



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+); \$5.37 (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.



LOOKING AHEAD:

- Disaster Preparedness
- Ladies Luncheon, Cocktail Parties & Backyard Grilling Presentation *
- AARP Driver Safety Class *
- The Wellness Challenge
- Chinese Brush Painting *
- Farmer's Market Coupons
- Dance Entertainment
- and much more!

If you encounter someone volunteering, remember to express your gratitude with a simple "Thank you for your time and effort!"



FAIR LAWN SENIOR CENTER

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

APRIL 2025 CALENDAR OF EVENTS



- 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
- Lidya Diaz, Weekend Supervisor
- Vanessa Hiciano, O.T. Intern

ATTENTION: As of April 1, 2025











Per the Mayor & Council, the Fair Lawn Senior Center will prioritize residents for all limited-capacity activities and events. This policy, already in place for fitness classes, now applies to all programs, classes, and events. Thank You.

APRIL 2025

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Field Trip for Fall Prevention Strategies using Innovative AI Technology
 Join us at BrightView Tenafly for a lunch and learn!
TUESDAY, APRIL 1 FROM 11 AM TO 1 PM
Drive "on your own" or limited space is available on MiniBus which will depart @ 10:30 am and return 1:30 pm

<p>12 - 3 Ballroom Dancing 6</p>  <p>1:30 - 2 Spring Music Concert by Zooming Thru Music * (classical, pop & showtunes)</p>	<p>7</p> <p>NO EXERCISE TODAY</p> <p>12:00 Canasta 1:00 Movie: "Conclave" 1:15 Tai Chi</p>	<p>8</p> <p>NO EXERCISE TODAY</p> <p>10-12 Bridge Club 10-2 Memory Screenings * 10:15 Therapy Dog "Lucy" 1:30 Friendship Club Mtg.</p>	<p>9</p>  <p><i>Earlier Start Time!</i> 9:00 Strength w/ Maria</p> <p>9:30 Colorama 9:30-11:30 Blood Pressure 10:30 SPEAKER: "AARP SmartDriver Tek" * 1:15 Senior View</p>	<p>10</p> <p>NO EXERCISE TODAY</p> <p>10:00 Scrabble Circles 12:00 Mahjongg 1-3 SPEAKER: "Forest Therapy" *</p> 	<p>11</p> <p>NO EXERCISE TODAY</p> <p>10:30 Line Dancing <i>1:15-2:15 Device Advice *</i> 1:30 Happy Seniors Club Mtg.</p>	<p>12</p> <p>1:00 Happy Hookers Crochet Club</p>
<p>12 - 3 Ballroom Dancing 13</p>	<p>14</p> <p>8:30 Cardio 9:30 Strength 11:00 SPEAKER: "Bullying" * 12:00 Canasta 1:00 Movie: "Signs" 1:15 Tai Chi</p>	<p>15</p> <p>8:30 Cardio 9:30 Strength 10-12 Bridge Club 10:15 Therapy Dog "Lucy" 10:30 Stretch 1:00 "MUSICAL HoSPice" *</p> 	<p>16</p> <p>8:30 Cardio 9:30 Colorama 9:30 Strength w/ Maria 11:00 SPEAKER: "Food Security" * 1-3 Tink Group 1:30 Livewires Club Mtg.</p>	<p>17</p> <p>8:30 Cardio 9:30 Strength 10:00 Scrabble Circles 10:30 Stretch 12:00 Mahjongg 1:00 SPEAKER: "The Power of Prebiotic Sodas" * 1:30 Friday Social Club</p>	<p>18</p> <p style="text-align: center;">CENTER CLOSED</p> 	<p>19</p> <p>1:00 Happy Hookers Crochet Club</p>
<p style="text-align: center;">CENTER CLOSED</p> <p>20</p> 	<p>21</p> <p>8:30 Cardio 9:30 Strength 10:30 Stretch 12:00 Canasta 1:00 Movie: "Summer Camp" 1:15 Tai Chi</p>	<p>22</p>  <p>8:30 Cardio 9:30 Strength 10-12 Bridge Club 10-2 Memory Screenings * 10:15 Therapy Dog "Lucy" 11:00 SPEAKER: "Recycle Right!" 1:30 Friendship Club Mtg.</p>	<p>23</p> <p>NO EXERCISE TODAY</p> <p>9:30 Colorama 9:30 Strength w/ Maria 1:30 Senior View </p> <p><i>Later Start Time!</i></p>	<p>24</p> <p>8:30 Cardio 9:30 Strength 10:00 Scrabble Circles 10:30 Stretch 12:00 Mahjongg 1:00 SPEAKER: "Ellis Island, Pt 2"</p>	<p>25</p> <p>8:30 Stretch 9:30 Core 10:30 Line Dancing 1:30 Happy Seniors Club Mtg.</p>	<p>26</p> <p>1:00 Happy Hookers Crochet Club</p>
<p>NO Ballroom Dancing 27</p> <p>1 - 4 Seniors' Prom @ FLHS * RSVP: FLFAA @ 201-777-6135</p>	<p>28</p> <p>8:30 Cardio 9:30 Strength 11:00 TRIVIA: "Famous Book Quotes" * 12:00 Canasta 1:00 Movie: "The Storied Life of A.J. Fikry" 1:15 Tai Chi</p>	<p>29</p> <p>8:30 Cardio 9:30 Strength 10-12 Bridge Club 10:15 Therapy Dog "Lucy" 11:00 SPEAKER: "Relationship Investment Scams" 1:00 SPEAKER: "Golden Age of NYC Baseball"</p>	<p>30</p> <p>8:30 Cardio 9:30 Colorama 9:30 Strength w/ Maria 10:30 Stretch 1:00 SPEAKER: "The Co\$T of \$tre\$\$"</p>	<p style="text-align: center;">A heartfelt thank you to Vanessa Hiciano, our amazing OT intern, for her dedication to fall prevention education! Vanessa's efforts have made a real difference, and we truly appreciate her time, knowledge, and kindness. <i>Wishing you all the best on your journey ahead Vanessa!</i></p>		

