

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, Acting Director Sherry Sawh, Senior Center Assistant



SEPTEMBER 2016

BEGINNER'S/INTERMEDIATE ITALIAN WITH GIOVANNA

Begins Thursday, September 8th at 1:00 pm

For those who have taken the beginner's Italian or for those who have a beginner's knowledge of Italian. Giovanna teaches Italian in a conversational way introducing words, phrases, patterns of speech in a structured setting. We have fun and that's what language learning should be. You must preregister for this class.

Cost: \$42.00 for 6 weeks.

ITALIAN WITH GIOVANNA

Begins Thursday, September 8th at 3:00 pm

This course is for those who have an intermediate to advanced knowledge of Italian. Classes are conducted in Italian. Readings range from intermediate to challenging. Cultural references are sprinkled throughout. Friendships are made, memories are shared, and a good time is had by all.

Cost: \$36.00 for 6 weeks

FITNESS SENIOR STYLE WITH RICHARD PORTUGAL FREE LECTURE & CLASS

Thursday, September 8th at 1:00 pm

Remember when your strength, balance, coordination and mental acuity were second nature? Come to our lecture and allow our simple exercises to instill your body and mind with renewed energy, purpose and clarity. Revitalize yourself, and your mind and body will thank you! You must pre-register. First 20 people only!

GROVER CLEVELAND PRESENTATION

Friday, September 9th, 2016 at 1:30 pm

Grover Cleveland is unique among our presidents because he's the only president elected to two non consecutive terms. He is also the only president born in New Jersey. Many books have called him the honest president but recent research has raised questions about this. Marty Alboum will speak about these and many other issues when he discusses Grover Cleveland's life and career.

BEGINNING SPANISH WITH VIVI

Six week series begins Tuesday, September 6th at 11:15 am

In this beginner's class you will learn: greetings and salutations, express simple courtesies, ask or tell who or what something is, describe people and things and so much more! Your instructor, Vivi Stockwell, is a certified Spanish Teacher. Pre-registration is required as class space is limited. Cost: \$40.00 for 6 weeks.

BALANCE CLASS

Tuesday, September 6th at 1:00 pm

If you are not as surefooted as you used to be or you are finding yourself off kilter more than you would like, it's time to Tip the Balance! Liz Romick, Doctor of Physical Therapy will be leading a six week exercise class series. Participants should be able to stand and walk comfortably. The cost \$15 makes this six week series possible.

INTERMEDIATE/ADVANCED SPANISH WITH VIVI

Six week series begins Thursday, September 8th at 11:30 am

This class is for those who have an intermediate to advanced knowledge of Spanish. Your instructor, Vivi Stockwell, will be teaching and challenging you in this class. Pre-registration is required as class space is limited. Cost: \$40.00 for 6 weeks.

DRAWING WITH MARCIA

Begins Monday, September 12th at 9:30 am

Learn to draw with Artist/Teacher Marcia Rieff. We will go back to basics. Study line, shape, and form. Join the fun!

Cost: \$50.00 for 6 weeks

LEARN CHINESE—6 Week Series

Begins, Tuesday, September 13th at 10:00 am

Chinese is a conquerable language. In this class, students will master the skills of speaking and listening comprehension. The course will focus on everyday expressions and basic conversation. Christine Hsias, our teacher, is proficient in Chinese and will present an accessible and fun way for students to learn.

Cost: \$30

ORGANIZE, STAGE & SELL! PRESENTATION

Thursday, September 15th at 1:00 pm

Are you considering downsizing over the next decade – whether to a smaller home, a senior-living community or across the country? Learn how to de-clutter, organize and stage your home to make it more appealing to today's younger buyers. Maria Rini of RE/MAX Real Estate Ltd and her skilled staff of organizers and stagers will show how easy it can be.

FAIRIES: "NATURE'S ANGELS" - FREE THREE WEEK SERIES

Friday, September 16th, 23rd, October 7th at 2:00 pm

Vivi Stockwell is a Psychic, Spirit Medium, Healer and Author who will be giving a free three week series on "Fairies: Nature's Angels". Learn the answers to the most common questions about fairies. This is a fun, light hearted series that will bring you closer to the unknown. Please pre-register for this series.

"WHAT TO EAT FOR HEALTHY BONES"

Tuesday, September 20th at 11:30 am

Michelle Goffredo, Certified Holistic Health Coach and a Teaching Chef is holding a workshop "Take Charge of your Bone Health!" You will find out what you can do to strengthen your bones and prevent disease.

