

# EVENTS and ACTIVITIES

More events will be added - please continue to contact the center, check the website and check your emails.

## JANUARY 2021

Wednesday, January 13 at 7:00 - Bedtime Meditation on Zoom - Camille Munro from Home Care Consultant will be conducting this session. We can all use a little relaxation! Please join us! With Camille's help let's all hope for a good night sleep.

Meeting ID: 481 367 6219

Passcode: TENAFly



Tuesday, January 19 - TPR Lunch pick-up - Details on Lunch Flyer



Wednesday, January 20 at 7:00 pm DJ Music on Zoom - Join us for some after dinner music. All the oldies - Sinatra, Tony Bennett, Nat King Cole, Ray Orbison, Dean Martin to say a few. Sit back and relax and listen as DJ Dave plays you songs from the past.

Meeting ID: 481 367 6219

Passcode: TENAFly

Call in 1-646-558-8656 enter ID and passcode 2463348

Friday, January 22 at 1:00 - Name that Tune on Zoom - Join The Bristol, Generations and Seniors in Place for a "Name that Tune" competition for the Tenafly Senior Center. Compete against your fellow seniors and impress them with your musical knowledge. Prizes will be awarded!

Meeting ID: 898 5951 5986

Passcode: 676892



Thursday, January 28 - Joe's Pie Lunch pick-up - Details on Lunch Flyer



## FEBRUARY 2021

**Tuesday, February 2 at 2:00 - Book Club - Death by Yoga by Eleanor Kohn** -Eleanor will be our special guest at this meeting. The book is available on Amazon and we also have a few at the center you can purchase.

Meeting ID: 481 367 6219

Passcode: TENAFLY Call in 1-646-558-8656 enter ID and passcode 2463348

**Friday, February 5 at 6:00 - After Dinner Talk with Evan Weiner**

Looking Back at the events of 1969 that include the landing of the first man on the moon, the introduction of the artificial heart, the Stonewall Riots marking the beginning of the modern gay rights movement, the Miracle Mets World Series victory, and the last public performance by the Beatles, as well as the introduction to the world of such classics as Sesame Street, Monty Python's Flying Circus, and Arpanet, the precursor to the Internet. JOIN US!!

Meeting ID: 868 6757 8804

Passcode: 525521 Call in 1-929-205-6099 (enter ID and Passcode)

**Tuesday, February 9 -Lunch Pick up - Details on Lunch flyer**

**Friday, February 11 at 2:00 - BINGO with Mary Ann**

Prizes!! Pick up Bingo Boards Anytime during the week!

Meeting ID: 481 367 6219

Passcode: TENAFLY Call in 1-646-558-8656 enter ID and passcode 2463348



**Thursday, February 18 at 3:00 - Tea with Friends on Zoom**

Join us for tea and chat. Invite your friends, this is just a time to chat and catch up with each other. Michele will be there - maybe with a hat on!! Bring your pets if you have one!!

Meeting ID: 481 367 6219

Passcode: TENAFLY Call in 1-646-558-8656 enter ID and passcode 2463348

**Tuesday, February 23 - Mardi Gras Lunch Pick up - Details on Lunch flyer**

Zoom Mardi Gras Entertainment at 2:00 pm

Meeting ID: 481 367 6219

Passcode: TENAFLY Call in 1-646-558-8656 enter ID and passcode 2463348

**Thursday, February 25 at 1:00 Bergen County Department of Senior Services.** This

presentation is an overview of the resources available in Bergen County that our community can be connected to through the Aging Disability Resource Connection (ADRC). Services to be covered are housing, transportation, homecare, public benefits, caregiver resources, health and wellness and ways to save money. Meeting ID: 481 367 6219

Passcode: TENAFLY Call in: 1-646-558-8656 enter ID and passcode 2463348

## MARCH 2021

**Tuesday, March 9 at 2:00 - Talk with Evan Weiner** - Title IX: The 1972 Legislation That Gave Women Equal Educational Access As To Men. Until 1972, sexual discrimination against women in college and university studies was legal. Women could be denied educational opportunities until 1972. Patsy Mink, Edith Green, Birch Bayh, Ted Stevens and Richard Nixon changed that. Congresswomen Green and Mink pushed a bill through the House demanding equal educational access for women if a school took federal money. Senators Birch Bayh and especially Alaska Senator Ted Stevens pushed it over the finish and Nixon signed it. The new legislation changed women's education options from just nurse, secretary, teacher or looking for a husband in college to different fields such as medicine, law, engineering, fields that had no want for women except in very rare cases  
Meeting ID: 845 2101 6133

Passcode: 274827      Dial In: 1-929-205-6099



**Thursday, March 11 at 3:00 - Tea with Friends on Zoom**

Join us for tea and chat. Invite your friends, this is just a time to chat and catch up with each other. Michele will be there - maybe with a hat on!! Bring your pets if you have one!!  
Meeting ID: 481 367 6219

Passcode: TENAFly      Call in 1-646-558-8656    enter ID and passcode 2463348

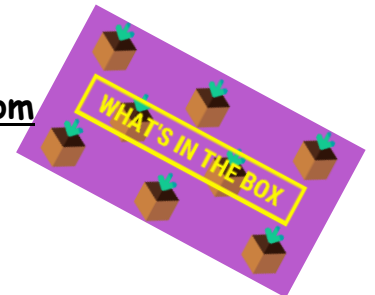
**Tuesday, March 16 - St. Patrick's Day Lunch Pick up - See Flyer**

**Monday, March 23 at 2:00 - What's In the Box??? Game on Zoom**

Meeting ID: 481 367 6219

Passcode: TENAFly

Call in 1-646-558-8656    enter ID and passcode 2463348



**Thursday, March 25 at 2:00 - Make your own Charcuterie Platter** - Pick up the supplies, then jump on Zoom and we will make them together. Cost is \$20.00 per person. Class is limited. Call Center to sign up.



**Tuesday, March 30 - Lunch Pick up - See Flyer**