

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.

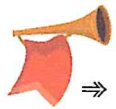
Bergen County Lunch & Van (weekdays only):

Eligibility: Age 60+

Nutrition Program: Free of charge; reservations must be submitted 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 am. Once lunch service begins at Noon, everyone must be seated for the safety of our waiters and participants.



OPEN HOUSE MON, MAY 13 @ 9-2:30

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| ⇒ Ambassador Tours All Day | ⇒ 12:00 Nutrition Program * |
| ⇒ 30 min Fitness Demos (1/pp) w/ Q&A | ⇒ 1-2:30 Program Showcase: |
| 9:00 Stretch | Meet & Greet our Amazing Volunteer Leaders |
| 10:00 Cardio w/ Maria | ⇒ 30 min Demos: |
| 11:00 Strength | <u>PRE-REGISTER</u> |
| ⇒ 9:30-11:30 Blood Pressure Screenings | FOR LUNCH ONLY |
| | BY 5/6 |
| | 1:00 Tai Chi |
| | 1:30 Line Dancing |
| | 2:00 Ballroom Dancing |

FARMERS MARKET COUPONS WED, MAY 15 10-1

Proof of Age, Bergen County Residency and Income is required at the time of application.

Applicants can bring one document from each category that will verify their eligibility:

- ♦ Birth Certificate or Valid ID (age verification);
- ♦ Valid ID or Utility Bill (residency verification);
- ♦ 2023 Income Tax return, Social Security statement, SNAP ID or Medicaid ID (income verification).

2024 qualifying monthly household income must be at or below:

- ♦ \$2,322 for household of one
- ♦ \$3,152 for household of two

LOOKING AHEAD:



Paul Newman
FLFAA: Drum Circle (now monthly!)
Helen Keller Special
"Gather, Grow, and Socialize"
(Workshop continues thru June)
Ax Throwing Field Trip (tentative)
Patriotic Craft
World Mosaic of Music & Dance
Self-Care: Filling Up Your Cup
and much more!



MAY 2024

Calendar of Events

"In the end, it's not the years
in your life that count.
It's the life in your years."
— ~ Abraham Lincoln

11-05 Gardiner Road, Fair Lawn, NJ 07410

201.796.1191 srcenter@fairlawn.org

OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024



Celebrate the
Senior Nutrition Program
2024 • CONNECTION IN EVERY BITE

Karin Krankel, Director

Donna J. Neill, Assistant Director

Nancy Whittaker, Fitness Instructor

Maria Leone, Secretary

Paul Shansky, Tai Chi














Gale Miceli, Kitchen Supervisor

Reese Citro, Maintenance

Yehy Paulino, Weekend Supervisor

Veronica Vazquez, Weekend Supervisor

MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Bergen County Nutrition Program Open House details on back! What a great opportunity to showcase all that the Fair Lawn Senior Center has to offer! Our unique community fits most every older individual's needs – whatever they may be.</p>	 <p>JUNE BOOKENDS Cry Macho by Richard Nash Thursday, June 6th Discussion @ 11 am * 2021 Movie @ 1 pm</p>					
5 12 - 3 Ballroom Dancing	6 8:15 Stretch 9:30 Cardio w / Maria 12:00 Canasta 1:00 Movie: "Final Account" 1:15 Tai Chi	7 8:15 Stretch 9:30 Cardio 10-12 Bridge Club 10:15 Therapy Dog "Lucy"  1:30 FLFAA: Drum Circle	8 8:15 Stretch 9:30 Cardio w / Maria 9:30 Colorama 1:15 Senior View	9 8:15 Strength 9:30 Cardio 10:00 Scrabble Circles 11:00 Stretch 12:00 Mahjongg 1:00 Movie: "The Music Man" 	10 8:15 Stretch 10:00 Dance & Theater Dept. of Hawthorne HS performs 10:30 Line Dancing 1:00 Memoirs 1:15-2:15 Device Advice * 1:30 Friday Social Club Mtg.	11  11:00 1:00 Happy Hookers Crochet Club
12 12 - 3 Ballroom Dancing 	13 OPEN HOUSE Ambassador Tours All Day! Fitness Demos Blood Pressure Screenings Noon Nutrition Program * Pre-register by 5/6 Program Showcase	14 8:15 Strength 10-12 Bridge Club 11:00 Stretch 1:30 Friendship Club Mtg.	15 8:15 Stretch 9:30 Cardio w / Maria 9:30 Colorama 10-1 Farmer's Market Coupons Distributed *  1-3 Tink Group 1:30 Livewires Club Mtg.	16 8:15 Strength 9:30 Cardio 10:00 Scrabble Circles 12:00 Mahjongg 1-3 MINISERIES: "Live to 100"	17 8:15 Stretch 10:30 Line Dancing 1:15-2:15 Device Advice * 1:30 Friday Social Club Mtg.	18 SANDWICH CINEMA 11-3 Movie: "Gone with the Wind"  Feel free to bring your own lunch or order for delivery! 1:00 Happy Hookers Crochet Club
19 12 - 3 Ballroom Dancing	20 8:15 Stretch 9:30 Cardio 12:00 Canasta NO Movie or Tai Chi 1:30-3:30 Senior Advisory Committee Resource Fair	21 8:15 Strength 9:30 Cardio 10-12 Bridge Club 10:15 Therapy Dog "Lucy"  10:30 AUTHOR: "Home Run King" by Dan Schlossberg 1:00 SPEAKER: "Groucho Marx"	22 8:15 Stretch 9:30 Cardio w / Maria 9:30 Colorama 1:15 Senior View	23 8:15 Strength 9:30 Cardio 10:00 Scrabble Circles 11:00 DOCUMENTARY: "The Blue Devils Come Home" 12:00 Mahjongg	24 8:15 Stretch 10:30 Line Dancing 1:30 Happy Seniors Club Mtg.	25 12:45-2:30 Glamour Gals * Free manicures & mini makeovers 1:00 Happy Hookers Crochet Club
26 12 - 3 Ballroom Dancing	27 MEMORIAL DAY  CENTER CLOSED	28 8:15 Strength 10-12 Bridge Club 11:00 Stretch 1:30 Friendship Club Mtg.	29 8:15 Stretch 9:30 Cardio w / Maria 9:30 Colorama 11:00 SPEAKER: "Pickleball" 1:00 CRAFTERNOONS: "6x6 Mental Art Project" * Pre-register by 5/24	30 8:15 Strength 10:00 Scrabble Circles 10:30 WORKSHOP: "Gather, Grow, and Socialize" * (Part 1:4) Pre-register by 5/23 12:00 Mahjongg	31 8:15 Stretch 10:30 Line Dancing  1:00 PERFORMANCE: "PATRIOTS OF LIBERTY" 	 FITNESS UPDATE: KEEP YOUR EYES ON THE SCHEDULE.

* = ADVANCED REGISTRATION REQUIRED