



## Age-Friendly Teaneck News & Updates

As Teaneck works to create a more age-friendly environment for residents, we'll keep you posted about new developments programs and events.

[VISIT OUR WEBSITE](#)



### New Jersey COVID-19 Vaccine Campaign

Age-Friendly Teaneck has updated its COVID-19 resource list with vaccine details, including information about how to register for the vaccine site at Richard Rodda Center.

[Click Here](#)

## INTRODUCING: OPENING NEW DIGITAL DOORS

Televised and Individual Technology Training for Teaneck's Older Adults

*A joint production of...*

**Age-Friendly Teaneck  
Teaneck Public Library, Teaneck  
Public Schools & Teaneck  
Township**

We are producing a cable-access television series to help older adults in Teaneck navigate the world of technology in a time of social distancing. Each episode will be geared to beginners and those with moderate digital skills.

[Read More](#)



The first episode, narrated by Age-Friendly Teaneck Project Coordinator EJ Vizzi (shown above), is airing on **Altice (Optimum) Channel 77** and **Fios Channel 47**.

Or see it on Age-Friendly Teaneck's [YouTube Channel](#). Click for [Part 1](#) and for [Part 2](#)

Individualized digital technology training is available to older adults as part of our Opening New Digital Doors program. Specially trained Teaneck teen volunteers will work with older adults as a complement to the recorded series. Let's master a variety of digital skills together! Click [here](#) to sign-up or call 201-530-6756



## An Examination of the Age-Friendliness of Teaneck's Parks



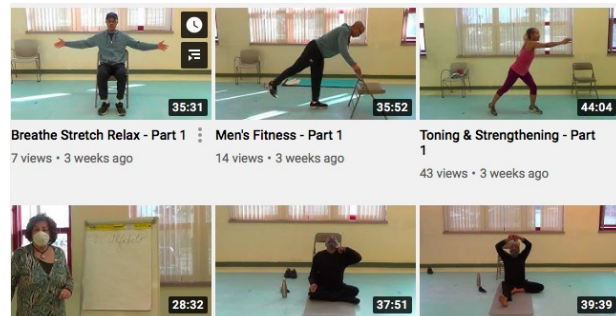
Age-Friendly Teaneck recently toured Teaneck's 23 parks to evaluate how well they meet the "age-friendly" design principles of access, comfort, activity and nature. We shared our report with the Township Council and other officials.

Click [here](#) to read the report.

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### Rodda Center Senior Recreation Classes Go Virtual! Older Adults Can Watch on Cable-Access or on YouTube

Yoga. Low-Impact Exercising. Stretching and Toning. Older adults who had been missing these classes - and others like them - since the Rodda Center's senior recreation program closed last Spring now can participate virtually. Nineteen digitally recorded episodes of popular Rodda Center classes, including beginner- and intermediate-level Spanish courses, are now airing on the Township's cable-access channels. As the pandemic stretches on, the Township plans to keep adding more.



The programs are running in a continuous loop on Altice (Optimum) Channel 77 or Fios Channel 47.

Click Here for the [YouTube Channel](#)


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### Tenafly JCC has IPAD Lending Library for Older Adults

*Introducing our NEW*  
**SENIOR IPAD LENDING LIBRARY**

iPad lending library is our newest offering that delivers a preloaded iPad to any Senior in need, with an ongoing tech support to ensure every senior can benefit from the array of our live and interactive classes. Choose from 20 classes each week including daily chair exercise, musical concerts, interactive social programs, games, art tours and hobby classes.

Don't miss out! Call Sarah Feinmark at 201.569.7900 ext. 404 or email [sfeinmark@jccotp.org](mailto:sfeinmark@jccotp.org) for more information or to sign up!



**SENIOR SERVICES**  
JCC on the Palisades

If you are or know of a Senior Adult experiencing feelings of social isolation during the pandemic, we can help. Our JCC Senior Adult Department offers a daily selection of programs that provide socialization, exercise, learning, laughing and even "Singing to the Oldies!"

40 E CLINTON AVENUE, TENAFLY, NJ 07670 | 201-569-7900 | [jccotp.org](http://jccotp.org)

Know someone in need of technology? The Kaplen JCC on the Palisades has an iPad Lending Library. The iPads arrive already programmed, allowing users to participate in up to 20 of the center's virtual classes each week, including daily chair exercise, musical concerts, interactive social programs, games, art tours and hobby classes. Older adults can use the iPads for telehealth visits and also receive ongoing tech support.

For more info, Call Sarah Feinmark at 201-569-7900 ext. 404 or email [sfeinmark@jccotp.org](mailto:sfeinmark@jccotp.org)


Or click [here](#) to learn more about JCC programs for older adults and their caregivers.

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### Teaneck Library Pick-Up Service, Black History Month Events

Teaneck Public Library

**Contactless  
doorside  
pickup  
only**



Hours for doorside pickup will remain:

Mon 9:30 AM - 8:30 PM  
Tues 9:30 AM - 8:30 PM  
Wed 9:30 AM - 8:30 PM  
Thurs 9:30 AM - 8:30 PM  
Fri 9:30 AM - 4:30 PM  
Sat 9:30 AM - 4:30 PM  
Sun 1:00 PM - 5:00 PM

TEANECK PUBLIC LIBRARY

Effective Monday, December 21

teanecklibrary.org/reopening

To reserve materials for pickup, please visit [bccls.org](http://bccls.org) or call 201-837-4171 ext 2 for adult materials, and ext 4 for children/ teens. More info: Click [Here](#)



The month of February will feature several virtual Black History events by the Enslaved African Memorial Committee. Click [Here](#) for dates and details

## Teaneck International Film Festival [Virtual Offerings](#) in 2021



**Save the Dates! Also from TIFF:**  
**Wednesday Nights Series on**  
**Activism: Making Change**



**Mr. Soul**

**Wednesday  
Feb. 17  
7 pm**

Before Oprah and Arsenio, there was Mr. SOUL! From 1968 into 1973, the public television variety show SOUL! offered an unfiltered, uncompromising celebration of Black literature, poetry, music, and politics, capturing a critical moment in culture whose impact continues to resonate today.

Click [here](#) to Register



**Coded Bias**  
March 10



**Philly DA**  
April 7



**The Donut King**  
May 19

**Age-Friendly Teaneck is Proud to Be a Member of ...**

**North Jersey Alliance of  
Age-Friendly Communities**

Check out the alliance's [blog](#) about age-friendly issues in NJ

***A great place to grow up  
and grow old!***

Be sure to visit our website  
and keep up-to-date on local  
news related to aging.

**LEARN MORE**

Age-Friendly Teaneck | 201-530-6756 | [www.agefriendlyteaneck.org](http://www.agefriendlyteaneck.org)

**STAY CONNECTED**

