

TENAFLY SENIOR CENTER

Mayor Mark Zinna

Leisure & Learning for Individuals 55 and Over

20 South Summit Street, Tenafly, NJ 07670

201-569-2159 www.tenaflynj.org

Michele Hausch, Senior Center Manager

Trish Ramella, Asst. to Manager

MARCH 2020



MEN'S COOKING CLASS

THURSDAY EVENINGS

4 CLASSES \$60.00

MARCH 5, 12, 19 & 26

6:00 pm—8:00 pm

Sign up today!

Space is limited!!



**LET'S
COOK**

Thursday, March 5 at 1:30

Story of Romania: Struggle,

Endurance, Tragedy

and Hope

Join us for this presentation on the history, geography and the culture of Romania. Romania is a country of great diversity and cultural richness in East-Central Europe. Come learn about Romania's struggle for survival, achievements, disappointments and challenges. Dr. Josef Machac will be giving this lecture.

Monday, March 9 at 2:00

Monthly Craft Workshop

Join us for our monthly craft club with Deirdre. No talent needed. Sign up today. Space is limited. \$5.00 for this month—pay as you go.

Tuesday, March 10 at 6:00pm

Art Reception at

Tenafly Library

Our very talented art students will have their work displayed at the Tenafly Library Art Show for the month of March. Please stop in to view all of their amazing art-work!

Tuesday, March 10 at 12:00

Balance Class is back!

If you are not as sure footed as you used to be or you find yourself off kilter more than you should, this class is for you! Dr. Liz Romick will begin her spring session. Sign up today. \$30.00 for six weeks. Participants should be able to stand and walk comfortably.

Wednesday, March 11 at 1:00

Cooking Demonstration

Come join Chef Carlos from Care One at the Cupola for a fabulous COOKING DEMO! Chef Carlos will be demonstrating the Pesto Pasta recipe he enjoys making for the residents at the Cupola. CareOne at the Cupola takes pride in providing a farm to table menu for their residents to enjoy every day!

Thursday, March 12 at 1:30

Wellness Tea Party

What better way is there to give your immune system a boost than to use nature's precious resources! Tea has been used for centuries to heal the mind, body and soul. Come listen as we explore the medicinal qualities of this wonderful plant.

Friday, March 13 at 2:00

March Birthday Party

You are invited to YOUR OWN birthday party! If you were born in March, please RSVP to Trish if you will be able to attend. (Sponsored by Home Instead)

Thursday, March 19 at 1:00

Normal Aging or Dementia

Forgetfulness is annoying, but is it Dementia?? Learn the difference between normal aging and Dementia. The topics to be discussed at this informative lecture are the following: why do we become more forgetful as we age, strategies and tips, and what are the early signs of Dementia. Vivian Green Korner, MA, CDP Certified Dementia Practitioner will be our speaker.

Friday, March 20 at 2:00

Manual Lymph Drainage
Garbage Out, Wellness In

Manual Lymph Drainage is another gentle-touch therapy that assists your body to attain and sustain proper functioning of the human

fluid system. Proper functioning of the lymphatic system is critical to our body's ability to drain stagnant fluids, detoxify, regenerate tissues, filter out toxin and foreign substances and maintain a healthy immune system. Now doesn't that sound good? Come to this lecture and discover the power! This is part 2 of a 4 session wellness series given by Catherine Perman of Body Therapeutics of Fort Lee.

Wednesday, March 25 at 1:30

Open Forum on Elder Law

This talk will be presented by attorney, Mr. Andrey Milvidskiy. He will be speaking about Revocable and Irrevocable Trusts, Medicaid and Long Care Planning. This will be an open forum. Please bring your specific questions pertaining to these subjects.

Thursday, March 26 at 12:30

March Luncheon

Corned beef or Pastrami sandwich from Tenafly Kosher Deli. \$13.00 includes sandwich, cole slaw, chips and dessert. Entertained by Manny—singer, conga drums and percussion.

