

TENAFLY SENIOR CENTER

Leisure & Learning for Individuals 55 and Over
Serving Tenafly and Bergen County

20 South Summit Street, Tenafly, NJ 07670

201-569-2159 www.tenaflynj.org

Michele Hausch, Senior Center Manager

Gina Chamberlain, Asst. Manager

FEBRUARY 2024

Mayor Mark Zinna



Thurs. Feb 1 at 1:30

Senior Self Defense

4 week class

The program is taught by Larry Barr, a certified 10th degree Grandmaster. Barr has been teaching for over 30 years. Learn common sense self defense! The class consists of breathing, stretching and light movements that have practical self defense applications. Come focus, get fit and have fun! \$25.00 per person for 4 sessions. **THIS WILL BE HELD AT THE MCCANDLESS ROOM BY THE BORO HALL.**

Friday, Feb 2 at 1:00

Art Therapy with JR

Having fun exercising your creativity is an integral part of a J Robinson Art workshop. Art can be easy, relaxing, therapeutic, and rewarding for any age or level of physical and mental wellness. We like to say we are not painting, we are just having some fun, pushing around a few colors and just being creative. Sign up today! Space is limited. \$20.00 pp

Tues., Feb 6 at 1:00

Koffee Klatch

The term "coffee klatch" comes from the German word, "kaffeeklatsch," which translates to coffee (kaffee) + gossip (klatsch). It refers to a group of friends getting together over a cup of coffee (or a treat). Join us once a month for this casual gathering.

Tues. Feb 6 at 12:30
Stop Taking it Personally

This talk is being held at and sponsored by Arbor Terrace in Teaneck. Lunch and tour will be at 12:30. Followed by the talk at 2:00. This is the follow up talk from Dealing with Negative People, last month. Call the center to register.

Thurs. Feb 8 & 15th at
10:00

Pottery Class

Come discover the art of clay molding. Both classes are different projects. One class is \$25 if you sign up for both it is \$40.

Friday, Feb 9 at 1:00

Beat the Winter Blues Party

Come dance off the Winter Blues! An afternoon of dancing, free giveaways and fun. Sunshine Productions will be entertaining us. Wear **BLUE** and your dance shoes!!

Tues. Feb 13 at 1:00
Chinese New Year Luncheon
\$13.00 pp

Join us as we celebrate the Year of the Dragon! Lunch and a presentation by TSC member Jane Chang. Jane will demonstrate Chinese Brush Painting and teach us about New Year traditions. Lunch Choices: Pick one—Beef Teriyaki, Veggie Lo Mein, General Tso Chicken or Shrimp w/mixed veggie. Includes brown rice, wonton soup and for dessert Chinese cookies and tea.

Thurs. Feb 15 at 2:00
Black History Month Talk

African-American athletes have made their mark on sports globally since the 1936 Berlin Olympics and Jesse Owens' performance against the backdrop of Adolf Hitler and the Nazis. Many African-American athletes have more than just on field accomplishments such as Jackie Robinson, Elgin Baylor, 22 American Football League All-Stars in 1965, Bill Russell, Muhammad Ali, Curt Flood and many others took principled stands and helped change society.

Friday, Feb 16, 23 and
March 1 at 1:00

It's All Relative- Genealogy
3 Part Series

Building and understanding family trees, including the differences of pedigree and family group charts, gathering accurate information, understanding, and analyzing relationships. Eric will cover places to build family trees online as well as offline tree building software. Eric Migdal, as an adoptee, he has spent many years searching for his biological family with very few results. His starting information was wrong and the assumptions he made were also incorrect. He did DNA testing to assist him with finding the truth about his family and it ultimately lead him to the correct family. Part 2 of this session will be finding records to aid in your research on Feb 22 and Part 3 will be DNA Testing companies Pros and Cons, Costs and Features.

Monday

Tuesday

Wednesday

JUST A REMINDER—2024 MEMBERSHIP IS DUE

The membership is used to defer the cost of all of our activities, luncheons and so much more. If your class fee is due, please stop in the office to pay. THANK YOU

WEATHER CONDITIONS

We will send out a text and email if the center is closed or delayed opening due to weather. If you don't receive a message, call before you come if weather is questionable.

Your safety comes first!

