

THE TEANECK RECREATION DEPARTMENT'S SENIOR CENTER

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

Welcome to the 2025 Winter Session!

Monday, January 6th - Friday, February 14th

Registration Information

- Forms for the 2025 Winter Session will be **available** for **pick-up** starting on Tuesday, October 29th 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 2025 Winter 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 Friday, December 20th**. Medical release not required if submitted within the last 12 months. Please inquire in the Senior Center Office on your Medical Release status.
- There are no make-up classes due to holidays, inclement weather, special events or instructor absence.
- **Non-Resident** registration by PHONE only on Thursday, January 2nd 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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2025 WINTER CLASS LINE UP

Monday, January 6th through Friday, February 14th

The Center will be CLOSED for the following Municipal Holiday:

Monday, January 20th, Martin Luther King Jr. 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>	REGISTRATION DAY & TIME *By Phone or Online*
Ballroom Dancing (L2)	Fridays	10:30-11:30	Oscar Sanchez	Mon. 11/18 @ 11:00-11:30
Breathe, Stretch, Relax(L1)	Tuesdays	11:30-12:30	Barry Rochester	Wed. 11/20 @ 11:00-11:30
Breathe, Stretch, Relax(L1)	Thursdays	12:00-1:00	Barry Rochester	Wed. 11/20 @ 2:30-3:00
Cardio/Toning (L3)	Mondays	9:00-9:50	Patty Schwartz	Thurs. 11/21 @ 10:00- 10:30
Cardio/Toning (L3)	Tuesdays	1:00-2:00	Sheri McKay	Friday 11/22 @ 12:30- 1:00
Cardio/Toning (L3)	Wednesdays	9:00-9:50	Patty Schwartz	Friday 11/22 @ 1:30- 2:00
Cardio/Toning (L3)	Fridays	9:15-10:15	Sheri McKay	Monday 11/18 @ 1:30-2:00
Dance/Toning (L3)	Tuesdays	9:00-9:50	Patty Schwartz	Thursday 11/21 @ 12:30-1:00
Folk Dancing (L2)	Wednesdays	2:15-3:30	Jim Gold	Friday 11/22 @ 11:00-11:30
** Line Dancing will resume in the Spring **				
Lite & Gentle/Stretch (L1)	Mondays	10:30-11:30	Patty Schwartz	Tues. 11/19 @ 11:00-11:30
Lite & Gentle/Stretch (L1)	Wednesday	12:15-1:15	Sheri McKay	Thurs. 11/21 @ 11:00- 11:30
Meditation/Stretch (L1)	Mondays	2:30-3:30	Lisa Dubin	Tuesday 11/19 @ 12:30-1:00
Men's Fitness (L2)	Mondays	12:30-1:15	Steven Sinisi	Tues. 11/19 @ 10:00-10:30
Men's Fitness (L2)	Wednesdays	9:15-10:15	Steven Sinisi	Tues. 11/19 @ 10:00-10:30
Men's Fitness (L2)	Fridays	12:45-1:30	Steven Sinisi	Tues. 11/19 @ 10:00-10:30
Mindful Hatha Yoga (L1)	Tuesdays	10:30-11:30	Patty Schwartz	Wed. 11/20 @ 12:30-1:00
Tai Chi Chuan Int. (L1)	Wednesdays	11:50-12:50	Master Peng	Thursday 11/21 @ 2:30-3:00
Tai Chi Chuan Beg. (L1)	Wednesdays	1:00-2:00	Master Peng	Thursday 11/21 @ 2:30-3:00
Toning & Strength (L2)	Mondays	1:00-2:00	Kat Rochester	Wed. 11/20 @ 1:30- 2:00
Toning & Strength (L2)	Tuesdays	9:15-10:15	Sheri McKay	Thurs. 11/21 @ 1:30-2:00
Toning & Strength (L2)	Fridays	12:30-1:30	Kat Rochester	Friday 11/22 @ 10:00-10:30
Walking Club (L1)	Tuesday	9:00-10:00	Non-Instructional	Mon 11/18 @ 10:00-10:30
Walking Club (L1)	Thursday	9:00-10:00	Non-Instructional	Mon 11/18 @ 10:00-10:30
Walking Club (L1)	Friday	9:00-10:00	Non-Instructional	Mon 11/18 @ 10:00-10:30
Yoga Introduction (L1)	Fridays	11:00-12:00	Martin Bland	Monday 11/18 @ 12:30-1:00
Yoga Beginner (L1)	Thursdays	12:30-1:30	Martin Bland	Tuesday 11/19 @ 2:30- 3:00
Yoga Intermediate (L1)	Thursdays	2:00-3:00	Martin Bland	Wed. 11/20 @ 10:00-10:30
Zumba (L3)	Thursdays	11:00-12:00	Saloney Chandra	Tuesday 11/19 @ 1:30- 2:00

