



# 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 3:30 pm

Rebecca Stauffer, Director



**FITNESS SENIOR STYLE WITH RICHARD PORTUGAL**  
**New series begins Tuesday, November 1, 2016 at 2:00 pm**  
Richard Portugal will be giving an eight week exercise class at the Center. Simple exercises to instill your body and mind with renewed energy, purpose and clarity is what he will be covering. Revitalize yourself, and your mind and body will thank you! You must pre-register. \$30.00 for eight week series.

## **"YOUR HEALTHY SMILE" PRESENTATION**

**Tuesday, November 1, 2016 at 1:30 pm**

Dr. Narpat Jain, and Karen Barton, Dental Hygienist, of East Madison Dental will be discussing dental health for Seniors. They will be discussing the correlation between periodontal (gum and bone) disease and diabetes, proper home care and choosing the proper tools, denture care and explaining implant retained dentures.

## **"A SALUTE TO OUR LOCAL VETERANS"**

**Thursday, November 3, 2016**

**Luncheon at 12:30 pm / Presentation at 1:30pm**

Tenafly Sr Center is inviting all Veterans 55 years of age and older, along with their spouses, to enjoy a complimentary buffet lunch and presentation at our Center! Lunch will be held at 12:30 pm followed by a special presentation at 1:30 pm by War Veteran, Joseph DeLuccia, who will speak on his experiences as a Technical Sergeant in the Air Force. He was also a radio operator and a gunner on a B-17 during World War II. Luncheon is for Veterans and their spouses only and you must pre-register. All are welcome to attend the presentation at 1:30pm.

## **"IMPRESSIONISM & AMERICA" PRESENTATION**

**Friday, November 4, 2016 at 2:00 pm:**

Michael Morris will be speaking about how America learned about French Impressionism, a vivid, new painting style. This style showed the everyday world how artists took its style to capture American life. He will discuss several artists such as Mary Cassatt, Childe Hassam, and William Merritt Chase.

## **TSC MOVIE MARATHON MONDAY**

**Monday, November 7th from 9:00 am until 3:00 pm**

Come enjoy a day at the Center watching a movie marathon beginning at 9:00 am with "An Affair To Remember"; then at approximately 11:30 am we will show "A Bronx Tale"; and at approximately 1:30 pm we finish up with the movie "Dirty Dancing". We will be ordering pizza for lunch. Lunch will consist of two slices of pizza and a can of soda for \$5.00. You must pre-register for the lunch. Popcorn will be available for free at all showings. Come make it a day with us!

## **NOVEMBER LUNCHEON**

**Thursday, November 10, 2016 at 12:30pm**

BrightView Assisted Living in Tenafly will be serving a complimentary lunch to us this month. The menu will consist of either grilled salmon with mixed greens in a lite vinaigrette or pulled pork sliders with cole slaw. Refreshments and dessert will be served. Our entertainment for the afternoon is singer "Cecelia". She will perform songs from the 50's to 70's, along with some Jazz, International and Dance tunes. This is a free luncheon. Space will be limited, registration is required!

## **FALL PREVENTION:**

### **IN THE HOME OR OUT AND ABOUT**

**Tuesday, November 15, 2016 at 1:30 pm**

A representative from Horizon NJ Health will be at our center answering questions that we may have concerning:

- How to check what are not the safest items in your home and what to do about them.
- How to journey without coming upon obstacles that challenge you and can cause falls.
- How to physically be aware of your balance and movements to keep you steady.

Please join us at the Center and learn what we can do to stay safe.

## **"THE ART, POLITICS & HISTORY OF THE SISTINE CHAPEL"**

**Thursday, November 17, 2016 at 1:30 pm**

Dr. Josef Machac, a retired physician with a life-long interest in history and art, presents an examination of the art, politics, and history of The Sistine Chapel and its decorations, one of the great treasures of Western Civilization. The lecture 45 minutes long, plus 15 minutes for questions and discussion, is aimed at the general public. All are welcome to attend.

## **"TURKEY COOKIE DECORATING WORKSHOP"**

**Friday, November 18, 2016 at 1:00 pm:**

In this hands-on class you will decorate twelve turkey cookies to take home. All cookies and supplies are provided. Class space is limited to 6 people only. \$25.00 for this class.

## **MEN'S HEALTH ISSUES PRESENTATION**

**Friday, November 18, 2016 at 2:00 pm**

Sherieen Bakhtyar, RN and Educator from Hackensack Medical Center will be speaking on declining testosterone levels among aging men. We will learn what to expect as a result and what you can do to prevent drastic changes in those levels. Please learn about this very important men's health issue.



