

THE TEANECK RECREATION DEPARTMENT'S SENIOR CENTER

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

NOTICE TO PARTICIPANTS

2024 Winter Session

Tuesday, January 2<sup>nd</sup> - Friday, February 16<sup>th</sup>

Registration Information

- Forms for the 2024 Winter Session will be **available** for **pick-up** starting on Wednesday, November 8<sup>th</sup> in the **Senior Center Lobby** (2<sup>nd</sup> floor), **outside of the Recreation Office** (1<sup>st</sup> floor), and **online** on the Township Website: [www.teanecknj.gov/senior-programs](http://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).
- Mask wearing is **OPTIONAL**.
- Choose up to **4 classes** from the 2024 Winter Class Line Up.
- **There will be 2 options for registration:**
  - 1. By Phone
  - OR -----
  - 2. Online with our Registration Platform: RecPro.  
[www.Recpro.teanecknj.gov](http://www.Recpro.teanecknj.gov)
- Please see page 4 for **Resident Registration Schedule** for phone & online registration dates and times.
- Please see page 5 with **detailed online registration instructions**.
- **Medical Release Form** (if requesting exercise classes) is **REQUIRED by Wednesday, December 20<sup>th</sup>**. 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, December 27<sup>th</sup> 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

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

## 2024 WINTER CLASS LINE UP

**Tuesday, January 2<sup>nd</sup> through Friday, February 16<sup>th</sup>**

**The Center will be CLOSED for the following Municipal Holiday:**

Monday, January 15th, Martin Luther King Jr. Day; Monday, February 12th, Lincoln's Birthday

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

**\*Non-Instructional Classes are not included in the 4 class maximum per person\***

<u>PHYSICAL FITNESS CLASSES</u>	<u>INSTRUCTOR</u>	<u>TIME</u>	<u>DAYS</u>
Breathe, Stretch, Relax (L1)	Barry Rochester	12:45 - 1:45	Thursdays
Cardio/ Toning (L3)	Patty Schwartz	9:00 - 9:50	Mondays
Cardio/ Toning (L3)	Sheri McKay	1:00 - 2:00	Tuesdays
Cardio/ Toning (L3)	Patty Schwartz	9:00 - 9:50	Wednesdays
Dance/Toning (L3)	Patty Schwartz	9:00– 9:50	Tuesdays
Folk Dancing (L2)	Jim Gold	10:15 - 11:30	Wednesdays
Line Dancing (L2)	Deborah Adkins	9:30 - 10:30	Thursdays
Lite & Gentle/ Stretch (L1)	Patty Schwartz	10:30 - 11:30	Mondays
Lite & Gentle/ Stretch (L1)	Sheri McKay	12:15 - 1:15	Wednesdays
Meditation/ Stretch (L1)	Lisa Dubin	2:30 - 3:30	Mondays
Men's Fitness (L2)	Steve Sinisi	12:30-1:15	Mondays
Men's Fitness (L2)	Steve Sinisi	9:15 - 10:15	Wednesdays
Men's Fitness (L2)	Steve Sinisi	12:45 - 1:30	Fridays
Mindful Yoga (L1)	Patty Schwartz	10:30 -11:30	Tuesdays
Tai Chi Chuan <b>Intermediate</b> (L1)	Master Peng	11:45 - 12:45	Wednesdays
Tai Chi Chuan <b>Beginner</b> (L1)	Master Peng	1:00 - 2:00	Wednesdays
Toning & Strengthening (L2)	Kat. Rochester	1:00 - 2:00	Mondays
Toning & Strengthening (L2)	Sheri McKay	9:15 - 10:15	Tuesdays
Walking Club (L1)	Non-Instructional	9:00 - 10:00	Tuesdays
Walking Club (L1)	Non-Instructional	9:00 - 10:00	Thursdays
Walking Club (L1)	Non-Instructional	10:00 - 11:00	Fridays
Yoga <b>Introduction</b> (L1)	Martin Bland	11:00 - 12:00	Fridays
Yoga <b>Beginner</b> (L1)	Martin Bland	12:30 - 1:30	Thursdays
Yoga <b>Intermediate</b> (L1)	Martin Bland	2:00 - 3:00	Thursdays
Zumba (L3)	Saloney Chandra	11:00 - 12:00	Thursdays

**Participants are REQUIRED to have a current Medical Release Form on file for all Physical Fitness programs/ classes. Please submit by Wednesday, December 20<sup>th</sup>.**