5

10:00 Bridge
10:00 Standing Pilates w/ Kim
11:00 Let's Get Moving w/ Kim
12:30 Line Dancing
12:30 Knit/Crochet Group

2:00 Drawing with JR—STARTS

6

9:30 Watercolor w/ Dorrie
10:00 Chair Yoga w/ Arlene
11:15 Stretch w/ Stephen
12:45 Exercise w/Susan
1:00 Canasta

1:00 KOFFEE KLATCH



7

10:00 Bridge
10:15 Qigong/Tai Chi w/ Johanna
10:30 Multi Media Art Class
11:30 Zumba w/ Jane
1:00 Mahjong—American
2:00 Osteo w/ Ulli
3:00 ZEN READING GROUP BICYCLE CLUB TRIP



12

10:00 Bridge
10:00 Standing Pilates w/ Kim
11:00 Let's Get Moving w/ Kim
11:00 Chinese Brush
12:30 Knit/Crochet Group
2:00 Drawing with JR

1:00 BOOK CLUB



13

9:30 Watercolor w/ Dorrie
10:00 Chair Yoga w/ Arlene
11:15 Stretch w/ Stephen
1:00 Canasta

1:00 CHINESE NEW YEAR LUNCHEON



14

10:00 Bridge
10:15 Qigong/Tai Chi w/ Johanna
10:30 Multi Media Art Class
11:30 Zumba w/ Jane
1:00 Mahjong American
2:00 Osteo w/ Ulli



3:00 ZEN READING GROUP

19

CENTER CLOSED



20

9:30 Watercolor w/ Dorrie
10:00 Chair Yoga w/ Arlene
11:15 Stretch w/ Stephen
12:45 Exercise w/Susan
1:00 Canasta

1:30 MONTHLY—BIRTHDAY CELEBRATION—FEBRUARY



21

10:00 Bridge
10:15 Qigong/Tai Chi w/ Johanna
10:30 Multi Media Art Class
11:30 Zumba w/ Jane
1:00 Mahjong American
2:00 Osteo w/ Ulli



1:30 GRIEF COUNSELING 3:00 ZEN READING GROUP

26

10:00 Bridge
10:00 Standing Pilates w/ Kim
11:00 Let's Get Moving w/ Kim
11:00 CHINESE BRUSH STARTS
12:30 Line Dancing
12:30 Knit/Crochet Group
2:00 Drawing with JR
9:30 BLOOD PRESSURE 9:30 BOARD OF TRUSTEES
1:00 BOOK CLUB



27

9:30 Watercolor w/ Dorrie
10:00 Chair Yoga
11:15 Stretch w/ Stephen
12:45 Exercise w/Susan
1:00 Canasta

28

10:00 Bridge
10:15 Qigong/Tai Chi w/ Johanna
10:30 Multi Media Art Class
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1:00 Mahjong American
2:00 Osteo w/ Ulli



3:00 ZEN READING GROUP

Thursday

1
9:30 Folk Dancing 
10:30 ESL—Beginners
11:30 QiGong w/ Johanna
12:30 Chinese Tiles (Mahjong)
12:45 Tap with Jean

1:30 SELF DEFENSE CLASS
(McCandless Room)

8
9:30 Folk Dancing 
10:30 ESL—Beginners
11:30 QiGong w/ Johanna
12:30 Chinese Tiles (Mahjong)
12:45 Tap with Jean

10:00 POTTERY CLASS 
1:30 SELF DEFENSE CLASS
(McCandless Room)

15
9:30 Folk Dancing 
10:30 ESL—Beginners
11:30 QiGong w/Johanna
12:30 Chinese Tiles (Mahjong)
12:45 Tap with Jean

10:00 POTTERY CLASS

2:00 BLACK HISTORY
MONTH TALK

22
9:30 Folk Dancing 
10:30 ESL—Beginners
11:30 QiGong w/Johanna
12:30 Chinese Tiles (Mahjong)
12:45 Tap with Jean

1:30 SELF DEFENSE CLASS
(McCandless Room)

29
9:30 Folk Dancing 
10:30 ESL—Beginners
11:30 QiGong w/Johanna
12:30 Chinese Tiles (Mahjong)
12:45 Tap with Jean

