

TBR ACTIVITIES



Yoga

Yoga at TBR is tranquil and nurturing for the beginner and experienced adult student. Taught by certified instructor, Sharon Javer, students will receive personal attention and develop core strength, flexibility, well-being and self-confidence. This hour long class features a practice that focuses on body alignment and incorporates a vinyasa/flowing style of movement while integrating a variety of yoga techniques. Please bring a yoga mat to class.

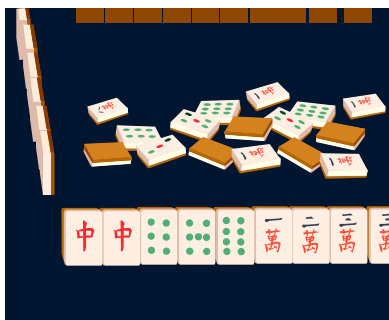
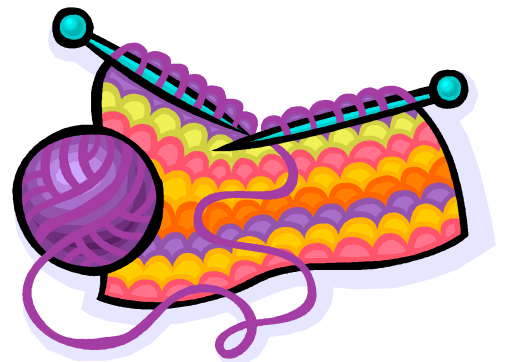
Contact Sharon Javer at sharonjaver@gmail.com

Trial class on Tuesday, October 26, 2010 at 9:15 AM - \$5

6 week session beginning on November 2, 2010-December 7, 2010 - \$80

Knitting Club—

Have you always wanted to learn how to knit but never did? Do you know how but haven't in a long time? Do you just like to knit? Join Carolyn Ganzer to learn new techniques. Contact Carolyn at 973-616-8878.



Learn how to play Mah Jongg!

Games will be starting in the Fall.

If you are interested, please contact Lynn Goldman at 201-847-9416.