Monday	Tuesday	Wednesday
 <p><b>NOVEMBER</b> <b>2016</b></p>	<p><b>1</b> 9:10—Chair Yoga 9:30—ABC'S of Watercolor* 10:00—Tuesday Tai Chi 10:00—Chinese w/Christine* 11:00—Mind and Body* 11:15—Beginner's Spanish w/Vivi* 12:30—Canasta 1:00—Balance Class* <b>1:30—"Your Healthy Smile"</b> <b>Presentation By East Madison Dental</b> 2:00—Fitness Sr Style w/Richard*</p>	<p><b>2</b> 9:30—Qi Gong/Tai Chi w/Johanna* 10:00 to 2:00—All Day Bridge 11:30—Zumba Gold w/Bernadette* 1:00—Hearts and Hands w/Dagmar (Puppet making for pediatric patients) 2:00—Stretch &amp; Tone w/Ulli*</p>
<p><b>7</b> <b>9:00 TO 3:00—TSC MOVIE MARATHON*</b> 9:30—Drawing w/Marcia* <b>10:00—12:00—BLOOD PRESSURE ASSESSMENT*</b> 10:00 to 2:00—Bridge 1:00—Needlework Crafts</p> <p><b>NO STANDING PILATES, DELAY THE DISEASE, EXERCISE WITH SUSAN, LINE DANCING AND TAP DANCING TODAY</b></p> 	<p><b>8</b> <b>CENTER CLOSED</b></p> 	<p><b>9</b> 9:30—Qi Gong/Tai Chi w/Johanna* 10:00 to 2:00—All Day Bridge 11:30—Zumba Gold w/Bernadette* 2:00—Stretch &amp; Tone w/Ulli*</p>
<p><b>14</b> 9:00—Standing Pilates w/Kim* 9:30—Drawing w/Marcia* 10:00—Delay the Disease Class for those with Parkinson's Disease w/Kim* 10:00 to 2:00—Bridge 11:00—Exercise w/Susan* 12:30—Line Dancing w/Theresa 1:00—Needlework Crafts 2:00—Tap Dancing w/Jean*</p>	<p><b>15</b> 9:10—Chair Yoga 9:30—ABC'S of Watercolor* 10:00—Tuesday Tai Chi 10:00—Chinese w/Christine* 11:00—Mind and Body* 11:15—Beginner's Spanish w/Vivi* 12:30—Canasta 1:00—Balance Class* <b>1:30—Fall Prevention: In The Home Or Out And About Presentation</b> 2:00—Fitness Sr Style w/Richard*</p>	<p><b>16</b> 9:30—Qi Gong/Tai Chi w/Johanna* 10:00 to 2:00—All Day Bridge 11:30—Zumba Gold w/Bernadette* 1:00—Hearts and Hands w/Dagmar (Puppet making for pediatric patients) 2:00—Stretch &amp; Tone w/Ulli*</p> <p><b>Trip to Culinary Institute &amp; Franklin D. Roosevelt National Historic Site</b></p>
<p><b>21</b> 9:00—Standing Pilates w/Kim* <b>9:45—TENAFly BD OF TRUSTEES MTG</b> 10:00—Delay the Disease Class for those with Parkinson's Disease w/Kim* 11:00—Exercise w/Susan* <b>**11:30 to 2:00—Bridge**</b> 12:30—Line Dancing w/Theresa 1:00—Needlework Crafts 2:00—Tap Dancing w/Jean* <b>**BRIDGE WILL BEGIN LATE TODAY</b> <b>NO DRAWING W/MARCIA TODAY</b></p>	<p><b>22</b> 9:10—Chair Yoga 10:00—Tuesday Tai Chi 11:00—Mind and Body* 12:30—Canasta 1:00—Balance Class* 2:00—Fitness Sr Style w/Richard*</p> <p><b>NO CHINESE W/CHRISTINE TODAY</b> <b>NO ABC'S OF WATERCOLOR TODAY</b> <b>NO BEGINNER'S SPANISH W/VIVI TODAY</b></p>	<p><b>23</b></p>  <p><b>NO FORMAL CLASSES</b></p>
<p><b>28</b> 9:00—Standing Pilates w/Kim* 9:30—Drawing w/Marcia* 10:00—Delay the Disease Class for those with Parkinson's Disease w/Kim* 10:00 to 2:00—Bridge 11:00—Exercise w/Susan* 12:30—Line Dancing w/Theresa 1:00—Needlework Crafts 2:00—Tap Dancing w/Jean*</p>	<p><b>29</b> 9:10—Chair Yoga 9:30—ABC'S of Watercolor* 10:00—Tuesday Tai Chi 10:00—Chinese w/Christine* 11:00—Mind and Body* 11:15—Beginner's Spanish w/Vivi* 12:30—Canasta 1:00—Balance Class* 2:00—Fitness Sr Style w/Richard*</p>	<p><b>30</b> 9:30—Qi Gong/Tai Chi w/Johanna* 10:00 to 2:00—All Day Bridge 11:30—Zumba Gold w/Bernadette* 2:00—Stretch &amp; Tone w/Ulli*</p>

