learning Mahjong w/Ming*</p> <p>1:00—Canasta</p>	<p>13</p> <p>9:30—Qi Gong/Tai Chi w/Johanna*</p> <p>10 to 3—All Day Bridge</p> <p>11:30—Zumba Gold w/Bernadette*</p> <p>2:00—Stretch & Tone w/Ulli*</p>
<p>18</p> <p>9:00—Standing Pilates w/Kim*</p> <p>9:30—Drawing w/Deidre*</p> <p>10:00—Delay the Disease Class for those with Parkinson’s Disease w/Kim* 10 to 3—Bridge</p> <p>11:00—Exercise w/Susan*</p> <p>12:30—Line Dancing w/Theresa</p> <p>1:00—Needlework Crafts</p>	<p>19</p> <p>9:00—Beginner’s Chinese*</p> <p>9:10—Chair Yoga</p> <p>9:30—ABCs of Watercolor*</p> <p>10:00—Tuesday Tai Chi</p> <p>11:00—Mind and Body*</p> <p>11:15—Beginner’s Spanish*</p> <p>1:00—Learning Mahjong w/Ming*</p> <p>1:00—KEEPING YOUR MIND SHARP PRESENTATION BY HARP</p> <p>1:00—Canasta</p>	<p>20</p> <p>9:30—Qi Gong/Tai Chi w/Johanna*</p> <p>10 to 3—All Day Bridge</p> <p>11:30—Zumba Gold w/Bernadette*</p> <p>1:00—Hearts and Hands with Dagmar (Puppet making for pediatric patients)</p> <p>NO STRETCH & TONE TODAY</p>
<p>25</p> <p>9:00—Standing Pilates w/Kim*</p> <p>9:30—Drawing w/Deidre*</p> <p>10:00—Delay the Disease Class for those with Parkinson’s Disease w/Kim* 10 to 3—Bridge</p> <p>11:00—Exercise w/Susan*</p> <p>12:30—Line Dancing w/Theresa</p> <p>1:00—Needlework Crafts</p>	<p>26</p> <p>9:00—Beginner’s Chinese*</p> <p>9:10—Chair Yoga</p> <p>9:30—ABCs of Watercolor*</p> <p>10:00—Tuesday Tai Chi</p> <p>11:00—Mind and Body*</p> <p>11:15—Beginner’s Spanish*</p> <p>1:00—Learning Mahjong w/Ming*</p> <p>1:00—Canasta</p> <p>1:30—SKINCARE PRESENTATION BY CLARENS-LORD & TAYLOR—GARDEN STATE PLAZA</p>	<p>27</p> <p>9:30—Qi Gong/Tai Chi w/Johanna*</p> <p>10 to 3—All Day Bridge</p> <p>11:30—Zumba Gold w/Bernadette*</p> <p>NO STRETCH & TONE TODAY</p> <p>TRIP TO SPRING LAKE</p>

2016



Street ~ Tenafly, NJ 07670 / 201-569-2159

Thursday	Friday
	<p>1</p> <p>CENTER CLOSED FOR MAINTENANCE</p> <p>ALL CLASSES TODAY HAVE BEEN CANCELLED WITH THE EXCEPTION OF:</p> <p>11:00—BEGINNER'S WC & DWG W/DEIDRE WHICH WILL BE HELD AT THE TENAFLY MUNICIPAL COMPLEX MC CANDLESS ROOM</p>
<p>7</p> <p>CENTER CLOSED FOR MAINTENANCE</p> <p>ALL CLASSES TODAY HAVE BEEN CANCELLED WITH THE EXCEPTION OF:</p> <p>9:30—FOLK DANCING 11:30—QI GONG W/JOHANNA 1:00—ART STUDIO (OPEN TO ALL ARTISTS)</p> <p>CLASSES WILL BE HELD AT THE TENAFLY MUNICIPAL COMPLEX MC CANDLESS ROOM</p>	<p>8</p> <p>CENTER CLOSED FOR MAINTENANCE</p> <p>ALL CLASSES TODAY HAVE BEEN CANCELLED WITH THE EXCEPTION OF:</p> <p>11:00—BEGINNER'S WC & DWG W/DEIDRE WHICH WILL BE HELD AT THE TENAFLY MUNICIPAL COMPLEX MC CANDLESS ROOM</p>
<p>14</p> <p>9:30—Folk Dancing w/Ginny* 9:30—Open Forum Discussion Group 11:30—Beginner's Spanish* 12:30—CENTER LUNCHEON* 12:30—Mahjong w/Ming—Chinese Tiles 7:00—Tenafly Singers</p> <p>NO GI GONG WITH JOHANNA TODAY NO ART STUDIO TODAY</p>	<p>15</p> <p>10:00—Friday Tai Chi 10:00—Bridge 11:00—Beginner's WC & Drawing w/ Deirdre* 11:15—Osteoporosis Exercise w/Ulli* 12:15—Osteoporosis Exercise w/Ulli* 1:00—HARP Fall & Balance Class* 1:30—40's FLASHBACK PRESENTATION</p>
<p>21</p> <p>9:30—Folk Dancing w/Ginny* 9:30—Open Forum Discussion Group 11:30—Qi Gong w/Johanna* 11:30—Beginner's Spanish* 12:30—Mahjong w/Ming—Chinese Tiles 1:00—Art Studio (open to all artists) 1:00—"A TO Z ON DIABETES" PRESENTATION BY ENGLEWOOD MEDICAL CENTER 7:00—Tenafly Singers</p>	<p>22</p> <p>10 TO 12—BLOOD PRESSURE ASSESSMENT* 10:00—Friday Tai Chi 10:00—Bridge 11:00—Beginner's WC & Drawing w/ Deirdre* 1:00—HARP Fall & Balance Class* 2:00—WOODROW WILSON PRESENTATION</p> <p>NO OSTEO W/ULLI CLASSES TODAY</p>
<p>28</p> <p>9:30—Folk Dancing w/Ginny* 9:30—Open Forum Discussion Group 11:30—Qi Gong w/Johanna* 11:30—Beginner's Spanish* 12:30—Mahjong w/Ming—Chinese Tiles 1:00—Art Studio (open to all artists) 1:00—CHINESE CULTURE PRESENTATION 7:00—Tenafly Singers</p>	<p>29</p> <p>10:00—Friday Tai Chi 10:00—Bridge 11:00—Beginner's WC & Drawing w/ Deirdre* 1:00—HARP Fall & Balance Class* 12:30—\$1.00 Dog Lunch & a Summertime Movie</p> <p>NO OSTEO W/ULLI CLASSES TODAY</p>

