



# TENAFLY SENIOR CENTER

*Leisure & Learning for Individuals 55 and Over*

20 South Summit Street, Tenaflly, NJ 07670

201-569-2159

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

Rebecca Stauffer, Director Sherry Sawh, Senior Center Assistant



## 2016

### FITNESS SENIOR STYLE WITH RICHARD PORTUGAL

**New series begins Tuesday, October 4th 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. \$48.00 for eight week series.

### TENAFLY FIRE PREVENTION PRESENTATION

**Tuesday, October 4th at 2:00 pm**

October is Fire Prevention month. Tenaflly Fire Prevention will be giving us a presentation on what we can do to be safe in our homes and take action should we be involved in a situation. Fire safety is something that every individual needs to take into account. Come listen and learn from our town Fire Inspectors on keeping safe!

### UNDERSTANDING MEMORY LOSS PRESENTATION

**Thursday, October 6th at 1:00 pm**

While people who are aging normally may forget things, they will typically remember them later. Shelley Steiner of Alzheimer's New Jersey Foundation will be speaking to us about how we can "Understand Memory Loss" and what we can do to help offset the symptoms.

### OCTOBER MONTHLY LUNCHEON

**Thursday, October 13th at 12:30 pm**

Halloween isn't just for kids. Tenaflly Senior Center will be celebrating Halloween with a spooktacular luncheon of salad, ziti and meatballs, coffee or tea and dessert. Our entertainment for the afternoon will be singer Van Martin.

***Dress up in a Halloween costume and you will be automatically entered into a raffle to win a gift basket!***

Cost: \$11.00

### "WHAT CAN BERGEN COUNTY DO FOR YOU?" PRESENTATION

**Friday, October 14th at 1:30 pm**

Bergen County Clerk John Hogan will inform us about services provided by his office. Among his many duties are issuing passports, trade names, and photo cards for seniors, veterans and exempted firefighters, and notary public registration. Clerk John Hogan constitutes one third of the election process in Bergen County, including processing and mailing of all Vote by Mail Ballots and the filing of candidates from municipality to county level. Legal documents associated with the buying and selling of property come to the Registry division to be filed. In addition, Clerk John Hogan will emphasize an "AROUND THE COUNTY" initiative, where his department sets up an office throughout the county to provide services such as passports and notary applications, and photo cards.

### NUTRITIONAL TOPICS FOR SENIORS

**Tuesday, October 18th at 1:30 pm**

Vivian Serata RD.,CDE, is a Registered Dietitian and Certified Diabetes Educator from Englewood Hospital and Medical Center. She will be speaking about various nutrition topics including cardiac nutrition, anti-inflammatory diet principles and the 2016 nutritional guidelines.

### HARP CHRONIC DISEASE SELF MANAGEMENT SIX WEEK SERIES

**Begins Thursday, October 20th at 10:00 am**

Do you have an ongoing health condition? You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, and learn better ways to talk with your doctor and family about your health. If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain or anxiety, this workshop can help you manage your pain and let you take charge of your life. Please call 551-996-2038 to register for this workshop. Class space is limited! This program is sponsored by The Health Awareness Regional Program of Hackensack University Medical Center.

### CABANICS

#### ONE TIME FREE CLASS

**Thursday, October 20th at 1:00 pm**

Cabanics is a new exercise craze that is hitting the circuit. 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, please preregister for this free class.

### SENIOR ISSUES INFORMATIONAL UPDATE PRESENTATION

**Friday, October 21st at 1:30 pm**

Congressman Bill Pascrell will be speaking on senior issues such as Social Security, Senior Benefits, COLA 2017, Medicare programs and much more! Please feel free to ask any questions that you may have. This is not a political event. Please join us!

### AARP SAFE DRIVING CLASS

**Tuesday, October 25th from 9:00 am to 4:00 pm**

This one 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.