Friday, March 27 at 2:00

Drum Circle










Come and explore a new/old way of having fun while reducing stress. No musical experience is needed! Seats are limited. Sign up today.

Tuesday, March 31 at 2:00

Arthritis: OA vs RA
Identifying symptoms,
prognosis and lifestyle

This presentation is sponsored by the Buckingham Care & Rehabilitation Center. Director of Nursing Marsha Cill, NP will be giving this very informative talk.


NON-MEMBERS please see note on back page .

Monday	Tuesday	Wednesday
<p>2 9:00—Standing Pilates w/Kim 10:00—Drawing w/Deirdre 10:00—Cardio Lite w/ Kim 10:00—1:00 Bridge* 11:00—Exercise w/Susan 12:15 to 1:30—Needlework Crafts* 12:30—1:45 —Line Dancing* 2:00—Advanced Tap with Jean 1:00 to 3:30—American Mahjong*</p>	<p>3 9:10—Chair Yoga 9:30—Watercolor w/Dorrie 10:00—Tuesday Tai Chi 10:10—Meditation with Arleen 11:15—Stretching with Stephen 11:15—Intermediate Spanish w/Vivi 1:00—Zumba Gold w/ Jane 1:00—Hand & Foot Canasta— Experienced only 2:15—Beginning Tap with Jean</p>	<p>4 9:30—Qi Gong/Tai Chi w/ Johanna 9:30 Chinese Brush Stroke 10:00 to 1:00—Bridge* 11:30—Zumba Gold w/Jane 1:00—Hearts and Hands* 2:00—Stretch and Tone w/Ulli</p>
<p>9 9:00—Standing Pilates w/Kim 9:00—BLOOD PRESSURE 10:00—Drawing w/Deirdre 10:00—Cardio Lite w/ Kim 10:00—1:00 Bridge* 11:00—Exercise w/Susan 12:15 to 1:30—Needlework Crafts* 12:30—1:45 —Line Dancing* 2:00—Advanced Tap with Jean 2:00 MONTHLY CRAFT CLUB 1:00 to 3:30—American Mahjong*</p> 	<p>10 9:10—Chair Yoga 9:30—Watercolor w/Dorrie 10:00—Tuesday Tai Chi 10:10—Meditation with Arleen 11:15—Stretching with Stephen 11:15—Intermediate Spanish w/Vivi 12:00 BALANCE CLASS STARTS 1:00—Zumba Gold w/ Jane 1:00—Hand & Foot Canasta— Experienced only 2:15—Beginning Tap with Jean 6:00—ART RECEPTION</p> 	<p>11 9:30—Qi Gong/Tai Chi w/ Johanna 10:00 to 1:00—Bridge* 9:30 Chinese Brush Stroke 11:30—Zumba Gold w/Jane 1:00 COOKING DEMO 2:00—Stretch and Tone w/Ulli</p> 
