

TENAFLY SENIOR CENTER

Leisure & Learning for Individuals 55 and Over
Serving Tenafly and Bergen County
20 S. Summit Street, Tenafly, NJ 07670
201-569-2159 www.tenaflynj.gov
Michele Hausch, Senior Center Director
Gina Chamberlain, Asst. Manager

Mayor Mark Zinna



January 2026



HAPPY NEW YEAR!! TIME TO RENEW YOUR MEMBERSHIP!!

Stop in the office to update your information and pay your \$25.00 membership fee. It's the best \$25.00 you will spend this year!

Friday, Jan. 2 at 1:00 History Trivia

Join us for an afternoon of fun and laughs. Show off your history knowledge. Warm up with some hot chocolate.

Mondays, Jan. 5 at 2:00 Drawing with JR

Beginners, Intermediate and Advanced
Unlock the drawing skills that make watercolor and other forms of art come alive. This 10-week drawing class is designed to strengthen the foundation behind every great painting, guiding beginners, intermediate, and advanced watercolorists through essential techniques including freehand drawing, grid-based construction, and sight alignment. Each session builds on the last, helping you see more accurately, draw with confidence, and understand how structure, proportion, and perspective elevate your artwork. By the end of the course, you'll not only draw better—you'll paint better, with greater control, clarity, and artistic freedom. **\$125.00 Per person-Space is limited.**

Tues. Jan. 6 at 1:00 Koffee Klatch

Every month, we gather to catch up and chat. Come hang out at our monthly Koffee Klatch! Each gathering has a seasonal theme. Grab a light snack and sip on some coffee or tea while chatting with other members.

Tues. Jan 6 at 2:00 BINGO

B-6??Join us for an afternoon of BINGO. Win some fun prizes and have some fun!! Beat the winter blues away!

Jan. 8th and 9th 2:00 - 4:00

Men's Two Day Workshop

Chris Orozco is the owner of Orozco body and mind brand that helps men connect their body and mind to overcome bad habits, build confidence, stay disciplined, and find purpose in life! Chris focuses on community, movement, personal growth and fitness. Through his work, he reminds people that they have the strength and ability to be the best versions of them-

selves! Join us for this 2- day men's retreat. \$20.00 due at sign up. Space is limited.

Friday, Jan 9 at 1:00 Jewish Home Monthly Event

The Jewish Home family will be joining us monthly again!! Health Screenings at 1:00—dance yoga class starts at 1:30. LEAD 2.0 will be a monthly event.

Tues. Jan. 13 at 1:30 Burns Supper (light lunch)

Held throughout the world on Burns Night (or day) a traditional Burns supper is an evening event that celebrates Robert Burns' life and work. This is an interactive event. Traditional Scottish foods will be served. Longtime member of the TSC Jane Cornet will be hosting this event. \$10.00 per person- limited to 25 people

Thurs. Jan. 15 at 2:00 ELVIS!!

A young man in Memphis sang Country and R'n'B songs, which became regional hits. RCA bought his contract and he became a national sensation. White DJ's began playing Negro artists and some records would 'cross over' and become both R'n'B and Pop hits. Years later, the Rock & Roll Hall of Fame would pick 10 acts to be their first inductees. We'll watch, listen to and remember Elvis and the other members of the first Rock & Roll Hall of Fame class.

Jan 16 at 10:30 Bring the Positive

Holy Name Monthly Health Talk

Join us to learn how positive affirmations can cultivate a more positive outlook, foster better coping mechanisms for stress and anxiety, and enhance well-being.

Fri. Jan 16 at 1:00

Truman: The Foreign Policy Minefield.

In his last visit, Bergen Community College American history instructor James Devine reviewed the early years of Harry S Truman's presidency: the decision to accept the vice-presidential nomination; the transition from Franklin D. Roosevelt; the decision to employ the atom bomb to end the war in the Pacific. On January 16, we will continue with: *Truman: The Foreign Policy Minefield*. We'll see how HST: took the lead in establishing the UN; faced up to USSR Eastern Europe and Far East aggression; prevented the loss of Greece and Turkey to communism; rebuilt Europe via the Marshall Plan and, finally, created NATO.

