



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.



LOOKING AHEAD:

Curds & Culture *

The Carol Burnett Show

Memory Screenings (continue) *

Holiday Traditions from Around the World

Coffee Art Workshop *

Vessels of Knowledge

Plaid Tidings Luncheon *

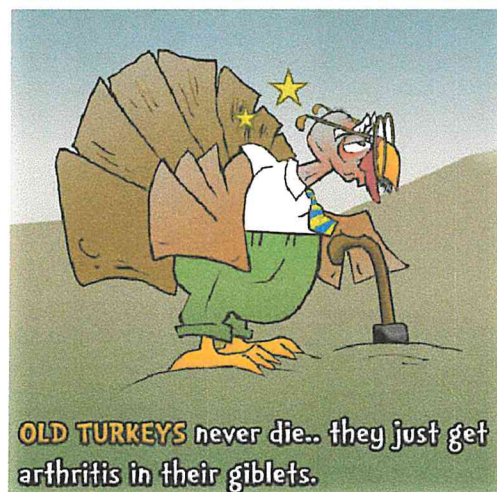
3-D Movie Experience

Countdown to Noon Celebration*

and much more!

*** = Registration Required**

REMINDER:
Daytime cleaning will
continue and much of this
work occurs weekdays
from 2-4 pm and include
the bathroom facilities.
Please plan ahead.



FAIR LAWN SENIOR CENTER

11-05 Gardiner Road, Fair Lawn, NJ 07410

201.796.1191

srcenter@fairlawn.org

NOVEMBER 2024 CALENDAR OF EVENTS

BE LIKE A TREE.

Stay grounded.

Connect with your roots.

Turn over a new leaf.

Bend before you break.

Enjoy your unique natural beauty.

Keep growing.

Joanne Raptis

Karin Krankel, Director

Nancy Whittaker, Fitness Instructor

Gale Miceli, Kitchen Supervisor

Paul Shansky, Tai Chi

Donna J. Neill, Assistant Director

Maria Leone, Secretary












Reese Citro, Maintenance

Veronica Vazquez, Weekend Supervisor



NOVEMBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 THANKFUL for YOU	<i>Wishing you a Thanksgiving filled with warmth, joy, and gratitude. We are truly thankful for each of you and the sense of community you bring to our Center. May your day be blessed with good food, cherished memories, and the company of loved ones.</i>		 HAPPY Diwali	Hindu Community of Fair Lawn is hosting several events on Friday, November 8, 2024 Please join us to celebrate the wonderful music, dance, food and art of this local organization.	 AARP DRIVER SAFETY 9-3:30 Course * (last class here until March 2025) 1:00 Happy Hookers Crochet Club	
 FALL BACK Turn your clocks back 12 - 3 Ballroom Dancing	3 9:45 Stretch 11:00 Stretch 12:00 Canasta 1:00 Movie: "The Covenant" 1:15 Tai Chi	4 8:30 Cardio 10-12 Bridge Club 10:15 Therapy Dog "Lucy" 11:00 Cardio 1:30 FLFAA: Drum Circle	5  8:30 Cardio 9:30 Colorama 9:45 Strength w/ Maria 11:00 SPEAKER: "Then & Now" NO Livewires Club Mtg.	6 8:30 Cardio 9:45 Cardio 10:00 Scrabble Circles 11:00 SPEAKER: "Positivity" * 12:00 Mahjongg 1:00 TBT Movie: "Trains, Planes and Automobiles"	7 NO Stretch 9:00 Bollywood Dance * 10:30 Line Dancing 9-11:30 Henna Tattoo Appt. * 1:00 CRAFTERNOONS: "Mandala Art Magnet" * 1:30 Happy Seniors Club Mtg.	8 1:00 Happy Hookers Crochet Club 1-3 DVD & Discuss: "Rock, Pop & Doo Wop" with John (4:7)
10 12 - 3 Ballroom Dancing	11  HAPPY VETERANS DAY HONORING ALL WHO SERVED CENTER CLOSED	12 8:30 Cardio 9:45 Cardio 10-12 Bridge Club 10:30 SPEAKER: "Nutrition & Dementia" followed by 11:30-3:30 Memory Screenings * 1-4 FLFAA "Senior Centennial" * @ FL Community Ctr. RSVP: 201-777-6135 NO Friendship Club Mtg.	13 9:30-11:30 Blood Pressure 9:30 Colorama 9:45 Strength w/ Maria 11:00 Strength 1:15 Senior View	14 8:30 Cardio 9:45 Cardio 10:00 Scrabble Circles 12:00 Mahjongg 1:00 SPEAKER: "Stories from Ellis Island" 	15 8:30 Stretch 9:30 Core 10:30 Line Dancing 1:15-2:15 Device Advice * 1:30 Friday Social Club Mtg.	16 1:00 Happy Hookers Crochet Club 1-3 DVD & Discuss: "Rock, Pop & Doo Wop" with John (5:7)
17 12 - 3 Ballroom Dancing 12:30-2:30 "Game & Craft" with Junior Girl Scout Troop #98368 *	18 8:30 Stretch 9:45 Stretch 11:00 SPEAKER: "FLPD & Scams" 12:00 Canasta 1:00 Movie: "Allied" 1:15 Tai Chi	19 8:30 Cardio 10-12 Bridge Club 10:15 Therapy Dog "Lucy" 11:00 Cardio 1:00 SPEAKER: "History of Coins, Sports Cards & Currency"	20 8:30 Strength 9:30 Colorama 9:45 Strength w/ Maria 11:00 SPEAKER: "Fair Lawn Main Street, Inc." 1-3 Tink Group 1:30 Livewires Club Mtg.	21 9:45 Cardio 10:00 Scrabble Circles 11:00 Cardio 12:00 Mahjongg 1:00 SPEAKER: "Culinary Therapy" * DEADLINE: 11/14 	22 8:30 Stretch 9:30 Core NO Line Dancing 11-1  ANCHOR State of NJ Property Tax Relief 1:30 Happy Seniors Club Mtg.	23 11-1 GlamourGals * (Free mini makeovers & manicures) 1:00 Happy Hookers Crochet Club 1-3 DVD & Discuss: "Rock, Pop & Doo Wop" with John (6:7)
24 12 - 3 Ballroom Dancing	25 9:45 Stretch 11:00 Stretch 12:00 Canasta 1:00 Movie: "Beatriz at Dinner" 1:15 Tai Chi	26 8:30 Cardio 10-2 Memory Screenings * 10-12 Bridge Club 11:00 Cardio 1:30 Friendship Club Mtg.	27 8:30 Strength 9:30 Colorama 9:45 Strength w/ Maria 1-2:30 "Thankful Bingo" * 1:15 Senior View	28  Thanksgiving Break CENTER CLOSED	29  Thanksgiving Break CENTER CLOSED	30 1:00 Happy Hookers Crochet Club 1-3 DVD & Discuss: "Rock, Pop & Doo Wop" with John (7:7)

* = ADVANCED REGISTRATION REQUIRED