



# 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—8:30 am to 4:00 pm  
Rebecca Stauffer, Director Michele Hausch, Assistant Director

[www.tenaflynj.org](http://www.tenaflynj.org)

## January 2017

### DRAWING WITH DEIRDRE

#### 8 Week Series Begins Thursday, January 5th at 9:30 am

So you think you can't draw? Don't worry, everyone has to start at the beginning, and if you can write your name, you can draw. Our experienced Artist and Instructor, Deirdre Molloy, will take you step by step to creating your very own masterpiece! Series will start on Thursday, January 5th at 9:30 am. Cost of the class is \$50.00 for 8 weeks. Pre-registration is required.

### CABANICS!

#### 10 Week Series Begins

#### Thursday, January 5th at 3:00 pm

Cabanics is back! Cabanics is rhythmic movements to music using props. It targets areas such as improving circulation, balance and flexibility, provides strength and endurance, increases your degree of range of motion and joint mobility. Class space is limited, pre-registration is required for this class. Cost of the series is \$25.00 for 10 weeks.

### WATERCOLOR WITH DEIRDRE

#### 8 Week Series Begins Friday, January 6th at 11:00 am

Learn to paint with Artist and Instructor, Deirdre Molloy. Let's find the lines, shapes and perspective. Define the colors on your palette and paint! Series starts Friday, January 6th. Cost is \$50.00 for 8 weeks. Pre-registration is necessary.

### HOW TO LOWER YOUR FALL RISKS AND INJURIES WHILE KEEPING YOUR MOBILITY, AND INDEPENDENCE IN 2017 AND THROUGH THE YEARS

#### Friday, January 6th at 2:00 pm

Purissa Seville, CMTPT, Cert. MDT of Seville Physical Therapy LLC, will be doing a presentation on how posture can greatly affect your balance,; little changes you can do to improve posture, learn walking strategies that minimize risk of falls and injuries and also understanding the role of breathing with walking and balance.

### HOLISTIC NEW SELF BODY & BRAIN YOGA FITNESS ONE TIME TRIAL CLASS

#### Tuesday, January 10th at 12:45 pm

Chelsea from Holistic fitness will lead a class that combines a selection of movement, stretching, energy work, meditation and other exercises in order to fully reconnect with the physical, emotional, and energetic body. The class incorporates many healing principles and exercises within the practice making it a very therapeutic experience for all. Please pre-register for this class.

### MANHATTAN BRIDGES PRESENTATION

#### Thursday, January 12th at 1:00 pm

Today, 20 bridges link the island to the boroughs of Brooklyn, Queens, The Bronx and to New Jersey. Kevin Woyce will tell the stories of how and why the most famous bridges were built. The program is illustrated with original photographs and historic images of Manhattan's iconic bridges past and present and of the city they helped to shape.

### 2017 DONATION DRIVE

While the Tenafly Senior Center is funded by the Borough of Tenafly, each January we ask you to show your support by making a small (\$10) donation to the Senior Center so that we may keep the Center the special place it is. Your support is appreciated! Thank you!

### "CARE AND CONVENIENCE: WHAT IS TELE-MEDICINE?"

#### Friday, January 13th at 2:00 pm

Vytalize Health will be presenting on the benefits of technology, including tele-medicine, and how trends are changing in health-care. Tele-medicine is a reliable way to connect seniors to their medical providers, without leaving their home. Medicare now includes tele-medicine as a way of bringing high quality, preventative medical services to seniors, allowing them to stay independent and informed. This presentation will tell you how tele-medicine works and how it is a convenient and effective way to manage your care. Refreshments will be provided, as well as an opportunity to ask questions about other Medicare benefits.

### JANUARY LUNCHEON

#### Year of the Rooster!!

#### Thursday, January 19th at 12:30 pm

#### (Snowdate - Wednesday, January 25th at 12:30 pm)

Our Chinese New Year lunch at the Center has become a tradition. Come join us for this festive holiday. This year's food choices include:

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

Our very own Chinese Instructor, Christine Tsiao, will give us a presentation on the Chinese culture and the celebration of Chinese New Year. Cost: \$8.00 per person.

### ENERGY ASSISTANCE PRESENTATION

#### Friday, January 20th at 2:00 pm

Home energy assistance programs help income-qualified individuals experiencing a financial challenge pay their energy bills and remain in their home. The Greater Bergen Community Action Center will be presenting how you can save on your energy bills with programs that are available. Don't miss this informative program!

### JOHN ADAMS PRESENTATION

#### Friday, January 27th at 2:00 pm

John Adams was our first Vice President and second President. He was a man who showed great political courage defending the British soldiers after the Boston massacre.

