



## Hours of Operation

Monday - Friday 8 am - 4 pm  
Saturday 10:30 am - 3:30 pm  
Sunday 12 - 3 pm

### JUST A REMINDER:

\* ALL participants must have a completed Membership Form (2023) on file.

Bergen County Lunch & Van  
(Weekdays only):



\* All NUTRITION participants must complete a 2025 Bergen County Congregate Lunch Form.

\* All FITNESS participants must have a Health Questionnaire on file (updated every 3 years).

\* Eligibility: Age 60+  
\* Nutrition Program: FREE of charge, \$1.25 suggested donation (age 60+), \$6.55 (family/friend); reservations must be in by 12 Noon the Weekday before.

\* Transportation Program: FREE of charge; reservations must be submitted by 11 am the Weekday before; Town Minibus 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 & participants.



**The Fair Lawn Senior Center is getting all new flooring the week of Jan 6-10, 2025.**

**MAKE A NOTE: We will be CLOSED!**

**Programs have been moved to the Community Center, postponed or canceled.**

**FOLLOW THE CALENDAR EACH DAY FOR PROGRAMS.**

**NUTRITION PROGRAM** will be held at the Elmwood Park Senior Center.

*Reservations must be made by Noon the day before: 201-796-3342.*


**COUNTY TRANSPORTATION** will be available from your home to the EPSC (and back).

*Reservations must be made by 11 am the day before: 201-796-1191.*

## Fair Lawn Senior Center

11-05 Gardiner Road  
Fair Lawn, NJ 07410  
201-796-1191  
srcenter@fairlawn.org

## JANUARY 2025 Calendar of Events



"No such thing as spare time.  
No such thing as free time.  
No such thing as downtime.  
All you have is a lifetime. Go."  
~Henry Rollins

Karin Krankel, Director

Donna J. Neill, Assistant Director

Nancy Whittaker, Fitness Instructor

Maria Leone, Secretary

Gale Miceli, Kitchen Supervisor

Reese Citro, Maintenance

Veronica Vazquez, Weekend Supervisor

Paul Shansky, Tai Chi

and INTRODUCING...

Vanessa Hiciano, O.T. Intern

Lidya Diaz, Weekend Supervisor



# JANUARY 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**FAIR LAWN**  **FOR ALL AGES**

[www.fairlawnforallages.org](http://www.fairlawnforallages.org)

**FREE SNOW SHOVELING FOR SENIORS**

**Youth Corp Volunteers at Your Service!**

**Contact: 201-777-6135**

**INCLEMENT WEATHER?**



*When in doubt,  
DON'T go out!*

**CENTER CLOSED**



8:30 Cardio  
9:45 Cardio  
10:00 Scrabble Circles  
**10:30 SPEAKER: "(Avocado)"**  
**Toast to the New Year" \***  
*Deadline: 12/23/24*

8:30 Stretch  
9:30 Core  
10:30 Line Dancing  
NO Device Advice  
1:30 Friday Social Club Mtg.

**11-1 GlamourGals \***  
*FREE Manicures & Mini Makeovers!*



1:00 Happy Hookers Crochet Club

**ALL PROGRAMS MOVED TO COMMUNITY CENTER (OR CANCELED / POSTPONED)**

**CENTER CLOSED**  
8:30 Stretch @ CC Gymnasium  
9:45 Stretch @ CC Gymnasium  
**11:45 LUNCH @ EPSC \***  
12:00 Canasta @ CC Card Room  
NO Movie  
1:15 Tai Chi @ CC Teen Room

**CENTER CLOSED**  
8:30 Cardio @ CC Gymnasium  
9:45 Cardio @ CC Gymnasium  
10-12 Bridge Club @ CC Card Rm  
**11:45 LUNCH @ EPSC \***  
NO Therapy Dog "Lucy"  
NO FLFAA Drum Circle

**CENTER CLOSED**  
8:30 Stretch @ CC Gymnasium  
NO Colorama  
9:45 Stretch w Maria @ CC Gymnasium  
**11:45 LUNCH @ EPSC \***  
NO Senior View

**CENTER CLOSED**  
NO Exercise Classes  
NO Scrabble Circles  
**11:45 LUNCH @ EPSC \***  
12:00 Mahjongg @ CC Game Rm

**CENTER CLOSED**  
NO Exercise Classes  
NO Line Dancing  
**11:45 LUNCH @ EPSC \***  
NO Happy Seniors Club Mtg.

1:00 Happy Hookers Crochet Club

12-3 Ballroom Dancing

9:45 Stretch  
11:00 Stretch  
12:00 Canasta  
1:00 Movie: "Thelma"  
1:15 Tai Chi

8:30 Cardio  
9:45 Cardio  
10-12 Bridge Club  
10:15 Therapy Dog "Lucy"  
1:30 Friendship Club Mtg.

**9:30-11:30 Blood Pressure**  
9:30 Colorama  
9:45 Strength w/ Maria  
11:00 Strength  
1-3 Tink Group  
1:30 Livewires Club Mtg.

8:30 Cardio  
9:45 Cardio  
10:00 Scrabble Circles  
**11:00 HOT COCOA HANGOUT: \***  
**Meet Intern Vanessa, OT**  
12:00 Mahjongg "The Way We Were"  
1:00 Movie: 

8:30 Stretch  
9:30 Core  
10:30 Line Dancing  
**1:15-2:15 Device Advice\***  
1:30 Friday Social Club Mtg.

1:00 Happy Hookers Crochet Club

12-3 Ballroom Dancing

**CENTER CLOSED**  
  
**Martin Luther King, Jr. Day**

8:30 Cardio  
9:45 Cardio  
10-12 Bridge Club  
10:15 Therapy Dog "Lucy"  
**1:00 Re-Gift Reception \***  
*Deadline: 1/16/25* 

9:30 Colorama  
9:45 Strength w/ Maria  
11:00 Strength  
1:15 Senior View

8:30 Cardio  
10:00 Scrabble Circles  
11:00 Stretch  
12:00 Mahjongg  
**1:00 Snowbird Bingo \***

8:30 Stretch  
9:30 Core  
10:30 Line Dancing  
NO Device Advice  
1:30 Happy Seniors Club Mtg.

1:00 Happy Hookers Crochet Club

12-3 Ballroom Dancing

9:45 Stretch  
11:00 Stretch  
12:00 Canasta  
1:00 Movie: "Michael Clayton"  
1:15 Tai Chi  **with our own JIM CROSSON**

8:30 Cardio  
9:45 Cardio  
10-12 Bridge Club  
10:15 Therapy Dog "Lucy"  
1:30 Friendship Club Mtg.

9:30 Colorama  
9:45 Strength w/ Maria  
11:00 Strength

8:30 Cardio  
9:45 Cardio  
10:00 Scrabble Circles  
12:00 Mahjongg

*No Regularly Scheduled Activities Today*  
**10-2 Winter Swing \***  
*Swing Dance Demo & Participation, Luncheon, Music & Dancing*

**CENTER CLOSED?!**  
*See each day for programs and read the back for more details about lunch and transportation.*

\* ADVANCED REGISTRATION REQUIRED