<p>16 9:00—Standing Pilates w/Kim 10:00—Drawing w/Deirdre 10:00—Cardio Lite w/ Kim 10:00—1:00 Bridge* 11:00—Exercise w/Susan 12:15 to 1:30—Needlework Crafts* 12:30—1:45—Line Dancing* 1:00 to 3:30—American Mahjong* 2:00—Advanced Tap with Jean TENAFLY SENIOR CENTER WEEK!! WEAR BLUE OR YOUR TSC SHIRTS!</p>	<p>17 9:10—Chair Yoga 9:30—Watercolor w/Dorrie 10:00—Tuesday Tai Chi 10:10—Meditation with Arleen 11:15—Stretching with Stephen 11:15—Intermediate Spanish w/Vivi 1:00—Zumba Gold w/ Jane 1:00—Hand & Foot Canasta— Experienced only 2:15—Beginning Tap with Jean TENAFLY SENIOR CENTER WEEK!! WEAR GREEN TODAY!!</p> 	<p>18 9:30—Qi Gong/Tai Chi w/ Johanna 10:00 to 1:00— Bridge* 9:30 Chinese Brush Stroke 11:30—Zumba Gold w/Jane 1:00—Hearts and Hands* 2:00—Stretch and Tone w/Ulli TENAFLY SENIOR CENTER WEEK!! SHOW OFF YOUR FAVORITE TEAM!</p>
<p>23 9:00—Standing Pilates w/Kim 9:00—BLOOD PRESSURE 9:45—BOARD OF TRUSTEES 10:00—Drawing w/Deirdre 10:00—Cardio Lite w/ Kim 11:00—1:00 Bridge* 11:00—Exercise w/Susan 12:15 to 1:30—Needlework Crafts* 12:30—1:45—Line Dancing* 1:00 to 3:30—American Mahjong* 2:00—Advanced Tap with Jean</p> 	<p>24 9:10—Chair Yoga 9:30—Watercolor w/Dorrie 10:00—Tuesday Tai Chi 10:10—Meditation with Arleen 11:15—Stretching with Stephen 11:15—Intermediate Spanish w/Vivi 1:00—Zumba Gold w/ Jane 1:00—Hand & Foot Canasta— Experienced only 2:15—Beginning Tap with Jean</p>	<p>25 9:30—Qi Gong/Tai Chi w/ Johanna 9:30—Chinese Brush Stroke 10:00 to 1:00—Bridge* 11:30—Zumba Gold w/Jane 1:00—BOOK CLUB 1:30 THE LAWYER IS IN! 2:00—Stretch and Tone w/Ulli</p> 
<p>30 9:00—Standing Pilates w/Kim 10:00—Drawing w/Deirdre 10:00—Cardio Lite w/ Kim 10:00—1:00 Bridge* 11:00—Exercise w/Susan 12:15 to 1:30—Needlework Crafts* 12:30—1:45—Line Dancing* 1:00 to 3:30—American Mahjong 2:00—Advanced Tap with Jean</p>	<p>31 9:10—Chair Yoga 9:30—Watercolor w/Dorrie 10:00—Tuesday Tai Chi 10:10—Meditation with Arleen 11:15—Stretching with Stephen 11:15—Intermediate Spanish w/Vivi 1:00—Zumba Gold w/ Jane 1:00—Hand & Foot Canasta— Experienced only 2:00 ARTHRITIS PRESENTATION 2:15—Beginning Tap with Jean</p> 	<p>AQUA FITNESS CLASS Crowne Plaza Hotel Englewood 401 S. Van Brunt St, Englewood, NJ</p>  <p>MONDAYS March 16—May 18 9:00-10:00 AM</p> <p>YOU MUST PRE-REGISTER 201-569-2159</p> 

