



BOROUGH OF Tenafly Newsletter

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TENAFLY'S STIGMA FREE COMMITTEE

OUR MISSION:

Advancing our society's perception of mental illness starts in our community.

We will educate our community about mental illness, normalize emotional challenges, and provide mental health resources for those suffering.

BERGEN COUNTY'S INITIATIVE:

The Bergen County STIGMA-FREE Initiative is dedicated to raising awareness of the disease of mental illness. This initiative is creating a culture wherein residents who have the disease feel supported by their community and feel free to seek treatment, without fear of stigma.

Bergen County is the only county in New Jersey to declare itself Stigma-Free. All 70 municipalities in Bergen County have taken steps to address mental health awareness.

MENTAL ILLNESS PREVALENCE:

The WHO ranks mental health disorders as the leading cause of disability in the United States. Mental illnesses, such as depression, anxiety or alcohol and substance use disorders, are extremely common in America. 1 in 4 adults experience a diagnosable mental disorder in a given year [approximately 61.5 million Americans]. 1 in 17 adults live with a serious mental illness such as schizophrenia or bipolar disorder.

ABOUT THE STIGMA:

Stigma - shame and fear of judgment from friends, family and co-workers - prevents individuals from seeking available and necessary help.

Such judgment is often rooted in a lack of knowledge or training.

It is our goal to disseminate information and foster a stigma-free environment where people are free from judgment and can get the help they need to recover from disease.

WANT TO GET INVOLVED:

Contact Amy Morik -
amyruthmorik@gmail.com or
Gina Toddings -
gtoddings@optonline.net



From the Desk of Mayor Mark Zinna

Dear Tenafly friends,

Hello everyone. I hope that you are having an enjoyable winter. I would like to share with you some news from Borough Hall.

A new Tenafly website is under development and should be ready for release sometime in late summer. The goal is to create a site that is easier to use, with increased intuitiveness and focused on the communication priorities that are important to residents.

We have identified areas of improvement to our pothole and road repair program. First, we now have two public works teams; one dedicated five days a week repairing potholes and a second team in place working three days a week on potholes and road crack sealing. We are purchasing “hot boxes” for our road repair trucks which will be used to keep asphalt heated to a temperature of 375 degrees. This will improve the quality of the pothole repairs and drastically reduce the waste from asphalt that becomes too cold to utilize effectively.

If you want to report a pothole, there are two ways to do so. You can send an email to roads@tenafly.net and simply report the address of the pothole and the pothole crew will take it from there. Or, you can click on the “Got a Problem?” link on the Tenafly website and submit the pothole details.

We are happy to announce that the new dog park celebrated a soft-opening on Saturday, February 8th. An official opening and park naming ceremony will take place in springtime, when it’s warmer. Park hours are from dawn to dusk. The park has two separate fenced in areas, one for large and another for small dogs. The dog park is located on Grove Street, adjacent to the Tenafly High School senior parking lot.

Several residents are raising private contributions to purchase dog-friendly amenities for the park. If you would like to be a part of this effort, please email them at info@tenaflydogpark.org to learn more.

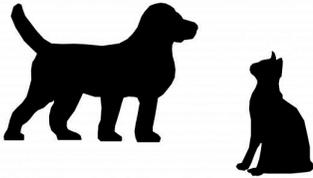
This spring, I am going to hold a town hall meeting on Saturday, April 18th at 10 AM at Borough Hall so I can discuss with residents current Tenafly topics. This will be an informal conversation to increase community awareness and help everyone better understand the priorities of the residents.

If any resident has a question or concern, please feel free to contact me at mzinna@tenafly.net or 201-568-6100 ext. 5535. Remember, if you see a bad pothole, email roads@tenafly.net.

See you around town...

Mark

TIME TO RENEW YOUR PET LICENSE!



If you have any questions, feel free to contact the Borough Clerk’s Office at 201-568-6100

In the beginning of every year, under state law residents are required to renew the licenses for their dogs and cats. Renewal notices were mailed out the first week of January. Renewals can be submitted online through the “Online Pet Registration” link on the Borough website

home page. You can also use the website if you are registering your pet for the first time. Payment is accepted via debit or credit card. You will receive all confirmations via e-mail until you receive the license and tag in the mail.

