

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

February 2026
♥ ♥

Mayor Mark Zinna



Wed. Feb. 4, 11, 18, 25 at 1:00 4- week Charcoal Still Life

This charcoal still life study introduces drawing techniques as we explore the elements of art—shape, balance, positive/negative space, shading and overlapping. Create a frame worthy piece in a supportive setting. All materials included. \$55.00 pp. Christine Mugno is the instructor.

Thurs. Feb. 5 at 2:00 Women's Discussion Open Group (First Thursday of every month)

Women's groups offer a safe and supportive space for individuals to connect, share experiences, and explore issues affecting their lives. The topics discussed in these groups are diverse and can range from personal growth to societal concerns. Sandra Alvarado, advanced physiatrist nurse practitioner therapist will be facilitating this group.

Tues. Feb. 10 at 1:00 Scams Presentation

The U.S. Securities and Exchange Commission (SEC) is warning seniors about a devastating scam that is affecting so many—relationship investment scams, also known as pig butchering. Scammers reach out online or through text message and attempt to build trust through friendships or romantic connections convincing victims to put money into phony investments. Join us to learn what to look out for and how to protect yourself and avoid relationship investment scams.

Friday, Feb. 13 at 10:00 Senior Shield Program

This focuses on protecting seniors from financial scams in a way that's fun and interactive. Don't worry, it isn't a lecture. Instead, seniors play a "Scam or Legit?" game where everyone participates, and everyone wins small prizes!

Friday, Feb. 13 at 1:00 Monthly Event sponsored by The Jewish Home

Dr. Pavell is currently the Chief of Rehabilitation Medicine at Englewood Hospital and Medical Center. At the Physical Medicine and Rehabilitation Center, Dr. Pavell uses the combination of manual techniques, medication,

physical therapy and injection to provide optimal patient care.

Tues. Feb. 17 at 1:00 Mardi Gras Costume Party Monthly Luncheon

Get ready to laissez les bons temps rouler! Join us for a festive Mardi Gras Costume Party filled with colorful costumes, live music, laughter and plenty of fun! Dress in your best beads, masks or Mardi Gras flair and celebrate New Orleans -style with friends. **Costumes welcomed!!** \$13.00 Chicken OR Shrimp Po Boy, Red beans and Rice. Dessert and entertainment!

Thursday, Feb 19 at 2:00 Men's Discussion Open Group

A men's support group is a close-knit meeting where men unite to navigate challenges, offering mutual support for personal growth, mental well-being, success, and happiness. This group meets every 3rd Thursday of the month.

Thurs. Feb. 19 at 2:00 Hot Chocolate Bombs Workshop

Come learn how to make delicious hot chocolate bombs to serve on a cold winters night. You will be taking them home with you. \$20.00 per person. You must sign up for this workshop.

Friday, Feb. 20 at 10:00 How to Disagree with Dignity- Skills for Disagreeing Better, a 1.5 hour experiential workshop

In this polarized time, we lack basic understanding of why people on the other political side hold their beliefs. We don't see them as they see themselves—their core values and central concerns—but instead as we choose to see them. We are tempted to regard our own side as principled and the other side as self-interested. When we try to communicate across this gap, we often lack the skills for listening carefully, looking for common ground, and sharing our perspectives in ways that connect rather than create more misunderstanding. We can learn to disagree better in polarized times, which means accurately seeing where we differ and where we share common ground. **YOU MUST SIGN**

UP FOR THIS LIMITED SPACE WORKSHOP.

Friday, Feb 20 at 1:00 History Talk—James Devine

By 1781, the Continental Congress, unable to levy taxes, was broke. The Patriot state governments were also in the red. And the French government, which had bankrolled the rebellious colonists since 1778, was teetering on bankruptcy itself. The Patriot case could not have been financially-sustained into 1782. So why did the world's greatest empire decide after Yorktown that the war in North America was unwinnable?

Tues. Feb. 24 at 1:00 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). Join other members once a month as Joanne O'Neill will be your guide.

Thurs. Feb. 26 at 2:00 Alex P performance

Discover pop, rock, Broadway and classical tunes that share the beautiful theme for the February season. Join Alex Prizgintas as he entertains us once again with his amazing talents, his cello amplified, his sounds altered through guitar pedals, and choruses multiplied through a looping station, you'll be treated to a chorus of sounds unique by any standard by a solo performer.

