

TENAFLY SENIOR CENTER

Leisure & Learning for Individuals 55 and Over
20 South Summit Street, Tenafly, NJ 07670
201-569-2159 www.tenaflynj.org
Michele Hausch, Senior Center Manager
Trish Ramella, Asst. to Manager

Mayor Mark Zinna

April
2022



Tuesday, April 5 at 2:00

Robert Moses

Have you ever swam in the ocean at Jones Beach? Have you ever visited Lincoln Center? Have you ever gotten stuck in traffic on the Cross Bronx Expressway? Have you ever wondered why the Brooklyn Dodgers left Brooklyn? One man was responsible for all of these events in New York and many more. Join us for a presentation on Robert Moses, The Man Who Got Things Done.....The Power Broker.

Thursday, April 7

Opening Day of Baseball!

Come watch the game on the big screen while enjoying Hotdogs and Pop Corn. Yankees vs. Red Sox. Wear your game gear!! This event is sponsored by The Bristol. Thanks, Dean Brown! You must pre-register for this event. Space is limited.

Friday, April 8 at 1:30

Dessert and Movie

"West Side Story" (2021-rated PG-13) West Side Story is a 2021 American musical romantic drama film directed and co-produced by Steven Spielberg from a screenplay by Tony Kushner. 2hr 36 min

Tuesday, April 12 at 1:00

1960's themed Pizza Party

Let's SPRING INTO SPRING with a 1960's themed luncheon. Wear your tye-dyed clothing and peace signs! Join us for lunch! \$13.00 per person. Lunch includes 2 slices, soda, salad, dessert and

entertainment. You must sign up for this in advance.

Tuesday, April 19 at 1:00

Scams, Frauds and Staying Alert

This talk is sponsored by Bergen County Division of Consumer Affairs. Knowledge is power. Come listen to this very informative talk. Learn about the most common scams, frauds, and skimming credit cards. Learn how to identify theft and how to respond and report.

Thursday, April 21 at

10:30-3:00

Tenn Lu Workshop

Take your watercolor abilities to the next level. Master Artist Tenn Lu will be conducting this class. Bring your lunch. There will be a 45 minute break. This class ends at 3:00. Bring your own supplies. Cost is \$50.00

Friday, April 22 at 2:00

The Women Pioneers of American TV

The early days of TV was dominated by men on the small screen, but a surprising number of women (unusual for its time, the late 1940's and early 1950's) left a mark. Betty White was the last woman standing of a group that included Gertrude Berg, Hazel Scott, Dagmar, Faye Emerson, Martha Rountree and Lucille Ball.

Monday, April 25 at 1:00

TSC Book Club

Read the book and come join our book club!! The Lost Girls of Paris By Pam Jenoff. Bring your suggestions for future reads.

Tuesday, April 26 at 1:00

Name that Tune LIVE!

Join us for LIVE entertainment! Sponsored by The Bristol, Senior in Place and Generations Counseling & Care Management. This threesome is going places!! You will not want to miss playing this game with these entertainers. Pre-registration is required.

Thursday, April 28 at 1:30

B-I-N-G-O

The Bristol will be sponsoring BINGO! Come on in and win some prizes!

Friday, April 29 at 2:00

Religion in America

Let's explore the beliefs and practices of the oldest monotheistic religion in the world - Judaism. The title "rabbi" means teacher and Rabbi Craig Scheff will join us to teach and inspire. He will shed light on the different sects of Judaism as well as explain the scriptural reasons that guide the practice of his faith. Come with your questions and enjoy a rich discussion with a truly amazing scholar and really wonderful person. Shalom!



Monday

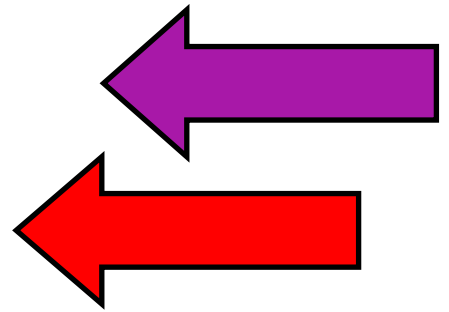
Tuesday

Wednesday

***Denotes classes NOT included in class fee.**

NEW CLASS
OSTEO CLASS WITH ULLI

will now be on Wednesdays at 2:00 instead of Stretch and Tone. Sign up today. This exercise program has been developed for those who have been diagnosed with osteoporosis. This class is included in the \$65.00 Class Fee