During the renewal process, applications will only be accepted online or by mail. So, if you do not have access to a computer, you can send back your renewal form with the rabies certificate and payment to: Borough of Tenafly, 100 Riveredge Road, Tenafly, NJ 07670 – ATTN: Pet Licensing.

If your pet’s rabies vaccine expires before October 31, 2020 you must either obtain a booster shot or a certificate of exemption (VPH-28) from the veterinarian. This is also required under state law.

Renewals must be received (not postmarked) by Friday, February 28th to avoid a late fee of \$10. If you file a renewal online starting March 1st, the \$10 late fee will automatically be included in the charge.

POLL WORKERS NEEDED FOR ELECTION DAY!!!

All elections are important; however, 2020 is a Presidential Election Year in which voter turnout significantly increases. To accommodate the turnout, more poll workers are needed. As a poll worker, you will earn \$200 per day for the Primary Election on June 2nd and/or the General Election on November 3rd for working at assigned districts from 5:30AM TO 8:30PM.

To qualify, you must meet the following requirements:

- ◆ Must be at least 18 years of age
- ◆ Must be a Bergen County resident
- ◆ Must be registered to vote
- ◆ Must attend a 2-hour training class

If interested, please contact the Bergen County Board of Elections at 201-336-6230 or via e-mail at elections@co.bergen.nj.us.

MUNICIPAL DIRECTORY

**POLICE, FIRE
AMBULANCE
EMERGENCIES
9-1-1**

**Police Department
Non-Emergency
201-568-5100**

**Borough Hall
100 Riveredge Road**

Main	201-568-6100
Mayor	Ext. 5535
Administrator	Ext. 5502
Assessor	Ext. 5531
Clerk’s Office	Ext. 5544
Property Code	Ext. 5506
Construction	Ext. 5505
Fire Prevention	Ext. 5566
Health Office	Ext. 5511
Library Main Desk	Ext. 5579
Planning Board	Ext. 5502
Recreation	Ext. 5515
Tax Office	Ext. 5533
Youth Services	Ext. 5584
Zoning Board	Ext. 5454

**Public Works
107 Grove Street
201-568-4134**

**Recycling Center
153 Grove Street
201-541-7325**

**Senior Citizens Center
20 South Summit Street
201-569-2159**

**Municipal Court
100 Riveredge Road
201-408-3613**

MEET YOUR NEW COUNCIL MEMBERS

COUNCILMAN ADAM MICHAELS

Fellow residents:

First and foremost, thank you for the opportunity to serve. While it has only been about 30 days since I was sworn in, I couldn't be more excited to support our town and eager to roll up my sleeves to help our Mayor, Council and dedicated Borough staff. So, a little about me . . .

My wife, Natalya, and I have been Tenafly residents since 2011 and our sons attend the Tenafly Public Schools; Gregory a TMS 7th grader and Alexander a Maugham School 4th grader. Our children participate in Tenafly Recreation programs and play outdoors weekly on the fields and in the gyms. As a family, we enjoy Tenafly's parks and attend events sponsored by the Tenafly Nature Center. We drive local streets, walk around our neighborhood and are eager to see new businesses and greenspaces come to "downtown" Tenafly.

My mother, a lifelong teacher in the Fair Lawn Public Schools, instilled in me the need and value of volunteerism and public service: to be consistently supportive, aware and involved in the community. From my earlier years in student government, to my work today with the youth-focused non-profit Global Potential, I have held true to these early life lessons through the activities I do everyday.

After growing up in Fair Lawn, NJ, I received my undergraduate degree from the University of Pennsylvania and an MBA from Columbia Business School. Currently, I lead US Insights & Analytics for Mondelez International based in East Hanover, NJ. My job at work is literally, to listen to our consumers . . . I hope this will help me with my role in Tenafly!

Over the last few years, with the encouragement and help of residents in town, I have had the opportunity to become more involved in Tenafly, including three years on the Planning Board.

I am passionate about our community and grateful for all that Tenafly offers our families. I am hopeful, eager and committed to building upon everything we all love about Tenafly. Thank you for electing me to represent you on the Tenafly Council. I would love to hear your feedback and ideas, so please don't hesitate to reach out.

