

# 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

March 2026

Mayor Mark Zinna



**NEW CLASSES!!**  
**RISE AND SHINE YOGA**  
Mondays at 9:00 am—Chair  
or Floor, bring your own  
mat. 8 weeks for \$50.00  
(starts 3/2)  
**MOBILITY CLASS**  
**RETURNS**  
Wednesdays at 9:00 am—5  
week class \$30.00 (starts  
3/4)

**Tues. March 3 at 1:00**  
**Koffee Klatch**

Join us for our monthly coffee gathering. Chat with fellow members while enjoying some delicious refreshments.

**Thurs. March 5 at 2:00**  
**Women's Discussion**

Women's groups offer a safe and supportive space for individuals to connect, share experiences, and explore issues affecting their lives. Join us monthly for this group.

**Friday, March 6 at 1:00**  
**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).

**Thurs. March 12 at 2:00**  
**Dello Russo/NJ Eye Center**

Experienced doctors and staff will bring educational materials, vision screenings, and small giveaways to make the event both enlightening and entertaining. Join us for this informative talk.

**Friday, March 13 at 1:00**  
**Jewish Home Monthly Event**

When it comes to staying healthy, having a hearing assessment is

just as important as any other health check-up. The Jewish Home will be sponsoring this talk. Health screenings at 1:00 talk begins at 1:30. Refreshments will be served.

**Tues. March 17 at 1:00**  
**St. Patrick's Day Luncheon**

**Top of the Mornin to ya! \$13.00**  
Wear GREEN to our monthly luncheon. Sandwiches by Crossroads will be served. Pastrami, Corned Beef, Swiss cheese, coleslaw, Russian dressing on a roll. Coffee, Tea and Dessert

**Thurs. March 19 at 2:00**  
**Men's Discussion**

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. Join us for this monthly group.

**Thurs. March 19 at 1:00**  
**CHEERS!**

Relax! Pull up a **Barstool!** We'll spend some time with **Sam, Cliff, Coach, Woody, Carla, Diane, Rebecca** and, of course, **NORM!!!** at a bar where Everybody Knows Your Name and Everybody's Glad You Came. Raise a glass and yell **CHEERS!!** **Sam** will be trying to pick up any attractive young woman; **Cliff** will be spouting useless, (and often wrong), knowledge, **Carla** may be pregnant and/or married, but as long as they're together the fun doesn't stop.

**Friday, March 20 at 1:00**  
**DREAMS**

**Understanding your Dreams- How to work with your Dream State to Access Information Beyond Your Thinking Mind**

(Details on page three of the newsletter)

**Tuesday, March 24 at 1:00**  
**Meditation / Mindfulness**

They go hand in hand. The more you meditate - the more you become aware of thoughts and emotions that arise during the course of the day. 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. Joanne O'Neill will be your guide.

**Wednesday, March 25 at 1:00**  
**Painting with Joan**

Get ready for Spring!! Paint a small canvas painting. \$5.00 per person. No talent needed!!

**Thurs. March 26 at 2:00**  
**Baseball in American Culture**

Baseball first popped up in the American culture in the mid-19<sup>th</sup> century but it was not until the mid-1880s that baseball achieved a level of prominence away from the field. Casey At The Bat was a poem that appeared in the San Francisco Examiner and took on a life of its own. Take Me Out To The Ballgame is still sung 110 years after it was written. Abbott and Costello's biggest routine was Who's On First. Baseball has been a subject in books, on vaudeville stages, in a Broadway play, in song, in movies and television. Baseball cards played a role in kids growing up and Yogi Berra became an American icon.