## Thursday

**3**  
 9:30—Folk Dancing w/Ginny\*  
 9:30—Open Forum Discussion Group  
**10 TO 12:30- HARP CHRONIC DISEASE SELF MANAGEMENT WORKSHOP\***  
**12:30—"A Salute to our Local Veterans" Luncheon**  
 11:30—Intermed/Adv Spanish w/Vivi\*  
 12:30—Mahjong w/Ming—Chinese Tiles  
 1:00—Beginner's Italian\*  
**1:30— Presentation By War Veteran—Joe DeLuccia\***  
 2:45—Italian with Giovanna\*  
 7:00—Tenafly Singers  
**NO GI GONG WITH JOHANNA TODAY**  
**NO ART STUDIO TODAY**

**10**  
 9:30—Folk Dancing w/Ginny\*  
 9:30—Open Forum Discussion Group  
**10 TO 12:30- HARP CHRONIC DISEASE SELF MANAGEMENT WORKSHOP\***  
 11:30—Intermed/Adv Spanish w/Vivi\*  
**12:30—CENTER LUNCHEON\***  
 12:30—Mahjong w/Ming—Chinese Tiles  
 1:00—Beginner's Italian\*  
 2:45—Italian with Giovanna\*  
 7:00—Tenafly Singers  
**NO GI GONG WITH JOHANNA TODAY**  
**NO ART STUDIO TODAY**

**17**  
 9:30—Folk Dancing w/Ginny\*  
 9:30—Open Forum Discussion Group  
**10 TO 12:30- HARP CHRONIC DISEASE SELF MANAGEMENT WORKSHOP\***  
 11:30—Qi Gong w/Johanna\*  
 11:30—Intermed/Adv Spanish w/Vivi\*  
 12:30—Mahjong w/Ming—Chinese Tiles  
 1:00—Art Studio (open to all artists)  
**1:30—"The Art, Politics and History of The Sistine Chapel" Presentation**  
 1:00—Beginner's Italian\*  
 2:45—Italian with Giovanna\*  
 7:00—Tenafly Singers

**24**

**CENTER CLOSED**

**Happy Thanksgiving**



Special thanks to Janet Bazzini  
 for proofreading our newsletter



## Friday

**4**  
 9:30—ESL Class\*  
 10:00—Friday Tai Chi  
 11 to 2—Bridge  
 11:15—Osteoporosis Exercise w/Ulli\*  
 12:15—Osteoporosis Exercise w/Ulli\*  
**2:00—"Impressionism & America" Presentation**

**11**

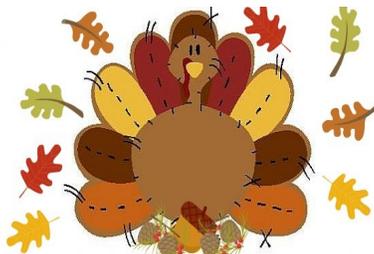
**CENTER CLOSED**



**18**  
 9:30—ESL Class\*  
 10:00—Friday Tai Chi  
**10:00—12:00—BLOOD PRESSURE ASSESSMENT\***  
 11 to 2—Bridge  
 11:15—Osteoporosis Exercise w/Ulli\*  
 12:15—Osteoporosis Exercise w/Ulli\*  
**1:00—Turkey Cookie Decorating Workshop**  
**2:00—Men's Health Presentation**

**25**

**CENTER CLOSED**



**Center Hours**  
**Monday through Friday**  
**8:30 am to 3:30 pm**

**\*Pre-registration required**  
**(Call for details)**

**Sunday,**  
**November 6th, 2016**  
**Clocks get turned**  
**back 1 hour**

**Change your clock,**



**CHANGE your batteries**

**FOOD DRIVE**

**There will be a**  
**month long**  
**FOOD DRIVE FOR**  
**THE CENTER FOR**  
**FOOD ACTION**  
**IN ENGLEWOOD.**

**Please give**  
**non perishable,**  
**non expired food for**  
**this worthy cause.**

**A very**  
**SPECIAL THANK YOU**  
**to our center**  
**gardeners,**  
**Barbara Butler,**  
**Laurel Mudrick**  
**and**  
**Mary Shannon!**