SEPTEMBER LUNCHEON

Thursday, September 22nd at 12:30 pm

Walter Choroszewski will present an inspirational overview on the SPARK of LIFE with perspectives from science, philosophy and religion. He will discuss the synergies of the mind, body and spirit. Our presentation will follow with a comfort food lunch of homemade meatloaf with gravy, mashed potatoes and sautéed vegetables from the Tenafly Diner. Pre-registration is necessary and space is limited. Cost: \$ 10.00



September

Monday	Tuesday	Wednesday
<p>TENAFLY SENIOR CENTER 20 SOUTH SUMMIT STREET TENAFLY, NJ 07670 201-569-2159 CENTER HOURS: MONDAY THRU FRIDAY 8:30 AM TO 3:30 PM</p> <p>*PRE-REGISTRATION REQUIRED (Call for details)</p>	 <p>welcome AUTUMN</p>	 <p>Special thanks to Janet Bazzini for proofreading our newsletter</p>
<p>5 CENTER CLOSED</p> 	<p>6 9:10—Chair Yoga 10:00—Tuesday Tai Chi 11:00—Mind and Body* 11:15—Beginner’s Spanish* 1:00—Canasta 1:00—Balance Class*</p> <p>NO ABC’S OF WATERCOLOR</p>	<p>7 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 with Dagmar (Puppet making for pediatric patients) 2:00—Stretch & Tone w/Ulli*</p>
<p>12 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 12:30—Line Dancing w/Theresa 1:00—Needlework Crafts 2:00—Tap Dancing w/Jean* 2:00—Discussion/Support Group for Senior Women*</p>	<p>13 9:10—Chair Yoga 9:30—ABCs of Watercolor* 10:00—Tuesday Tai Chi 10:00—Chinese w/Christine* 11:15—Beginner’s Spanish w/Vivi* 1:00—Canasta 1:00—Balance Class* 2:00—Beginner’s Tap w/Jean*</p> <p>NO MIND & BODY TODAY</p>	<p>14 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 & Tone w/Ulli*</p>
<p>19 9:00—Standing Pilates w/Kim* 9:30—Drawing w/Marcia* 9:45—TENAFLY BD OF TRUSTEES MTG 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* 2:00—Discussion/Support Group for Senior Women*</p>	<p>20 9:10—Chair Yoga 9:30—ABCs of Watercolor* 10:00—Tuesday Tai Chi 10:00—Chinese w/Christine* 11:15—Beginner’s Spanish w/Vivi* 1:00—Canasta 11:30—“WHAT TO EAT FOR HEALTHY BONES” PRESENTATION 1:00—Balance Class* 2:00—Beginner’s Tap w/Jean*</p> <p>NO MIND & BODY TODAY</p>	<p>21 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 with Dagmar (Puppet making for pediatric patients) 2:00—Stretch & Tone w/Ulli*</p>
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Thursday	Friday
1 9:30—Folk Dancing w/Ginny* 9:30—Open Forum Discussion Group 11:30—Qi Gong w/Johanna* 11:30—Intermediate/Advanced Spanish w/Vivi* 12:30—Mahjong w/Ming—Chinese Tiles 1:00—Art Studio (open to all artists) 7:00—Tenafly Singers	2 10:00—Friday Tai Chi 11 to 2—Bridge 11:15—Osteoporosis Exercise w/Ulli* 12:15—Osteoporosis Exercise w/Ulli* 1:30—Center Movie
8 9:30—Folk Dancing w/Ginny* 9:30—Open Forum Discussion Group 11:30—Qi Gong w/Johanna* 11:30—Intermediate/Advanced Spanish w/Vivi* 12:30—Mahjong w/Ming—Chinese Tiles 1:00—Art Studio (open to all artists) 1:00—Beginner's Italian* 1:00—FITNESS SENIOR STYLE* 3:00—Italian with Giovanna*	9 10:00—Friday Tai Chi 11 to 2—Bridge 11:15—Osteoporosis Exercise w/Ulli* 12:15—Osteoporosis Exercise w/Ulli* 1:30—GROVER CLEVELAND
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22 9:30—Folk Dancing w/Ginny* 9:30—Open Forum Discussion Group 11:30—Qi Gong w/Johanna* 11:30—Intermediate/Advanced Spanish w/Vivi* 12:30—Mahjong w/Ming—Chinese Tiles 12:30—CENTER LUNCHEON* 1:00—Beginner's Italian* 3:00—Italian with Giovanna* 7:00—Tenafly Singers NO GI GONG WITH JOHANNA TODAY NO ART STUDIO TODAY	23 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—FAIRIES: NATURE'S ANGELS W/VIVI*
29 9:30—Folk Dancing w/Ginny* 9:30—Open Forum Discussion Group 11:30—Intermediate/Advanced Spanish w/Vivi* 12:30—Mahjong w/Ming—Chinese Tiles 1:00—Beginner's Italian* 1:00—WILLS & PROBATE LAWS W/ BERGEN COUNTY SURROGATE MICHAEL DRESSLER 3:00—Italian with Giovanna* 7:00—Tenafly Singers	30 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* 1:30—Center Movie NO FAIRIES: NATURE'S ANGELS W/VIVI* TODAY NATIONAL 9-11 MUSEUM TRIP

DISCUSSION/SUPPORT GROUP FOR SENIOR WOMEN

Beginning Monday, September 12th at 2 pm

Group leader Doris Hirsch will explore life experiences and discuss such topics as family, careers, health issues and so much more for senior women! This group will be built on confidentiality and honesty with no criticisms. There is a \$50.00 charge to attend this 6 week discussion/support group. We must have a minimum of 6 participants and a maximum of 12 for this group. Must preregister no later than September 6th.

