# **Teaneck Senior Services Center**

250 Colonial Court (201) 837 - 0171 ext. 7023 FALL 2012 CLASS LINE UP

Registration for TEANECK RESIDENTS: Begins August 20th BY MAIL ONLY.

Registration for NON-RESIDENTS:

September 5th, IN PERSON ONLY 10:00 a.m. - 2:00 p.m.

Fall Session: September 10, 2012 - December 14, 2012

## The Center will be CLOSED on the following Municipal Holidays:

Labor Day

Monday, September 3

Columbus Day

Monday, October 8

Veteran's Day

Monday,

November 12

Thanksgivings Day Thurs. & Fri., November 22nd & 23rd

## THERE ARE NO MAKE-UP CLASSES DUE TO HOLIDAYS, INCLEMENT WEATHER OR SPECIAL EVENTS.

PHYSICAL FITNESS Bailroom & Latin Dancing	<b>INSTRUCTOR</b> Jean Martin	<b>TIME</b> 10:30-11:30	<u><b>DAYS</b></u> Tuesdays	
Cardio Workout (L3)	Patty Schwartz	9:30 - 10:30	Mondays (No class 9/24)	
Folk Dancing	Jim Gold	11:00-12:30	Wednesdays	
Lite & Gentle Exercise (L1)	Judy Sbrocco	1:00 - 2:00	Wednesdays	
Low-Impact Exercise (L3) Low-Impact Exercise (L3)	Lynn Sullivan Lynn Sullivan	11:00 -12:00 11:30 -12:30	Tuesdays Thursdays	
Men's Fitness Men's Fitness Men's Fitness	YMCA Staff YMCA Staff YMCA Staff	12:15 -1:15 12:15 -1:15 12:15 -1:15	Tuesdays Thursdays Fridays	
Middle Eastern Dance	Sandi Cohen	10:45 - 11:45	Fridays	
Osteoporosis Exercise Osteoporosis Exercise (Must be medically documented)	Judy Sbrocco Judy Sbrocco	11:00 -12:00 11:45 -12:45	Mondays Wednesdays	
Pump the Prime Exercise (L3)	Judy Sbrocco	9:30 -10:30	Thursdays	
Stretch Pilates (L2)	Judy Sbrocco	12:30 - 1:30	Tuesdays	
Tap Dancing Intermediate Tap Dancing Beginner	Jean Martin Jean Martin	1:45 - 2:45 11:45-12:45	Wednesdays Thursdays	
Tai Chi Chuan	Master Peng	12:15 - 1:00	Mondays	
Toning & Strengthening (L2) Toning & Strengthening (L2)	Katonya Cray Katonya Cray	12:30 - 1:30 1:30 - 2:30	Mondays Fridays	
Walking Club	Non Instructional	9:00 -10:00	Monday-Friday	
Water Exercise Water Exercise	YMCA Staff YMCA Staff	2:00 - 3:00 2:00 - 3:00	Mondays Wednesdays	
Yoga Beginner Yoga Intermediate Yoga Intermediate Introduction to Yoga	Martin Bland Martin Bland Martin Bland Martin Bland	3:00 -4:00 1:45 - 2:45 3:00 - 4:00 12:15 - 1:15	Tuesdays Tuesdays Thursdays Fridays	
Zumba Gold <sup>®</sup> (L3) Zumba Gold <sup>®</sup> (L3) (Dance Aerobics)	Patty Schwartz Patty Schwartz	9:30 - 10:30 9:15 - 10:15	Tuesdays (No class 9/25) Fridays (No class 9/28)	

Participants are required to have a current Medical Release Form on file for all exercise classes.

Level 1: includes 5-10 minutes of aerobic movement

Level 2: Includes 10-20 minutes of aerobic movement

Level 3: includes 20-40 minutes of aerobic movement

Please arrive in the program areas no earlier than 15 minutes before the scheduled class time.

EDUCATIONAL CLASSES	INSTRUCTOR	TIME	<u>DAYS</u>	
Advanced Drawing	Christine Friedman	10:00 -12:00	Wednesdays	
Cerebral Gymnastics (Exercises for the Mind)	Simie Weinberger	11:00 -12:00		9/12, 9/19, 10/3, 10/17, 11/14, 11/21
Clay Sculpting	Guy Giordano	10:00 -12:00	Tuesdays	
Computer Basics 5-Week Series. Computer Introduction Computer Introduction (*For those with NO prior knowled)	Michael Costa Michael Costa	and time: 10:00 - 10:50 10:00 - 10:50	Mondays Wednesdays	Class Dates Classes start 10/15 Classes start 10/17
Computer Basics Level I Computer Basics Level I	Michael Costa Michael Costa	11:00 - 11:50 11:00 - 11:50	Mondays Wednesdays	Classes start 10/15 Classes start 10/17
Creative Writing	Kathy DeDrama	1:00 -2:00	Mondays	
Drama Improvisation Workshop	Helene Marshall	10:00 -11:30	Thursdays	
Hand Building Beg./Intermediate	Beatrice Bloom	10:00 - 12:30	Thursdays	
Pottery Intermediate/Advanced	TBA	TBA	TBA	
Quilting	Thelma Nunnery	11:00 –3:00	Tuesdays	
Spanish Instruction Beginner Spanish Instruction Intermediate	Mary Donohue Mary Donohue	10:30 - 11:30 11:30 - 12:30	Fridays Fridays	
Watercolor Painting	Christine Friedman	1:00 - 3:00	Wednesdays	
Wood Carving	Non Instructional	9:30 -11:00	Wednesdays	

Coming Soon: "The Complete Artist" Workshop Series (Vocal Performance Improvement)

Please arrive in the program areas no earlier than 15 minutes before the scheduled class time.

SOCIAL RECREATIONAL	<u>Advisor</u>	TIME	DAY
Bingo	Helen Penalver	12:30 -1:30	Tuesdays & Fridays
Dominos	Helen Penalver	10:30 -11:30	Daily
Knitting	Non-Instructional	9:30 -11:00	Mondays & Fridays
Social Bridge Social Bridge Social Bridge Social Bridge	Non-Instructional Non-Instructional Non-Instructional Non-Instructional	9:00 - 11:00 9:00 - 1:00 9:00 - 11:00 9:00 - 1:00	Mondays Wednesdays Thursdays Fridays
Social Games	Non-Instructional	12:30 - 2:30	Thursdays
Game Room with Billiards, Table Cable TV & Reading Materials a		9:00 - 3:00	Monday - Friday

THERE ARE NO MAKE-UP CLASSES DUE TO HOLIDAYS, INCLEMENT WEATHER OR SPECIAL EVENTS.

#### **PROFESSIONAL SERVICES**

Holy Name Medical Center Public Health Nurses on-site Mondays - Fridays 10:30 a.m. - 1:30 p.m. Blood Pressure Screenings and Health Consultations available by appointment.

Karen Schmidt, MSN, Sr. Public Health Nurse

Kathleen Powers, R.N.

Please call the Senior Services Center to schedule an appointment at (201) 837-0171.

