

School Age Programs
Elementary & Middle School

Fencing - Instructor: Durkan Fencing Academy (Ages 5-8)
Tuesdays, March 10, 17, 24, (No 31) April 7, 14, 21
\$325/6 sessions (\$340 non-residents) 3:30 to 4:30pm (YL)

Fencing - Instructor: Durkan Fencing Academy (Ages 9-12)
Wednesdays, March 11, 18, 25 April (No 1), 8, 15, 22
\$325/6 sessions (\$340 non-residents) 3:45 to 4:45pm (YL)



Introduction to the Olympic sport of fencing designed to teach new fencers about the sport, from rules and etiquette to athleticism and coordination. Bring water.

Culinary Curiosity: "Taste & Twirl" with HealthBarn USA (Grades 5-8)

Thursdays, March 12, 19, 26 April (No 2), 9, 16, 23
\$150/6 sessions (\$165 non-residents) 4:00 to 5:00pm (Gatehouse at Habernickel Park, 1057 Hillcrest Road) Sweet and savory bites of brownies, cupcakes, frittatas and donuts will be warming the cozy HealthBarn kitchen with aromas of chocolate, vanilla and herbs filling the air!



Kids Rebounder Combo Class - Instructor: Vic Cabezas (Ages 7-12)

Fridays, March 27 April (No 3), 10, 17, 24 May 1
\$180/5 sessions (\$195 non-residents) 3:45 to 4:30pm (YL)



High adrenaline, low impact, core strength.

Combination class of Kangoo Rebound Boots AND mini trampoline fitness that will leave you feeling happy and energized! The tone is set to upbeat, fun music as you work through Bounce cardio sequences that will challenge your mind and body, incorporating strength training and balancing work. Bring water.

Spring Recess Special Events

Fencing Camp - Instructor: Durkan Fencing Academy (Ages 5-14)

Friday, March 20, 9am to 12pm

*Location: Durkan Fencing Academy, 597 N. Maple Ave., Ridgewood

\$220 (\$235 non-residents)

Beginners/New Fencers Welcome! Discover the Olympic sport of fencing at Ridgewood's newest athletic facility! Led by experienced coaches, this fun and welcoming camp introduces students to the fundamentals of fencing—including rules, footwork, and body positioning—through engaging instruction and age-appropriate activities. Campers will build coordination, balance, and mental focus while playing exciting fencing-based games, and will finish each session with supervised bouts using full electric fencing equipment in a safe, structured environment.

Students should wear athletic clothes and sneakers, and bring a water bottle. All other equipment will be provided.

Babysitters Training Certification Class -

Instructor: National Safety Training Center (Ages 11-15)

Monday, March 30 (YL)

\$125 (\$140 non-resident)

Become a certified babysitter. The program is designed to help provide safe, high-quality care. Topics include:

- Interviews for babysitting job
- Choosing safe and age-appropriate toys and games
- Performing first aid, learning diapering and feeding techniques
- Handling bedtime issues



H.I.L.T. SENIOR MEMBERSHIP GROUP
MEETING/TRIP CALENDAR

General Meeting:

Thursday, March 12, 10:00am

Ridgewood Irish Step Dancers will entertain us during this St. Patrick's Day Celebration in their beautiful, colorful attire! Lunch provided.

Trip:

Tuesday, March 17

St. Patrick's Day Celebration with Jersey Dreamers
Lunch & Show

The Brownstone – Paterson, NJ

Bus loads at the Graydon Pool Parking Lot at 10:00am;
Departs at 10:15am returning at approximately 4:00pm
\$65 (\$70 non-members)

General Meeting:

Thursday, April 9, 10:00am

Historian, Tim Adriance presents

"Notable Musicians with Bergen County Connections"

Bergen County has many notable musicians with local ties that you may have heard of! Join us to find out!

Trip:

Thursday, April 16

"Catch Me If You Can" Musical

White Plains Performing Arts Center

Lunch at Lazy Boy Saloon

White Plains, NY

Bus loads at the Graydon Pool Parking Lot at 9:15am;
Departs at 9:30am returning at approximately 5:00pm
\$95 (\$100 non-members)

Contact Deanna Schablik

201-670-5500, x2301

FREE SENIOR BUS TRANSPORTATION

The Ridgewood Senior Bus runs on:

*Tuesdays and Thursdays - Around Ridgewood

*2nd and 4th Wednesdays - Wyckoff Shoprite

*3rd Wednesday - Ridgewood and surrounding towns.