Adam Michaels
Councilman
amichaels@tenafly.net

COUNCILWOMAN JULIE O'CONNOR

Dr. Julie O'Connor and her husband have lived in Tenafly for over 20 years and have twins in the Tenafly public schools. She is an English Language Learner (ELL) teacher and district coordinator for the Cliffside Park Public Schools. She has a Bachelor's degree from Sarah Lawrence College and Master's Degrees from Mercy College and the Bank Street College of Education. She earned a PhD in Education from Northcentral University for her study of "humane education", the teaching of character education that includes animal welfare. She has spoken at Oxford University and the NJ Teacher's Convention, among other conferences. She serves as the Director of Educational Programs for the Animal Protection League of NJ (APLNJ), and the Vice President of The Humane Education Committee, Inc. Additionally, Dr. O'Connor serves as an adjunct professor at Touro College. She looks forward to being on the council and working to help her fellow residents.

TENAFLY CELEBRATES WOMEN'S SUFFRAGE

Presented by the Tenafly Historic Preservation Commission



Sunday, May 17th @ 1:00 pm

Tenafly Public Library's Edna Kawulitzki Gallery

Historical re-enactor Dr. Melinda Grube presents her program about Elizabeth Cady Stanton in this centennial year of the 19th Amendment.

Elizabeth Cady Stanton (1815-1902), often called the architect of the Women's Rights Movement, had something to say about all the great topics of the day from dress reform and bicycle-riding to abolition, suffrage, and freedom of religion. Though most often associated with Seneca Falls, New York where she organized the first Women's Rights Convention in 1848, her most influential years were spent in Tenafly, New Jersey where she lived from 1868 to 1887. Come join Elizabeth Cady Stanton, as played by Dr. Melinda Grube, as she reminisces about life as an imaginative and loving mother, a brilliant suffragist leader, and a radical public intellectual.

HPC Trivia:

DID YOU KNOW?

On February 9, 1920, New Jersey ratified the 19th Amendment giving women the right to vote.



AN EXPLANATION OF THE CORONAVIRUS

Coronaviruses are a large family of viruses. There are several known coronaviruses that infect people and these usually only cause mild respiratory diseases, such as the common cold. However, at least two previously identified coronaviruses have caused severe disease –severe acute respiratory syndrome (SARS) and the Middle East respiratory syndrome (MERS). Symptoms of the 2019-nCoV include fever, cough, and difficulty breathing. There are currently no treatments or vaccines for this respiratory disease, so it is important to contact your doctor if you have traveled and are experiencing symptoms.

Since it is cold and flu season, you may experience similar symptoms to the coronavirus. Unless you have traveled to the affected areas in the world, there is little concern for exposure to 2019-nCoV.

As with all respiratory illnesses, it is good practice to wash your hands often, stay away from people that appear ill, or have been ill and stay home if you are sick.

For more information, visit the Centers for Disease Control and Prevention website at www.cdc.gov

FROM THE ENVIRONMENTAL COMMISSION:

Attention Tenaflly Residents! Plastic Bags are not recyclable!

It's not that used plastic bags and wraps can't be recycled into new materials – they simply require a different collection system and processing equipment than our amazing curbside recycling program can provide. Please don't put plastic bags and wraps in your curbside bin!

SO..... We ask that when you head over to one of our incredible local stores to shop or run out to grab a bite to eat at one of our amazing restaurants, **BRING YOUR OWN BAG!**

Why..... “Save Resources” - Plastic bags are non-biodegradable, they use crude oil and natural gas to manufacture, and require even more fossil fuels to ship. ...

Using your reusable bag has more “Durability & Reliability”.

“Peace of Mind!” - Reusable bags over plastic bags can save everyone money and keep our waterways **CLEANER!** We are all “Tenaflly **TIGERS!**”

We all love Tenaflly and our Environment!!

In addition to writing this article, two Girl Scouts from Troop 60653 Tenaflly, have distributed a **BYOB** door decal to Washington Avenue businesses to remind us to bring our shopping bags from our cars when we shop.

Shop in Tenaflly and Bring Your Own Bag.

