

THE TEANECK RECREATION DEPARTMENT'S SENIOR CENTER

Richard Rodda Community Center
250 Colonial Court
(201) 837-0171 or (201) 837-7130

Welcome to the 2024 Fall Session!

Monday, September 9th - Friday, December 20th Registration Information

- Forms for the 2024 Fall Session will be **available** for **pick-up** starting on Tuesday, July 30th in the **Senior Center Lobby** (2nd floor), **outside of the Recreation Office** (1st floor), and **online** on the Township Website:
<https://www.teanecknj.gov/senior-programs>
- Registration is for independent men and woman 55 years and over. **(New/First time participants are required to call the Senior Center for additional information prior to registering).**
- Choose up to **4 classes** from the 2024 Fall Class Line Up. Non-instructional classes/workshops are not included in the **4 class max per person.**
- **There will be 2 options for registration:**
 1. **By Phone**
----- **OR** -----
 2. **Online with our Registration Platform: DaySmart.**
www.teanecknj.gov/online-registration
Limited space will be available.
- If you would like to register online, please see page 4 with **detailed online registration instructions.**
- **Medical Release Form** (if requesting exercise classes) is **REQUIRED by Tuesday, September 3rd**. Medical release not required if submitted within the last 12 months.
- There are no make-up classes due to holidays, inclement weather, special events or instructor absence.
- **Non-Resident** registration by PHONE only on Wednesday, September 4th between 11:00 am -12:00 pm to inquire of any available openings Please Note: There is a fee for all classes and programs for non-residents

Teaneck Senior Center

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2024 FALL CLASS LINE UP

Monday, September 9th - Friday, December 20th

The Center will be CLOSED for the following Municipal Holidays:

Monday, October 14th; Monday, November 11th, Veteran's Day;
Thursday & Friday, November 28th & 29th Thanksgiving

Please bring **your own fitness equipment and water bottle** for all classes.

Weights and mats will be available to use

PHYSICAL FITNESS CLASSES	Class Day	Class Time	Instructor	REGISTRATION DAY & TIME *By Phone or Online*
Ballroom Dancing (L2)	Fridays	10:30-11:30	Oscar Sanchez	Friday 8/16 @ 10:00-10:30
Breathe, Stretch, Relax (L1)	Tuesdays	11:30-12:30	Barry Rochester	Thursday 8/15 @ 2:30-3:00
Breathe, Stretch, Relax (L1)	Thursdays	12:00-1:00	Barry Rochester	Thursday 8/15 @ 12:30-1:00
Cardio/ Toning (L3)	Mondays	9:00-9:50	Patty Schwartz	Tuesday 8/13 @ 12:30- 1:00
Cardio/Toning (L3)	Tuesdays	1:00-2:00	Sheri McKay	Wed. 8/14 @ 12:30- 1:00
Cardio/Toning (L3)	Wednesdays	9:00-9:50	Patty Schwartz	Thursday 8/15 @ 1:30- 2:00
Cardio/Toning (L3)	Fridays	9:15-10:15	Sheri McKay	Friday 8/16 @ 12:30-1:00
Dance/Toning (L3)	Tuesdays	9:00-9:50	Patty Schwartz	Tuesday 8/13 @ 2:30-3:00
Folk Dancing (L2)	Wednesdays	2:15-3:30	Jim Gold	Monday 8/12 @ 2:00-2:30
Line Dancing (L2)	Thursdays	9:30-10:30	Deborah Adkins	Thursday 8/15 @ 10:00-10:30
Lite & Gentle/Stretch (L1)	Mondays	10:30-11:30	Patty Schwartz	Thursday 8/15 @ 11:00-11:30
Lite & Gentle/Stretch (L1)	Wednesday	12:15-1:15	Sheri McKay	Wed. 8/14 @ 11:00- 11:30
Meditation/Stretch (L1)	Mondays	2:30-3:30	Lisa Dubin	Friday 8/16 @ 1:30-2:00
9/9, 9/16, 9/23, 9/30, 10/7, 10/21, 10/28, 11/4				
Men's Fitness (L2)	Mondays	12:30-1:15	Steven Sinisi	Friday 8/16 @ 11:00-11:30
Men's Fitness (L2)	Wednesdays	9:15-10:15	Steven Sinisi	Friday 8/16 @ 11:00-11:30
Men's Fitness (L2)	Fridays	12:45-1:30	Steven Sinisi	Friday 8/16 @ 11:00-11:30
Mindful Hatha Yoga (L1)	Tuesdays	10:30-11:30	Patty Schwartz	Monday 8/12 @ 1:00-1:30
Tai Chi Chuan Int. (L1)	Wednesdays	11:50-12:50	Master Peng	Monday 8/12 @ 11:30-12:00
Tai Chi Chuan Beg. (L1)	Wednesdays	1:00-2:00	Master Peng	Monday 8/12 @ 11:30-12:00
Toning & Strength (L2)	Mondays	1:00-2:00	Kat Rochester	Tuesday 8/13 @ 1:30- 2:00
Toning & Strength (L2)	Tuesdays	9:15-10:15	Sheri McKay	Wed. 8/14 @ 10:00-10:30
Toning & Strength (L2)	Fridays	12:30-1:30	Kat Rochester	Tuesday 8/13 @ 10:00-10:30
Walking Club (L1)	Tuesday	9:00-10:00	Non-Instructional	Monday 8/12 @ 10:30-11:00
Walking Club (L1)	Thursday	9:00-10:00	Non-Instructional	Monday 8/12 @ 10:30-11:00
Walking Club (L1)	Friday	9:00-10:00	Non-Instructional	Monday 8/12 @ 10:30-11:00
Yoga Introduction (L1)	Fridays	11:00-12:00	Martin Bland	Wed. 8/14 @ 1:30-2:00
Yoga Beginner (L1)	Thursdays	12:30-1:30	Martin Bland	Wed. 8/14 @ 2:30- 3:00
Yoga Intermediate (L1)	Thursdays	2:00-3:00	Martin Bland	Wed. 8/14 @ 3:30-4:00
Zumba (L3)	Thursdays	11:00-12:00	Saloney Chandra	Tues. 8/13 @ 11:00-11:30

Registration will be ongoing until classes are full.

