

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

December
2021



Wednesday—Dec 1 at 1:00 Antique Road Show

Local Antique expert Ken Levy will be available to appraise your prized possessions! There is a limit to 2 pieces per person. Call to sign up.

Thursday- Dec 2 at 2:00 Medicare Updates

Get your Medicare questions answered. This is a question and answer afternoon. Daniel Soussana, a local Medicare Broker, will be available for your Medicare needs.

Monday, Dec 6 at 1:30 Mystery Activity Afternoon

Sign up for this activity, take a chance on learning something new. No talent needed! Bring a smock.

Tuesday, Dec 7 at 12:30 Holiday Luncheon—Grab Bag

Join us for a buffet lunch: Salad, Pasta, Chicken Francese, Eggplant, String Beans and Dessert! Price is \$13.00 per person. Our entertainment is Reggie—BACK BY POPULAR DEMAND! Bring a \$10.00 unisex GRAB BAG gift—if you want to participate in the grab bag.

Tuesday, Dec 14 at 1:00 Holiday Sing a Long

Start off the Holiday Season by joining us for Hot Chocolate and Cookies! Come sing some Holiday Favorites along with **Blue Chip Chorus**. The Blue Chip Chorus is back after not singing for months during the pandemic. Let's welcome them back! Sign up today!!! Light refreshments will be served.

Wednesday, Dec 15 at 1:00 Let's make Sushi

Come and learn how to spread, layer, tuck and roll your way to sushi heaven. In this fun, hands-on cooking class, you'll learn all the skills needed to make sushi-rolls at home. This class is limited to 10 people. You will all have your own work space. Please bring a plastic tablecloth and an apron. Pre-register for this free class.

Thursday, Dec 16 at 7:00 pm Holiday Concert and Holiday Bake Sale

Come relax and enjoy an evening of beautiful singing. Voices of Bergen County will entertain you with holiday favorites and so much more. After hearing them sing you might want to join their group! They are amazing!

Friday, Dec 17 at 1:00 Paint and Sip

Creativity is not reserved for just a few "creative" people. Everyone is creative, and everyone has the capacity to learn how to make art. Come join us for painting, sipping and a few laughs. Paint a winter scene on canvas, with step by step directions. This is the time of the year to celebrate with friends. Invite your friends! \$10.00 per person.

Thursday, Dec 23 at 9:30 Bagels and Bingo

Bagels served at 9:30, Bingo game starts at 10:00. Come for some fun and prizes!! Bagels with butter or cream cheese and orange juice will be served. Pre-registration is required.

Thursday, Dec 30 at 1:00 New Year's Eve Eve Party

Let's Ring in the New Year a little early! \$15.00 per person. DJ, Dancing, Food, Champagne Punch, Entertainment, and FUN! Sign up today! Dress to impress!! Let's ring in the New Year together!

WEATHER CONDITIONS

Please remember in case of snow or icy conditions, call the Center to see if your class, a scheduled speaker or special event has been cancelled.

Your safety comes first!



Monday

JUST A REMINDER

Please send in your class fee of \$65.00. The **class fee** is used to pay our instructors.

The **membership** is used to defer the cost of all of our activities, luncheons and so much more.

Tuesday

Happy Hanukkah



Wednesday

1
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 Stretch and Tone*

1:00 Antique "Road Show"

6
10:00 Bridge
10:00 Standing Pilates (H)
10:30 Drawing w/ Deirdre*
11:00 Let's Get Moving
11:00 Exercise w/Susan (Zoom)
12:30 Line Dancing-Free
12:30 Yarners

1:30 Mystery Activity Afternoon

7
9:30 Watercolor w/ Dorrie*
10:00 Chair Yoga
11:15 Stretch w/ Stephen (H)
1:00 Canasta

12:30 Holiday Luncheon and Grab Bag

8
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 Stretch and Tone*

13
10:00 Bridge
10:00 Standing Pilates (H)
10:30 Drawing w/ Deirdre*
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)*

14
9:30 Watercolor w/ Dorrie*
10:00 Chair Yoga
11:15 Stretch w/ Stephen (H)
1:00 Canasta