BEGINNER'S TAP WITH JEAN

Beginning Tuesday, September 13th at 2 pm

Former Radio City Rockette Jean Martin will be teaching beginner's tap to those who would love to learn! \$50.00 for a 10 week series and we must have a minimum of 15 students for this class. Must preregister no later than September 6th.

ESL CLASSES

Beginning

Friday, September 16th at 9:30 am

This class is designed for individuals all ages who wish to improve their English skills in a stress free and welcoming environment. Students must be able to read and speak English. They will be working on their reading, comprehension and conversational skills. We ask students to register prior to the first class.

Please contact the Center at 201-569-2159 if you would be interested in becoming a tutor or if you would like more information as a potential student.

WILLS AND PROBATE LAWS WHAT YOU NEED TO KNOW

Thursday, September 29th at 1:00 pm

This presentation stresses the importance of having a Will & Testament, potential tax consequences of those who die intestate, the administering of an estate and more. Mr. Dressler will talk about Probate, how time consuming it is and how costly, as well as the types of payment that are accepted by the court. This presentation is open to all.



SAVE THE DATE

Tuesday, October 4th, 2016 at 2 pm

“Tenafly Fire Prevention” Presentation

Thursday, October 6, 2016 at 1 pm:

“Understanding Memory Loss” by New Jersey Alzheimer’s Association

Thursday, October 13, 2016 at 12:30pm:

Monthly Luncheon with entertainment by Van Martin

Friday, October 14, 2016 at 1:30 pm:

Presentation on Bergen County Programs for Seniors by Bergen County Clerk Mr. John Hogan

Tuesday, October 18, 2016 at 1:30 pm:

“Nutrition for Seniors” Presentation by Englewood Hospital

Thursday, October 20, 2016 at 1 pm:

“Cabatics” Exercise Class

Tuesday, October 25, 2016 from 9 am to 4 pm:

AARP Safe Driving Course

THERE WILL BE NO EXERCISE CLASSES ON TUESDAY, OCTOBER 25, 2016

Wednesday, October 26, 2016 at 6 pm to 7 pm:

“Caregiver’s Program” with finger food and refreshments

Thursday, October 27, 2016 at 1:30 pm

“Numerology Presentation” by Vivi Stockwell

Friday, October 28, 2016 at 1:28 pm

Pumpkins & Ghosts Cookie Decorating Workshop



TRAVEL ADVENTURES

Friday, September 30th

National 9/11 Memorial Museum

We will be visiting the National 9/11 Memorial Museum, a national tribute of remembrance and honor to the men, women and children killed in the 9/11 terror attacks. We will also be paying a visit to the 9/11 Memorial Reflecting Pools. After our visit to the museum, we will head over to Carmine’s Restaurant for a family style lunch.

Cost: \$80.00 includes roundtrip transportation, admittance into museum and lunch. **WAIT LIST**

Friday, October 21st

Connecticut Steam Train & Riverboat Fall Foliage Trip

Our trip will begin at the Essex Station where we will board a steam train to Deep River Landing where our trip on the Becky Thatcher Riverboat will take us for a cruise on the Connecticut River and then back on the steam train to the Essex Station. We will then depart the train station via bus to one of the oldest, continuously operated inns in the country. At The Griswold Inn, we will have a sumptuous three course lunch. Come take a relaxing train and riverboat ride and enjoy the colors of the Fall season in Connecticut! Cost: \$80.00 includes roundtrip transportation, three course lunch and steam train/riverboat ride. **WAIT LIST**

Friday, December 2nd

Westchester Broadway Theater Christmas Inn

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**



CENTER MOVIES AT 1:30 PM

**FRIDAY, SEPTEMBER 2ND
WHISKEY TANGO FOXTROT**

In 2002, cable news producer Kim Barker decides to shake up her routine by taking a daring new assignment in Kabul, Afghanistan. Dislodged from her comfortable American lifestyle, Barker finds herself in the middle of an out-of-control war zone. Luckily, she meets Tanya Vanderpoel a fellow journalist who takes the shellshocked reporter under her wing. Amid the militants, warlords and nighttime partying, Barker discovers the key to becoming a successful correspondent.

Stars: Tina Fey, Margot Robbie Rated: R Comedy/Drama 1 hr. 51 min.

**FRIDAY, SEPTEMBER 30TH
45 YEARS**

As their 45th wedding anniversary approaches, a woman learns that her husband was once engaged to someone else.

Stars: Charlotte Rampling, Tom Courtenay Rated: R Drama 1 hr. 25 min.