Participants are REQUIRED to have a current Medical Release Form on file for all Physical Fitness programs/classes. These due by Tuesday, September 3rd .

In the event of poor weather conditions please call the Recreation Department 30 minutes prior to your class time to check for delays.

Do you require a modification or special need for you to enjoy the program?
If YES, please give us a call at (201) 837-0171 or (201) 837-7130.

Non-Instructional Classes/ Workshops are not included in the 4 class maximum per person

<u>EDUCATIONAL</u>	<u>Class Day</u>	<u>Class Time</u>	<u>Instructor</u>	<u>REGISTRATION DAY & TIME</u> <u>*By Phone or Online*</u>
Adv. Drawing	Wednesdays	10:00-12:00	Christine Friedman	Wed 8/21 @ 11:00-11:30
Adv. Water Color Paint	Wednesdays	1:00-3:00	Christine Friedman	Wed 8/21 @ 11:00-11:30
Beg. Water Color	Mondays	10:00-12:00	Judith Adel	Thursday 8/22 @ 11:00-11:30
Beg. Water Color	Mondays	1:00-3:00	Judith Adel	Thursday 8/22 @ 11:00-11:30
Clay Sculpting	Tuesdays	10:00-12:00	Mary Martire	Tuesday 8/20 @ 11:00-11:30
Clay Sculpting	Tuesdays	1:00-3:00	Mary Martire	Tuesday 8/20 @ 11:00-11:30
Creative Writing	Thursdays	11:30-12:45	Joe Mach	Monday 8/19 @ 12:30-1:00
Drama/Improv	Tuesdays	11:00-1:00	Dori Arnold-Persson	Friday 8/23 11:00-11:30
Instruct. Mahjong *Starts 9/16*	Tuesdays	1:00-3:00	Diane Fogel	Tuesday 8/20 @ 1:30-2:00
Quilting Beginner	Mondays	10:00-12:30	Janet Allen	Wed 8/21 @ 12:30-1:00
Quilting Intermediate	Mondays	1:00-3:30	&	Wed 8/21 @ 12:30-1:00
Quilting Advanced *Starts 10/7 & 10/8*	Tuesdays	11:00-2:00	Judythe Burton	Wed 8/21 @ 12:30-1:00
Spanish Beginner	Wednesdays	10:00-11:00	Kathy Glowski	Wed 8/21 @ 10:00-10:30
Spanish Intermediate	Wednesdays	11:15-12:45	Kathy Glowski	Wed 8/21 @ 10:00-10:30
Studio Practice	Thursdays	10:00-12:00	Non-Instructional	Friday 8/23 @ 10:00-10:30
Woodcarving *Starts 10/17*	Thursdays	10:00-11:30	Howard Rosen	Monday 8/19 @ 1:30-2:00

SOCIAL RECREATIONAL

				<u>REGISTRATION DAY & TIME</u> <u>*By Phone or Online*</u>
Bingo	Tues/Fridays	12:30 - 1:30	Non-Instructional	Thursday 8/22 @ 12:30-1:00
Canasta	Thursdays	1:30-3:30	Non-Instructional	Thursday 8/22 @10:00-10:30
Chess	Wednesdays	1:00 - 3:00	Non-Instructional	Wed 8/21 @ 1:30-2:00
Crochet/Knitting/ Needlework	Wed/Fridays	10:00-12:00	Non-Instructional	Tuesday 8/20 @ 10:00-10:30
Mahjong Practice	Fridays	10:00-12:00	Non-Instructional	Tuesday 8/20 @ 1:30-2:00
Scrabble	Thursdays	1:00 - 3:00	Non-Instructional	Wed 8/21 @ 1:30-2:00

Workshops

				<u>REGISTRATION DAY & TIME</u> <u>*By Phone or Online*</u>
Art History *10/18, 10/25, 11/1, 11/8, 11/15*	Fridays	2:00-3:30	Mike Norris	Thursday 8/22 @ 1:30-2:00
Computer Beg	Wednesdays	11:00-12:30	Jan Sprance	Tuesday 8/20 @ 12:30-1:00
Computer Int *10/16, 10/23, 10/30, 11/6, 11/13, 11/20*	Wednesdays	1:00-2:30		Tuesday 8/20 @ 12:30-1:00
Discussion Group *11/1, 11/8, 11/15, 11/22, 12/6*	Fridays	1:00-2:15	Richard Contrera	Friday 8/23 @ 12:00-12:30
Literature Workshop *9/16, 9/23, 9/30, 10/7, 10/21, 10/28*	Mondays	12:30-2:00	Susan Barnett	Monday 8/19 @ 2:00-2:30

Professional Services

Holy Name Hospital Nurse on-site Monday through Friday. Blood Pressure Screenings and Health Consultations available by Kathleen Powers, R.N. & Linda Lohsen R.N., B.S.N. Please check daily hours posted in the office. Walk-ins welcome! The Township Social Worker, Alex Cerbone M.S.W., L.S.W. will be available by appointment, 201-837-1600 x1503

NO UNAUTHORIZED PARTICIPATION WILL BE PERMITTED: The Senior Center programs and classes are for registered Participants only. For safety reasons children and/or guests are not permitted.