



# Focus Pointe Teaneck

20 Puffin Way, 2nd Floor  
Teaneck, NJ 07666  
(201) 928-1888

## Directions

### **Via NJ Transit from NYC**

- Take the 167T Bus (Teaneck Local) to Teaneck Road and Puffin Way
- Walk to bottom of hill
- Focus Pointe New Jersey is on the second floor

### **From George Washington Bridge**

- After bridge, follow signs for I-95 South (Local Lanes).
- I-95 South about 4 miles to Exit 70 (Teaneck).
- Left onto Glenwood Ave.
- Right onto East. Degraw Ave./County Road-12 West.
- Right onto Teaneck Road.
- Right onto Puffin Way (Formerly East Oakdene Avenue)
- Right at the bottom of the hill into parking lot.
- Focus Pointe New Jersey is on the second floor

### **From Tappan Zee Bridge**

- Tappan Zee Bridge to 287 West, Exit 14 (New Jersey Garden State Parkway South).
- GSP South to Exit 163 (Route 17 South). Merge on to Route 17 South.
- Route 17 South to Route 4 East.
- Route 4 East to the 1st Teaneck Road Exit (towards Ridgefield Park).
- Teaneck Road for approximately 2 miles.
- Left onto Puffin Way (Formerly East Oakdene Avenue).
- Right at the bottom of the hill into parking lot.

### **From Route 80 East**

- Route 80 East to exit 70 B (Teaneck).
- Merge onto East Degraw Avenue.
- Right onto Teaneck Road.
- Right onto Puffin Way (Formerly East Oakdene Avenue).
- Right at the bottom of the hill into parking lot.
- Focus Pointe New Jersey is on the second floor.

### **From Route 80 West**

- Route 80 West to Exit 70 (Teaneck).
- Left onto Glenwood Ave.
- Right onto East. Degraw Ave./County Road-12 West.
- Right onto Teaneck Road.
- Right onto Puffin Way (Formerly East Oakdene Avenue).
- Right at the bottom of the hill into parking lot.
- Focus Pointe New Jersey is on the second floor.

### **From Garden State Parkway North**

- GSP South to Exit 163 (Route 17 South).
- Merge on to Route 17 South. Route 17 South to Route 4 East.
- Route 4 East to the 1st Teaneck Road Exit (towards Ridgefield Park).
- Teaneck Road for approximately 2 miles.
- Left onto Puffin Way (Formerly East Oakdene Avenue).
- Right at the bottom of the hill into parking lot.
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### **From Garden State Parkway South**

- GSP North to Exit 161 (Route 4).
- Route 4 East to the 1st Teaneck Road Exit (towards Ridgefield Park).
- Teaneck Road for approximately 2 miles.
- Left onto Puffin Way (Formerly East Oakdene Avenue).
- Right at the bottom of the hill into parking lot.
- Focus Pointe New Jersey is on the second floor

### **From Route 4 West**

- Teaneck Road for approximately 2 miles.
- Left onto Puffin Way (Formerly East Oakdene Avenue).
- Right at the bottom of the hill into parking lot.
- Focus Pointe New Jersey is on the second floor

### **From Route 4 East**

- Route 4 East to the 1st Teaneck Road Exit (towards Ridgefield Park).
- Teaneck Road for approximately 2 miles.
- Left onto Puffin Way (Formerly East Oakdene Avenue).
- Right at the bottom of the hill into parking lot.
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## **Parking Information**

When you turn onto Puffin Way, there will be a parking lot to the right.

Parking in this lot is free for Focus Pointe Teaneck attendees.

## **Preparing for Your Session**

**Please arrive 15 minutes early.** Your group will start promptly, and you must allow time for parking, check-in, and verification.

**Please bring a photo ID with you.** You cannot be admitted to the group, or paid for your participation, without a valid photo ID. \*Please note: you may bring 2 other forms of ID in place of a photo ID.