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10:00 Bridge
10:00 Standing Pilates (H)
10:30 Drawing Class* (no class today)
11:00 Let's Get Moving
11:00 Exercise w/Susan (Zoom)
12:30 Line Dancing-Free
12:30 Yarners
1:00 Chinese Brush w/ Jane*

5

9:30 Watercolor w/ Dorrie*
10:00 Chair Yoga
11:15 Stretch w/ Stephen (H)
1:00 Canasta

2:00 Robert Moses Presentation



6

9:30 Qigong/Tai Chi w/ Johanna
10:00 Bridge
10:30 Acrylic w/ Deirdre*
11:30 Zumba w/ Jane
1:00 Mahjong—American
2:00 Osteo Class w/ Ulli

11

10:00 Bridge
10:00 Standing Pilates (H)
10:30 Drawing Class w/ Betty*
11:00 Let's Get Moving
11:00 Exercise w/Susan (Zoom)
12:30 Line Dancing-Free
12:30 Yarners
1:00 Chinese Brush w/ Jane*



12

9:30 Watercolor w/ Dorrie*
10:00 Chair Yoga
11:15 Stretch w/ Stephen (H)
1:00 Canasta

1:00 Pizza Party



13

9:30 Qigong/Tai Chi w/ Johanna
10:00 Bridge
10:30 Acrylic w/ Deirdre*
11:30 Zumba w/ Jane
1:00 Mahjong—American
2:00 Osteo Class w/ Ulli

18

9:30 Board Of Trustees Meeting
11:00 Bridge (Late today)
10:00 Standing Pilates (H)
10:30 Drawing Class w/ Betty*
11:00 Let's Get Moving
11:00 NO Exercise w/Susan (Zoom)
12:30 Line Dancing-Free
12:30 Yarners
1:00 Chinese Brush w/ Jane*

19

9:30 Watercolor w/ Dorrie*
10:00 Chair Yoga
11:15 Stretch w/ Stephen (H)
1:00 Canasta

1:00 Scams, Frauds and Staying Alert

20

9:30 Qigong/Tai Chi w/ Johanna
10:00 Bridge
10:30 Acrylic w/ Deirdre*
11:30 Zumba w/ Jane
1:00 Mahjong—American
2:00 Osteo Class w/ Ulli

25

10:00 Standing Pilates (H)
10:00 Bridge
10:30 Drawing*
11:00 Let's Get Moving
11:00 Exercise w/Susan (Zoom)
12:30 Line Dancing- Free
12:30 Yarners
1:00 Chinese Brush w/Jane (H)*
9:30 Blood Pressure
1:00 BOOK CLUB



26

9:30 Watercolor w/ Dorrie*
10:00 Chair Yoga
11:15 Stretch w/ Stephen (H)
1:00 Canasta

1:00 Name that Tune



27

9:30 Qigong/Tai Chi w/ Johanna
10:00 Bridge
10:30 Acrylic w/ Deirdre*
11:30 Zumba w/ Jane
1:00 Mahjong—American
2:00 Osteo Class w/ Ulli

Thursday

Friday

\$65.00
Class fee is due for April, May and June

1
10:00 Standing Pilates (Zoom)
10:00 Stretch w/ Stephen
10:30 Watercolor w/ Deirdre*
11:00 ESL Class
11:30 Zumba
1:00 Exercise w/ Susan (Zoom)
1:00 Stretch / Breathe*

Thursday, April 28
at 10:30
Health Talk
Skin Cancer Awareness-
presentation on skin cancer



7
9:30 Folk Dancing*
11:30 QiGong w/ Johanna
12:30 Chinese Tiles (Mahjong)
1:30 Art Studio (Free time)
6:00 Stretch w/ Stephen (Zoom)

1:00 Opening Day Party



8
10:00 Standing Pilates (Zoom)
10:00 Stretch w/ Stephen
10:30 Watercolor w/ Deirdre*
11:00 ESL Class
11:30 Zumba
1:00 Exercise w/ Susan (Zoom)
1:00 Stretch / Breathe*

1:30 Movie



TENAFLY SENIOR BUS

*For Tenafly residents only
201-408-3625*

CALL TO SCHEDULE A RIDE!!

