

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 Spring Session

Monday, March 4th - Friday, June 14th

Registration Information

- Forms for the 2024 Spring Session will be **available** for **pick-up** starting on Wednesday, January 24th in the **Senior Center Lobby** (2nd floor), **outside of the Recreation Office** (1st floor), and **online** on the Township Website: 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 Spring 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
- Please see page 4 for **Teaneck 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 Thursday, February 22nd**. 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, February 28th 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 SPRING CLASS LINE UP

Monday, March 4th through Friday, June 14th

The Center will be CLOSED for the following Municipal Holiday:

Friday, March 29th, Good Friday; Monday, May 27th, Memorial Day

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

Non-Instructional Classes and Workshops 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	12:30 - 1:30	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) *3/7 - 5/23*	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 Workshop (L1) 3/11, 3/18, 3/25, 4/1, 4/8, 5/6, 5/13	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 Hatha Yoga (L1)	Patty Schwartz	10:30 -11:30	Tuesdays
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)	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 Introduction (L1)	Martin Bland	11:00 - 12:00	Fridays
Yoga Beginner (L1)	Martin Bland	12:30 - 1:30	Thursdays
Yoga Intermediate (L1)	Martin Bland	2:00 - 3:00	Thursdays
Zumba (L3)	Saloney Chandra	11:00 - 11:45	Thursdays
Zumba (L3)	Saloney Chandra	12:00 - 12:45	Thursdays

Choose 1 Zumba Class Only

Participants are **REQUIRED** to have a current **Medical Release Form** on file for all Physical Fitness programs/ classes. Please submit by **Thursday, February 22nd**.

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 and Workshops are not included in the 4 class maximum per person

EDUCATIONAL CLASSES

<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
Beginner Water Color Painting	Judith Adel	10:00 - 12:00	Mondays
Beginner 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
Drama/ Improv	Dori Arnold-Persson	11:30—1:30	Tuesdays
Instructional Mahjong *3/6 - 5/15*	Diane Fogel	1:00 - 3:00	Wednesdays
Quilting (Beginner)	Janet Allen & Judythe Burton	10:00 - 12:30	Mondays
Quilting (Intermediate)	Janet Allen & Judythe Burton	1:00 - 3:30	Mondays
Quilting (Advanced)	Janet Allen & Judythe Burton	11:00 - 2:00	Tuesdays
Choose 1 Quilting Class Only			
Spanish Beginner	Kathy Glowski	10:00-11:00	Wednesdays
Spanish Intermediate	Kathy Glowski	11:15-12:15	Wednesdays
Studio Practice	Non-Instructional	10:00 - 12:00	Thursdays
Woodcarving	Howard Rosen	10:00-11:30	Thursdays

SOCIAL RECREATIONAL

<u>SOCIAL RECREATIONAL</u>	<u>INSTRUCTOR</u>	<u>TIME</u>	<u>DAYS</u>
Bingo	Non-Instructional	12:30 - 1:30	Tuesdays/Fridays
Canasta	Non-Instructional	1:30 - 3:30	Thursdays
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
Game Room: Billiards, Table Tennis, Cable TV & Reading Materials Available	Non-Instructional	9:00 - 4:00	Monday - Fridays

Workshops

<u>Workshops</u>	<u>INSTRUCTOR</u>	<u>TIME</u>	<u>DAYS</u>
Art History Workshop 5/17, 5/24, 5/31, 6/7, 6/14	Michael Norris	1:15 - 3:15	Fridays
Discussion Group 5/17, 5/24, 5/31, 6/7	Rich Contrera	1:00 - 2:15	Fridays
Literature Workshop 4/1, 4/8, 4/15, 4/22	Susan Barnett	12:30 - 2:00	Mondays

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.

Resident Registration Procedures:

- You can register By PHONE 201-837-0171/ 7130

- - - - - OR - - - - -

Online on our registration platform RecPro: www.recpro.teanecknj.gov (limited spots available). Please see page 5 with detailed online registration instructions.

- Choose up to 4 classes from the 2024 Spring 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.

Teaneck Resident Registration Schedule

****For online & phone registration****

Tuesday February 6th	Wednesday February 7th	Thursday February 8th	Friday February 9th
Zumba (Thurs 11 am) 10:00 - 10:30	Bingo (Tues/Fri) 10:00 - 10:30	Cardio/Tone (Mon 9AM) 10:00 - 10:30	Instruct. Mahjongg/ Practice Mahjong 10:00 - 10:30
Lite & Gentle (Mon) 11:30 - 12:00	Beg. Watercolor (AM or PM) 11:30 - 12:00	Dance/Tone 11:30 - 12:00	Chess/ Scrabble/ Canasta 11:30 - 12:00
Zumba (Thurs 12 pm) 1:00 - 1:30	Toning & Strength (Mon) 1:00 - 1:30	Clay Sculpt (AM or PM) 1:00 - 1:30	Adv. Draw/Watercolor 1:00 - 1:30
Yoga Beginner 2:30 - 3:00	Yoga Intermediate 1:30 - 2:00	Literature Wkshp 1:30 - 2:00	Quilting (Beg, Int or Adv.) 1:30 - 2:00
Discussion Group/ Art History 3:30 - 4:00	Yoga Introduction 3:30 - 4:00	Drama/Improv 3:30 - 4:00	Meditation/Stretch 3:30 - 4:00

Tuesday February 13th	Wednesday February 14th	Thursday February 15th	Friday February 16th
Studio Practice 10:00 - 10:30	Breathe, Stretch, Relax 10:00 - 10:30	Cardio/Tone (Tues 1 PM) 10:00 - 10:30	Tai Chi (Beg or Int) 10:00 - 10:30
Folk Dance 11:30 - 12:00	Line Dance 11:30 - 12:00	Lite & Gentle (Wed) 11:30 - 12:00	Walking Club (Tues/Thur/Fri) 11:30 - 12:00
Creative Writing 1:00 - 1:30	Men's Fitness (Mon/Wed/Fri) 1:00 - 1:30	Cardio/ Tone (Wed 9 AM) 1:00 - 1:30	Knitting (Wed or Fri) 1:00 - 1:30
Woodcarving 2:30 - 3:00	Toning & Strength (Tues) 2:30 - 3:00	Mindful Hatha Yoga 2:30 - 3:00	Spanish Beg or Int 2:30 - 3:00