At the start of the Revolutionary War, he recommended Thomas Jefferson to draft the Declaration of Independence and during the war he did great work as our Ambassador to France. Unfortunately he was not as successful as a President due to his inability to compromise. He was certainly one of our greatest Americans. Presentor Marty Alboum will not only discuss John Adam's life and career but will also humanize him through a discussion about his outstanding wife, Abigail Adams.

Monday	Tuesday	Wednesday
<p>2</p> <p><b>CENTER CLOSED</b></p> 	<p>3</p> <p>9:30—ABC'S of Watercolor*</p> <p>10:00—Tuesday Tai Chi</p> <p>11:00—Mind and Body*</p> <p>11:15—Beginner's Spanish w/Vivi*</p> <p>12:30— Canasta</p> <p>1:00—Fitness Sr Style w/Richard*</p>	<p>4</p> <p>9:30—Qi Gong/Tai Chi w/Johanna*</p> <p>10:00 to 2:00—All Day Bridge</p> <p>11:30—Zumba Gold w/Bernadette*</p> <p>1:00—Hearts and Hands w/Dagmar (Puppet making for pediatric patients)</p> <p>2:00—Stretch &amp; Tone w/Ulli*</p>
<p>9</p> <p>9:00—Standing Pilates w/Kim*</p> <p>9:30—Drawing w/Marcia*</p> <p>10:00—Delay the Disease Class for those with Parkinson's Disease w/Kim*</p> <p>10:00 to 2:00—Bridge</p> <p>11:00—Exercise w/Susan*</p> <p>10:00 to 2:00—Bridge</p> <p>1:00—Needlework Crafts</p> <p>2:00—Tap Dancing w/Jean*</p> <p><b>NO LINE DANCING TODAY</b></p>	<p>10</p> <p>9:30—ABC'S of Watercolor*</p> <p>10:00—Tuesday Tai Chi</p> <p>11:00—Mind and Body*</p> <p>11:15—Beginner's Spanish w/Vivi*</p> <p>12:30—Canasta</p> <p><b>12:45—HOLISTIC NEW SELF BODY &amp; BRAIN YOGA FITNESS W/CHELSEA FREE TRIAL CLASS*</b></p> <p>2:00—Fitness Sr Style w/Richard*</p> <p><b>***PLEASE NOTE THE TIME CHANGE FOR FITNESS SR STYLE FOR TODAY ONLY!</b></p>	<p>11</p> <p>9:30—Qi Gong/Tai Chi w/Johanna*</p> <p>10:00 to 2:00—All Day Bridge</p> <p>11:30—Zumba Gold w/Bernadette*</p> <p>2:00—Stretch &amp; Tone w/Ulli*</p>
<p>16</p> <p><b>CENTER CLOSED</b></p> <p><i>I Have A Dream</i></p>  <p><i>Martin Luther King, Jr. Day</i></p>	<p>17</p> <p>9:30—ABC'S of Watercolor*</p> <p>10:00—Tuesday Tai Chi</p> <p>11:00—Mind and Body*</p> <p>11:15—Beginner's Spanish w/Vivi*</p> <p>12:30—Canasta</p> <p>1:00—Fitness Sr Style w/Richard*</p>	<p>18</p> <p>9:30—Qi Gong/Tai Chi w/Johanna*</p> <p>10:00 to 2:00—All Day Bridge</p> <p>11:30—Zumba Gold w/Bernadette*</p> <p>1:00—Hearts and Hands w/Dagmar (Puppet making for pediatric patients)</p> <p>2:00—Stretch &amp; Tone w/Ulli*</p>
<p>23</p> <p>9:00—Standing Pilates w/Kim*</p> <p>9:30—Drawing w/Marcia*</p> <p><b>9:45—TENAFLY BD OF TRUSTEES MTG</b></p> <p>10:00—Delay the Disease Class for those with Parkinson's Disease w/Kim*</p> <p>11:00—Exercise w/Susan*</p> <p><b>**11:30 to 2:00—Bridge**</b></p> <p>1:00—Needlework Crafts</p> <p>2:00—Tap Dancing w/Jean*</p> <p><b>**BRIDGE WILL BEGIN LATE TODAY**</b></p> <p><b>NO LINE DANCING TODAY</b></p>	<p>24</p> <p>9:30—ABC'S of Watercolor*</p> <p>10:00—Tuesday Tai Chi</p> <p>11:00—Mind and Body*</p> <p>11:15—Beginner's Spanish w/Vivi*</p> <p>12:30—Canasta</p> <p>1:00—Fitness Sr Style w/Richard*</p>	<p>25</p> <p>9:30—Qi Gong/Tai Chi w/Johanna*</p> <p>10:00 to 2:00—All Day Bridge</p> <p>11:30—Zumba Gold w/Bernadette*</p> <p>2:00—Stretch &amp; Tone w/Ulli*</p> <p><b>**SNOW DATE FOR JANUARY LUNCHEON</b></p>
<p>30</p> <p>9:00—Standing Pilates w/Kim*</p> <p>9:30—Drawing w/Marcia*</p> <p>10:00—Delay the Disease Class for those with Parkinson's Disease w/Kim*</p> <p>10:00 to 2:00—Bridge</p> <p>11:00—Exercise w/Susan*</p> <p>10:00 to 2:00—Bridge</p> <p>1:00—Needlework Crafts</p> <p>2:00—Tap Dancing w/Jean</p> <p><b>NO LINE DANCING TODAY</b></p>	<p>31</p> <p>9:10—Chair Yoga</p> <p>9:30—ABC'S of Watercolor*</p> <p>10:00—Tuesday Tai Chi</p> <p>11:00—Mind and Body*</p> <p>11:15—Beginner's Spanish w/Vivi*</p> <p>12:30—Canasta</p> <p>1:00—Fitness Sr Style w/Richard*</p>	<p><b>Special thanks to Janet Bazzini for proofreading our newsletter</b></p> 