Tues. Jan 20 at 1:00 Snowflake Luncheon Pizza and Salad

Salad, 2 slices of pizza and dessert! \$13.00 pp. (No take out) Manny will be our entertainment. Wear your dancing shoes!

Thurs. Jan. 22 at 2:00 History Talk—1926

It's the Jazz Age and speakeasies are the rage as Americans want alcohol. The American economy is humming for the wealthy class but not so much for lower- and middle-class workers. There is a General Strike in the United Kingdom, Henry Ford introduces the 40-hour work week. Gertrude Ederle swims the English Channel. A new American radio network starts, NBC, the first rocket is launched. Winnie the Pooh and Mary Poppins make their first appearances.

Friday, Jan 23 at 2:00 Religion in America

Why does faith matter? Do we find faith in truth? Does truth gain depth through faith? Does a relationship between faith and truth lead to deeper wisdom? Join us for another interesting session with Karen.

Tues. Jan 27 at 1:00 Monthly Meditation and Mindfulness

They go hand in hand. The more you meditate - Intentionally sit for a structured period of time without following your thoughts - the more you become aware of thoughts and emotions that arise during the course of the day (or night). Instead of getting lost in these feelings and allowing them to take control, we will learn how to sink into the pure energy and let go of the story line in order to experience life as it is, not as we think it is or want it to be. We will do both sitting meditation and mindfulness during the class. Joanne O'Neill will be your guide.

Thurs. Jan. 29 at 2:00 Sound Bath

Experience the tranquility of various sounds designed to help you unwind. It's just \$8.00 for a full sixty minutes (that's an extra 15 minutes compared to our earlier classes).

Friday, Jan 30 at 1:00 Blue Chip Chorus

Barbershop is a uniquely American musical art form. The love of that music is global. Come listen to these guys spread the joy!!

Monday

Tuesday

Wednesday

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 W/JR STARTS

6

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

1:00 Koffee Klatch

2:00 BINGO



7

10:00 Acrylic and More
 10:00 Bridge
 10:15 Qigong/Tai Chi w/ Johanna
 11:30 Zumba w/ Jane
 1:00 Mahjong
 2:00 Osteo w/Ulli
3:10 Beginner Tap Starts



12

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



BLOOD PRESSURE

9:30 Blood Pressure Screening

13

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

1:30 Burns Supper



14

10:00 Acrylic and More
 10:00 Bridge
 10:15 Qigong/Tai Chi w/ Johanna
 11:30 Zumba w/ Jane
 1:00 Mahjong
 2:00 Osteo w/Ulli
 3:10 Beginner Tap

19

CENTER CLOSED



20

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

1:00 Snowflake Luncheon

21

10:00 Acrylic and More
 10:00 Bridge
 10:15 Qigong/Tai Chi w/ Johanna
 11:30 Zumba w/ Jane
 1:00 Mahjong
 2:00 Osteo w/Ulli
 3:10 Beginner Tap

26

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

12:45 Book Club

9:30 Board of Trustees

27

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

1:00 Meditation and Mindfulness



28

10:00 Acrylic and More
 10:00 Bridge
 10:15 Qigong/Tai Chi w/ Johanna
 11:30 Zumba w/ Jane
 1:00 Mahjong
 2:00 Osteo w/Ulli
 3:10 Beginner Tap

Thursday

Friday

1
CENTER CLOSED
HAPPY NEW YEAR!



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

1:00 HISTORY TRIVIA and BINGO

No Spanish today

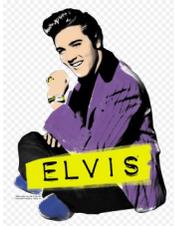
8
 9:30 Folk Dancing
 11:30 QiGong w/Johanna
 12:45 Tap with Jean
 3:10 Zen Group
2:00 Women's Discussion Group
2:00 Men's Two Day Retreat (Day 1)

9
 10:00 Stretch w/ Stephen
 11:00 ESL—Advanced
 11:30 Zumba w/ Jane
 12:00 Beginner Spanish
1:00 Jewish Home LEAD 2.0
2:00 Men's Two Day Retreat (Day 2)



