



# 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 4:00 pm  
Rebecca Stauffer, Director      Michele Hausch, Assistant Director

## 2018-2019 CLASS OFFERINGS

### CHAIR YOGA WITH ARLENE SIX WEEK SERIES BEGAN ON JULY 24<sup>TH</sup> AT 9:10 AM

The benefits of Chair Yoga for seniors have proven to be very rewarding not only to increase overall health but also as a way to motivate social engagement. The movements used in Chair Yoga addresses the whole body in a single routine while seating on a chair. Cost: \$20.00 for ten weeks. A total of 25 people is needed to make the class happen!

### QI GONG WITH JOHANNA TEN WEEKS SERIES BEGAN THURSDAY, JULY 26<sup>TH</sup> AT 11:30 AM

Qi Gong is an ancient Chinese healing art involving meditation, controlled breathing, and movement exercises designed to improve physical and mental well-being and prevent disease. Instructor Johanna Albin, will teach you the movements, postures, sounds, and visualizations of this art. Cost: \$10.00 for ten weeks. A total of 20 people is needed to make the class happen!

### FOLK DANCING WITH GINNY TEN WEEKS SERIES BEGINS THURSDAY, AUGUST 2<sup>ND</sup> AT 9:30 AM

Line dancing is a regular activity lead by Ginny Brandmaier of the Palisades Folk Dancers, a group of spirited seniors who enjoy dancing to folk music from many countries: Greece, Turkey, Bulgaria, Romania, Holland, Brittany, Israel and more. Cost: \$20.00 for ten weeks. A total of 25 people is needed to make the class happen!

### QI GONG/TAI CHI WITH JOHANNA TEN WEEK SERIES BEGINS WEDNESDAY, AUGUST 8<sup>TH</sup> AT 9:30 AM

Qi Gong and Tai Chi combines slow, deliberate movements, meditation, and breathing exercises. This routine is not designed to burn calories or raise your heart rate but can help your circulation, balance, and alignment. Cost: \$10.00 for ten weeks. A total of 20 people is needed to make the class happen!

### STRETCH & TONE WITH ULLI TEN WEEKS SERIES BEGINS

#### WEDNESDAY, AUGUST 8<sup>TH</sup> AT 2:00 PM

Stay firm and get more flexible in this class taught by Ulli Arlt. Whatever your shape or size, you will work your muscles to move better, bend more easily and reach higher. Cost: \$20.00 for ten weeks. A total of 25 people is needed to make the class happen!

### BEGINNER'S WATERCOLOR & DRAWING WITH DEIRDRE

#### EIGHT WEEK SERIES BEGINS

#### FRIDAY, AUGUST 10<sup>TH</sup> AT 11:00 AM

If you have or have not ever drawn or painted, now is your time. Drawing/Watercolor classes will be offered on Fridays at 11:00 am. We work in a structured yet fun environment. Pre-registration is required. Cost of the eight week series is \$60.00. A total of 12 people is needed to make the class happen!



# Fun for Seniors



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### **OSTEOPOROSIS EXERCISE WITH ULLI TEN WEEKS SERIES BEGINS**

**FRIDAY, AUGUST 10<sup>TH</sup>**

**AT 11:15 AM & 12:15 PM**

Osteoporosis exercise is a great program for with osteoporosis. Instructor Ulli Arlt will lead the class with muscle-strengthening Exercises which include activities where you move your body, use weights or some other resistance against gravity. Cost: \$20.00 for ten weeks. A total of 25 people is needed to make the class happen!

### **EXERCISE WITH SUSAN TEN WEEKS SERIES BEGINS**

**MONDAY, AUGUST 13<sup>TH</sup> AT 11:00 AM**

Exercise with Susan is a total-body senior workout program for active individuals. This class combines aerobic, flexibility, and strength training in a positive, energizing environment. She includes exercises that are designed to increase flexibility, joint stability, coordination, agility, muscular strength, and cardiovascular endurance. Get ready for a head-to-toe workout! Cost: \$20.00 for ten weeks. A total of 25 people is needed to make the class happen!

### **ZUMBA WITH JANE TEN WEEKS SERIES BEGINS**

**WEDNESDAY, AUGUST 22<sup>ND</sup> AT 11:30 AM**

Zumba combines a dance workout with a party-like atmosphere. Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors and others needing modifications in their exercise routine. Zumba Gold is designed to be approachable by all populations, regardless of fitness level. Experience with dance is not required. Moves in class are broken down in a slow and manageable manner. Come and try this class lead by our awesome new instructor, Jane Ledaspi!!! Cost: \$20.00 for ten weeks. A total of 25 people is needed to make the class happen!

