

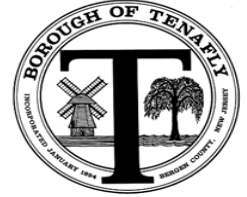
# TENAFLY SENIOR CENTER

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

May  
2022



## Tuesday, May 3 at 4:00 pm Cinco De Mayo Dinner

Join us for Taco Tuesday! \$13.00 per person. Fun People and Fun Entertainment! Wear your dancing shoes.

## Thursday, May 5 at 2:00 Cooking with Koumbis

Come watch a cooking demo with Jack Koumbis! Come learn some tips on creating a perfect meal. Tastings will be available. You must pre-register for this event.

## Friday, May 6 at 2:00 Maj. Gen. Daniel Edgar Sickles Presentation

Did you know that the first person in U.S. legal history to be acquitted of first degree murder by reason of insanity later won the Congressional Medal of Honor? For his conduct at a battle he almost single-handedly brought the Union close to losing? Come join us as Bergen Community College American history lecturer James Devine presents: *American Rogue: The Irrepressible Maj. Gen. Daniel Edgar Sickles*

## Monday, May 9 at 2:00 Outdoor Ice cream Social

Sign up for this fun gathering. Ice Cream and conversation. Sponsored by Allendale Senior Living.

## Thursday, May 12 at 2:00 Let's Get Organized w/ Hope

Dump your junk drawer contents into a box, bring it in and let's have some fun organizing.

## Friday, May 13 at 1:30 Popcorn and Movie Tick Tick... Boom

On the brink of turning 30, a promising theater composer navigates love, friendship and the pressure to create something great before time runs out. Rated PG-13 1 hr 55 min

## Tuesday, May 17 at 1:00 Piano in the park

Caring People of Bergen County will be sponsoring this event. Come enjoy an afternoon of Jay Daniels. Jay's songs possess a rich combination of melody and lyrics, unsurpassed by many modern compositions. Bring a lawn chair. Light refreshments will be available.

## Wednesday, May 18 at 1:30 Grief Counseling

Every third Wednesday of the month, we will be holding a Grief Counseling Session at the center. Doreen from Unicity Healthcare is a very caring LSW, she will be facilitating these sessions. The group will provide emotional support, validation and education about grief and loss. All are welcome to share stories or receive support through laughter and tears. Remember: There are many examples of loss that don't necessarily involve death. So all are welcome.

## Thursday, May 19 at 4:00 Spaghetti Dinner Fundraiser and Bake Sale

Spaghetti, Meatballs, and Bread. All proceeds will benefit the Tenafly Senior Center.

Tickets are \$10—children under 12 \$5.00. Bring your family and friends.

## Friday, May 20 at 2:00 Religion in America

Our series continues with Karen Fr. Richard Supple from OLMC in Tenafly will be a guest speaker. If you have not attended one of Karen's talks, you have been missing out.

## Monday, May 23 at 12:30 Korean Luncheon

The Korean Parents Association of Tenafly will hold a luncheon at the Center for Tenafly residents 55+ and active Tenafly Senior Center members. This is a great opportunity to share the Korean culture and taste different Korean dishes. Pre-registration is necessary for this free lunch and space is limited.








## Tuesday, May 24 at 2:00 Wills/Trusts

Doreen M. McCullough, Esq., MBA, BSN will be giving a talk on Wills and Trusts. Bring your questions, there will a Q and A following the presentation.

## Thursday, May 26 at 1:30 BINGO

Every fourth Thursday of the month, the Bristol will be sponsoring BINGO! Come and win some prizes. Spend an afternoon laughing with friends!