## Thursday

**5**  
 9:30—Folk Dancing w/Ginny\*  
 9:30—Open Forum Discussion Group  
 9:30—Drawing w/Deirdre\*  
 11:30—Qi Gong w/Johanna\*  
 11:30—Intermed/Adv Spanish w/Vivi\*  
 12:30—Mahjong - Chinese Tiles  
 1:00—Art Studio (open to all artists)  
 1:00—Beginner's Italian\*  
 2:45—Italian with Giovanna\*  
 3:00—Cabanics\*  
 7:00—Tenafly Singers

**12**  
 9:30—Folk Dancing w/Ginny\*  
 9:30—Open Forum Discussion Group  
 9:30—Drawing w / Deirdre\*  
 11:30—Qi Gong w/Johanna\*  
 11:30—Intermed/Adv Spanish w/Vivi\*  
 12:30—Mahjong - Chinese Tiles  
 1:00—Art Studio (open to all artists)  
 1:00—Beginner's Italian\*  
 2:45—Italian with Giovanna\*  
**1:00—MANHATTAN BRIDGES PRESENTATION**  
 3:00—Cabanics\*  
 7:00—Tenafly Singers

**19**  
 9:30—Folk Dancing w/Ginny\*  
 9:30—Drawing w/ Deirdre\*  
 9:30—Open Forum Discussion Group  
 11:30—Intermed/Adv Spanish w/Vivi\*  
**12:30—CENTER LUNCHEON\***  
 12:30—Mahjong - Chinese Tiles  
 1:00—Beginner's Italian\*  
 2:45—Italian with Giovanna\*  
 7:00—Tenafly Singers  
**NO QI GONG OR CABANICS TODAY**

**26**  
 9:30—Folk Dancing w/Ginny\*  
 9:30—Drawing w/ Deirdre\*  
 9:30—Open Forum Discussion Group  
 11:30—Qi Gong w/Johanna\*  
 11:30—Intermed/Adv Spanish w/Vivi\*  
 12:30—Mahjong - Chinese Tiles  
 1:00—Art Studio (open to all artists)  
 1:00—Beginner's Italian\*  
 2:45—Italian with Giovanna\*  
 3:00—Cabanics\*  
 7:00—Tenafly Singers



## Friday

**6**  
 9:30—ESL Class\*  
 10:00—Friday Tai Chi  
 11:00—Watercolor w/Deidre\*  
 11:00—2:00 Bridge  
 11:15—Osteoporosis Exercise w/Ulli\*  
 12:15—Osteoporosis Exercise w/Ulli\*  
**2:00—HOW TO LOWER YOUR FALL RISKS AND INJURIES WHILE KEEPING YOUR MOBILITY, AND INDEPENDENCE IN 2017 AND THROUGH THE YEARS PRESENTATION**

**13**  
 9:30—ESL Class\*  
 10:00—Friday Tai Chi  
 11:00—Watercolor w/Deirdre\*  
 11:00—2:00 Bridge  
 11:15—Osteoporosis Exercise w/Ulli\*  
 12:15—Osteoporosis Exercise w/Ulli\*  
**2:00—CARE AND CONVENIENCE: WHAT IS TELE-MEDICINE? PRESENTATION**

**20**  
 9:30—ESL Class\*  
 10:00—Friday Tai Chi  
**10:00—12:00—BLOOD PRESSURE ASSESSMENT\***  
 11:00—Watercolor w/ Deirdre  
 11:00—2:00 Bridge  
 11:15—Osteoporosis Exercise w/Ulli\*  
 12:15—Osteoporosis Exercise w/Ulli\*  
**2:00—ENERGY ASSISTANCE PRESENTATION**

**27**  
 9:30—ESL Class\*  
 10:00—Friday Tai Chi  
 11:00—Watercolor w/ Deirdre  
 11:00—2:00 Bridge  
 11:15—Osteoporosis Exercise w/Ulli\*  
 12:15—Osteoporosis Exercise w/Ulli\*  
**2:00—JOHN ADAMS PRESENTATION**

**January**  
**2017**



*A Friendly Reminder*

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 be removed by anyone except the teachers/presenters who are teaching/lecturing that day.