### **MIND & BODY WITH NICOLAS TEN WEEKS BEGINS**

**TUESDAY, SEPTEMBER 4<sup>TH</sup> AT 11:00 am**

A new series of brain and body exercises will begin on September 4<sup>th</sup>. The class includes gently stretching the muscles, rotating the joints and combing gross and fine motor skill activities to awaken the kinesthetic brain in an upbeat style. The class also includes breathing focusing on body posture and deep exhalation to switch the autonomic nervous system from fight and flight to a rest state. Cost is \$15.00 for ten weeks. A total of 20 people is needed to make the class happen!

### **BALANCE CLASS SIX WEEK SERIES BEGINS**

**TUESDAY, SEPTEMBER 4<sup>TH</sup> AT 12 PM**

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 perfect for you!! Dr. Liz Romick will be focusing on how to train your nervous system to keep you in balance and will help reduce the risk of falling. Participants should be able to stand and walk comfortably. Cost of class is \$30 for the six week series. A total of 15 people is needed to make the class happen!

### **STANDING PILATES WITH KIM SIX WEEK SERIES BEGINS**

**MONDAY, SEPTEMBER 10<sup>TH</sup> AT 9:00 AM**

Instructor Kim Mihov is certified in mat and Standing Pilates, Aerobics, senior fitness, and Parkinson's classes. Kim's diversity brings with it an energy and enthusiasm which enables her to connect with people. Standing Pilates is an exercise system that is focused on building strength without bulk, improving flexibility and agility, help to prevent injury and involves a series of controlled movements that engage both your body and mind. Cost is \$15.00 for six week series. A total of 15 people is needed to make the class happen!



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### **DELAY THE DISEASE WITH KIM SIX WEEK SERIES BEGINS**

**MONDAY, SEPTEMBER 10TH AT 10 AM**

Instructor Kim Mihov is certified in this special exercise class for individuals with Parkinson's disease. Cost is \$25.00 for six week series. A total of 12 people is needed to make the class happen!

### **INTERMEDIATE TO ADVANCED TAP WITH JEAN MARTIN**

**TEN WEEK SERIES BEGINS**

**MONDAY, SEPTEMBER 10<sup>TH</sup> AT 2 PM**

Our Instructor, Jean Martin, will be continuing her class on the intermediate to advanced level. If you have tap danced before this class is for you! Pre-registration is required. Cost is \$60.00 for ten weeks. A total of 13 people is needed to make the class happen!

### **CHINESE WITH CHRISTINE BEGINS TUESDAY, SEPTEMBER 11<sup>TH</sup> AT 10 AM**

The goal of this class is to let students know Chinese is a conquerable language and at the end of the class, students will be able to conduct basic conversation. In this class, students will master the skills of speaking and listening comprehension. The course will focus on everyday expressions and basic conversation. The course will cover a variety of topics. In addition the class will touch on Chinese culture. Cost is \$50 for a six week series. A total of 6 people is needed to make the class happen!

### **BEGINNER'S SPANISH WITH VIVI SIX WEEK SERIES BEGINS**

**TUESDAY, SEPTEMBER 11<sup>TH</sup> AT 11:30 AM**

Vivi Stockwell, a Certified Spanish Teacher and translator will be leading a six week series in Beginning Spanish. Cost is \$60.00 for six week series. A total of 8 people is needed to make the class happen!

### **BEGINNER'S TAP WITH JEAN MARTIN TEN WEEK SERIES BEGINS**

**TUESDAY, SEPTEMBER 11<sup>TH</sup> AT 2 PM**

Our Instructor, Jean Martin, will be continuing her class on the beginner's level. If you have never tap danced before or would like to get back into it, this class is a great way to ease yourself into it. Pre-registration is required. Cost is \$66.00 for ten weeks. A total of 15 people is needed to make the class happen!

### **INTERMEDIATE/ADVANCED SPANISH WITH VIVI**

**SIX WEEK SERIES BEGINS**

**THURSDAY, SEPTEMBER 13<sup>TH</sup> AT 11:30 AM**

Vivi Stockwell, a Certified Spanish Teacher and translator will be leading a six week series in Intermediate/Advanced Spanish. Cost is \$60.00 for six week series. A total of 8 people is needed to make the class happen!

### **ITALIAN FOR TRAVELERS TWELVE WEEK SERIES BEGINS**

**THURSDAY, SEPTEMBER 13<sup>TH</sup> AT 1 PM**

If you are planning a trip to Italy don't hesitate to take this course. You will learn basic phrases, pronunciation, and become comfortable before you take your journey. Cost is \$75.00 for the twelve week series. A total of 12 people is needed to make the class happen!





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### INTERMEDIATE ITALIAN SIX WEEK SERIES BEGINS

**THURSDAY, SEPTEMBER 13<sup>TH</sup> AT 1:45 PM**

For those who have taken the beginner's Italian or for those who have some knowledge of Italian. Giovanna teaches Italian in a conversational way introducing words, phrases, patterns of speech in a structured setting. We will have fun and that's what language learning should be. Giovanna has over 20 years of experience and has taught at Montclair State, Lehman College and Queens College. Cost is \$50.00 for six week series. A total of 6 people is needed to make the class happen!