Registration will be on going until classes are full.

Participants are REQUIRED to have a current Medical Release Form on file for all Physical Fitness programs/classes. These are due by Friday, December 20th.

If having your doctor fax it to us, please confirm we received it.

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

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>	REGISTRATION DAY & TIME *By Phone or Online*
Adv. Drawing	Wednesdays	10:00-12:00	Christine Friedman	Friday 11/15 @ 12:30-1:00
Adv. Water Color Paint	Wednesdays	1:00-3:00	Christine Friedman	Friday 11/15 @ 12:30-1:00
Beg. Water Color	Mondays	10:00-12:00	Judith Adel	Tuesday 11/12 @ 10:00-10:30
Beg. Water Color	Mondays	1:00-3:00	Judith Adel	Tuesday 11/12 @ 10:00-10:30
Clay Sculpting	Tuesdays	10:00-12:00	Mary Martire	Thursday 11/14 @ 10:00-10:30
Clay Sculpting	Tuesdays	1:00-3:00	Mary Martire	Thursday 11/14 @ 10:00-10:30
Creative Writing	Thursdays	11:30-12:45	Joe Mach	Tuesday 11/12 @ 12:30-1:00
Drama/Improv	Tuesdays	11:00-1:00	Dori Arnold-Persson	Thursday 11/14 @ 11:00-11:30
Instruct. Mahjong	Wednesdays	1:00-3:00	Diane Fogel	Wed. 11/13 @ 2:30-3:00
Quilting Beginner	Mondays	10:00-12:30	Janet Allen	Friday 11/15 @ 11:00-11:30
Quilting Intermediate	Mondays	1:00-3:30	&	Friday 11/15 @ 11:00-11:30
Quilting Advanced	Tuesdays	11:00-2:00	Judythe Burton	Friday 11/15 @ 11:00-11:30

Spanish Beginner & Intermediate will resume in the Spring

Studio Practice	Thursdays	10:00-12:00	Non-Instructional	Tuesday 11/12 @ 2:30-3:00
Woodcarving	Thursdays	10:00-11:30	Howard Rosen	Tuesday 11/12 @ 11:00-11:30

SOCIAL RECREATIONAL

				REGISTRATION DAY & TIME *By Phone or Online*
Bingo	Tues/Fridays	12:30 - 1:30	Non-Instructional	Wed. 11/13 @ 12:30-1:00
Canasta	Thursdays	1:30-3:30	Non-Instructional	Friday 11/15 @ 1:30-2:00
Chess	Wednesdays	1:00 - 3:00	Non-Instructional	Friday 11/15 @ 10:00-10:30
Crochet/Knitting/ Needlework	Wed/Fridays	10:00-12:00	Non-Instructional	Wed. 11/13 @ 1:30-2:00
Mahjong Practice	Fridays	10:00-12:00	Non-Instructional	Wed. 11/13 @ 2:30-3:00
Scrabble	Thursdays	1:00 - 3:00	Non-Instructional	Friday 11/15 @ 10:00-10:30

Workshops

				REGISTRATION DAY & TIME *By Phone or Online*
Computer Beg.	Wednesdays	11:00-12:30	Jan Sprance	Tuesday 11/12 @ 1:30-2:00
Computer Int.	Wednesdays	1:00-2:30	Jan Sprance	Tuesday 11/12 @ 1:30-2:00

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.

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.