BYOB
Bring
Your
Own
Shopping
Bag



**Tenaflly Environmental
Commission**

TENAFLY GARDEN CLUB EVENTS FOR 2020

- ◆ MARCH 2, 2020: "INVASIVE PLANTS" WITH DR. LINDA ROHLEDER
- ◆ APRIL 6, 2020:"BOTANY FOR GARDENERS" WITH BRUCE CRAWFORD
- ◆ MAY 4, 2020:"FALL FLOWERING NATIVE PLANTS" WITH TOM BENDER

THE PUBLIC IS INVITED. FOR MORE INFORMATION CALL: 201-568-8254



MOTHER'S DAY PLANT SALE

FRIDAY, MAY 8TH AND SATURDAY, MAY 9TH

LOCATIONS: DAVIS JOHNSON PARK AND GARDENS

ORESKO MEMORIAL GREEN ON TENAFLY ROAD ACROSS FROM
TENAFLY POST OFFICE

Tenafly Recreation Summer Camps

Recky's Tiger Camp: June 22nd-July 31st, 9:00 am-3:00 pm rain or shine located in Tenafly Middle School for all kids entering grades K-6. Registration is open for all Tenafly/Alpine residents online at www.register.communitypass.net now. HURRY-SPACE IS LIMITED!

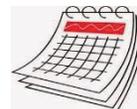
Tiger Cub Camp: June 22nd-July 31st, 8:45 am-11:45 am rain or shine located in Maugham School for all kids 3-5 years old. Camp will include arts & craft projects, games, cool down and more. Registration is open for all Tenafly/Alpine residents online at www.register.communitypass.net now.

Cutesy Cubs Camp: Camp is 12 dates on M/T/W beginning June 22nd and ending on July 15th. Ages: 1-2 years-9:15 am-10:30 am, Ages: 2-3 years-10:45am-12:00 noon. This is a great way for parents and their child/children to make new friends or just spend time with old friends. Registration is open for all Tenafly/Alpine residents online at www.register.communitypass.net now.

Registration is currently underway for various Spring Sports & Spring/Summer Programs. Please visit the Borough Website at www.tenaflynj.org, click on Tenafly Recreation Spring/Summer Brochure. Like us on Facebook @ Tenafly Recreation**



Upcoming Recreation Events~Mark Your Calendar!



Easter Egg Hunt: Wednesday, April 1st @ 3:30pm – Oresko Oval (Grades K-5)

Learn to Ride Bicycle Skills Clinic: Saturday, March 21st @ 9:00 am-11:00 am –Westerly Drive

July 4th Celebration: Saturday, June 27th @ 10:00 am-2:30 pm –Roosevelt Common (RD: 6/28)



Tenaflly DPW Office & Work Hours:

7:00am to 3:00pm
Monday thru Friday
107 Grove Street
201-568-4134

Tenaflly Recycling & Convenience Center Hours:

Wednesday through Thursday – 12:30-2:30pm
Friday, Saturday, Sunday & Monday – 7:30am-2:30pm
153 Grove Street
201-568-4134

**DPW & Tenaflly Recycling and Convenience Center
UPCOMING HOLIDAY CLOSURES:**

- Presidents’ Day – Monday, February 17, 2020 – DPW & TRCC Closed
- Good Friday – April 10, 2020 - DPW Closed
- Easter – Sunday, April 12, 2020 – TRCC Closed
- Memorial Day – Monday, May 25, 2020 – DPW & TRCC Closed
- Independence Day Observed – Friday, July 3, 2020 – DPW & TRCC Closed
- Labor Day – Monday, September 7, 2020 – DPW & TRCC Closed

SNOW REMOVAL



After leaf season, the main priority of the DPW is to keep borough streets clear of snow and ice. Residents can help by not throwing snow onto the streets. It is against Borough Code to shovel or plow snow onto the streets. The reason for this prohibition is safety – as snow melts and refreezes it causes icy spots that can cause serious accidents.

Snow removal regulations (Borough Ordinance 12-3) require property owners and/or tenants to clear snow from sidewalks within 12 hours of daylight after snow has stopped, or within 8 hours of daylight after snow has stopped in business districts B1 and B2. This includes clearing the path to the street for properties located on a corner, and especially on walking routes to schools. If snow or ice is so frozen to the sidewalks as to make complete removal impractical, the ice or snow must be covered with sand or salt.

If a fire hydrant is located on your property, snow or ice must be removed within 24 hours in residential districts, or 8 hours in business districts. You can help protect lives, homes and businesses in an emergency by keeping these hydrants clear.

Residents are asked to instruct private contractors engaged in the snow plowing of their property to not push the snow into the street. It is unlawful for any owner, tenant or private contractor to throw, place or deposit snow or ice that has accumulated on private property, including private driveways, upon streets in the Borough. As snow melts and refreezes, it causes icy spots that can cause accidents. Violators of these regulations are subject to issuance of summons and possible fine.

