

# Luck o' the Irish



## 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.



Goodbye to Vanessa Hiciano, our OT Intern, who will host her last lecture and screenings the first week of April.

## LOOKING AHEAD:

Intergenerational Music/Games

AARP SmartDriver TEK

Forest Therapy

Musical Hospice

Prebiotic Sodas

Volunteer Appreciation Luncheon

Ellis Island, Pt 2

Famous Book Quotes Trivia

Cost of Stress

and much more!



## FAIR LAWN SENIOR CENTER

11-05 Gardiner Road, Fair Lawn, NJ 07410

201.796.1191 srcenter@fairlawn.org

## MARCH 2025 CALENDAR OF EVENTS

"Spring is far more than just  
a changing of the seasons;  
it's a rebirth of the spirit."  
- Toni Sorenson, Author

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

Veronica Vazquez, Weekend Supervisor

Lidya Diaz, Weekend Supervisor

Vanessa Hiciano, O.T. Intern

# MARCH 2025

SUNDAY                      MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY                      SATURDAY



This course is designed to refresh your defensive driving skills and you may save money on your auto insurance!  
**Additional dates in 2025: May 10 \* August 9 \* October 11 \***

1  
9-3:30 AARP Driver Safety Course \*  
11 - 1 GlamourGals \*  
Free Manicures & Mini Makeovers!  
1:00 Happy Hookers Crochet Club

12 - 3 Ballroom Dancing  Daylight Saving Time Begins	2 8:30 Cardio 9:30 Strength 12:00 Canasta 1:00 Movie: "Anesthesia" 1:15 Tai Chi	3 8:30 Cardio 9:30 Strength 10-12 Bridge Club 10-2 Memory Screenings * 10:15 Therapy Dog "Lucy" 11:00 Stretch 1:30 FLFAA: Drum Circle	4 8:30 Cardio 9:30 Colorama 9-11 Play @ Memorial School * 9:30 Strength w/ Maria 11:00 OT SPEAKER 1-3 "Health" Workshop * (3:6) 1:30 Livewires Club Mtg.	5 8:30 Cardio 8:30-12:30 OT Assessments * 9:30 Strength 10:00 Scrabble Circles 11:00 Stretch 12:00 Mahjongg 1:00 Crafternoons: Wire Button Bracelet *	6 8:30 Stretch 9:30 Core 10:30 Line Dancing 1:15-2:15 Device Advice * 1:30 Friday Social Club Mtg.	7 11-1 Girl Scout Troop #8288 1:00 Happy Hookers Crochet Club
12 - 3 Ballroom Dancing	9 NO Exercise Classes 11:00 TJMS Jazz Band & Chamber Choir 12:00 Canasta 1:00 Movie: "The White Tiger" 1:15 Tai Chi	10 8:30 Cardio 9:30 Strength 10-12 Bridge Club 10:15 Therapy Dog "Lucy" 11:00 Stretch 1:30 Friendship Club Mtg.	11 8:30 Cardio 9:30 Colorama 9:30-11:30 Blood Pressure 9:30 Strength w/ Maria 11:00 OT SPEAKER 1-3 "Health" Workshop * (4:6) 1:15 Senior View	12 8:30 Cardio 8:30-12:30 OT Assessments * 9:30 Strength 10:00 Scrabble Circles 11:00 Stretch 12:00 Mahjongg	13 8:30 Stretch 9:30 Core 10:30 Line Dancing 1:30 Happy Seniors Club Mtg.	14 1:00 Happy Hookers Crochet Club
12 - 3 Ballroom Dancing	16 8:30 Cardio 9:30 Strength 12-1 St. Patrick's Day Luncheon Celebration * 12:00 Canasta 1:30 Movie: "The Banshees of Inisherin"	17 8:30 Cardio 9:30 Strength 10-12 Bridge Club 10:15 Therapy Dog "Lucy" 11:00 Stretch	18 8:30 Cardio 9:30 Colorama 9:30 Strength w/ Maria 11:00 OT SPEAKER 1-3 "Health" Workshop * (5:6) 1-3 Tink Group NO Livewires Club Mtg.	19 8:30 Cardio 8:30-12:30 OT Assessments * 9:30 Strength 10:00 Scrabble Circles 11:00 Stretch 12:00 Mahjongg 1:00 "Price IT Right" Game *	20 8:30 Stretch 9:30 Core 10:30 Line Dancing 1:15-2:15 Device Advice * 1:30 Friday Social Club Mtg.	21 1:00 Happy Hookers Crochet Club
12 - 3 Ballroom Dancing	23 8:30 Cardio 9:30 Strength 11:00 SPEAKER: "CHEER & CHORE" 12:00 Canasta 1:00 Movie: "Into the White" 1:15 Tai Chi	24 8:30 Cardio 9:30 Strength 10-12 Bridge Club 10:15 Therapy Dog "Lucy" 11:00 Stretch 1:30 Friendship Club Mtg.	25 8:30 Cardio 9:30 Colorama 9:30 Strength w/ Maria 11:00 OT SPEAKER 1-3 "Health" Workshop * (6:6) 1:15 Senior View	26 8:30 Cardio 8:30-12:30 OT Assessments * 9:30 Strength 10:00 Scrabble Circles 11:00 Stretch 12:00 Mahjongg	27 8:30 Stretch 9:30 Core 10:30 Line Dancing 1:30 Happy Seniors Club Mtg.	28 1:00 Happy Hookers Crochet Club
12 - 3 Ballroom Dancing	30 8:30 Cardio 9:30 Strength 12:00 Canasta 1:00 Movie: "Wicked" 1:15 Tai Chi	31				

\* = ADVANCE REGISTRATION