Monday	Tuesday	Wednesday
<p><b>3</b>            9:00—Standing Pilates w/Kim*            9:30—Drawing w/Marcia*  <b>10 to 12—BLOOD PRESSURE ASSESSMENT*</b>            10:00—Delay the Disease Class for those with Parkinson’s Disease w/Kim*            10:00 to 1:00—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>4</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>2:00—TENAFLY FIRE PREVENTION PRESENTATION</b>            2:00—Fitness Sr Style w/Richard*</p>	<p><b>5</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>10</b>  <b>CENTER CLOSED</b></p> 	<p><b>11</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*            1:00—Canasta            1:00—Balance Class*            2:00—Fitness Sr Style w/Richard*</p> 	<p><b>12</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>17</b>            9:00—Standing Pilates w/Kim*            9:30—Drawing w/Marcia*  <b>9:45—TENAFLY BD OF TRUSTEES MTG</b>            10:00—Delay the Disease Class for those with Parkinson’s Disease w/Kim*            11:30 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*  <b>**BRIDGE WILL BEGIN LATE TODAY</b></p>	<p><b>18</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  <b>1:30—NUTRITIONAL TOPICS FOR SRS</b>            1:00—Balance Class*            2:00—Fitness Sr Style w/Richard*</p>	<p><b>19</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>24</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 1:00—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>25</b>  <b>9 TO 4—AARP SAFE DRIVING COURSE*</b>            9:30—ABC’S of Watercolor*            10:00—Chinese w/Christine*            11:15—Beginner’s Spanish w/Vivi*            12:30—Canasta  <b>NO CHAIR YOGA, TAI CHI, MIND &amp; BODY, BALANCE &amp; FITNESS SR STYLE TODAY</b></p>	<p><b>26</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*  <b>6 TO 7—HOME CARE: 101 FOR CAREGIVERS PRESENTATION*</b></p>
<p><b>31</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 1:00—Bridge            11:00—Exercise w/Susan*            12:30—Line Dancing w/Theresa            1:00—Needlework Crafts            2:00—Tap Dancing w/Jean*</p> 	 <p>Special thanks to Janet Bazzini for proofreading our newsletter</p>	

Thursday	Friday
<p><b>6</b>            9:30—Folk Dancing w/Ginny*            9:30—Open Forum Discussion Group            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)  <b>1:00—UNDERSTANDING MEMORY LOSS PRESENTATION</b>            1:00—Beginner’s Italian*            2:45—Italian with Giovanna*            7:00—Tenafly Singers</p>	<p><b>7</b>            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*  <b>2:00—FAIRIES: NATURE’S ANGELS W/VIVI*</b></p>
<p><b>13</b>            9:30—Folk Dancing w/Ginny*            9:30—Open Forum Discussion Group            11:30—Intermed/Adv Spanish w/Vivi*            12:30—Mahjong w/Ming—Chinese Tiles  <b>12:30—CENTER HALLOWEEN LUNCHEON*</b>            1:00—Beginner’s Italian*            2:45—Italian with Giovanna*            7:00—Tenafly Singers  <b>NO GI GONG WITH JOHANNA TODAY</b>  <b>NO ART STUDIO TODAY</b></p> 	<p><b>14</b>            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*  <b>1:30—BERGEN COUNTY PROGRAMS FOR SENIORS PRESENTATION</b></p>
<p><b>20</b>            9:30—Folk Dancing w/Ginny*            9:30—Open Forum Discussion Group  <b>10 TO 12:30- HARP CHRONIC DISEASE SELF MANAGEMENT WORKSHOP*</b>            11:30—Qi Gong w/Johanna*            11:30—Intermed/Adv Spanish w/Vivi*            12:30—Mahjong w/Ming—Chinese Tiles  <b>1:00—CABANICS*</b>            1:00—Art Studio (open to all artists)            1:00—Beginner’s Italian*            2:45—Italian with Giovanna*            7:00—Tenafly Singers</p>	<p><b>21</b>            9:30—ESL Class*            10:00—Friday Tai Chi  <b>10 to 12—BLOOD PRESSURE ASSESSMENT*</b>            11 to 2—Bridge            11:15—Osteoporosis Exercise w/Ulli*            12:15—Osteoporosis Exercise w/Ulli*  <b>1:30—SENIOR ISSUES INFORMATIONAL UPDATE PRESENTATION WITH CONGRESSMAN PASCRELL</b>   <b>CONNECTICUT FALL FOLIAGE TRIP*</b></p>
<p><b>27</b>            9:30—Folk Dancing w/Ginny*            9:30—Open Forum Discussion Group  <b>10 TO 12:30- HARP CHRONIC DISEASE SELF MANAGEMENT WORKSHOP*</b>            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)            1:00—Beginner’s Italian*  <b>1:30—NUMEROLOGY W/VIVI</b>            2:45—Italian with Giovanna*            7:00—Tenafly Singers</p>	<p><b>28</b>            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*  <b>1:00—PUMPKIN &amp; GHOST COOKIES DECORATING WORKSHOP*</b>            1:30—Center Movie</p>
	<p><b>October 2016</b>  <b>CENTER HOURS:</b>  <b>MONDAY THRU FRIDAY</b>  <b>8:30 AM TO 3:30 PM</b>  <b>* DENOTES PRE-REGISTRATION IS REQUIRED</b></p>

**HOME CARE: 101 FOR CAREGIVERS PRESENTATION**  
**Wednesday, October 26th**  
**6:00 pm to 7:00 pm**  
 Home Care 101: In-home care services are on the rise in America. This session will explore the benefits of home care and discuss the risks and liabilities. If you are looking for homecare for yourself or a loved one, this session will give you tips on how to choose a home care agency and how to develop a successful and beneficial relationship with the home health aide. Light refreshments will be provided. Preregistration is required.