 We ask that you comply with these regulations for the safety of your family, friends and neighbors. 

As reported in the article "[NJ municipalities are cracking down on recycling rules to keep up with a changing market](#)" on NorthJersey.com by David M. Zimmer and Matt Fagan, North Jersey residents are increasingly finding more is expected of them when selecting what to place in their recycling cans. Put the wrong thing in, and recycling haulers are likely to reject your material. Officials say the crackdown is a necessity. Once a source of profit, curbside recycling has become a cost for taxpayers.

Nationally, recycling firms are coping with a difficult marketplace since China effectively shut its doors to imported recyclables in January 2018. The problem is that too much trash or dirty items are getting mixed into the recycling stream. The bottles, cans, plastics and paper material collected from residents consequently becomes effectively worthless.

Some municipalities have been able to remain profitable by requiring residents to meticulously separate and clean recyclables. Clean bottles, metal cans, plastic containers with a #1, 2 or 5 in the triangle on the bottom, as well as newsprint, papers and cardboard are the only reliably recyclable items. Polystyrene, "wax-coated" paper and greasy pizza boxes are not recyclable. "The old adage is when in doubt, throw it out." Another common problem is the plastic bag. Both the trash bags used to corral recyclables and single-use shopping bags obtained at supermarkets cause havoc at processing plants.

Processing crews must rip the trash bags open to release the recyclables within for sorting and set them aside. The single-use bags either end up in the solid waste pile or wrapped around the rollers where the items are sorted. All sorting stops while the bags are removed. The single-use bags can be returned to some supermarkets for recycling but are increasingly being banned throughout New Jersey.

The full posting of this article may be found on the Borough website www.tenaflynj.org.

TENAFLY RECYCLING & CONVENIENCE CENTER **REGULATIONS & REMINDERS:**

1. No idling of vehicles while at center.
2. No trailers or commercially registered vehicles permitted.
3. Plastics #1, #2 or #5 only are accepted for commingled recycling.
4. Styrofoam & plastic bags are not recyclable – place in trash.
5. Please read signage for proper disposal of items. If unsure, ask attendant.
6. Decal is required for use. Authorization form is available at DPW Office, 107 Grove Street. Residents must provide driver's license and vehicle registration.





News stories detailing climate change can make us feel frightened for our future. Clearly, the way that humans live our lives must change, but what can we do today to begin that change?

The Northern Valley Earth Fair (NVEF) is a free educational event that's all about being "green," hosting a wide variety of educators and exhibitors demonstrating ways to protect and preserve our environment. This year's NVEF takes place on April 25th at the Norwood Public School; along with Tenafly, participating towns include Closter, Cresskill, Demarest, Norwood, and Old Tappan.

People may be surprised to find that the NVEF makes it easy for us to recommit to the ideals of preserving and protecting our natural resources at the local level. "People keep hearing about the importance of protecting the environment, but they often don't know how to start," says Tenafly Green Team chair, Carole Hodges. "There are solutions. Come to the Earth Fair, and people who have solutions will be there to show you ways that you can preserve and protect the environment."

While this year's participants are still being worked out, NVEF has previously featured educators and exhibits from Columbia University's Lamont-Doherty Earth Observatory and Tenafly Nature Center. This year will feature the return of the world-renowned Thunderbird American Indian Dancers, a company that preserves generations-old traditions, songs and dances with colorful and riveting performances.

And once again the Plastic Bag Monster will be on hand to remind us all to reduce, reuse and recycle.

The 2020 Northern Valley Earth Fair takes place April 25th, from 11 a.m.-4 p.m. at Norwood Public School. For more information, visit www.nvearthfair.org



Northern Valley Greenway update.....

The Northern Valley Greenway (NVG) Committee, working on bringing a 7 ½-mile bicycle, pedestrian, and jogging path on the unused CSX Railroad property from Tenafly to Northvale, is pleased to announce that the Northern Valley Greenway has been included in the Bergen County Parks Master Plan!

