



HOURS OF OPERATION

Monday - Friday 8 a.m. - 4 p.m.

Saturday 10:30 a.m. - 3:30 p.m. & Sunday 12 Noon - 3 p.m.

ALL participants must complete a NEW (2023) Membership Form.

Bergen County Lunch & Van (weekdays only):

Eligibility: Age 60+

Nutrition Program: Free of charge; reservations must be in by Noon the weekday before. \$1.25 Suggested Donation (Age 60+); \$6.55 (family/friend)

Transportation Program: Free of charge; reservations must be submitted by 11 a.m. the weekday before. Mini Bus also available, contact: 201-794-5327.



Please: Check-in by 11:50 a.m. Once lunch service begins at Noon, everyone must be seated for the safety of our waiters and participants.

The Senior Center will not have an evening cleaning company service as of July 1st. Please be patient as we try to include daytime cleaning.



Much of this work will occur often weekdays from 2-4 pm and include the bathroom facilities. Please plan ahead.

Looking Ahead:

AARP Driver Safety Class *

Nutrition & Dementia

Then & Now: Fair Lawn

Positivity Workshop

Bollywood Dance Workshop *

Rock, Pop & Doo Wop (continue)

Girl Scout Troop "Game & Craft" *

Memory Screenings (continue) *

Culinary Therapy *

Stories from Ellis Island

FLPD Scams

History of Coins, Currency & Sports Cards

Thankful Bingo * and much more!

* = Registration Required



FAIR LAWN SENIOR CENTER

11-05 Gardiner Road

Fair Lawn, NJ 07410

201.796.1191

srcenter@fairlawn.org

OCTOBER 2024 CALENDAR OF EVENTS

"To live a creative life
we must lose our fear of being wrong."

~ Joseph Chilton Pearce

Karin Krankel, Director

Donna J. Neill, Assistant Director

Nancy Whittaker, Fitness Instructor

Maria Leone, Secretary

Gale Miceli, Kitchen Supervisor

Reese Citro, Maintenance

Paul Shansky, Tai Chi

Yeiby Amparo, Weekend Supervisor

Veronica Vazquez, Weekend Supervisor



OCTOBER 2024



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



Please continue to enjoy the special events added with the help of the **Fair Lawn Community Relations Advisory Committee**. Join us this week for education, celebration, fun, games and mucho more!

<p>12 - 3 Ballroom Dancing 6</p> <p>12-3 Latin Heritage Celebration @ Community Center</p> <p><i>Register by QR code or email: FLLatinHeritageCelebration@gmail.com</i></p>	<p>8:30 Stretch 11:00 Stretch 12:00 Canasta 1:00 Movie: "Beyond Sixty" 1:15 Tai Chi</p> <p>Ageism <i>Know it. Name it.</i></p>	<p>8:30 Cardio 9:45 Cardio 10-2 Memory Screenings * 10-12 Bridge Club 1:30 Friendship Club Mtg.</p>	<p>8:30 Strength 9:30 Colorama 9:30-11:30 Blood Pressure 9:45 Strength w/ Maria 1:15 Senior View</p>	<p>8:30 Cardio 9:30-11:30 Flu Vaccine * 10:00 Scrabble Circles 11:00 Strength 12:00 Mahjongg 1:00 "Tea & Tarot" *</p>	<p>8:30 Stretch 9:30 Core 10:30 Line Dancing 1:30 Happy Seniors Club Mtg.</p>	<p>11:00 BINGO 1:00 Happy Hookers Crochet Club 1-3 DVD & Discuss: "Rock, Pop & Doo Wop" with John (2:7)</p>
<p>12 - 3 Ballroom Dancing 13</p>	<p>COLUMBUS Day *** CENTER CLOSED</p>	<p>8:30 Cardio 9:45 Cardio 10-2 Memory Screenings * 10-12 Bridge Club 10:15 Therapy Dog "Lucy" 1:30 FLFAA: Drum Circle</p>	<p>9:30 Colorama 9:45 Strength w/ Maria 11:00 Strength 1-3 Tink Group 1:30 Livewires Club Mtg.</p>	<p>8:30 Cardio 9:45 Cardio 10:00 Scrabble Circles 11:00 SPEAKER: "Healthy Skin & Nutrition" 12:00 Mahjongg 1:00 TBT Movie: "Wait Until Dark"</p>	<p>8:30 Stretch 9:30 Core 10:30 Line Dancing <i>1:15-2:15 Device Advice *</i> NO Friday Social Club Mtg.</p>	<p>1:00 Happy Hookers Crochet Club 1-3 DVD & Discuss: "Rock, Pop & Doo Wop" with John (3:7)</p>
<p>12 - 3 Ballroom Dancing 20</p>	<p>NO EXERCISE 11:00 SPEAKER: "Mammograms, Myths & Your Melons" * 12:00 Canasta 1:00 Movie: "Sideways" 1:15 Tai Chi</p>	<p>NO EXERCISE 10-12 Bridge Club 1:30 Friendship Club Mtg.</p>	<p>8:30 Strength 9:30 Colorama 9:45 Strength w/ Maria 1:15 Senior View</p>	<p>8:30 Cardio 10:00 Scrabble Circles 11:00 Stretch 12:00 Mahjongg</p>	<p>8:30 Stretch 10:00 "Don Your Dirndl" German Dance Workshop * 10:30 Line Dancing 1:30 Happy Seniors Club Mtg.</p>	<p>11:00 Make-Your-Own "CINEMA SNACK" * 12-1:30 Movie: "Beetlejuice" <i>(Feel free to bring your own lunch or order for delivery!)</i> 1:00 Happy Hookers Crochet Club</p>
<p>12 - 3 Ballroom Dancing 27</p>	<p>NO EXERCISE 11:00 SPEAKER: "The History Lover's Guide to Bergen County" 12:00 Canasta 1:00 Movie: "Unhinged" 1:15 Tai Chi</p>	<p>NO EXERCISE 10-12 Bridge Club 1:00 CRAFTS: "Boho Album" *</p> <p>National Cat Day</p>	<p>9:30 Colorama 9:45 Strength w/ Maria 11:00 Strength 1:00 SPEAKER: "Edgar Allen Poe" *</p>	<p>8:30 Cardio 9:45 Cardio 10:00 Scrabble Circles 12:00 Mahjongg 1-2:30 "Halloween Bingo with Humana" *</p>	<p>HAPPY HALLOWEEN</p>	<p>Sat, 11/2 @ 9-3:30 * Last Class here until March 2025 AARP Driver Safety</p>

* = ADVANCED REGISTRATION REQUIRED