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<p><b>2</b>            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)*</p>	<p><b>3</b>            9:30 Watercolor w/ Dorrie*            10:00 Chair Yoga            11:15 Stretch w/ Stephen (H)            1:00 Canasta</p> <p><b>4:00 CINCO DE MAYO TACO TUESDAY!!!</b> </p>	<p><b>4</b>            10:15 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</p>
<p><b>9</b>            10:00 Bridge            10:00 Standing Pilates (H)             10:30 Drawing Class*            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* </p> <p><b>2:00 ICE CREAM SOCIAL</b></p>	<p><b>10</b>            9:30 Watercolor w/ Dorrie*            10:00 Chair Yoga            1:00 Canasta</p> <p><b>NO STEPHEN TODAY</b></p> <p><b>HUNTERDON HILLS TRIP</b></p>	<p><b>11</b>            10:15 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</p>
<p><b>16</b>            10:00 Bridge            10:00 Standing Pilates (H)            10:30 Drawing Class*            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*</p>	<p><b>17</b>            9:30 Watercolor w/ Dorrie*            10:00 Chair Yoga            11:15 Stretch w/ Stephen (H)            1:00 Canasta</p> <p><b>1:00 PIANO IN THE PARK</b></p>	<p><b>18</b>            10:15 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</p> <p><b>1:30 GRIEF COUNSELING</b></p>
<p><b>23</b>  <b>9:30 Board Of Trustees Meeting</b>  <b>11:00 Bridge ( Late today)</b>            10:00 Standing Pilates (H)             11:00 Exercise w/Susan (Zoom)</p> <p><b>12:30 KOREAN LUNCHEON</b></p> <p><b>NO CLASSES AFTER 11:00</b>  <b>No Drawing</b></p>	<p><b>24</b>            9:30 Watercolor w/ Dorrie*            10:00 Chair Yoga            11:15 Stretch w/ Stephen (H)            1:00 Canasta</p> <p><b>2:00 WILLS &amp; TRUSTS</b></p> 	<p><b>25</b>            10:15 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</p>
<p><b>30</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>Blood Pressure Screening</b>  <b>2nd and 4th</b>  <b>Monday of each</b>  <b>Month at 9:00</b></p> 	<p><b>*class not included in class fee</b></p>

# Thursday

# Friday

**5**  
 9:30 Folk Dancing\*  
 11:30 QiGong w/Johanna  
 12:30 Chinese Tiles ( Mahjong)  
 12:45 Tap with Jean\*  
 6:00 Stretch w/ Stephen (Zoom)

**2:00 KOOKING WITH KOUMBIS**

**NO ART STUDIO**

**6**  
 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 MAJ. GEN EDGAR PRESENTATION**

Thursday, May 26  
 at 10:30  
 Health Talk



**12**  
 9:30 Folk Dancing\*  
 11:30 QiGong w/ Johanna  
 12:30 Chinese Tiles (Mahjong)  
 12:25 Tap with Jean\*  
 1:30 Art Studio (Free time)  
 6:00 Stretch w/ Stephen ( Zoom)

**2:00 GET ORGANIZED**

**13**  
 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)

**1:30 MOVIE**



**TENAFLY SENIOR BUS**

*For Tenafly residents only  
 201-408-3625*

**CALL TO SCHEDULE A RIDE!!**

**19**  
 9:30 Folk Dancing\*  
 11:30 QiGong w/Johanna  
 12:30 Chinese Tiles ( Mahjong)  
 12:45 Tap with Jean\*  
 6:00 Stretch w/ Stephen (Zoom)

**SPAGHETTI DINNER AND BAKE SALE FUNDRAISER**

**NO ART STUDIO**



**20**  
 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 AMERICAN**



**26**  
 9:30 Folk Dancing\*  
 11:30 QiGong w/Johanna  
 12:30 Chinese Tiles ( Mahjong)  
 12:45 Tap with Jean\*  
 1:30 Art Studio ( Free time)  
 6:00 Stretch w/ Stephen (Zoom)

**10:30 Health Talk**  
**1:30 BINGO**



**27**  
 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)

**Membership AND Class Fee 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. If you have not paid your \$65.00 class fee please so.

**Note:**  
 Please do not open, eat or use anything in the kitchen that does not belong to you. If you need something, please ask. If you make coffee—please remember to unplug the coffee pot before you leave.



## JUNE 2022—SAVE THE DATES

June 1—Brain Fit Workshop  
June 2—Game Day w/ Mary Ann  
June 5- Brain Alliance  
June 7—Senior Social at Tenafly HS  
June 9—Men's BBQ and Game Night  
June 10—Judah P. Benjamin: The Jewish Confederate  
June 14—Luncheon  
June 15- Grief Counseling  
June 17- Art Therapy  
June 20—Book Club  
June 21—Tie Dye Class  
June 23—Bob's Cooking Class  
June 27—Lake George Trip

### 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 ( ONLY 5 tickets left)

- 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