This follows an exhaustive NJ DOT state-sponsored technical planning study that included extensive community input and helped define the project, evaluate multiple documented three design concepts, and recommend a path forward listed the steps needed to create the trail. Converting an old unused rail line into a state of the art, multi-use, recreational facility, a trail we can be proud of is a long process. Final design decisions and completion are still years away. The volunteers from the six core municipalities have been working hard to generate the concepts and coordinate public input with local, regional and state agencies.

The NVG Committee is available to present information on the Greenway to community groups. Please contact info@NVGreenway.org to schedule a presentation to your group. Contact us if you'd like to be part of the effort.

TENAFLY VOLUNTEER AMBULANCE CORPS

The Tenafly Volunteer Ambulance Corps (TVAC) would like to thank the Tenafly residents for another amazing year!

In 2019, the Tenafly Volunteer Ambulance Corps responded to nearly 800 emergencies throughout the borough and surrounding towns. Among these calls, TVAC received numerous awards, including an EMS Life Savers Award from Englewood Hospital. Additionally, TVAC has given back to the community by ensuring safety and providing medical care at various town events including but not limited to; the Tenafly 5K, Tenafly football games, Community Night, and the Tenafly 4th of July Fireworks.

As we go into the new year, the Tenafly Volunteer Ambulance Corps' twenty-eighth year of service, TVAC is looking forward to continuing to provide the most rapid and appropriate response to medical emergencies. Our membership is made up of your family, friends, and neighbors who volunteer their time by responding to calls 24 hours a day, 365 days a year. If you are interested in becoming a member, please call 201-568-4909. Prospective EMTs must be at least 16 years old.

Tenafly Volunteer Ambulance Corps' 2020 Officials:

- **Captain** JP Pedoto
- **Lieutenant of Operations** David Novick
- **Lieutenant of Training** Max Moehlen
- **Lieutenant of Readiness** Bryan Lapidus
- **President** Cheryl Reynolds
- **Vice President** Justin Evron
- **Treasurer** Rachel Rothstein
- **Secretary** Joshua Hui

The Tenafly Volunteer Ambulance Corps wishes you a happy and safe New Year!



Tenafly Welcome! Committee

Spring is not that far away and our May event for new residents is approaching. Join us at the Firehouse and Ambulance Corp for a private tour of these wonderful facilities, May 20, 2020 6:30 -8:30. Enjoy the ice cream treats for all. Rain or shine this committee will be waiting to greet our newest residents. Look for the invitations in the mail.

We are also looking forward to our September New Residents' event. This is a beautiful yearly event to welcome and celebrate our new residents. The date will be announced and invitations will be mailed.

The Tenafly Welcome! committee is always open to new members. Please join us at Borough Hall. For more information contact Roxana Surrey, roxys@optonline.net

Meeting dates for 2020:	Monday, January 27	Monday, July 20
	Monday, February 24	Monday, August 31
	Monday, March 16	Monday, September 21
	Monday, April 20	Monday, October 4
	Monday, May 18	Monday, November 16
	Monday, June 15	Monday, December 21

Welcome to Tenafly. It's a great place to live!

Exhibits
Edna Kawulitzki
Gallery

Jan/Feb
Jean Lu

March
Artwork from the
Tenafly Senior
Center

Apr/May
Tenafly Art and
Artists
Remembered
Curated by
Alice Rigney

Library Hours
Monday 10-9
Tuesday 10-9
Wednesday 10-5
Thursday 10-9
Friday 10-5
Saturday 10-5
Sunday 12-4

*Closed Sundays
from Memorial Day
Weekend through
Labor Day Weekend*

**Holiday
Closings**
Presidents' Day
Monday, Feb. 17

Good Friday
Friday, Apr. 10

Easter
Sunday, Apr. 12

**Memorial Day
Weekend**
Saturday, May 23
Sunday, May 24
Monday, May 25



As the library turns 125 on March 25, we will be celebrating historic milestones throughout the year. The following events are sponsored by the Tenafly Library Friends, which funds the Sunday Afternoon Concert Series, the museum passes, children's programming, and more. To join, visit tenaflylibrary.org/friends.

RETRO STORYTIME

Children's Room

Tuesday, February 18 at 2:00 p.m.

The first ever story time was held February 1950, so February 2020 marks the 70th anniversary! Celebrate with stories, games, crafts, and food from the 1950s for both children and adults. We will read *Millions of Cats* by Wanda Gag, the very book which was read at the first ever story time! **Registration is only for adults who plan to craft. Children do not have to register. Adults register at tenaflylibrary.org/calendar.**

LIBRARY BIRTHDAY BASH

Edna Kawulitzki Art Gallery

Sunday, March 29 from 1:00 to 3:00 p.m.

