

NOTICE TO PARTICIPANTS 2022 Fall Session

Monday, September 12th - Friday, December 16th

The Teaneck Recreation Department's Senior Center aims to promote safety and prevent the spread of COVID-19 through the use of health and safety protocols.

In an effort to keep the Senior Center staff and participants safe, **ALL** are **REQUIRED** to be fully vaccinated and provide **PROOF** of vaccination. Mask wearing is **REQUIRED**.

Registration Information

- Forms for the 2022 Fall Session will be **available** for **pick-up** starting on Friday, August 12th 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 **2 classes** from the 2022 Fall Class Line Up.
- **Registration will be available by PHONE.** Please see page 4 for **Registration CALL-IN Schedule**.
- Please stay tuned and continue to check the website for the online registration option **COMING SOON**.
- A printed **COPY** of your **COVID-19 Vaccine Card** showing full vaccine status is **REQUIRED** for **ALL** participants by **Tuesday, September 6th**. COVID-19 Card not required if previously submitted.
- **Medical Release Form** (if requesting exercise classes) is **REQUIRED by Tuesday, September 6th**. 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 will be by phone on Thursday, September 8th between 11:00am-12:00pm to inquire of any available openings. Please note: **There is a nominal fee for all classes and programs.**

Teaneck Senior Center

250 Colonial Court

(201) 837-0171 or (201) 837-7130

2022 FALL CLASS LINE UP

Monday, September 12th through Friday, December 16th

The Center will be CLOSED for the following Municipal Holiday:

Monday, October 10th, Columbus Day; Friday, November 11th, Veteran's Day;
Thursday, November 24th & Friday, November 25th, Thanksgiving Break

Registration will be by PHONE: 201-837-0171 or 201-837-7130

Please see Resident Registration Call-In Schedule (page 4) for times/dates.

Note: Please arrive no earlier than 15 minutes prior to your class for parking and attendance.

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

<u>PHYSICAL FITNESS CLASSES</u>	<u>INSTRUCTOR</u>	<u>TIME</u>	<u>DAYS</u>
Cardio/ Toning (L3)	Patty Schwartz	9:00 - 9:50	Mondays
Cardio/ Toning (L3)	Patty Schwartz	9:00 - 9:50	Tuesdays
Cardio/ Toning (L3)	Sheri McKay	1:30 - 2:30	Tuesdays
Cardio/ Toning (L3)	Joanne Van Dien	9:30 - 10:30	Thursdays
Dance/Toning (L3)	Patty Schwartz	9:00- 9:50	Wednesdays
Folk Dancing (L2)	Jim Gold	10:15 - 11:15	Wednesdays
Lite & Gentle Exercise (L1)	Judy Sbrocco	12:15 - 1:15	Mondays
Men's Fitness (L2)	Steve Sinisi	9:15 - 10:15	Wednesdays
Men's Fitness (L2)	Steve Sinisi	12:45 - 1:30	Fridays
Osteoporosis Exercise (L1)	Judy Sbrocco	11:00 - 12:00	Tuesdays
Stretch Pilates (L1)	Judy Sbrocco	12:30 - 1:15	Tuesdays
Strength & Stretch (L2)	Joanne Van Dien	11:00 - 12:00	Thursdays
Tai Chi Chuan Intermediate (L1)	Master Peng	11:45 - 12:45	Wednesdays
Tai Chi Chuan Beginner (L1)	Master Peng	1:00 - 2:00	Wednesdays
Toning & Strengthening (L2)	Sheri McKay	9:30 - 10:30	Tuesdays
Yoga Introduction (L1)	Martin Bland	11:00 - 12:00	Fridays
Yoga Beginner (L1)	Martin Bland	12:30 - 1:30	Thursdays
Yoga Intermediate (L1)	Martin Bland	1:45 - 2:45	Thursdays

Please Note: All participants are REQUIRED to be fully vaccinated. A COPY of your COVID-19 Vaccine Card is REQUIRED. Participants are REQUIRED to have a current Medical Release Form on file for all Physical Fitness programs/classes. Both are due by Tuesday, September 6th.

THE SENIOR CENTER PROGRAMS AND CLASSES ARE FOR REGISTERED PARTICIPANTS ONLY.