**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.

**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 are not included in the 4 class maximum per person\***

<u>EDUCATIONAL CLASSES</u>	<u>INSTRUCTOR</u>	<u>TIME</u>	<u>DAYS</u>
Advanced Drawing	Christine Friedman	10:00-12:00	Wednesdays
Advanced Water Color Painting	Christine Friedman	1:00-3:00	Wednesdays
<b>Beginner</b> Water Color Painting	Judith Adel	10:00 - 12:00	Mondays
<b>Beginner</b> Water Color Painting	Judith Adel	1:00 - 3:00	Mondays
Clay Sculpting	Mary Martire	10:00 - 12:00	Tuesdays
Clay Sculpting	Mary Martire	1:00 - 3:00	Tuesdays
Creative Writing	Joseph Mach	11:30 - 12:45	Thursdays
<b>**Drama/Improvisation- Will Resume In the Spring**</b>			
Instructional Mahjong	Diane Fogel	1:00 - 3:00	Wednesdays
Quilting <b>(Beginner)</b>	Janet Allen & Judythe Burton	10:00 - 12:30	Mondays
Quilting <b>(Intermediate)</b>	Janet Allen & Judythe Burton	1:00 - 3:30	Mondays
Quilting <b>(Advanced)</b>	Janet Allen & Judythe Burton	11:00 - 2:00	Tuesdays
<b>*Choose 1 Quilting Class Only*</b>			
Spanish Practice	Non-Instructional	11:15 - 12:15	Wednesdays
<b>**Spanish Instruction (Beginner &amp; Intermediate) - Will Resume In the Spring**</b>			
Studio Practice	Non-Instructional	10:00 - 12:00	Thursdays
Woodcarving	Howard Rosen	10:00-11:30	Thursdays

<u>SOCIAL RECREATIONAL</u>	<u>INSTRUCTOR</u>	<u>TIME</u>	<u>DAYS</u>
Bingo	Non-Instructional	12:30 - 1:30	Tuesdays/Fridays
Chess	Non-Instructional	1:00 - 3:00	Tuesdays
Crochet /Knitting / Needlework	Non-Instructional	10:00 - 11:30	Wednesdays/Fridays
Mahjong Practice	Non-Instructional	1:00 - 3:00	Fridays
Scrabble	Non-Instructional	1:00 - 3:00	Thursdays
Social Bridge	Non-Instructional	10:00 - 12:00	Fridays
Game Room: Billiards, Table Tennis, Cable TV & Reading Materials Available	Non-Instructional	9:00 - 4:00	Mondays - Fridays

**Workshops Will Resume In The Spring!**

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.

**Non-Resident** registration by PHONE only on Wednesday, December 27<sup>th</sup> 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.

Resident Registration Procedures:

- You can register By PHONE 201-837-0171/ 7130  
----- OR -----  
Online on our registration platform RecPro: [www.recpro.teanecknj.gov](http://www.recpro.teanecknj.gov)  
(limited spots available). Please see page 5 with detailed online registration instructions.
- Choose up to 4 classes from the 2024 Winter Class Line Up  
*Non-instructional classes not included in 4 class maximum*
- Call or register online based on the Resident Registration Schedule below.
- Registration will continue until classes are full.

**Resident Registration Schedule**  
***\*For online & phone registration\****

Tuesday Nov 28th	Wednesday Nov 29th	Thursday Nov 30th	Friday Dec 1st
Zumba  10:00 - 10:30	Woodcarving  10:00 - 10:30	Bingo <b>(Tues/Fri)</b>  10:00 - 10:30	Instruct. Mahjongg/ Practice Mahjong  10:00 - 10:30
Lite & Gentle <b>(Mon)</b>  11:30 - 12:00	<b>Beg.</b> Watercolor <b>(AM or PM)</b>  11:30 - 12:00	Clay Sculpt <b>(AM or PM)</b>  11:30 - 12:00	Chess/ Scrabble/ Social Bridge  11:30 - 12:00
Studio Practice  1:00 - 1:30	Yoga <b>Intro.</b>  1:00 - 1:30	Dance/Tone  1:00 - 1:30	<b>Adv.</b> Draw/Watercolor  1:00 - 1:30
Creative Writing  2:30 - 3:00	Toning & Strength <b>(Mon)</b>  2:30 - 3:00	Toning & Strength <b>(Tues)</b>  2:30 - 3:00	Quilting <b>(Beg, Int or Adv.)</b>  2:30 - 3:00

Tuesday Dec 5th	Wednesday Dec 6th	Thursday Dec 7th	Friday Dec 8th
Yoga <b>Intermediate</b>  10:00 - 10:30	Breathe, Stretch, Relax  10:00 - 10:30	Cardio/Tone <b>(Wed 9 AM Class)</b>  10:00 - 10:30	Tai Chi <b>(Beg or Int)</b>  10:00 - 10:30
Folk Dance  11:30 - 12:00	Line Dance  11:30 - 12:00	Lite & Gentle <b>(Wed)</b>  11:30 - 12:00	Walking Club <b>(Tues/Thur/Fri)</b>  11:30 - 12:00
Cardio/Tone <b>(Mon 9 AM Class)</b>  1:00 - 1:30	Cardio/ Tone <b>(Tues 1 PM)</b>  1:00 - 1:30	Men's Fitness <b>(Mon/Wed/Fri)</b>  1:00 - 1:30	Spanish Practice  1:00 - 1:30
Yoga <b>Beginner</b>  2:30 - 3:00	Meditation/Stretch  2:30 - 3:00	Mindful Yoga  2:30 - 3:00	Knitting <b>(Wed or Fri)</b>  2:30 - 3:00