Enjoy family fun—clowns, face painting, balloon animals, and a big birthday cake! Free and open to all.

TENAFLY ART AND ARTISTS REMEMBERED: CURATED BY ALICE RIGNEY

Edna Kawulitzki Art Gallery

Sunday, April 5 from 5:00 to 7:00 p.m.

Alice Rigney will present an exhibit celebrating Tenafly's art heritage. Learn about the lives and work of artists such as Harvey Dunn and Ruth Wilcox. There will also be door prizes, music and refreshments. **Ticket sales begin Monday, February 24 at the Library Circulation Desk. \$25 per person, \$40 per couple. Proceeds**

benefit the Tenafly Library Friends.

SUNDAY AFTERNOON CONCERT SERIES

IRISH MUSIC OF IAN GALLAGHER

Edna Kawulitzki Art Gallery

Sunday, March 15 at 2:00 p.m.

Musician Ian Gallagher will play some of your favorite Irish songs just before St. Patrick's Day.

THURNAUER SCHOOL OF MUSIC

Edna Kawulitzki Art Gallery

Sunday, May 3 at 2:00 p.m.

Listen to the beautiful music of the students of the JCC Thurnauer School of Music.

*Presented in honor of Marilyn Liebowitz.





TENAFLY
Nature Center

313 Hudson Ave., Tenaflly
201-568-6093



TenafllyNC.org

Maple Sugaring
Sundays in February &
March

12:30, 2:00 & 3:30

Learn how to identify a maple tree.
Discover the history of syrup making and
how technology has changed the way sap
has been gathered over the centuries.

TenafllyNC.org/Maple-sugaring

February

- 8: Seasonal Scavenger Hunt
- 9: Full Moon & Owl Prowl
- 14: Sweetheart Night Hike and
Campfire
- 15: Nature Story Time
- 15: Great Backyard Bird Count

March

- 7: Animal Ambassador of the Month
- 7: Tracks & Scat
- 8: Full Moon Hike
- 15: Seasonal Scavenger Hunt
- 21: Nature Story Time
- 21: Spring Campfire
- 29: Pancake Brunch

April

- 5: Guided Nature Walk
- 11: Camouflage Egg Hunt
- 11: Seasonal Scavenger Hunt
- 18: Nature Story Time

For More Programs Visit:
TenafllyNC.org/Seasonal-Programs

Lost Brook Trail Race

Saturday, April 4

Race Start - 9:00 am

Discover the natural terrain of the Lost Brook Preserve.
Experience sections of the trail as you navigate over roots,
rocks, and streams through Tenaflly Nature Center's nearly 400
acres of wetlands and hardwood forest.

5 mile preregistration - \$30 / Day of - \$35

10 mile preregistration - \$35 / Day of - \$40

For more info: TenafllyNC.org/Lost-Brook-Trail-Race

School Break Camps

When school is out, kids can keep learning and have fun too!
Children will explore Tenaflly Nature Center woods and trails,
make crafts, share stories and play games while learning about
the environment.

Monday, February 17 - Friday, February 21

Winter-themed activities include searching for animal tracks,
eating s'mores around the campfire and more.

Don't let your child miss out on fun, hands-on nature
experiences, outdoor discovery, and the chance to explore
our native hardwood forest and pond ecosystems.

For more info: TenafllyNC.org/Vacation-Day-Camps



Tenafly Senior Center • 20 South Summit Street • 201-569-2159

Leisure and Learning for Individuals 55 and Over

This past fall, the Tenafly Senior Center introduced an Evening Classes Program.

These classes are being offered to citizens of Tenafly and all surrounding towns age 55 and older. We are hoping to recruit new members from Tenafly and the surrounding communities who are unavailable to take classes during the day. The classes being offered are Weight Training/Stretching, Beginning Spanish and a Men's Cooking Class.

These classes are held on Thursday Evenings.

If you are interested in receiving more information about this program, please contact the Senior Center Manager, Michele Hausch at 201-569-2159.

SENIOR CENTER PROGRAM SCHEDULE: Dates are subject to change. New events are added each week. Please contact the Senior Center for an updated newsletter each month.