<u>EDUCATIONAL CLASSES</u>	<u>INSTRUCTOR</u>	<u>TIME</u>	<u>DAYS</u>
Advanced Drawing *Begins 9/28: Please bring your own supplies*	Christine Friedman	10:00 - 12:00	Wednesdays
Advanced Water Color Painting *Begins 9/28: Please bring your own supplies*	Christine Friedman	1:00 - 3:00	Wednesdays
Beginner Water Color Painting	Judith Adel	1:00 - 3:00	Mondays
Clay Sculpting	Mary Martire	10:00 - 12:00	Tuesdays
Creative Writing	Joseph Mach	11:30 - 12:30	Thursdays
Drama/Improvisation	Dori Persson	11:30 - 1:00	Tuesdays
Knitting	Non-Instructional	10:00 - 11:30	Fridays
Quilting (Beginner)	Janet Allen & Judythe Burton	11:00 - 1:00	Mondays
Quilting (Intermediate/Advanced)	Janet Allen & Judythe Burton	11:00 - 1:00	Tuesdays
Spanish Instruction Beginner	Kathy Glowski	10:45 - 11:45	Wednesdays
Spanish Instruction Intermediate	Kathy Glowski	12:00 - 1:00	Wednesdays

WORKSHOPS OFFERED

Please see fliers for details on the following three workshops.

<u>WORKSHOP</u>	<u>INSTRUCTOR</u>	<u>TIME</u>	<u>DAYS</u>
Art History Workshop *6 weeks: 9/15, 9/22, 9/29, 10/6, 10/13, 10/20 *	Michael Norris	1:00 - 3:00	Thursdays
Healthy Body, Healthy Mind Workshop *6 weeks: 9/14, 9/21, 9/28, 10/5, 10/12, 10/19*	Alex Cerbone *Township Social Worker*	1:30 - 2:30	Wednesdays
Literature Workshop *5 weeks: 10/17, 10/24, 10/31, 11/7, 11/14*	Susan Barnett	12:00 - 1:30	Mondays

Fliers are located for pick-up in the **Senior Center Lobby** (2nd floor) and **online** on the Township Website: <https://www.teanecknj.gov/senior-programs>

Workshops are not included in the 2 class maximum per person

Professional Services

Holy Name Hospital Nurse on-site Monday through Friday
Blood Pressure Screenings and Health Consultations available.

Kathleen Powers, R.N. & Linda Lohsen R.N., B.S.N.

The Township Social Worker, Alex Cerbone M.S.W., L.S.W. will be on-site Wednesdays 8:30 am - 4:00 pm .
Walk-ins welcome!

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

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.

Resident Registration Procedures: By PHONE ONLY 201-837-0171/ 7130

- Choose up to 2 classes from the 2022 Fall Class Line Up.
- See Registration Call-In Schedule below.
- Call at ONLY on the appropriate day/ time for your class.
- Registration will continue until classes are full.

Resident Registration Call-In Schedule

<u>Monday</u> Aug 22nd	<u>Tuesday</u> Aug 23rd	<u>Wednesday</u> Aug 24th	<u>Thursday</u> Aug 25th	<u>Friday</u> Aug 26th
Lite & Gentle 9:00-10:00 am	Cardio (Mon) 9:00-10:00 am	Cardio (Tues AM) 9:00-10:00 am	Cardio (Thurs) 9:00-10:00 am	Yoga Intro 9:00-10:00 am
Folk Dance 10:30 - 11:30 am	Watercolor Beg. 10:30 - 11:30 am	Spanish Beg or Int 10:30 - 11:30 am	Knitting 10:30 - 11:30 am	Art History 10:30 - 11:30 am
Drama 12:00 - 1:00 pm	Stretch Pilates 12:00 - 1:00 pm	Cardio (Tues PM) 12:00 - 1:00 pm	Clay Sculpting 12:00 - 1:00 pm	Creative Writing 12:00-1:00pm
Tai Chi (Beg or Int) 1:30 - 2:30 pm	Osteoporosis 1:30 - 2:30 pm	Men's Fit (Wed/Fri) 1:30 - 2:30 pm	Strength & Stretch 1:30 - 2:30 pm	Literature Wkshp 1:30 - 2:30 pm
Toning 3:00 - 4:00 pm	Dance/Tone 3:00 - 4:00 pm	Yoga Beg. 3:00 - 4:00 pm	Yoga Int. 3:00 - 4:00 pm	Quilt (Mon or Tues) 3:00 - 4:00 pm
	Adv. Draw/ Water Color 4:15-5:15 pm		Healthy Body/Mind 4:15-5:15 pm	

Please stay tuned and continue to check the website for the online registration option **COMING SOON.**

Non-Resident registration by PHONE only on Thursday, September 8th between 11:00am-12:00pm to inquire of any available openings 201-837-0171/ 7130 .

Please note: There is a nominal fee for all classes and programs.