Please call 201-670-5500, ext 2203 to make a reservation.

The Ridgewood
Community Center
March/April
2026
Program Offerings
131 N. Maple Ave.
201-670-5500, x2301



Adult Programs

Zumba - Instructor: Leony Naciri (3)

Mondays, March 16, 23, (No 30) April 6, 13, 20, 27
\$30.00/6 sessions 10:15 to 11:00am (YL)

Feel the music as we take the "work" out of workout during a calorie-burning dance fitness party! Bring Water.



Silver Strength and Motion - Instructor: Elaine Albanese (2)

Mondays, March 16, 23, (No 30) April 6, 13, 20, 27
\$30.00/6 sessions 11:15am to 12:00pm (YL)

Increase core muscles, balance, range of movement and flexibility with light weights, bands and balls. Bring water.



Yoga and Balance (NEW DAY & TIME) - Instructor: Priti Dhariwal (2)

Mondays, March 16, 23, (No 30) April 6, 13, 20
\$65.00/5 sessions 12:45 to 1:30pm (SL)

Yoga poses for core strength, stability & balance, blended with calming breathing and relaxation. Yoga poses based in chair and chair assisted. Yoga mat/ Chair. Bring water.



Tai Chi with Body and Brain Tai Chi Yoga - Instructor: Alyse Gutter (1)

Mondays, March 9, 16, 23, (No 30) April 6, 13, 20
\$30.00/6 sessions 1:30 to 2:15pm (YL)

Fluidity of the movements, agility of the brain, and relaxed breathing. Increase balance and flexibility while offering the benefits of mindful meditative practices. Bring water.



Live Love Yoga - Instructor: Carol Raff (3)

Tuesdays, March 17, 24, (No 31) April 7, 14, 21
\$25/5 sessions 9:30 to 10:15am (SL)

Beginner and experienced yogis welcome. Connect one's mind and body through poses that create strength, flexibility and balance. Let's have fun while being fit. Bring a mat and water.



Silver Strength and Motion - Instructor: Elaine Albanese (2)

Tuesdays, March 10, 17, (No 24), (No 31) April 7, 14, 21, 28
\$30.00/6 sessions 9:30 to 10:15am (YL)

Increase core muscles, balance, range of movement and flexibility with light weights, bands and balls. Bring water.



Gentle Chair Yoga - Instructor: Elaine Albanese (1)

Tuesdays, March 10, 17, (No 24), (No 31) April 7, 14, 21, 28
\$30.00/6 sessions 10:30 to 11:15am (YL)

Gentle moves using the chair for balance and stability. Bring water.



Instructional Crochet and/or Knit - Instructor: Clayton Leadbetter (1)

Tuesdays, March 10, 17, (No 24), (No 31) April 7, 14, 21, 28
\$30.00/6 sessions 10:30 to 12:00 pm (GR)

Beginner class includes instruction. Materials purchased individually based on choice of yarn and project. Intermediates welcome to work on projects independently, with guidance from instructor.



East Coast Beginner Swing Dance Lessons - Instructor: Lysa Milch (1)

Tuesdays, March 24, 31 April (No 7), 14, 21
\$60.00/4 sessions 7:00 to 8:15pm (SL)

A fun way to exercise, meet your new people, learn a few dance steps and listen to some oldies! Bring water.



Adult Programs (cont.)

Dance & Sculpt - Instructor: Phil Nisen (2)

Wednesdays, March 11, 18, 25 April (No 1), 8, 15, (No 22), 29
\$30.00/6 sessions 9:45 to 10:30am (YL) Get an amazing workout

dancing to great music. Light weights and resistance bands are used for toning muscles. Bring water.



Chinese Brush Painting - Instructor: Robert Santee (1)

Wednesdays, March 11, 18, 25 April 1, (No 8), 15, 22
\$30.00/6 sessions 10:00am to 11:30am (SL)

Chinese Brush Painting is a symbolic expression of an object with each brush stroke a defining movement. Bring your own supplies.



Active Strength - Instructor: Leony Naciri (4)

Wednesdays, March 11, 18, 25 April (No 1), 8, 15, 22
\$30.00/6 sessions 11:30 to 12:15pm (YL)

Increase stamina, develop strength and improve your agility. This total body workout is designed to build a strong body for longevity and vitality with weights and bands. Bring water.



