



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

June 2016

DRAGON BOAT FESTIVAL PREVIEW WEDNESDAY, JUNE 1ST AT 3:00 PM

The Chinese Parents Association of Tenafly is hosting a special Dragon Boat Festival at the Tenafly Library on Saturday, June 4th. The Association would like to give a special preview of the children's performance of this event at our Center. Please come and enjoy the children and their talents.

EXPLORING WATERCOLOR TECHNIQUES WITH TENN TWO DAY WORKSHOP ONLY!!!

THURSDAY, JUNE 2ND & JUNE 9TH AT 9:30 AM

Award winning artist, Tenn Lu, will be conducting a two day workshop at our Center on "Exploring Watercolor Techniques with Tenn". Learn new techniques or challenge your watercolor talents with the help of this master watercolor artist. Tenn Lu has taught in community schools and has competed in many area art shows. Class space is limited to 12 people only. Cost is \$25.00 for this two day workshop. Preregistration is required. Class registration is on a first come, first serve basis.

ESTATE & FINANCIAL PLANNING BOOT CAMP THURSDAY, JUNE 2ND AT 2:00 PM

Don't Be a Prince! Be a Queen or King and come to the Estate Planning Boot Camp on June 2, 2016, presented by Doreen M. McCullough, Esq., an Estate Planning Attorney admitted to practice Law in New Jersey and New York. Learn the fundamentals of Estate Planning so that purple does not rain on your estate when you are gone. Spiros Vassilakos, Financial Planner of Athenian Private Client Group, will also be presenting strategies that will work within your specific financial plan.

PRESENTATION ON BEN FRANKLIN THURSDAY, JUNE 9TH AT 1:00 PM

Ben Franklin was a renaissance man. He was a printer, a very successful businessman, an inventor, a politician, a diplomat, as well as a great lover of humanity both men and especially women. His popularity was critical in getting French help when our country needed it the most. Marty Alboum will discuss Ben Franklin's life and career as well as why he is considered one of the greatest Americans of all time.

TENAFLY HIGH SCHOOL JAZZ BAND CLUB PERFORMANCE FRIDAY, JUNE 10TH AT 2:00 PM

The Tenafly High School Jazz Band Club will be performing a wide variety of music from jazz standards to modern pop songs. Please come enjoy beautiful music and some light refreshments.

GLORIOUS GREENS PRESENTATION THURSDAY, JUNE 16TH AT 1:00 PM

Green equals Spring...time of renewal, refresh, and energy! Spring also equals seasonal allergies, hay fever, aches and pains! Learn how adding Glorious Greens to your diet and other seasonal vegetables will give you that spring in your step and help your allergies, hay fever and more. This presentation will be given by Michelle Goffredo.

SWIM PASS DISTRIBUTION

FRIDAY JUNE 17TH FROM 9:00 AM TO 11:00 AM

Tenakill Swim Club will be offering 50 special season passes for \$75.00 each which provides for use of the pool on Mondays, Wednesdays and Fridays from 12:00 noon to closing. There is no admittance on the weekends or holidays. The season begins on Friday, June 17th and ends on Friday, August 26th. Pass is only valid for person pass is issued to. Checks should be made out to the Tenakill Swim Club. Please bring proper identification with your Tenafly address and birth date for proof of eligibility. Passes are available on a first come, first served basis.

CARDIAC ISSUES PRESENTATION THURSDAY, JUNE 23TH AT 1:00 PM

Tenafly Senior Center welcomes Dr. Sarah Timmapuri, Cardiologist at HackensackUMC. This is a great opportunity to listen to an educational program on early heart attack care. After listening to this presentation, please stop by our Senior Services Health Fair in the main room at the Center.

SENIOR SERVICES HEALTH FAIR

**BY HACKENSACK UNIVERSITY MEDICAL CENTER
THURSDAY, JUNE 23TH AT 12:30 PM TO 3:00 PM**

The Tenafly Senior Center in conjunction with the Health Awareness Regional Program of HackensackUMC, will be hosting a Community Resource Fair. There will be assessments for blood pressure, fall risk, and nutrition. There also will be tables of information and representatives from Bergen County Senior Services, EZ Ride, CHORE, Center for Alcohol and Drug Resources and more. This event is free and open to all.

JUNE LUNCHEON

THURSDAY, JUNE 30TH AT 12:30 PM

This month's luncheon will be your choice of cheddar and bacon or low-cal spinach and mushroom quiche catered by Classic Quiche Café served with a green salad followed by coffee or tea and dessert. Entertainment for the afternoon will be Christine Hart. Cost: \$10.00