Thursday



Friday

5
 9:30—Folk Dancing w/Ginny
 10:00—Acrylic Painting Class
 9:30—11:00—Open Forum Discussion*
 11:30—Qi Gong w/Johanna
 12:30—Mahjong - Chinese Tiles*
 12:30—Art Studio*
1:30—STORY OF ROMANIA 
 1:45—Intermediate Italian
 2:45—Advanced Italian


6 
 9:30—ESL Class
 10:00—Friday Tai Chi*
 10:00—Watercolor w/Deirdre
 11:00 to 1:00—Bridge*
 11:15—Senior Fit with Ulli
 12:20—Senior Fit with Ulli
 1:00—Afternoon Watercolor w/Deirdre
1:30—CENTER MOVIE
 7:00—Tenafly Singers

12 
 9:30—Folk Dancing w/Ginny
 10:00—Acrylic Painting Class
 9:30 -11:00—Open Forum Discussion *
 11:30—Qi Gong w/Johanna
 12:30—Mahjong - Chinese Tiles*
 12:30—Art Studio*
1:30 WELLNESS TEA PARTY
 1:45—Intermediate Italian
 2:45—Advanced Italian


MEN'S COOKING CLASS STARTS!

13 
 9:30—ESL Class
 10:00—Friday Tai Chi*
 10:00—Watercolor w/Deirdre
 11:00 to 1:00—Bridge*
 11:15—Senior Fit with Ulli
 12:20—Senior Fit with Ulli
 1:00—Afternoon Watercolor w/Deirdre
2:00 MARCH BIRTHDAY PARTY
 7:00—Tenafly Singers 

19 
 9:30—Folk Dancing w/Ginny
 10:00—Acrylic Painting Class
 9:30 -11:00—Open Forum Discussion*
 11:30—Qi Gong w/Johanna
 12:30—Mahjong - Chinese Tiles*
 12:30—Art Studio*
1:00 AGING OR DEMENTIA??
 1:45—Intermediate Italian
 2:45—Advanced Italian
**TENAFLY SENIOR CENTER WEEK!!
 WEAR A CRAZY HAT TODAY!!**

20 
 9:30—ESL Class
 10:00—Friday Tai Chi*
 10:00—Watercolor w/Deirdre
 11:00 to 1:00—Bridge*
 11:15—Senior Fit with Ulli
 12:20—Senior Fit with Ulli
 1:00—Afternoon Watercolor w/Deirdre
2:00 LYMPH DRAINAGE
 7:00—Tenafly Singers
**TENAFLY SENIOR CENTER WEEK
 PAJAMA DAY!**


26
 9:30—Folk Dancing w/Ginny
 10:00—Acrylic Painting Class
 9:30—11:00—Open Forum Discussion *
12:30 MONTHLY LUNCHEON
 12:30—Mahjong - Chinese Tiles*
 1:45—Intermediate Italian
 2:45—Advanced Italian
NO QiGong or Art Studio TODAY

27 
 9:30—ESL Class
 10:00—Friday Tai Chi*
 10:00—Watercolor w/Deirdre
 11:00 to 1:00—Bridge*
 11:15—Senior Fit with Ulli
 12:20—Senior Fit with Ulli
 1:00—Afternoon Watercolor w/Deirdre
2:00 DRUM CIRCLE
 7:00—Tenafly Singers

- *****CLASS REMINDERS*******
- Silence your phones
 - Arrive on time to class - if you arrive late please stay to the back of the class -Avoid walking through an ongoing class
 - Wear appropriate shoes to class
 - No conversation during class

**TENAFLY SENIOR SERVICES
 COORDINATOR
 PARWEEN QURAIISHI
 201-568-6100 x 5625
 TENAFLY MUNICIPAL BUILDING
 MON TO THURS
 9:00 AM to 2:00 PM
 This service is for Tenafly residents only.**

* Denotes Free Class

CENTER MOVIE 
 Friday, March 6
 1:30

Waking Ned Devine
 When best friends Jackie O'Shea (Ian Bannen) and Michael O'Sullivan (David Kelly) discover someone in their small Irish village has won the lottery, they immediately set off to see if the winner is in a sharing mood. Deducing that Ned Devine is the lucky man, O'Shea and O'Sullivan pay him a visit, only to find him dead from shock. Since Devine is the only one who can claim the prize, the townsfolk band together to convince the claim inspector that O'Sullivan is really Devine, and split the cash.
 Rated PG



BOOK CLUB
 Wednesday, March 25
 1:00 PM
**EDUCATED
 BY TARA WESTOVER**

**TENAFLY SENIOR
 CENTER WEEK!**
March 16—March 20
**Let's be TEAM
 PLAYERS!**
 Each day of the week-
 let's show some center
 comradery.

- Monday**—Wear **BLUE** or wear your TSC shirt/sweatshirt
- Tuesday**—Wear **GREEN** to class
- Wednesday**—Wear your favorite team shirt (Sports attire)
- Thursday**—Crazy Hat Day- wear a fun hat to class!
- Friday**—Pajama Day- stay in your PJs and come to class!