FEBRUARY

Wednesday, Feb 19 - Essential Oils and Wellness Class

Thursday, Feb 20- Monthly Luncheon

Friday, Feb 21 - What is Craniosacral Therapy?

Tuesday, Feb 25 - Downsizing with Beth - Mardi Gras Style

Wednesday, Feb 26 - Book Club Meet and Greet

Thursday, Feb 27 - Being Positive - You have a Purpose

Friday, Feb 28 - Center Movie - Downton Abbey

MARCH

Wednesday, March 4 - Philadelphia Flower Show Trip

Thursday, March 5 - The Story of Romania: Struggle, Endurance, Tragedy and Hope

Friday, March 6 - Center Movie - Waking Ned Devine

Tuesday, March 10 - Balance Class Starts

Wednesday, March 11 - Cooking with Care One Cupola

Thursday, March 12 - Wellness/Tea Party / Craft with Ashley

Friday, March 13 - Let's celebrate our March Birthday Members (sponsored by Home Instead)

March 15 - March 20 - Tenafly Senior Center Spirit Week

Thursday, March 19 - Normal Aging or Dementia?

Friday, March 20 - How Manual Lymph Drainage can help you before and after surgery ... and anytime in-between

Wednesday, March 25 - Open Discussion - Elder Law

Thursday, March 26 - Monthly Luncheon

Friday, March 27 - Drum Circle

Tuesday, March 31 - Arthritis - Sponsored by the Buckingham

APRIL

Thursday, April 2 - San Antonio in December - Premier Tours

Friday, April 3 - Let's celebrate our April Birthday Members (sponsored by the Buckingham)

Monday, April 6- Amazon Fire Tablet Class (tablets donated by an Eagle Scout - Come learn to use them)

Wednesday, April 8- Merrill Lynch presentation

Thursday, April 9 - Wellness and Craft with Ashley

Friday, April 10 - Center Movie

Wednesday, April 15 - Computer Scams and seniors

Thursday, April 16 - Monthly Luncheon

Friday, April 17 - Brain Power Presentation

Wednesday, April 22 - Book Club

Thursday, April 23 - Unique Creatures

Friday, April 24 - "The Drifters" - Sheldon Stone

Tuesday, April 28 - Grounds for Sculpture Trip

Wednesday, April 29 - Cooking for One - Sponsored by Tupperware

MAY

Friday, May 1 - Go Van Gogh - Grant from New Jersey Council for the Humanities

Tuesday, May 5 - Art of Aging—4 week session

Thursday, May 7 - Communications between older adults and kids

Friday, May 8 - Korean Luncheon (sponsored by Tenafly Korean Parent Association (KPA))

Thursday, May 14 - Let's celebrate our May Birthday Members

Friday, May 15 - The Secret Language of Pain - Chronic Pain & Mystery Aches

Thursday, May 21 - Monthly Luncheon

Friday, May 22 - Center Movie

Wednesday, May 27- Book Club

Thursday, May 28 - Diabetes Talk (sponsored by the Buckingham)

JUNE

Thursday, June 4 - Movie Screening - Q and A with producer

Friday, June 5 - Center Movie

Friday, June 12 - Let's celebrate our June Birthday members (sponsored by Home Instead)

Thursday, June 18 - Monthly Luncheon

Friday, June 19 - Snug Harbor, Staten Island Trip

Friday, June 26 - Musical Concert Performance - Salvatore Chiorelli

**BOROUGH OF
TENAFLY**
Mayor
Mark Zinna

Council Members

Lauren Dayton
Jeff Grossman
Venugopal Menon
Adam Michaels
Julie O'Connor
Daniel Park

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Tenafly Senior Center Continued:

Trips - Call for details

Tuesday, April 28 - Grounds for Sculpture, Hamilton, NJ - \$110.00 per person - includes deluxe motor transportation, guided tour, three course lunch at Rat's Restaurant - Hamilton, NJ

Friday, June 19 - Snug Harbor Cultural Center, Staten Island - \$110.00 per person - includes deluxe motor transportation, guided tour of Historical Sailor Harbor and the New York Chinese Scholar's Garden, and three course lunch at Blue Restaurant

Thursday, October 8 - Kinky Boots, Westchester Broadway Theater - \$90.00 per person - includes deluxe motor transportation, show tickets and lunch.