DID YOU KNOW?

ClearCaptions was one of our vendors at our very successful Health Fair on June 23rd, 2016.

ClearCaptions is for those with hearing loss. Their phone "Ensemble" is available for free and all you need in your home is a phone jack and internet access.

Yes, the phone is free and so is the installation!

Take advantage of this very special phone which is given to you by a grant from the FDC.

For further details, please contact Terry Hurley at 908-208-9415 or via email terry.hurley@clearcaptions.com

SAVE THE DATE

Thursday, August 11th— Center Luncheon

Friday, August 12th—Tenaflly PBA Picnic for Tenaflly senior residents 55 years of age and over

Tuesday, August 16th—"Ancient Olympics" Presentation by Michael Norris

Thursday, August 18th—Transitions—"Keeping What Matters Most" Presentation

Thursday, August 25th—"Healthy Aging" Presentation sponsored by Brightview Assisted Living-Tenaflly

NEW FALL CLASS SIGN UPS!!!

Beginner's Tap with Jean—Beginning Tuesday, September 13th at 2 pm

Former Radio City Rockette Jean Martin will be teaching beginner's tap to those who would love to learn! \$50.00 for a 10 week series and we must have a minimum of 15 students for this class. Must preregister no later than September 6th.

Discussion/Support Group For Senior Women—Beginning Monday, September 12th at 2 pm

Group leader Doris Hirsch will explore life experiences and discuss such topics as family, careers, health issues and so much more for senior women! This group will be built on confidentiality and honesty with no criticisms. There is a \$50.00 charge to attend this 6 week discussion/support group. We must have a minimum of 6 participants and a maximum of 12 for this group. Must preregister no later than September 6th.

Intermediate Italian with Giovanna begins Thursday, September 8th at 1:00 pm

For those who have taken the beginner's Italian or for those who have a beginner's knowledge of Italian. Giovanna teaches Italian in a conversational way introducing words, phrases, patterns of speech in a structured setting. We have fun and that's what language learning should be fun. Giovanna has over 20 years experience and has taught at Montclair State, Lehman College and Queens College. You must pre-register for this class.

Italian with Giovanna begins Thursday, September 8th at 3:00 pm

This course is for those who have an intermediate to advanced knowledge of Italian. Classes are conducted in Italian. Readings range from intermediate to challenging. Cultural references are sprinkled throughout. Friendships are made, memories are shared, and a good time is had by all. Giovanna has over 20 years experience and has taught at Montclair State, Lehman College and Queens College. You must pre-register for this class.

TRAVEL ADVENTURES

Wednesday, July 27th—Spring Lake

We will join the Leonia Seniors for their annual trip. The day will include time at the Boardwalk, lunch at the Old Mill Inn and a stop at Delicious Orchards. Weather and time permitting, we will make a stop in the town of Spring Lake to visit some of the local shops. \$60.00 per person and does not include tip for bus driver.

Tuesday, August 9th—Tropicana-Atlantic City presents "Magique: Remixed"

The Leonia Senior Center has invited us on a trip to the Tropicana-Atlantic City to see "Magique: Remixed" where Illusionists Kevin and Caruso bring imagination to life with a whirlwind of magic, music, comedy, showgirls and razzle dazzle! The trip includes roundtrip motorcoach transportation, lunch at Carmine's, show ticket and \$20.00 cash bonus! Cost of this fabulous trip is \$47.00 and does not include tip for the bus driver.

Friday, December 2nd—Westchester Broadway Theater—Christmas Inn

It's Christmas Eve in an Old New England Inn. The merriment begins when two famous entertainers who split up their act are both booked to headline the traditional holiday show at the Inn. Come get in the holiday spirit by enjoying a hilarious show filled with laughter, music and Christmas magic! The show also features an old fashioned sing along! Cost: \$75.00 includes roundtrip transportation, three course meal and show.

CENTER MOVIES

Friday, July 29th at 12:30 pm — \$1.00 Dog Day & the summertime movie "Gidget"

Come and enjoy \$1.00 hot dogs, can of soda or water and a summer time movie!

Due to an accident while swimming in the sea, Francis meets the surfer Moondoggy. She's fascinated by his sport and starts to hang out with his clique. Although they make fun of her at first, they teach her to surf. Soon she's accepted and given the nickname "Gidget". But it's hard work to become more than a friend to Moondoggy. Please register in the office if you plan on attending the \$1.00 dog day lunch!