It is unfortunate that we only have one (1) handicap parking space. These cones are not for handicap parking. **DO NOT MOVE THESE CONES.**

### WEATHER CONDITIONS

As winter approaches, please remember in case of snow or icy conditions, call the Center to see if your class, a scheduled speaker or special event has been cancelled.

**Your safety comes first!**

Tenafly Senior Center  
 20 South Summit Street  
 Tenafly, NJ 07670  
 201-569-2159  
 WWW.TENAFLYNJ.ORG

Center Hours  
 Monday through Friday  
 8:30 am to 4:00 pm

\*Pre-registration required  
 (Call for details)

# MARK YOUR CALENDAR!

# TRAVEL ADVENTURES



**THURSDAY, FEBRUARY 2ND AT 2:00 PM:  
COPING WITH CAREGIVER STRESS  
PRESENTATION**

**FRIDAY, FEBRUARY 3RD AT 1:30 PM:  
SENIOR MEDICARE PATROL PRESENTATION**

**THURSDAY, FEBRUARY 9TH AT 12:30 PM:  
“WINTER BLUES PICK ME UP” LUNCHEON**

**FRIDAY, FEBRUARY 17TH AT 2:00 PM:  
CHINESE CULTURAL ART PRESENTATION**

**MONDAY, FEBRUARY 20TH:  
CENTER CLOSED—PRESIDENT’S DAY**

**TUESDAY, FEBRUARY 21ST AT 2:00 PM:  
RETIREMENT ON SOCIAL SECURITY  
PRESENTATION**

**THURSDAY, FEBRUARY 23RD AT 2:00 PM:  
CONTINUATION OF THE PROGRAM ON  
THE SISTINE CHAPEL WITH DR. JOSEF MACHAC**

**FRIDAY, FEBRUARY 24TH AT 2:00 PM:  
PAYING FOR SENIOR LIVING PRESENTATION**

**Philadelphia Flower Show  
Monday, March 13th, 2017**

This year’s theme is “HOLLAND—Flowering the World”. Round trip transportation and admission fee is included. Lunch is available at the Convention Center or at the Reading Market. \$50 per person includes roundtrip motor coach transportation and admission into show. (Does not include the \$2.00 per person tip for driver) You will be responsible for your own lunch. Please make checks payable to Tenafly Senior Center.



**“THE YOUNG IRELANDERS”  
AT WESTCHESTER BROADWAY THEATER  
Tuesday, March 14th, 2017**

The Young Irelanders combine the best sounds and traditions of traditional Irish and Celtic music with folk, pop, and world sounds. The Young Irelanders are the best of the best Performance features former members of Riverdance and Lord of the Dance. Cost: \$75.00 and includes roundtrip motorcoach transportation, show admission and lunch. (Does not include the \$2.00 per person tip for the driver) Please make checks payable to Tenafly Senior Center.



**St. Patrick’s Day Celebration at the Brownstone  
Friday, March 17th, 2017**

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: \$ 60.00. (Does not include the \$2.00 tip for the bus driver) Please make checks payable to Leonia Recreation.



## \*\*\*NEW TICKET POLICY\*\*\*

The Center has been contacted by Bergen Pac that a large amount of seniors have received tickets but have not gone to the shows.

### **Effective immediately the following changes will take effect:**

- You must be an active member of the Tenafly Senior Center (meaning you take classes or you have made a yearly donation)
- Be a resident of Tenafly 55 years of age and older
- Only sign up for shows that you know you will attend
- You are now limited to 2 tickets per show

This is an amazing program and we do not want this program abused. If it continues the Bergen Pac will remove us from the list of people getting free tickets.

Thank you in advance for understanding and following this new policy.

### **What does the sneaker mean?**

**This is a guide to let you know how much walking will be involved on a certain trip.**



**Little walking involved**



**Moderate walking involved**



**Large amount of walking involved**

## UPDATE YOUR INFORMATION TODAY!!

**Please stop into the office and complete a new Registration Information Card! Even though you may have filled one out, information changes and we need to have the most recent emergency contact on file. Thanks in advance for your cooperation!**