**You ladies make our**  
**center beautiful**  
**on the inside and outside!**

### 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!





**Atlantic City Trips—DO/AC  
Wednesday, November 30, 2016**

Leonia Senior Center will be sponsoring several trips to Caesar's Casino & Resort in Atlantic City. Get your shopping done early for the holidays at the outlets which are blocks away from the casino, stroll along the boardwalk or try your luck in the casino! \$35.00 includes roundtrip motorcoach transportation and \$30.00 slot play bonus. **NO LUNCH INCLUDED! DEPARTING FROM LEONIA.**

**Westchester Broadway Theater  
Christmas Inn**

**Friday, December 2nd**

It's Christmas Eve in an Old New England Inn. The merriment begins when two famous entertainers who split up their act are both booked to headline the traditional holiday show at the Inn. Come get in the holiday spirit by enjoying a hilarious show filled with laughter, music and Christmas magic! The show also features an old fashioned sing along! Cost: \$75.00 includes roundtrip transportation, three course meal and show. **WAIT LIST**

**Tropicana Holiday Show  
Tuesday, December 6th**

Leonia Senior Center will be sponsoring their annual trip to the Tropicana in Atlantic City to see their Holiday Show. Trip package includes roundtrip transportation, show ticket, \$15 slot play bonus and lunch at Carmine's. \$47.00 per person. Departing from Tenafly.

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

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 motorcoach transportation and admission into show. You will be responsible for your own lunch.

**BERGEN PAC ACCESS  
FREE TICKET PROGRAM**

Tenafly Senior Center is proud to announce that we have been chosen to receive free tickets to many shows being performed at the Bergen PAC in Englewood.

Enclosed in this newsletter, you will find a list with the many shows that you can attend for free!

Simply call our office and we will gladly place your name on the list of the show you want. You will be contacted after the deadline date to see if we are able to receive these tickets for you. Call 201-569-2159 to register.

**Thursday, December 1st:** Holiday Depression—  
Yearning for the Good Old Days Play

**Monday, December 5th:** Line Dance Holiday Party

**Tuesday, December 6th:** Scams Vs. Seniors Presentation

**Thursday, December 8th:** December Holiday Luncheon  
catered by TPR with entertainment by Elvis

**Friday, December 9th:** Gingerbread House Workshop

**Friday, December 16th:** Felt Making Demonstration

**CENTER WILL BE CLOSED ON THE FOLLOWING DAYS IN  
DECEMBER:**

**FRIDAY, DECEMBER 23RD, 2016**

**MONDAY, DECEMBER 26TH, 2016**

**FRIDAY, DECEMBER 30TH, 2016**

**MONDAY, JANUARY 2ND, 2017**

**\*\*THERE WILL BE NO FORMAL CLASSES ON :**

**TUESDAY, DECEMBER 27TH**

**WEDNESDAY, DECEMBER 28TH**

**THURSDAY, DECEMBER 29TH, 2017**

**\*\*THE CENTER WILL BE OPEN FOR NON FORMAL**

**GATHERINGS ON THOSE DAYS**

**\*\*NORMAL CENTER HOURS WILL RESUME ON**

**TUESDAY, JANUARY 3RD, 2017 AT 8:30 AM**

**Felt Making Demonstration**

**Friday, December 16th at 1:30 pm**

Instructor, Christine Hsiao, will be giving a "Woolly Craft by Needle Felting" Demo on Friday, December 16 at 1:30 pm. The Woolly Craft by Needle Felting demo will show you how to use barbed needles to interlock wool fiber to form a condensed material. The barbs on the needles catch the scales of the wool and entangle them into place and to form a denser material called felt. Come learn how to make cute and interesting animals, people and even bags!

If there is an interest in this craft, we will be having an eight week class beginning, Friday, January 6th, 2017 from 1:00 pm to 2:30 pm.

You will learn how to sculpture the wool into various entertainment projects, such as customized gifts, holiday ornaments, toy figures and even unique souvenirs. This is an entry level class for those without felt-making experience. Beginner friendly.

Cost of the class will be \$50.00 for 8 weeks. Supplies must be purchased from the instructor the first day of class which will cost \$20.00. Minimum of 10 people must register in order to have this class. Deadline to register for this class is December 22, 2016 as supplies need to be ordered from supplier.