



# 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.

Our Community Transportation Bus Driver, Linda Brogan, is retiring!  
*"Thank you for steering us in the right direction all these years - enjoy the ride into retirement!"*



Just a reminder:  
Fair Lawn residents are lucky to have **TWO FREE TRANSPORTATION OPTIONS:**  
*Fair Lawn MiniBus*  
&  
*Bergen County Community Transportation*

Request the Transportation Options flyer which compares both plus more!



## LOOKING AHEAD:

AARP Driver Safety Class  
Spring Play @ Memorial School \*  
Crafternoons with Margaret \*  
TJMS Jazz Band & Chamber Choir  
Price IT Right Game Show \*  
and much more!

## CONTINUING:

GlamourGals \*  
Memory Screenings \*  
FLFAA Drum Circle  
Take Control of Your Health Workshop \*  
Occupational Therapy Speaker Series  
OT Assessment Appointments \*

**FAIR LAWN SENIOR CENTER**  
11-05 Gardiner Road, Fair Lawn, NJ 07410  
201.796.1191      srcenter@fairlawn.org

# FEBRUARY 2025

## CALENDAR OF EVENTS

**"In the coldest February, as in every other month in every other year, the best thing to hold on to in this world is each other."**  
~ Linda Ellerbee

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

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# February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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**AN ASTERISK (\*) DENOTES REGISTRATION Required**



## Welcome Vanessa, our OT Intern!

Please check out her flyer for the TOPICS for her "Fall Prevention / Recovery Program" Speaker series, starting Wed 2/19 @ 11 am! Vanessa will also have Occupational Therapy Assessments available starting on Thu 2/20 from 8:30 am to 12:30 pm. Register for your ONE-ON-ONE appointment! Presentations and Screenings will be on a weekly basis thru the first week of April.



11:00-1:00  
GlamourGals  
Free Manicures & Mini Makeovers!  
1:00 Happy Hookers Crochet Club



12 - 3 Ballroom Dancing	2 8:30 Cardio 9:30 Strength 11:00 Stretch 12:00 Canasta 1:00 Movie: "50 First Dates" 1:15 Tai Chi	3 8:30 Cardio 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 9:30 Strength w/ Maria 1:30 Livewires Club Mtg.	5 8:30 Cardio 9:30 Strength 10:00 Scrabble Circles 11:00 Stretch 12:00 Mahjonn 1:00 TBT Movie: "Love is a Many Splendid Thing"	6 8:30 Stretch 9:30 Core 10:30 Line Dancing 1:15-2:15 Device Advice * 1:30 Friday Social Club Mtg.	7 1:00 Happy Hookers Crochet Club	8 1:00 Happy Hookers Crochet Club
12 - 3 Ballroom Dancing <i>Nancy is on vacation Au revoir mes amis! this week</i>	9 NO Exercise Classes 12:00 Canasta 1:00 Movie: "The Lost Valentine" 1:15 Tai Chi	10 NO Exercise Classes 9:30 SPEAKER: "Oatmeal Bar" * 10-12 Bridge Club 10:15 Therapy Dog "Lucy" 1:30 Friendship Club Mtg.	11 9:30 Colorama 9:30-11:30 Blood Pressure 9:30 Strength w/ Maria 10-12 Conversation Cafe @ Memorial School * 1:15 Senior View	12 NO Exercise Classes 10:00 Scrabble Circles 10:30 SPEAKER: "Journaling with Love" * 12:00 Mahjonn	13 <b>Valentine's Day</b> NO Exercise Classes 10:30 Line Dancing 1:30 Happy Seniors Club Mtg.	14 1:00 Happy Hookers Crochet Club	15 1:00 Happy Hookers Crochet Club
12 - 3 Ballroom Dancing	16 <b>CENTER CLOSED</b> <b>*HAPPY PRESIDENT'S DAY*</b> <b>PRESIDENTS' DAY</b>	17 8:30 Cardio 9:30 Strength 10-12 Bridge Club 10-2 Memory Screenings * 10:15 Therapy Dog "Lucy" 11:00 Stretch 1:00 SPEAKER: "Pelvic Floor Health"	18 8:30 Cardio 9:30 Colorama 9:30 Strength w/ Maria 11:00 OT SPEAKER 1-3 "Take Control of Your Health" Workshop * (1:6) 1-3 Tink Group 1:30 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 Mahjonn 1:00 CRAFTS: "Trinket Box" *	20 8:30 Stretch 9:30 Core 10:30 Line Dancing 1:15-2:15 Device Advice * 1:30 Friday Social Club Mtg.	21 1-3 Girl Scout Troup #98794: "Fun & Games" * 1:00 Happy Hookers Crochet Club	22 1:00 Happy Hookers Crochet Club
12 - 3 Ballroom Dancing	23 8:30 Cardio 9:30 Strength 11:00 TRIVIA: "The Classics" * 12:00 Canasta 1:00 Movie: "The Bridges of Madison County" 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 "Take Control of Your Health" Workshop * (2:6) 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 Mahjonn 1:00 SPEAKER: "Navigating Healthy Relationships with Adult Children"	27 8:30 Stretch 9:30 Core 10:30 Line Dancing NO Happy Seniors Club Mtg.	28 <b>March 1</b> <i>Looking Ahead...</i> 9-3:30 AARP Driver Safety Class * 11-1 GlamourGals 1:00 Happy Hookers Crochet Club	29 1:00 Happy Hookers Crochet Club