Age Friendly TEANECK

Invites you to join us for

STRETCHING CLASS

with Nicky Shah

from AlignCare Physical Therapy

Join us for gentle stretching

Date: 12/07/2026 **Time: 11-12:30**

Age-Friendly Teaneck Community Room
1425 Teaneck Road

Refreshments will be provided.

RSVP REQUIRED

info@agefriendlyteaneck.org

Include STRETCHING in the email subject line when RSVPing.

Age-Friendly Teaneck: 201-530-6756

SUGGESTED PARKING

Municipal lot at the 1391 Teaneck Road entrance near Beveridge Street.