Friday, Feb 27 at 10:30 The Importance of an Annual Well- ness Visit and File of Life Packets

An annual wellness visit is a Medicare benefit that focuses on long-term planning and disease prevention visit. Learn how to get the most out of this visit to create your own personalized prevention plan. File of Life packets will be available. These magnetic packets can save lives and prevent medical errors by providing quick access to medical history in emergency situations.

Monday

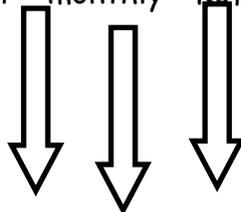
Tuesday

Wednesday

Tues. Feb. 3 at 1:00

Koffee Klatch

Every month, we gather to catch up and chat. Come hang out at our monthly Koffee Klatch



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!

2

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

3

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

1:00 Koffee Klatch



4

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

1:00 Charcoal Class

9

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

10

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

1:00 Scams Presentation



11

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

1:00 Charcoal Class

16

CENTER CLOSED



17

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

1:00 Mardi Gras Luncheon



18

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

1:00 Charcoal Class

23

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- James By Percival Everett

24

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

1:00 Meditation and Mindfulness



25

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

1:00 Charcoal Class

Thursday

Friday

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

**Thur. Feb.
5, 12, 19, 26
March 5, 12
11:00—1:00**

**Take Control of
your Health**
**You must sign up
for this event.**
Limit to 15 people

Join us for a free 2-hour workshop in Bergen County, where you'll learn from experienced leaders.

We'll provide lunch too!

This 6 week workshop focuses on chronic health issues and various other health concerns. Each week, we'll introduce a new topic. This is our second time hosting this super informative workshop. Lunch will be served each week. You must commit to at least 5

5
9:30 Folk Dancing
11:30 QiGong w/Johanna
12:45 Tap with Jean
3:10 Zen Group



11:00 Take Control Workshop
2:00 Women's Discussion Group

6
10:00 Stretch w/ Stephen
11:00 ESL—Advanced
11:30 Zumba w/ Jane
12:00 Beginner Spanish



1:00 Name that Tune

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

11:00 Take Control Workshop

13
10:00 Stretch w/ Stephen
11:00 ESL—Advanced
11:30 Zumba w/ Jane
12:00 Beginner Spanish

10:00 Senior Shield Program

1:00 Jewish Home LEAD 2.0

19
9:30 Folk Dancing
11:30 QiGong w/Johanna
12:45 Tap with Jean
3:10 Zen Group

11:00 Take Control Workshop
2:00 Hot Chocolate Bombs Class
2:00 Men's Group Discussion

20
10:00 Stretch w/ Stephen
11:00 ESL—Advanced
11:30 Zumba w/ Jane
12:00 Beginner Spanish

10:00 How to Disagree with Dignity

1:00 James Devine- History Talk

Friday, Feb. 6 at 1:00
Name that Tune
Come listen to some live music and guess the song! Billy Mac will be entertaining us this afternoon.



26
9:30 Folk Dancing
11:30 QiGong w/Johanna
12:45 Tap with Jean
3:10 Zen Group

11:00 Take Control Workshop
2:00 Alex P.

27
10:00 Stretch w/ Stephen
11:30 ESL—Advanced
11:30 Zumba w/ Jane
12:00 Beginner Spanish

10:30 Holy Name Monthly Health Talk

2:00 Religion in America



Friday, Feb. 27
2:00
Religion in America

What role does belief play in faith? What is the importance of believing?



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

Tuesday, 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

March Events—dates and events subject to change

March 3 Koffee Klatch
March 5—Women's Discussion
March 6—Sound Bath
March 10- St. Patrick's Craft
March 11—Chess on Broadway
March 12—Dello Russo eye talk
March 13—Hearing Life
March 17—St. Patrick's Day Luncheon
March 19—Men's Discussion
March 19- History Talk
March 20—Dreams—What do they mean?
March 24—Meditation / Mindfulness
March 26—History Talk
March 27—Religion in America
March 31—Dominick Panfile performance

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.
Our Board of Trustees meets once a month—check the newsletter for date.

**Just a reminder:
2026 Membership
is due**