### ADVANCED ITALIAN WITH GIOVANNA SIX WEEK SERIES BEGINS

**THURSDAY, SEPTEMBER 13<sup>TH</sup> AT 2:45 PM**

This course is for those who have some knowledge of Italian. Classes are conducted in Italian so you will hear, read and speak Italian. Lessons are lively with cultural references when needed. Don't forget the Italian you may have learned growing up or at school. Join us for a fun hour of Italian on Thursdays. Giovanna has over twenty years of experience in teaching Italian and has taught at Montclair State, Lehman College and Queens College. Cost is \$50.00 for six week series. A total of 6 people is needed to make the class happen!

### ENGLISH AS A SECOND LANGUAGE BEGINS FRIDAY, SEPTEMBER 15<sup>TH</sup>

**AT 9:30 AM**

This class is designed for individuals 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 Tenaflly Senior Center office if you would like more information as a student or if you would be interested in becoming a volunteer tutor. Cost is \$25.00 for series which runs from September 2018 to June 2019.

### DRAWING WITH DORRIE EIGHT WEEKS SERIES BEGINS

**MONDAY, SEPTEMBER 24<sup>TH</sup> AT 9:30 AM**

Do you love being creative, but do not know how to get started? Participants will learn to create strong compositions, execute a solid underlying sketch and draw typography. Expect to learn while having fun, through demonstration, exercises, and individual instruction and encouragement. Beginning and continuing students will work from photographs provided for them, still life, or their own imaginations. Cost is \$60.00 for eight weeks. A total of 13 people is needed to make the class happen!

### WATERCOLOR WITH DORRIE EIGHT WEEKS SERIES BEGINS

**TUESDAY, SEPTEMBER 26<sup>TH</sup> AT 9:30 AM**

Let's paint from a beginner's mind as we move-up to a comfortable intermediate level of exploring and developing your very own style. Dorrie, an Award winning Artist and Instructor, will lead you as you experiment with new materials and methods of painting with watercolor. Cost: \$66.00 for eight weeks. A total of 12 people is needed to make the class happen!







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### **FREE WEEKLY CLASSES!!**

#### **NEW BRIDGE PLAYERS ARE WELCOME AT THE TENAFLY SENIOR CENTER!!!**

Bridge is a fun game, keeps minds sharp and encourages social contact. We are looking for new bridge players to meet for social games. You could be a beginner, intermediate or advanced player, we would love you join us! Bridge is played Mondays and Wednesdays from 10 am to 1 pm and Fridays 11 am to 1 pm.

#### **LINE DANCING WITH THERESA MONDAYS AT 12:30 PM TO 1:45 PM**

Instructor Theresa Santa Maria will be teaching line dancing for all levels on Mondays. Stop in and give it a try!!

#### **TUESDAY TAI CHI TUESDAYS AT 10:00 AM**

Instructor Richard Smaguler leads this well attended class. He will teach you the most popular self-healing movements. Many doctors recommend Tai Chi for balance, stress relief, fatigue, while other exercises can drain you, Tai Chi is easy and actually gives you energy! Please join us!

#### **HOLISTIC YOGA WITH CHELSEA TUESDAYS AT 1:00 PM**

Holistic yoga is a lifestyle approach which combines the ideal of holism and the practice of yoga. Our instructor "Chelsea" from CGI in Closter will teach you how to apply the key concepts of both holism and yoga to his or her daily life.



### **VOLUNTEER OPPORTUNITES!!!**

#### **HEARTS & HANDS FIRST & SECOND WEDNESDAY OF THE MONTH AT 1:00 PM**

These amazing volunteers make puppets for pediatric patients, organizations and schools all around the world. Dagmar Libonati is the group leader. Stop by and get involved!

#### **GARDENERS - INSIDE & OUTSIDE**

Our beautiful courtyard garden and our inside plants would not be possible without the hard work and dedication of Mary Shannon, Laurel Mudrick and Barbara Butler. If you are interested in helping them, please stop by the office for details.

#### **ESL TEACHERS**

We are looking for 2 to 3 more new seniors to add to our fantastic team of volunteer teachers. ESL meets every Friday at 9:30 am. Please stop in if you are interested! We would love to have you lend a helping hand!

### **FREE WEEKLY GROUP ACTIVITES!!!**

\*THESE ACTIVITIES ARE LEAD BY  
VOLUNTEERS

Monday - Mahjong - American tiles

Tuesdays - Hand & Foot Canasta for experienced players only

Thursdays - Open Forum Discussion Group

Thursdays - Mahjong - Chinese Tiles

Thursdays - Art Studio Time - bring your art supplies, creativity and socialize. No teacher leads this activity.

Friday Tai Chi - lead by volunteers or DVD tape

Book Club - meets once a month - see calendar for meeting date