14
9:30 Folk Dancing*
11:30 QiGong w/ Johanna
12:30 Chinese Tiles (Mahjong)
1:30 Art Studio (Free time)
6:00 Stretch w/ Stephen (Zoom)

2:00 Craft Thursday



15
CENTER CLOSED GOOD FRIDAY

Thursday, April 14 at 2:00
Craft Thursday

Sign up for our Spring Craft afternoon.

21
9:30 Folk Dancing*
11:30 QiGong w/ Johanna
12:30 Chinese Tiles (Mahjong)
1:30 Art Studio (Free time)
6:00 Stretch w/ Stephen (Zoom)

10:30 Tenn Lu Workshop



22
10:00 Standing Pilates (Zoom)
10:00 Stretch w/ Stephen
10:30 Watercolor w/ Deirdre*
11:00 ESL Class
11:30 Zumba
1:00 Exercise w/ Susan (Zoom)

2:00 Women Pioneers of TV



Membership Reminder

Membership fee of \$25.00 will help maintain the ongoing programs and help with the continued success of our center. Thank you for your continued support.

28
9:30 Folk Dancing*
11:30 QiGong w/ Johanna
12:30 Chinese Tiles (Mahjong)
1:30 Art Studio (Free time)
6:00 Stretch w/ Stephen (Zoom)

10:30 Health Talk
1:00 BINGO



29
10:00 Standing Pilates (Zoom)
10:00 Stretch w/ Stephen
10:30 Watercolor w/ Deirdre*
11:00 ESL Class
11:30 Zumba
1:00 Exercise w/ Susan (Zoom)

2:00 Religion in America

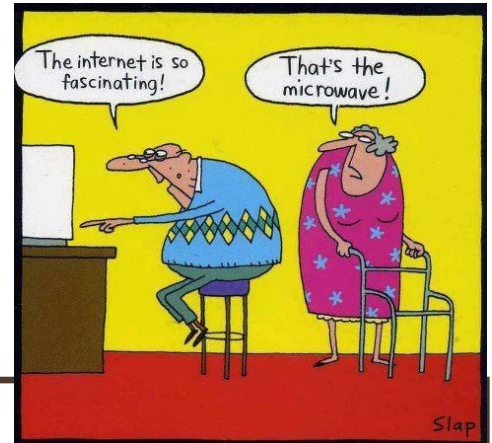
MAY 2022—SAVE THE DATES

May 3—Cinco De Mayo Dinner at 4 pm
May 5—Kooking with Kumbis
May 6— Maj. Gen. Daniel Edgar Sickles Presentation
May 9—Outdoor Ice cream Social
May 10—Hunterhills Playhouse Trip
May 12—Let's Get Organized w/ Hope
May 13—Popcorn and Movie
May 17—Piano Entertainer in the park
May 19—Craft Thursday
May 20—Religion in America
May 23—Korean Luncheon
May 24—Wills/Trusts
May 26—Morning Health Talk
May 26—BINGO

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, health, recreational activities and trips during the daytime hours Monday through Friday.

If you are interested in being on the Board of Trustees—please see Michele.



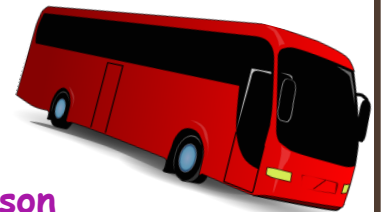
2022 UPCOMING TRIPS

Tuesday, May 10—Hunterdon Hills Playhouse \$119.00 pp

- Bus Transportation
- Tickets to " I Left My Dignity in My Other Purse" starring Joyce DeWitt.
- Full Luncheon with Dessert

Wednesday, July 20 — Asbury Park—\$100.00 per person

- Round trip motor coach transportation
- Walking and Food Tour of Asbury Park
- Asbury Park Boardwalk



Tuesday, August 2—Grounds For Sculpture \$112.00 per person

- Bus Transportation
- Park Admission
- Lunch at a local restaurant

Wednesday, September 7—Funny Girl on Broadway—\$125 per person

- Bus Transportation
- Orchestra Seats
- Lunch on your own

Tuesday—Wednesday October 18—19 Lancaster—Sight and Sound Theater— "DAVID" - Call center for itinerary—Room, Show tickets and meals included

- \$276.00 pp. Double
- \$320.00 Single