



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, MS—Director Becky Stauffer—Asst. Director

March 2016

EMERGENCY MANAGEMENT & ACTIVE SHOOTER PRESENTATION

Thursday, March 3rd at 1:00 pm

Anthony Barzelatto, Emergency Management Coordinator for Tenafly will come to the Center to speak on ways to be prepared for emergencies. This will include hurricanes, floods, snow/rain storms, fires and general home safety. His presentation will also cover another important subject, how to survive an Active Shooter event. This presentation is open to all interested.

MARCH LUNCHEON

Thursday, March 10th at 12:30 pm

We welcome back David Podles, acclaimed international concert violinist, for our super movie program showcasing some of the most unforgettable and famous movie music spanning the 1940s—1990s, including, The Godfather, Doctor Zhivago, James Bond-007 and more. Lunch will be catered by Harold's in Lyndhurst.

Your lunch choices are an overstuffed roast turkey, pastrami, or corned beef sandwich (1/2 of a 20 oz sandwich). Served with pickles and coleslaw, dessert and coffee or tea. (This is a hearty meal. Please remember to bring your own container or foil for your leftovers.) Cost: \$14.00

PARKINSON'S AND FUNCTIONAL THERAPY PRESENTATION

Monday, March 14th at 9:15 am

The benefit of functional therapies for people suffering with Parkinson's disease can be tremendous and do not include the side effects and diminishing effectiveness of prescription drugs. These therapies and the foundation for their effectiveness will be presented by Dr. Guy Guerriero, a Chiropractor who works with brain based and musculoskeletal conditions at his office in Cresskill. He obtained his doctorate in Chiropractic from Life University and was trained at the Carrick Institute for Graduate Studies in functional neurology. He also works as a neurology consultant to the European Institute for Somato-Psychological Trauma.

COLDS/FLU OVER THE COUNTER MEDS

Tuesday, March 15th at 9:45 am

Pharmacist, Judy Kim, from Walgreens in Englewood, will come to the Center to help us understand colds and flu. She will begin with an overview of the disease states, such as causes and symptoms. The focus of the presentation will be on the comparison of different cold and flu over the counter medications on the market and how to shop for them wisely. She will also include possible interactions between OTC medications and prescription medication.

TENAFLY HIGH SCHOOL PLAY

"Les Miserables"

SENIOR CITIZENS EVENT

Wednesday, March 16th

Food: 6:00 pm Show at 7:30 pm

Tenafly High School's Drama Department will be offering our seniors a special performance of their play on March 16th. We are inviting individuals 55 and over to come to the school early for some refreshments including appetizers, finger foods, salad, dessert and coffee. By attending this event participants will also be supporting the Tenafly High School Drama Department through a donation of \$8.00 to upgrade some of their equipment. Tickets are available at the Tenafly Senior Center. Advance ticket purchase is required.

ART PRESENTATION

Thursday, March 24th at 1:00 pm

Dierdra Molloy, Artist and our Art Instructor, will be leading the presentation on Winslow Homer. He was born in Boston in 1816 and his watercolors are cherished and known around the world. Join us for a video presentation and lecture to learn more this famous American Artist.

UNIQUE PERSPECTIVES ON THE PRESIDENCY

Thursday, March 31st at 2:00 pm

Walter Brown, Author and Lecturer, will return to the Center to discuss fables and anecdotes about the Presidents from Washington to Obama. Together we will explore unknown fascinating facets and how they effected policy and decisions. Join us for a very interesting afternoon.



March

Tenafly Senior Center ~ 20 South Summit

Monday	Tuesday	Wednesday
<p>Special thanks to Janet Bazzini for proofreading our newsletter</p> 	<p>1 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*FILLED 1:00—Canasta 1:00—Balance Class*FILLED</p>	<p>2 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>7 9:00—Standing Pilates* 9:30—Drawing w/Deidre* 10:00—Delay the Disease Exercise Class for those with Parkinson's Disease* 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>8 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*FILLED 1:00—Canasta 1:00—Balance Class*FILLED</p>	<p>9 9:30—Qi Gong/Tai Chi w/Johanna*FILLED 10 to 3—All Day Bridge 11:30—Zumba Gold w/Bernadette* 2:00—Stretch & Tone w/Ulli*FILLED</p>
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2016

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



Thursday	Friday
<p>3 9:30—Folk Dancing w/Ginny* 9:30—Open Forum Discussion Group 11:30—Beginner's 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* 1:00—EMERGENCY MANAGEMENT/ACTIVE SHOOTER PRESENTATION 3:00—Italian with Giovanna*</p>	<p>4 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>17 9:30—Folk Dancing w/Ginny* 9:30—Open Forum Discussion Group 11:30—Qi Gong w/Johanna*FILLED 11:30—Beginner's Spanish*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>ST. PATRICK'S CELEBRATION @ THE BROWNSTONE</p>	<p>18 9:30—ESL Class* 10:00—Friday Tai Chi 10 to 12—BLOOD PRESSURE ASSESSMENT* 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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**CENTER HOURS:
 MONDAY
 THROUGH
 FRIDAY
 9:00 AM TO 4:00 PM**



***PRE-REGISTRATION
 REQUIRED
 (Call for details)**

SAVE THE DATE

Thursday, April 7th—Q & A with Anne Doyle, Tenafly Tax Collector

Thursday, April 14th—Musical Presentation and Lecture with Cathy Campbell

Thursday, April 21st—Fabulous Fabrics from Five Continents with Judy Manton

Tuesday, April 26th—Car FIT Program

Thursday, April 28th—April Luncheon with entertainment

Friday, April 29th—Balance and Falling—Free eight week workshop through
Hackensack Medical Center

WEATHER AND CENTER CANCELLATIONS

With the possibility of winter weather in March, please remember it is your responsibility to call the Center to see if your class or a special event has been cancelled. We will leave a message on our answering machine.

TRAVEL ADVENTURES

Philadelphia Flower Show—Friday, March 11th

This is our annual trip to the Philadelphia Flower Show. This year's theme is National Parks. Feel free to put your name on a wait list. Cost \$52

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

The trip includes transportation, an Irish meal, entertainment and music to dance to.
Cost: \$65

Tropicana in Atlantic City—Wednesday, March 30th

Includes transportation, lunch at Carmine's and \$20 slot play. Cost: \$32

Titanic Exhibit at Liberty State Park—Monday, April 18th

Cost includes coach transportation, ticket to exhibit and lunch at the Olive Garden.
Cost: \$69

Westchester Broadway Theatre—"Man of LaMancha"- Wednesday, April 27th

A three course meal at the theater is included. Cost: \$72. Filled—You may put your name on our waiting list.

Nosh and Learn Tour of Lower Manhattan—Wednesday, June 8th

This will be a trip with tour guide and Radio Talk Show Host, Art Zuckerman. Details to follow next month.