



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.



You are the Sweetest thing

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.



“Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) **Pride Month** is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan. The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States.

Source: <https://www.census.gov/newsroom/stories/lgbt-pride-month.html>



Do you know the FACTS about Elder Abuse?

- * Rates of elder abuse have increased during the COVID-19 pandemic.
- * Elder abuse can lead to serious physical injuries and long-term psychological consequences.
- * Elder abuse is predicted to increase as many countries are experiencing rapidly aging populations.
- * The global population of people aged 60+ will more than double, from 900 million in 2015 to about 2 billion in 2050.

<https://www.who.int/news-room/fact-sheets/detail/abuse-of-older-people>



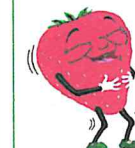
Picnic Pleasers * AARP Driver Safety Class
Crafts with Margaret * Memory Screenings
Field Trip: Self Care, Pt 2 * and much more!



JUNE 2024 Calendar of Events

11-05 Gardiner Road, Fair Lawn, NJ 07410
201.796.1191 sregnter@fairlawn.org

Advice From a Strawberry

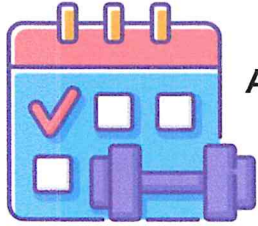


Blossom where you're planted
Be Tasteful
Drink in the sunshine
Keep close to the earth
Savor life's sweetness
Let good ideas ripen
Jam with your friends!
~ Ilan Shamir

- Karin Krankel, Director
- Donna J. Neill, Assistant Director
- Nancy Whittaker, Fitness Instructor
- Maria Leone, Secretary
- Galz Miceli, Kitchen Supervisor
- Reese Citro, Maintenance
- Paul Shansky, Tai Chi
- Yeiby Amparo, Weekend Supervisor
- Veronica Vazquez, Weekend Supervisor

JUN 2024

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



FITNESS:

ALWAYS CHECK THE SCHEDULE FOR CLASSES!
CORE HAS BEEN ADDED BACK @ 9:30 AM
TO FRIDAY'S SCHEDULE!



CELEBRATE MAKE MUSIC DAY (EARLY)

Thursday, June 20 @ 11 am
Join the Senior Center for a FREE
performance by Richard Stillman and his
"World Mosaic of Music & Dance"

12 - 3 Ballroom Dancing	2 8:15 Stretch 11:00 Strength 12:00 Canasta 1:00 Movie: "Milk" 1:15 Tai Chi	3 8:15 Strength 9:30 Cardio 10-12 Bridge Club 10:15 Therapy Dog "Lucy" 11:00 SPEAKER: "Paul Newman" 1:30 FLFAA: Drum Circle	4 8:15 Stretch 9:30 Cardio w / Maria 9:30 Colorama 11:00 SPEAKER: "Helen Keller's Legacy: Speech & Hearing" 1:30 Livewires Club Mtg.	5 8:15 Strength 10:00 Scrabble Circles 10:30 WORKSHOP: "Gather, Grow & Socialize" * (2:4) 12:00 Mahjongg	6 8:15 Stretch 9:30 Core 10:30 Line Dancing 1:00 Memoirs 1:15-2:15 Device Advice * 1:30 Friday Social Club Mtg.	7 1:00 Happy Hookers Crochet Club
12 - 3 Ballroom Dancing	9 8:15 Stretch 11:00 Strength 12:00 Canasta 1:00 Movie: "My Big Fat Greek Wedding 3" 1:15 Tai Chi	10 8:15 Strength 9:30 Cardio 10-12 Bridge Club 11:00 SPEAKER: "Ladybugs & Strawberries" * 1:30 Friendship Club Mtg.	11 8:15 Stretch 9:30 Cardio w / Maria 9:30 Colorama 9:30-11:30 Blood Pressure 1:15 Senior View	12 8:15 Strength 10:00 Scrabble Circles 10:30 WORKSHOP: "Gather, Grow & Socialize" * (3:4) 12:00 Mahjongg 1:00 Movie: "On Golden Pond"	13 8:15 Stretch 9:30 Core 10:30 Line Dancing 1:30 Happy Seniors Club Mtg.	14 SANDWICH CINEMA 15 11-2:30 Movie: "Titanic" Feel free to bring your own lunch or order for delivery! 1:00 Happy Hookers Crochet Club
12 - 3 Ballroom Dancing 	16 8:15 Stretch 9:30 Cardio 11:00 TRIVIA: "Pages of Time: Historical Fiction" * 12:00 Canasta 1:00 Movie: "About My Father" 1:15 Tai Chi	17 8:15 Strength 10-12 Bridge Club 10:15 Therapy Dog "Lucy" 11:00 Stretch 1-2:30 Strawberry B-I-N-G-O *	18 8:15 Stretch 9:30 Cardio w / Maria 9:30 Colorama 1-3 Tink Group 1:30 Livewires Club Mtg.	19 8:15 Strength 9:30 Cardio 10:00 Scrabble Circles 11:00 PERFORMANCE: "World Mosaic of Music & Dance" * 12:00 Mahjongg 1:30 Friday Social Club Mtg.	20 CENTER CLOSED <i>Juneteenth</i> celebrate freedom <i>observed</i>	21 1:00 Happy Hookers Crochet Club
12 - 3 Ballroom Dancing	23 8:15 Stretch 11:00 Strength 12:00 Canasta 1:00 Movie: "Half Brothers" 1:15 Tai Chi	24 8:15 Strength 11:00 Stretch 10-12 Bridge Club 1:30 Friendship Club Mtg.	25 8:15 Stretch 9:30 Cardio w / Maria 9:30 Colorama 1:15 Senior View	26 8:15 Strength 10:00 Scrabble Circles 10:30 WORKSHOP: "Gather, Grow & Socialize" * (4:4) 12:00 Mahjongg 1:00 SPEAKER: "Self-Care: Filling Up Your Cup" *	27 8:15 Stretch 9:30 Core 10:30 Line Dancing 1:15-2:15 Device Advice * 1:30 Happy Seniors Club Mtg.	28 1:00 Happy Hookers Crochet Club
12 - 3 Ballroom Dancing	30 BOOKENDS on hiatus until further notice SORRY					



(TWO PART series)
Part 2: @ Arbor Terrace, Teaneck
Thursday, July 18, 2024 *
Complimentary Shuttle @ 11 am
Lunch @ 11:30 am * Speaker @ 1 pm
Return by 2:30 pm



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**ADVANCED
REGISTRATION
REQUIRED**