



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

May 2016

COMMON FOOT ISSUES

Tuesday, May 3rd at 1:00 pm

The summer is almost here and it is time to address those little issues that we have swept to the side. We are happy to welcome Dr. Elena Blanco who will speak about common foot problems. She will cover plantar fasciitis, Achilles tendinitis, neuromas, bunions, hammertoes. Come learn about symptoms, possible causes and possible remedies.

EUROPEAN DISCOVERY OF THE WESTERN HEMISPHERE

Thursday, May 5th at 1:00 pm

Marty Alboum, historian and lecturer at Rutgers and Bergen Community College will give a very informative presentation about the European Discovery Of The Western Hemisphere. All are welcome to attend.

COMPUTER TECHNOLOGY DISCUSSION

Tuesday, May 10th at 9:30 am to 11:00 am

Join us for a discussion on the many options available to us through our computers for communicating with family and friends. Ross Sweetland of Seniors Tech Academy will lead this talk on the choices for communicating and sharing via computers. He will cover Facebook, emails, texting and answer computer questions. No previous computer experience is necessary to attend!

BREAST HEALTH PRESENTATION

Wednesday, May 11th at 12:45 pm

Christine Weiselberg, DNP, FNP-BC, of Englewood Hospital will speak on current breast cancer statistics, why breast cancer screening (mammography) is important, what the risk factors are for developing breast cancer, signs and symptoms of breast cancer and what to expect when you come in for a mammogram. Please join us for this presentation which is free and open to all.

AARP SAFE DRIVING CLASS

Friday, May 13th & Friday, May 20th

From 1:00 pm to 4:00 pm

This two 1/2 day event is designed to help you refresh your knowledge of the rules of the road and gives special tips to senior drivers. By completing the course, you can decrease your insurance premiums and remove two points from your license. Call the Center to register. Cost for an AARP member is \$15 and \$20 for a nonmember. Space is limited.

TENAFLY MIDDLE SCHOOL

8th GRADE SPRING CONCERT

Wednesday, May 18th

Members of the Tenafly Center and Tenafly Residents 55 and over are invited for a performance of the 8th Grade Chorus, Band and Orchestra. Prior to the concert, you are invited to dinner with dessert. Dinner will be served at 5:30 sharp and the concert begins at 7:00 pm. Please call the Center to let us know if you will be attending the dinner and concert. Preregistration is necessary. Deadline to register is May 11th, 2016.

PROFESSIONAL LANDSCAPING SHRUBS AND GROUND COVER

Thursday, May 19th at 1:00 pm

Professional Landscape Designer Paul Kubarych will present a power point program focusing on unique and unusual plants, trees and shrubs. He has worked for numerous landscape architects and landscape consultants on multiple projects. He is a creative designer having comprehensive knowledge of architectural details and plant materials. Stop by and get some interesting facts and ideas for your garden.

KOREAN LUNCHEON

Monday, May 23rd at 1:00 pm

The Korean Parents Association of Tenafly will hold a luncheon at the Center for Tenafly residents 55+ and active Center members. This is a great opportunity to share the Korean culture and taste different Korean dishes. Preregistration is necessary and space is limited. Deadline to register is May 16th, 2016.

SENIOR SOCIAL

AT TENAFLY HIGH SCHOOL

Tuesday, May 24th from 4:00 pm to 7:00 pm

Tenafly High School Student Organization invite Tenafly residents 55 and over and active Center members to the high school for a buffet dinner, student entertainment and dancing. Advance registration is required. Drop by the Center to pick up your ticket for this free event. Must register by May 10th, 2016.

MAY LUNCHEON

Thursday, May 26th at 12:30 pm

Neil Dankman will be our entertainment for this month singing it all from pop to rock to Motown! Fish and chips or chicken and chips lunch prepared on site by Tastefully British will be served. Preregistration is required and as always space is limited. Cost of this event is \$13.00.



May

Tenafly Senior Center ~ 20 South Summit

Monday	Tuesday	Wednesday
<p>2 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>3 9:10—Chair Yoga 9:30—ABCs of Watercolor*FILLED 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*FILLED 1:00—COMMON FOOT ISSUES</p>	<p>4 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>
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<p>30 CENTER CLOSED MEMORIAL DAY</p> 	<p>31 9:10—Chair Yoga 9:30—ABCs of Watercolor**FILLED 10:00—Tuesday Tai Chi 10:00—Beginner's Chinese* 11:00—Mind and Body* 11:15—Beginner's Spanish* 1:00—Canasta</p>	<p>*PRE-REGISTRATION REQUIRED (Call for details) CENTER HOURS: MONDAY THROUGH FRIDAY 9:00 AM TO 4:00 PM</p>