June

Tenaflly Senior Center ~ 20 South Summit

Monday	Tuesday	Wednesday
 <p>Special thanks to Janet Bazzini for proofreading our newsletter</p>	<p>*PRE-REGISTRATION REQUIRED (Call for details)</p> <p>CENTER HOURS: MONDAY THRU FRIDAY 9:00 AM TO 4:00 PM</p>	<p>1 9:30—Qi Gong/Tai Chi w/Johanna* 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* 3:00—DRAGON BOAT FESTIVAL PREVIEW</p>
<p>6 9:00—Standing Pilates w/Kim* 9:30—Drawing w/Deidre* 10:00—Delay the Disease Class for those with Parkinson's Disease w/Kim* 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>7 9:10—Chair Yoga 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* NO ABC'S OF WATERCOLOR TODAY</p>	<p>8 9:30—Qi Gong/Tai Chi w/Johanna* 10 to 3—All Day Bridge 11:30—Zumba Gold w/Bernadette* 2:00—Stretch & Tone w/Ulli*</p> <p>NOSH & LEARN—LOWER MANHATTAN</p>
<p>13 9:00—Standing Pilates w/Kim* 9:30—Drawing w/Deidre* 10:00—Delay the Disease Class for those with Parkinson's Disease w/Kim* 10 to 3—Bridge 12:30—Line Dancing w/Theresa 1:00—Needlework Crafts 2:00—Tap Dancing w/Jean*</p> <p>NO EXERCISE WITH SUSAN TODAY</p>	<p>14 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*</p> 	<p>15 9:30—Qi Gong/Tai Chi w/Johanna* 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*</p>
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2016

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Thursday	Friday
<p>2 9:30—EXPLORING WATERCOLOR W/TENN* 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—Beginner's Italian* 2:00—ESTATE & FINANCIAL PLANNING BOOT CAMP 3:00—Italian with Giovanna* 7:00—Tenafly Singers</p>	<p>3 9:00—Beginner's Tai Chi w/Alan 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* 12:15—Osteoporosis Exercise w/Ulli* 1:00—HARP Fall & Balance Class* 1:30—Center Movie</p>
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<p>30 9:30—Folk Dancing w/Ginny* 9:30—Open Forum Discussion Group 11:30—Beginner's Spanish*FILLED 12:30—CENTER LUNCHEON* 12:30—Mahjong w/Ming—Chinese Tiles 7:00—Tenafly Singers NO GI GONG WITH JOHANNA TODAY NO ART STUDIO TODAY</p>	<p>HAPPY FATHER'S DAY!</p>

SEVERAL REMINDERS!!

Please help us to accommodate our members who are chemically sensitive to fragrances and other scented products. Thank you for not wearing perfume, after-shave, scented hand lotion, fragranced hair products, and or similar products.

Unfortunately the Senior Center has a limited number of spaces available in our parking lot. 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 removed by anyone except the teachers/presenters who are teaching/lecturing that day.

Please be aware, when parking in the Senior Center parking lot, that you must park your car within the lines, do not park on the brick walkway/patio and pay attention as to where the bright orange safety cones are so you do not run them over with your car.

We have had several incidents where people could not get into their cars because cars are parked over the lines.

Thank you to everyone for being considerate to each other.



SAVE THE DATE

Tuesday, July 5th—Learn Chinese Mahjong with Ming—5 Week Class Series

Thursday, July 7th—Chinese Culture

Thursday, July 14th—July Luncheon with Trivia Game Show

Friday, July 15th—40's Flashback with Walter C.

Tuesday, July 19th—HARP "Keeping Your Mind Sharp" Presentation

Thursday, July 21st—Englewood Medical Center "A to Z on Diabetes" Presentation

Month of July—The Adult Care Brief Bank Drive in conjunction with Kaplen JCC on the Palisades

CENTER MOVIES

Friday, June 3rd at 1:30 pm—Bridge of Spies

James Donovan, an insurance claims lawyer, is thrust into the center of the 1957 Cold War when he agrees to represent a Soviet spy captured in New York, committed to ensuring the man receives a fair trial no matter his politics. Later, an American U-2 spy plane is shot down over Soviet airspace, and the pilot, Francis Gary Powers, is captured and imprisoned. The CIA, while categorically denying any knowledge of the mission, is fearful that Powers may be coerced into revealing classified information. Having witnessed Donovan's impressive skills in the courtroom, a CIA operative secretly reaches out to recruit him for a national security mission of great importance. Fueled by a love for his country, unwavering belief in his convictions and a tremendous amount of courage, Donovan is soon on a plane to Berlin to negotiate a prisoner exchange between the U.S. and the Soviet Union. Starring: Tom Hanks, Mark Rylance, Alan Alda, Amy Ryan, Eve Hewson

Rated: PG-13 2 hours, 21 minutes

Friday, June 17th at 1:30 pm—Joy

Joy is the story of the title character, who rose to become founder and matriarch of a powerful family business dynasty. Starring: Jennifer Lawrence, Robert De Niro, Bradley Cooper Rated: PG-13 2 hours, 4 minutes

Friday, June 24th at 1:30 pm—Misconduct

After getting some inside information, ambitious lawyer Ben Cahill files a massive civil suit against corrupt pharmaceutical executive Arthur Denning. Ben is encouraged to pursue the case by his firm's senior partner Charles Abrams, who detests Denning. Ben soon finds himself caught in a power struggle between the two powerful men. When the case takes a deadly turn, Ben must race to uncover the truth before he loses everything. Starring: Josh Duhamel, Al Pacino, Anthony Hopkins, Malin Akerman, Julia Stiles

Rated: R 1 hours 46 minutes

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.