**TENAFLY
 SENIOR BUS
 For Tenafly
 residents only
 201-408-3625**

**CALL TO
 SCHEDULE A RIDE!!**

TRIPS 2020



Tuesday, April 28

Grounds for Sculpture, Hamilton, NJ Includes:

Transportation, Guided tour of the museum, sculpture garden and arboretum—Lunch at Rat's Restaurant—Free time to roam— Cost: \$110.00 per person

Friday, June 19

Snug Harbor Cultural Center, Staten Island

Includes: Transportation, Guided Tour of Sailors Snug Harbor and the New York Chinese Scholars Garden. Followed by lunch at Blue Restaurant
Cost: \$110.00 per person

Wednesday, Aug 19

Dear Evan Hansen—Broadway

Includes: Transportation and orchestra seats. Lunch on your own. Cost: \$155.00 per person

Monday-Wednesday, Sept 14-16

Lake George /Saratoga Springs

Stop in for the full itinerary

Thursday, October 8, 2020

Kinky Boots—Westchester Broadway Theater

Includes transportation, show ticket and lunch
Cost: \$90.00 per person

TENAFLY SENIOR CENTER MISSION STATEMENT

The Tenafly Senior Center's mission is to enhance the lives of senior citizens in Tenafly and Bergen County by providing social, educational, physical, health, recreational activities and trips during the daytime hours Monday through Friday.

Remember to check for the updated show list. Make sure you have your ticket request into our office no later than noon on the deadline date that our office has listed.

Bergen Pac has generously given these show tickets when they are available. Please send thank you notes via Facebook, Instagram or regular mail.

This program is for active senior center members and Tenafly residents over 55 years of age.

Thank you in advance for your cooperation with this program.

KEEP SENDING IN YOUR PICTURES AND THANK YOU NOTES.

2020 Membership

The TSC will be implementing a \$25.00 membership fee in addition to class fees.

Beginning January 1, 2020 all class and activity participants must pay a \$25 membership for the year. This membership fee will help maintain the ongoing programs and help with the continued success of our center. Thank you for your continued support.

NON-MEMBERS: Additional \$5.00 fee for all events and presentations.

**CAN'T MAKE A DAY CLASS...
COME TO CLASS ON
THURSDAY EVENINGS.**

**STRETCHING /TRAINING
WITH STEPHEN 7:00 -8:00**

**BEGINNING SPANISH WITH
VIVI 7:00-8:00**

**MEN'S COOKING CLASS
6:00-8:00**

Save the date—APRIL 2020

These dates are subject to change, please stop in for updated newsletter.

- Thursday, April 2—Premier Travel—San Antonio presentation
- Friday, April 3—April Birthday Party
- Monday and Tuesday— April 6 and 7—Amazon Fire Tablet Class—2 day workshop
- Wednesday, April 8—Merrill Lynch—Open Forum
- Thursday, April 9—Wellness/Craft with Ashlee
- Friday, April 10—Center Movie
- Wednesday, April 15—Computer Scams and Fraud
- Thursday, April 16—Monthly Luncheon
- Friday, April 17—Wellness Program—Part III
- Wednesday, April 22—Book Club
- Thursday, April 23—Unique Creatures
- Friday, April 24— The Drifters—Sheldon Stone is BACK!
- Tuesday, April 28—Grounds for Sculpture Trip
- Wednesday, April 29—Cooking for One
- Thursday, April 30—Fibromyalgia and Chronic Fatigue Syndrome

SPECIAL THANK YOU TO JAMES LEV

We would like to say a big THANK YOU to James Lev, a student at Tenafly High School. James raised money to purchase eight Amazon Fire Tablets (and accessories) to donate to our center. James will be teaching a few classes on how to use these tablets in April . Please watch the newsletter for more details ! We are very excited to have this new addition to our center. This is part of James's Eagle Scout Project.

