

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 Summer Session!

Monday, July 1st - Friday, August 16th

Registration Information

- Forms for the 2024 Summer Session will be **available** for **pick-up** starting on Tuesday, May 21st 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 **3 classes** from the 2024 Summer Class Line Up. Non-instructional classes/workshops are not included in the **3 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.
Please note this can not be accessed before Tuesday 5/28 tentatively.
- 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, June 25th**. 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, June 26th 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 SUMMER CLASS LINE UP

Monday, July 1st through Friday, August 16th

The Center will be CLOSED for the following Municipal Holiday:

Thursday July 4th, Independence Day

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

*Weights and mats will be available to use *

<u>PHYSICAL FITNESS CLASSES</u>	<u>Class Day</u>	<u>Class Time</u>	<u>Instructor</u>	<u>REGISTRATION DAY & TIME</u> <u>*By Phone or Online*</u>
Breathe, Stretch, Relax (L1)	Tuesdays	12:00-1:00	Barry Rochester	Wed. 6/19 @ 2:00-2:30
Cardio/ Toning (L3)	Mondays	9:00-10:00	Patty Schwartz	Tuesday 6/18 @ 10:00-10:30
Cardio/Toning (L3)	Tuesdays	1:30-2:30	Sheri McKay	Tuesday 6/18 @ 1:00-1:30
Cardio/Toning (L3)	Wednesdays	10:45-11:45	Patty Schwartz	Wed 6/19 @ 12:00-12:30
Dance/Toning (L3)	Tuesdays	9:00-10:00	Patty Schwartz	Friday 6/21 @ 12:00-12:30
Folk Dancing (L2) 7/3, 7/10, 7/17, 7/24, 7/31	Wednesdays	2:00-3:00	Jim Gold	Monday 6/17 @ 1:00-1:30
Lite & Gentle/Stretch (L1)	Mondays	10:30-11:30	Patty Schwartz	Tuesday 6/18 @ 11:00-11:30
Lite & Gentle/Stretch (L1)	Fridays	9:30-10:30	Sheri McKay	Wed. 6/19 @ 1:00-1:30
Meditation/Stretch (L1)	Mondays	3:00-4:00	Lisa Dubin	Monday 6/17 @ 10:00-10:30
Men's Fitness (L2)	Mondays	12:30-1:15	Steven Sinisi	Friday 6/21 @ 10:00-10:30
Men's Fitness (L2)	Wednesdays	9:15-10:15	Steven Sinisi	Friday 6/21 @ 10:00-10:30
Men's Fitness (L2)	Fridays	12:45-1:30	Steven Sinisi	Friday 6/21 @ 10:00-10:30
Mindful Hatha Yoga (L1)	Tuesdays	10:30-11:30	Patty Schwartz	Friday 6/21 @ 1:00-1:30
Tai Chi Chuan Int. (L1)	Wednesdays	11:45-12:45	Master Peng	Monday 6/17 @ 12:00-12:30
Tai Chi Chuan Beg. (L1)	Wednesdays	1:00-2:00	Master Peng	Monday 6/17 @ 12:00-12:30
Toning & Strength (L2)	Mondays	1:45-2:45	Kat Rochester	Tuesday 6/18 @ 12:00-12:30
Toning & Strength (L2)	Wednesdays	12:15-1:15	Kat Rochester	Wed. 6/19 @ 11:00-11:30
*Water Exercise Classes are held at the Votee Park Pool * (In case of inclement weather please follow the Inclement Weather Alert)				
Water Exercise (L2)	Mondays	10:00-11:00	Barry Rochester	Wed. 6/19 @ 10:00-10:30
Water Exercise (L2)	Tuesdays	10:00-11:00	Sheri McKay	Wed. 6/19 @ 10:00-10:30
Water Exercise (L2)	Wednesdays	10:00-11:00	Sheri McKay	Thursday 6/20 @ 11:00-11:30
Water Exercise (L2)	Thursdays	10:00-11:00	Lisa Dubin	Thursday 6/20 @ 11:00-11:30
Yoga Introduction (L1)	Fridays	11:00-12:00	Martin Bland	Thursday 6/20 @ 12:00-12:30
Yoga Beginner (L1)	Thursdays	12:30-1:30	Martin Bland	Thursday 6/20 @ 10:00-10:30
Yoga Intermediate (L1)	Thursdays	2:00-3:00	Martin Bland	Thursday 6/20 @ 1:00-1:30
Zumba (L3)	Thursdays	11:00-12:00	Saloney Chandra	Tuesday 6/18 @ 2:00-2:30

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, June 25th.

There are no make-up classes due to holidays, inclement weather, special events or instructor absence.

IN THE EVENT OF POOR WEATHER CONDITIONS PLEASE CALL THE RECREATION DEPARTMENT 30 MINUTES PRIOR TO YOUR CLASS TIME TO CHECK FOR DELAYS.

Non-Instructional Classes/ Workshops are not included in the 3 class maximum per person

EDUCATIONAL CLASSES

Class Day Class Time Instructor

**REGISTRATION DAY & TIME
*By Phone or Online***

Art History Workshop
7/19, 7/26, 8/2, 8/9, 8/16
Fridays 2:00-3:30 Mike Norris

Wed. 6/12 @ 11:30-12:00

Beg. Water Color Mondays 10:00-12:00 Judith Adel
Beg. Water Color Mondays 1:00-3:00 Judith Adel
Beg. Water Color Tuesdays 1:00-3:00 Judith Adel

Thursday 6/13 @ 11:30-12:00
Thursday 6/13 @ 11:30-12:00
Thursday 6/13 @ 11:30-12:00

Choose 1 Beg. Water Color Class

Creative Writing Thursdays 11:30-12:45 Joe Mach

Tuesday 6/11 @ 1:00-1:30

Drama/Improv Tuesdays 11:00-1:00 Dori Arnold-Persson
7/2, 7/9, 7/16, 7/23, 7/30

Wed. 6/12 @ 10:00-10:30

Instruct. Mahjong Wednesdays 1:00-3:00 Diane Fogel

Tuesday 6/11 @ 2:30-3:00

Studio Practice Thursdays 10:00-12:00 Non-Instructional

Tuesday 6/11 @ 11:30-12:00

Woodcarving Thursdays 10:00-11:30 Howard Rosen

Tuesday 6/11 @ 10:00-10:30

SOCIAL RECREATIONAL

**REGISTRATION DAY & TIME
*By Phone or Online***

Bingo Tues/Fridays 12:30 - 1:30 Non-Instructional

Thursday 6/13 @ 1:00-1:30

Canasta Thursdays 1:30-3:30 Non-Instructional

Wed. 6/12 @ 2:30-3:00

Chess Tuesdays 1:00 - 3:00 Non-Instructional

Thursday 6/13 @ 2:30-3:00

Crochet/Knitting/
Needlework Wed/Fridays 10:00-12:00 Non-Instructional

Thursday 6/13 @ 10:00-10:30

Mahjong Practice Fridays 10:00-12:00 Non-Instructional

Tuesday 6/11 @ 2:30-3:00

Scrabble Thursdays 1:00 - 3:00 Non-Instructional

Wed. 6/12 @ 1:00-1:30

Game & Resource Room: Billiards, Table Tennis,
Cable TV & Reading Materials Available
9:00 - 4:00 Mondays, Thursdays*, Fridays

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.