**NUMEROLOGY FOR ENTERTAINMENT**  
**Thursday, October 27th**  
**at 1:30 pm**  
 Numerology is an ancient art that involves the study of numbers as symbols with universal meaning. According to numerology the collection of numbers found in your birth date plus the numbers that correspond to each letter of your name offer detailed information about who you are and what are your strengths and weaknesses. Vivi Stockwell, psychic and medium, will be giving this presentation.

**PUMPKIN & GHOST COOKIES DECORATING WORKSHOP**  
**Friday, October 28, 2016**  
**at 1:00 pm**  
 In this hands-on class you will make six pumpkin and six ghost cookies to take home. All cookies and supplies are provided. Class space is limited to 6 people only. \$25.00 for this class.

**ATTENTION ALL TSC SENIOR MEMBERS WHO ARE VETERANS!**  
 We would like to salute **“OUR VETERANS”** with a complimentary buffet luncheon on Thursday, November 3, 2016 at 12:30 pm. A presentation by War Veteran, Joseph DeLuccia, will follow our luncheon. You must pre-register to attend the luncheon however the presentation will be open for all to attend at 1:30 pm. Thank you for your service!



**Tuesday, November 1, 2016 at 1:30 pm:**  
 "Your Healthy Smile" Presentation by East Madison Dental

**Thursday, November 3, 2016 at 12:30 pm:**  
 "A Salute to our Local Veterans" Luncheon and

Presentation by Joseph DeLuccia

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

"Impressionism & America" presentation

**Monday, November 7, 2016 beginning at 9:30 am to 3:00 pm:**

TSC Monday Movie Marathon

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

Monthly Luncheon followed by the entertainment of "Cecelia"

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

"Fall Prevention" Presentation by Horizon NJ Health

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

"The Art, Politics and History of The Sistine Chapel" presentation by Dr. Josef Machac

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

"Turkey Cookie Decorating Workshop"

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

Men's Health Issues Presentation by HARP

**THERE WILL BE A MONTH LONG FOOD DRIVE FOR THE FOOD ACTION CENTER IN ENGLEWOOD. PLEASE GIVE NON PERISHABLE, NON EXPIRED FOOD FOR THIS WORTHY CAUSE.**

**SENIOR CENTER WILL BE CLOSED:**

**Tuesday, November 8th—Election Day**

**Friday, November 11th—Veteran's Day**

**Thursday & Friday, November 24th & 25th—Thanksgiving Day Holiday Weekend**

## CENTER MOVIES AT 1:30 PM

### FRIDAY, OCTOBER 28TH PSYCHO

Marion Crane is unhappy in her job at a Phoenix, Arizona real estate office and frustrated in her romance with hardware store manager Sam Loomis. One afternoon, Marion is given \$40,000 in cash to be deposited in the bank. Minutes later, impulse has taken over and Marion takes off with the cash, hoping to leave Phoenix for good and start a new life with her purloined nest egg. 36 hours later, paranoia and exhaustion have started to set in, and Marion decides to stop for the night at the Bates Motel, where nervous but personable innkeeper Norman Bates cheerfully mentions that she's the first guest in weeks, before he regales her with curious stories about his mother.

Stars: Janet Leigh, Anthony Perkins, Vera Miles and John Gavin

RATED: R 1hr 49 min

### TIME TO CHANGE OUR CENTER DISPLAY FOR THE FALL!

The Center display theme for the Fall will be "Human figures made from wood, metal or stone". Please stop by to pick up your current display pieces and replace them with something new!

## TRAVEL ADVENTURES



### The Culinary Institute of America & Franklin D. Roosevelt National Historic Site Tuesday, November 16th

Leonia Senior Center has invited us to come see where some of the best chefs are trained in beautiful Hyde Park, NY. In this visit, a three-course lunch at the CIA will be enjoyed at their "American Bounty Restaurant". The afternoon stop will feature a guided tour of Franklin D. Roosevelt National Historic site known as Springwood. Springwood was the birthplace, lifelong home, and burial place of the 32nd President of the United States. Cost: \$80.00 includes roundtrip transportation, three course lunch and guided tours.

### 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.

### Atlantic City Trips—DO/AC Wednesday, October 26th, 2016 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 motor-coach transportation and \$30.00 slot play bonus. **NO LUNCH INCLUDED! DEPARTING FROM LEONIA. YOU MUST REGISTER DIRECTLY WITH LEONIA.**

### BERGEN PAC ACCESS FREE TICKET PROGRAM

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

Enclosed in this flyer 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.