1:00 Holiday Sing-a-long

15
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 Stretch and Tone*

1:00 Let's make Sushi

20
10:00 Standing Pilates (H)
10:30 Drawing w/ Deirdre*
11:00 Bridge
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 Board of Trustees



21
9:30 Watercolor w/ Dorrie*
10:00 Chair Yoga
11:15 Stretch w/ Stephen (H)
1:00 Canasta

22
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 Stretch and Tone*

27
CENTER CLOSED ❄️ ❄️

28
9:30 Watercolor w/ Dorrie*
10:00 Chair Yoga
11:15 Stretch w/ Stephen (H)
1:00 Canasta

29
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 Stretch and Tone*

Thursday	Friday
<p>2 9:30 Folk Dancing* 9:30 Discussion Group 11:30 QiGong w/ Johanna 12:30 Chinese Tiles (Mahjong) 1:30 Art Studio (Free time) 6:00 Stretch w/ Stephen (Zoom)</p> <p>2:00 Medicare Q & A</p>	<p>3 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)</p> <p>Birthday Treat Day</p>
<p>9 9:30 Folk Dancing* 9:30 Discussion Group 11:30 QiGong w/ Johanna 12:30 Chinese Tiles (Mahjong) 1:30 Art Studio (Free time) 6:00 Stretch w/ Stephen (Zoom)</p>	<p>10 10:00 Standing Pilates (Zoom) 1:00 Exercise w/ Susan (Z) NO ESL TODAY No STEPHEN NO ART NO ZUMBA Senior Center Trip</p>
<p>16 9:30 Folk Dancing* 9:30 Discussion Group 11:30 QiGong w/Johanna 12:30 Chinese Tiles (Mahjong) 1:30 Art Studio (Free time) 6:00 Stretch w/ Stephen (Zoom)</p> <p>7:00 Holiday Concert And Bake Sale</p>	<p>17 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 (Z)</p> <p>1:00 Paint and Sip</p>
<p>23 9:30 Bagels and Bingo</p> <p>NO CLASSES TODAY Center closes at noon.</p>	<p>24</p> <p>CENTER CLOSED</p> 
<p>30</p> <p>NO CLASSES TODAY</p> <p><u>1:00 NEW YEARS EVE PARTY!!!</u></p>	<p>31</p> <p>CENTER CLOSED</p> 

• Denotes classes NOT included in class fee.



**DECEMBER
BIRTHDAY???**
If so stop in on Friday, Dec 3 at 2:00 for a special treat!

**BRIDGE IS
BACK!**
Monday and
Wednesdays
10:00—1:00
Come play!

**Mahjong
IS BACK!**
Wednesdays
1:00
Come play!

**Chinese Tiles
IS BACK**
Thursdays
12:30

**OPEN ART
STUDIO
IS BACK**
Thursday
after-
noons at
1:30

JANUARY 2022—SAVE THE DATES

(Dates are subject to change)

January 4— 1960's themed Pizza Party
January 7—Balance Center Presentation
January 12—Cooking Demo
January 13—Craft Wednesday
January 14— Happenings from 1955
January 18- Breakfast Luncheon
January 20—Stretching Demo Class
January 21—Art Therapy
January 25—Burns Luncheon (limit to 25)
January 27—Robert Moses Presentation

**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.

**TENAFLY SENIOR CENTER FUND-
RAISER**
We are selling Postcard books containing 30 pieces of art created by our art students. These books are \$20.00 each. The money raised from these books will go back to the center. The money will be used for upcoming presentations, events and so much more. Thank you in advance for your purchase!

TENAFLY SENIOR BUS

For Tenafly
residents only
201-408-3625



CALL TO
SCHEDULE A RIDE!!



A Note from Michele:

Another year gone by...
We have definitely had a fun-filled year amongst all the chaos in the world. The positivity you all give us is so greatly appreciated. You all have a special place in the heart of the senior center.

Enjoy the holidays, whichever ones you celebrate!
Always know we are here for you.