**Tuesday, March 31 at 1:00**  
**Domenick Panfile**

Join us for an afternoon of great talent. Domenick Panfile is a Dumont native with an electric repertoire from Bach to Rock. Dom was a Tenor Leader with Montclair State College, University Singers and Vocal Accord performing with the New Jersey Symphony Orchestra and at Carnegie Hall with the Orpheus Men's Choir. Join us for this entertaining event.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<p><b>2</b>  <b>9:00 RISE AND SHINE YOGA</b>            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</p>	<p><b>3</b>            9:30 Watercolor w/ Dorrie            10:00 Chair Yoga w/ Arlene            11:15 Stretch w/ Stephen            1:00 Canasta</p> <p><b>1:00 Koffee Klatch</b></p> 	<p><b>4</b>  <b>9:00 MOBILITY CLASS</b>            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</p>
<p><b>9</b>            9:00 RISE AND SHINE YOGA            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</p>  <p><b>9:30 Blood Pressure Screening</b></p>	<p><b>10</b>            9:30 Watercolor w/ Dorrie            10:00 Chair Yoga w/ Arlene            11:15 Stretch w/ Stephen            1:00 Canasta</p> <p><b>2:00 Tenafly Nature Center lecture</b></p>	<p><b>11</b>  <b>9:00 MOBILITY CLASS</b>            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            3:00 Beginner Tap</p> <p><b>CHESS ON BROADWAY TRIP</b></p>
<p><b>16</b>            9:00 RISE AND SHINE YOGA            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</p> <p><b>9:30 Board of Trustees Meeting</b></p>	<p><b>17</b>  <b>9:30 Watercolor w/ Dorrie</b>  <b>10:00 Chair Yoga w/ Arlene</b>  <b>11:15 Stretch w/ Stephen</b>  <b>1:00 Canasta</b></p> <p><b>1:00 Luncheon</b>  <b><u>Wear Green</u></b></p> 	<p><b>18</b>  <b>9:00 MOBILITY CLASS</b>            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            3:00 Beginner Tap</p>
<p><b>23</b>            9:00 RISE AND SHINE YOGA            10:00 Bridge            10:00 Standing Pilates w/ Kim            11:00 Let's Get Moving w/ Kim            12:30 Knit/Crochet Group            12:30 Line Dancing            2:00 Drawing with Hannah</p>	<p><b>24</b>            9:30 Watercolor w/ Dorrie            10:00 Chair Yoga w/ Arlene            11:15 Stretch w/ Stephen            1:00 Canasta</p> <p><b>1:00 Meditation and Mindfulness</b></p> 	<p><b>25</b>  <b>9:00 MOBILITY CLASS</b>            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            3:00 Beginner Tap</p> <p><b>1:00 Canvas Art Class</b></p> 
<p><b>30</b>            10:00 Bridge            10:00 Standing Pilates w/ Kim            11:00 Let's Get Moving w/ Kim            12:30 Knit/Crochet Group            12:30 Line Dancing            2:00 Drawing with Hannah</p> <p><b>12:45 Book Club- TBD</b></p>	<p><b>31</b>            9:30 Watercolor w/ Dorrie            10:00 Chair Yoga w/ Arlene            11:15 Stretch w/ Stephen            1:00 Canasta</p> <p><b>1:00 Afternoon of Music- Domenick Panfile</b></p> 	

# Thursday

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

12  
 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 Eye Health

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



1:00 CHEERS TV Show  
 2:00 Men's Group Discussion

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



2:00 Baseball in American Culture

# Friday

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

1:00 Sound Bath



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

1:00 Jewish Home LEAD 2.0

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



10:30 Holy Name Health Talk  
 1:00 Dreams—Medium Talk

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



2:00 Religion in America

# DREAMS

Understanding your Dreams  
 How to work with your  
 Dream State to Access  
 Information Beyond Your  
 Thinking Mind

Friday,  
March 20  
1:00

Ever wake from a nightmare in total fear? Or have a dream you are convinced is prophecy (going to happen)? Do you remember your dreams? Do you lucid dream? And if not, how can you develop your awareness of your dream state and use it purposely to enhance your life, get important, sometimes life changing information, solve problems, increase your psychic ability, heal yourself and help others? Working with the dream state is an invaluable tool for consciously (while you are unconscious no less!) connecting more deeply to your intuition and to spirit. Did you know that all great inventors and some artists often get inspiration and ideas in their dream state?

Friday, March 27  
2:00  
Religion in America

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



Tuesday,  
March 10 at 2:00  
 The Tenafly Nature Center will be giving an nature talk.  
 This is part of a monthly program. Join us for this interactive program.



# UPCOMING TRIPS FOR 2026!!

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- Limited Engagement  
\$ 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



## April Events—dates and events subject to change

April  
2—Women's Discussion Group  
2—Wood Carving 4 week class  
3- Closed  
7- Koffee Klatch  
9—Clay Class  
10—Jewish Home Health Event  
14—Monthly Lunch  
16- Men's Discussion Group  
17—Holy Name Health Talk  
17—Alex P—Woodstock  
21—BINGO  
24—Religion in America  
28—29 Lancaster  
30—Sound Bath

## Irish Soda Bread

Makes 2 loaves

3 tbsp. sugar  
1 tbsp. baking powder  
1 tsp. salt  
3/4 tsp. baking soda  
4 c. flour  
1 tbsp. caraway seeds  
2 eggs  
1 1/2 c. buttermilk  
6 tsp. margarine  
1 1/2 c. raisins



Mix all dry ingredients. Cut in butter. Stir in raisins. Beat eggs, add buttermilk. Knead, cut a cross, brush top with remaining egg. Bake at 350 degrees for 40 minutes.