2016



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

Thursday	Friday
5 9:30—Folk Dancing w/Ginny* 9:30—Open Forum Discussion Group 11:30—Qi Gong w/Johanna* FILLED 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* 1:00—EUROPEAN DISCOVERY OF WESTERN HEMISPHERE 3:00—Italian with Giovanna* 7:00—Tenafly Singers	6 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 1:00—HARP Fall & Balance Class* 1:30—Center Movie
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<p style="text-align: center;">Special thanks to Janet Bazzini for proofreading our newsletter</p>	<p style="text-align: center;"><u>TIME TO CHANGE OUR DISPLAY CASE!</u></p> <p style="text-align: center;">THE NEXT DISPLAY CASE WILL BE ALL ABOUT FLOWERS!</p> <p style="text-align: center;">PLEASE BRING IN ANYTHING WITH FLOWERS!</p> <p style="text-align: center;">THANKS, Laurel & Barbara</p>

ARTSPOWER'S
MY HEART IN
A SUITCASE

Thursday, May 12th, 2016
at 2:00 pm

While many Americans learn about World War II in school, not many people remember the *Kindertransport*. Not many know that in 1938, as the Nazi rise to power began to spell a darker and darker fate for Jews, thousands of Jewish children from Germany, Poland, Czechoslovakia, and Austria left their homes on the *Kindertransport* and went to live in England.

On May 12th, ArtsPower National Touring Theatre's production of *My Heart in a Suitcase*, based on the autobiography written by *Kindertransport* survivor Anne Lehmann Fox, will be presented at Tenafly Senior Center in Tenafly. The one-hour performance starts at 2:00 PM. The free performance is being sponsored by The Henry and Marilyn Taub Foundation.

In 1938 and 1939, 10,000 Jewish children living in Nazi occupied countries were permitted to leave their homes, via the *Kindertransport*, in order to find safe haven in England just prior to the outbreak of World War II. They were forced to leave behind their parents, their homes, and everything they knew and loved; most of them would never see their mothers and fathers again.

Please join us for this very special performance!

SAVE THE DATE

Thursday, June 2nd— Estate & Financial Planning Presentation

Thursday, June 9th—Presentation on Ben Franklin by Marty Alboum

Thursday, June 16th—Glorious Greens Presentation

Friday, June 17th—Swim Pass Distribution—A limited number of passes for Tenafly residents 65+ (See June newsletter for details which include costs and restrictions.)

Thursday, June 23th— Cardiac Issues Presentation by Hackensack University Medical Center and Senior Services Health Fair

Thursday, June 30th- Monthly luncheon with entertainment by Christine Hart

TRAVEL ADVENTURES

Wednesday, May 25th—Caesars—Atlantic City—DO /AC!

Join the Leonia Seniors for a day in Atlantic City. Shop at the outlets a block away from Caesars Casino, take a walk on the Boardwalk now that Spring is here or try your luck in the casino! Bus pick up is in Leonia at 9 am. **Cost of trip is \$35.00** with a slot play of \$30.00. Please register with Marion at the Leonia Senior Center.

Wednesday, June 8th—Nosh & Learn “Lower Manhattan”—Eat and Learn your way through Lower Manhattan with tastes from Katz’s Deli, some Spanish treats, Belgium Frites, Gelato, Dumplings from Little Korea, a taste of Little Italy. Art Zuckerman Tour Guide and Radio Show Host will be our guide for the day. Cost: \$69 **Wait List**

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. **Price to be advised.**

CENTER MOVIES

Friday, May 6th at 1:30 pm—Brooklyn (Drama)

A profoundly moving story of Eilis Lacey, a young Irish immigrant navigating her way through 1950’s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother’s home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Eilis into the intoxicating charm of love. But soon, her new vivacity is disrupted by her past, and Eilis must choose between two countries and the lives that exist within.

Starring: Saoirse Ronan, Emory Cohen, Domhnall Gleeson Rated: PG-13 1 hr, 51 min

Friday, May 27th at 1:30 pm—The Intern (Comedy)

70-year-old widower Ben Whittaker has discovered that retirement isn’t all it’s cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin.

Starring: Robert DeNiro, Anne Hathaway, Rene Russo Rated: PG-13 2 hrs, 1 min

CLASS REGISTRATION POLICY

- All efforts are made to accommodate everyone who would like to participate in a class.
- If your class is full, please put your name on the waiting list.
- Class registration may be limited.
- Class size limitations are for your safety and also as requested by the teacher.
- In person registrations must be paid in full two weeks prior to the end of the class series and are on a first come, first served basis.
- All attendance sheets are clearly marked with a reminder for registration.
- A waitlist will be maintained after all available seats are reserved.
- Reservations are not guaranteed until payment is made.
- A check is the only method of payment made payable to Tenafly Senior Center.
- Class announcements are posted in the Tenafly Senior Center display case, in our monthly newsletter and on the Borough of Tenafly website.
- Thank you for respecting the Center policies.