15
 9:30 Folk Dancing
 11:30 QiGong w/Johanna
 3:10 Zen Group

2:00 ELVIS History Talk



16
 10:00 Stretch w/ Stephen
 11:00 ESL—Advanced
 11:30 Zumba w/ Jane
 12:00 Beginner Spanish
10:30 Holy Name Health Talk

1:00 Truman History Talk



22
 9:30 Folk Dancing
 11:30 QiGong w/Johanna
 12:45 Tap with Jean
 3:10 Zen Group

2:00 1926 History Talk



23
 10:00 Stretch w/ Stephen
 11:00 ESL—Advanced
 11:30 Zumba w/ Jane
 12:00 Beginner Spanish

2:00 Religion in America



29
 9:30 Folk Dancing
 11:30 QiGong w/Johanna
 12:45 Tap with Jean
 3:10 Zen Group

2:00 Sound Bath



30
 10:00 Stretch w/ Stephen
 11:30 ESL—Advanced
 11:30 Zumba w/ Jane
 12:00 Beginner Spanish
1:00 Blue Chip Chorus

TOMORROW—SAT. JAN. 31

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

BEGINNER TAP

Step into something fun. Our beginner Tap class is a light joyful introduction to tap dancing. No experience is needed. Wednesdays at 3:10 Starting Jan. 7



Come make some noise with us!!
\$70 for eight weeks

Saturday, Jan 31 11:00am — 1:00pm Lunar New Year Celebration

Join us as we welcome the Year of the Horse, with joy and community. Celebrate Lunar New Year with traditional music, light refreshments, cultural activities and fun!



UPCOMING TRIPS FOR 2026!!

Wednesday, March 11, 2026*

*denotes full payment due at sign up

CHESSE on Broadway

\$210.00 per person—Orchestra Seats and Transportation

Tuesday - Wednesday April 28 -29, 2026

Lancaster- Sight and Sound Theatre JOSHUA

\$420.00 per person Double \$490.00 Single

Wednesday, May 13, 2026

Whitney Museum of American Art, NYC

\$ 127.00 per person- Transportation, Admission, Lunch

Wednesday, May 27, 2026*

SCHMIGADOON on Broadway

\$ 180.00 per person - Orchestra and Transportation

Thursday, June 9, 2026

Casa Bianca, Oak Ridge, NJ

\$165.00 per person - Admission to Jersey Boys and lunch (food and fun and a great show)

Tuesday - Thursday, June 16-18, 2026

Grand Canyon of Pennsylvania

\$550.00 Double per person \$695 Single

Wednesday, August 12, 2026

Lyndhurst Mansion, NY

\$127 per person - Transportation, Admission to the Lyndhurst Mansion, Lunch

Wednesday, September 16, 2026

Grounds for Sculpture

\$125.00 pp - Transportation, Admission, Lunch at the Peacock Café

Wednesday, November 18, 2026

Resorts Lodge - Catskills

\$120.00 per person - includes \$25.00 Slot Play, Buffet Lunch & Show Ticket

Feb Events—dates and events subject to change

- ◇ Feb. 3—Koffee Klatch
- ◇ Feb. 4—Four week Charcoal Drawing Class
- ◇ Feb. 5.—Women's Discussion Group
- ◇ Feb. 5—Take Control—Four Week Workshop (lunch included) must attend all 4 weeks
- ◇ Feb. 6—Name that Tune
- ◇ Feb. 10—Scams Presentation
- ◇ Feb. 13 - Scam Game
- ◇ Feb. 13—Monthly Event sponsored by The Jewish Home
- ◇ Feb. 17- Monthly Luncheon—Mardis Gras Costume Party
- ◇ Feb 19—Men's Group Discussion
- ◇ Feb. 19—Make your own Hot Chocolate Bombs
- ◇ Feb. 20—How to Disagree with Dignity
- ◇ Feb. 24—Meditation and Mindfulness
- ◇ Feb. 26—Alex P performance
- ◇ Feb 27—Monthly Health Talk—Holy Name Hospital
- ◇ Feb. 27—Religion in America

**Just a reminder:
2026 Membership
is due by
January 31, 2026**