Mobility Club Class (TRIAL CLASS) - Instructor: Jon Leslie (2)

Friday, April 24
No Fee - 9:30 to 10:15am (YL)

Restore your body to its natural state using functional movements of a Mobility Club. Improve mobility, flexibility, strength, balance and posture. Class conducted at a gentle pace, focusing on proper form. Move better, feel better. Bring water.



Balance and Mobility - Instructor: Leony Naciri (2)

Fridays, March 13, (No 20), 27 April (No 3), 10, 17, 24
\$25.00/5 sessions 10:30 to 11:15am (YL)

A low impact total body workout designed to improve balance, flexibility and encourage fluid movements in a full range of motions using light weights and balls. Class incorporates ample core and balance work. Bring water.



Functional Fitness - Instructor: Leony Naciri (5)

Fridays, March 13, (No 20), 27 April (No 3), 10, 17, 24
\$25.00/5 sessions 11:30 to 12:15pm (YL)

A total body workout to increase agility, flexibility, cardiorespiratory, coordination, balance and resistance with weights, bands and balls. Bring water.



Suburban Rebounder - Instructor: Vic Cabezas (3)

Fridays, March 27 April (No 3), 10, 17, 24 May 1
\$125.00/5 sessions 2:00 to 2:45pm (YL) High adrenaline,

low-impact, mini trampoline fitness class. Workout to Bounce cardio sequences, strengthening core and balance. Bring water.



Program pricing is for Ridgewood Residents, 55 years and older. An additional \$15 fee per class applies to non-residents. Please let us know if special accommodations are needed.

Register Online (preferred) for all programs and events (unless otherwise noted) at <https://register.capturepoint.com/ridgewood> Pay by cash (exact change) or check at The Stable 259 N. Maple Avenue Ridgewood, NJ

Difficulty Scale of Programs: 1 (Easy) to 5 (Most Intense) noted after each adult class listed.

SL - Pat Mancuso Senior Lounge
GR - Garden Room
YL - Annie Zusy Youth Lounge
H - Gatehouse at Irene Habernickel Park 1057 Hillcrest Rd.

Hammer's Remembering...
"50's TV Comedians"
presented by Bruce Hammer, Lecturer

Friday, March 20, 2026
10:00 to 11:00am
Pat Mancuso Senior Lounge

We'll return to the days of black-and-white TV and spend some time laughing with a few of pioneers, Burns & Allen, Jack Benny and Red Skeleton ...just to name a few!

Cost is \$5 - Registration is required at:

<https://register.capturepoint.com/ridgewood>
Coffee and refreshments provided.

March Lunch and Learn
"Cooking for Comfort and Health"
presented by

Stacey Antine, MS, RDN,
HealthBarn USA



Tuesday, March 24, 2026
11:30 to 1:30pm

Anne Zusy Youth Lounge

During National Nutrition Month, Stacey shares with us the importance of eating healthy, serving a homemade lunch and treat featuring balanced nutrition. Sponsored by HealthBarn Foundation, hosted by The Community Center of Ridgewood Foundation.

No Fee, but registration is required at <https://register.capturepoint.com/ridgewood>

"Celebrating the 'Tennials"
presented by Cynthia Affinito,
Lecturer, Historical Speakers for Seniors

Tuesday, March 31, 2026
10:15 to 11:30am

Pat Mancuso Senior Lounge
this presentation will trace United States history through the events we have experienced in recognizing the various anniversaries of American independence.

Cost is \$5 - Registration is required at:

<https://register.capturepoint.com/ridgewood>
Coffee and refreshments provided.

"Senior Tech Day"
hosted by Civic Youth Corps



Sunday, April 19, 2026
2:00 to 4:00pm
Anne Zusy Youth Lounge

CYC members will run multiple stations to assist seniors how to use technology like smartphones, zoom, email, cell phone photography emailing, texting, face-time, etc. Bring your fully charged devices and join us for shared learning!

No Fee, but registration is required at <https://register.capturepoint.com/ridgewood>
Refreshments provided.

Drop-In Programs

Open Play Ping Pong - (YL) - No Fee 18+ (Residents only)
Tuesdays - 1:30pm to 3:30pm -Equipment provided.



Knit and Crochet - (GR) - No Fee
Tuesdays, 12:30 to 3pm (Volunteer Group)



Hobbyist Movie Classics - (SL) - No Fee
Tuesdays, 1:30pm to 4pm
3/10 - "The Heiress" (1949)
4/14 - "Young Frankenstein" (1974)



Bridge - (SL) - No Fee
Wednesdays, 1 to 3pm



Mahjong - (SL) - No Fee
Thursdays, 9:30 to 11:30am