



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.

BOOKENDS on hiatus until further notice ~ SORRY

Interested in taking over a book club program? Inquire in the Main Office



**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:



Elvis Presley & Birth of Rock n' Roll

Presidential Administrations

Stories from Ellis Island

History of Diners in New Jersey

Caribbean Celebration

and much more!

JULY MMXXIV

FAIR LAWN SENIOR CENTER

11-05 Gardiner Road, Fair Lawn, NJ 07410

201.796.1191

srcenter@fairlawn.org

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~Julius Caesar

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

CALENDAR OF EVENTS

JULY MMXXIV

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 FITNESS: ALWAYS CHECK THE SCHEDULE FOR CLASSES!	1 8:15 Stretch 9:30 Stretch 12:00 Canasta 1:00 Movie: "Hail, Caesar" 1:15 Tai Chi	2 8:15 Strength 10-12 Bridge Club 10:15 Therapy Dog "Lucy"  11:00 Strength 1:30 - 2:15 FLFAA Drum Circle	3 8:15 Cardio 9:30 Cardio w / Maria 9:30 Colorama NO Livewires Club Mtg.	4 <div>  CENTER CLOSED INDEPENDENCE DAY </div>	5 8:15 Strength 9:30 Core 10:30 Line Dancing 1:00 Memoirs <i>NO Device Advice</i> NO Friday Social Club Mtg.	6 <div>  9-3:30 Driver Safety Course *  1:00 Happy Hookers Crochet Club </div>
	7 12 - 3 Ballroom Dancing 8:15 Stretch 11:00 Stretch 12:00 Canasta 1:00 Movie: "American Fiction" 1:15 Tai Chi	8 8:15 Strength 9:30 Strength 10-12 Bridge Club 1:30 Friendship Club Mtg.	9 8:15 Cardio 9:30 Cardio w / Maria 9:30 Colorama 9:30-11:30 Blood Pressure 1:15 Senior View	10 8:15 Stretch 10:00 Scrabble Circles 11:00 Stretch 12:00 Mahjongg	11 8:15 Strength 9:30 Core 10:30 Line Dancing 1:30 Happy Seniors Club Mtg.	12 SANDWICH CINEMA 13 11-1:30 Movie: "Anatomy of a Fall" <i>Feel free to bring your own lunch or order for delivery!</i> 1:00 Happy Hookers Crochet Club
	14 12 - 3 Ballroom Dancing 8:15 Stretch 9:30 Stretch 11:00 SPEAKER: "Picnic Pleasers" *  12:00 Canasta 1:00 Movie: "The Shape of Water" 1:15 Tai Chi	15 8:15 Strength 10-12 Bridge Club 11:00 Strength 1:00 CRAFTERNOONS: "Sliding Bracelet" *	16 8:15 Cardio 9:30 Cardio w / Maria 9:30 Colorama 1-3 Tink Group 1:30 Livewires Club Mtg.	17 8:15 Stretch 9-1 Memory Screening Appts * 9:30 Stretch 10:00 Scrabble Circles 11:30-2:30 FIELD TRIP: Self-Care, Pt 2:2 *  12:00 Mahjongg	18 8:15 Strength 9:30 Core 10:30 Line Dancing 1:15-2:15 Device Advice * 1:30 Friday Social Club Mtg.	19 11:00 BINGO 1:00 Happy Hookers Crochet Club
	21 12 - 3 Ballroom Dancing 8:15 Stretch 11:00 Stretch 12:00 Canasta 1:00 Movie: "Richard Jewell" 1:15 Tai Chi	22 8:15 Strength 9:30 Strength 10-12 Bridge Club 10:15 Therapy Dog "Lucy"  11:00 SPEAKER: "The Olympics"  1:30 Friendship Club Mtg.	23 8:15 Cardio 9:30 Cardio w / Maria 9:30 Colorama 1-3 Food Handler's Course * 1:15 Senior View	24 8:15 Stretch 9-1 Memory Screening Appts * 10:00 Scrabble Circles 11:00 Stretch 12:00 Mahjongg 1:00 Movie: "Roman Holiday"	25 8:15 Strength 9:30 Core 10:30 Line Dancing 1:30 Happy Seniors Club Mtg.	26 1:00 Happy Hookers Crochet Club
	28 12 - 3 Ballroom Dancing Calendar Revised 070124 7/29 Speaker rescheduled New date TBA 8:15 Stretch 9:30 Stretch 12:00 Canasta 1:00 Movie: "Doubt"  <i>Starring Jim Crosson</i> 1:15 Tai Chi	29 8:15 Strength 10-12 Bridge Club 11:00 Strength 1:00 ENTERTAINMENT: "PATRIOTS OF LIBERTY"  <i>(rescheduled from 5/31)</i>	30 8:15 Cardio 9:30 Cardio w / Maria 9:30 Colorama 1:00 Summer Sound Bath *	<div>  <div> WHY? Julius Caesar </div>  </div> <p> July was named to honor Roman dictator, Julius Caesar (100 BC-44 BC). In 46 BC, Julius Caesar made one of the greatest contributions to history: with the help of Sosigenes, he developed the Julian calendar, the precursor to the Gregorian calendar that we use today. </p>		

* = ADVANCED REGISTRATION REQUIRED