1:30 SELF DEFENSE CLASS 
(McCandless Room)
LEAP YEAR—WEAR GREEN

Friday

2
10:00 Stretch w/ Stephen
11:00 ESL
11:30 Zumba w/ Jane

1:00 ART THERAPY W/ JR

9
10:00 Stretch w/ Stephen
11:00 ESL
11:30 Zumba w/ Jane

1:00 BEAT THE WINTER
BLUES DANCE PARTY 

16
10:00 Stretch w/ Stephen
11:00 ESL
11:30 Zumba w/ Jane

1:00 IT'S ALL RELATIVE 

23
10:00 Stretch w/ Stephen
11:00 ESL
11:30 Zumba w/ Jane

1:00 IT'S ALL RELATIVE 

GRIEF COUNSELING

The third Wednesday of each month Unicity Senior Advisors sponsors this monthly support group. There are many types of grief; come and get the support you deserve.

**TENAFLY
SENIOR BUS**
For Tenafly
residents only
201-408-3625

Mon. Feb 26 at 1:00
TSC Book Club

**TRY SOMETHING
NEW! SIGN UP
TODAY**

Drawing with JR
starts on Monday,
Feb 5
\$85.00

Chinese Brush starts
on Monday
Feb. 26
\$65.00

Our Monthly
Birthday Club
is BACK!!

HAPPY
BIRTHDAY

Tuesday,
February 20
1:30

If you have a
birthday in Febru-
ary, stop by for a
treat! And chat
with fellow
members born in
February.

MARCH 2024

SAVE THE DATES- subject to change

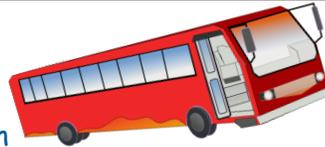
- March 1—Take Control of your Health 6 wk Series
- March 1—Part 3 of It's All Relative
- March 5—Koffee Klatch
- March 7—Grateful Paws
- March 9—Art History Talk—Denise Budd
- March 12—Birthday Club—March Birthdays
- March 15—Religion in America
- March 19—Monthly Luncheon
- March 20- Health Panel—6:30pm -Community event
- March 21—Harry Belafonte Tribute
- March 22—Sock Hop
- March 26—Let's Make a Deal
- March 28- Unclaimed Property

TENAFLY SENIOR CENTER MISSION STATEMENT

The Tenafly Senior Center's mission is to enhance the lives of senior citizens in Tenafly and Bergen County by providing social, educational, physical, healthful, recreational activities and trips during the daytime hours; Monday through Friday.

Look for the Nominations Email if you are interested in running for a position on our Board of Trustees. (or stop in for information.)

2024 UPCOMING TRIPS



Thursday, March 14

United Nations Art Tour and Grand Central Station
\$ 70.00 per person—SOLD OUT

Wednesday, April 10

"DOUBT" on Broadway starring Liv Schreiber and Tyne Daly—Limited engagement
\$140 pp—Orchestra Seats

Tuesday –Wednesday, April 23–24

Lancaster—Sight and Sound "Daniel" Overnight- Hotel, tickets , breakfast, lunch and dinner included. Also included is a side tour on Tuesday.
\$399.00 Double pp
\$479.00 Single

Wednesday, May 22

"The Play that goes Wrong" on Broadway \$130.00 pp—Orchestra Seats

Thursday, June 6

Spring Lake House tour and Lunch \$120 pp—Walking tour and lunch included

Tues, Wed, Thurs. June 11–13

Newport RI and Mystic
Two night trip, (2) breakfasts, (2) dinners, cruise tour, entrance to (3) mansions, admission to Touro Synagogue, Visit to Mystic, Visit to Brick Marketplace
\$525 Double room pp
\$ 630 Single room

Wednesday, July 24

New York Boulders Baseball Game—Reserved Admission and Lunch on the Sunset Deck \$115.00 per person



February 29 only comes around every four years—so make it an extra special day! Take that extra LEAP!

Happy Leap Year!
Wear GREEN on February 29!

With our new senior center software , we are able to get messages out quickly. (Email, Phone or text). If a class is cancelled or the center is closed due to weather, a message will be sent out. If you do NOT get the message, there is a reason, please stop in the office to confirm your information. The majority of the messages will be text or email.

If you are ever concerned about the weather, always feel free to call us. Thank you.

PLEASE READ