



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.



LOOKING AHEAD:

(Avocado) Toast to the New Year

National Bagel Day

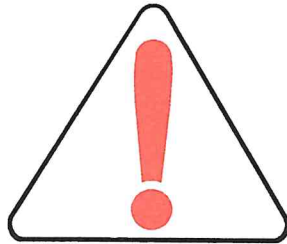
Regift Reception

Snowbird Bingo

Snowflake Social

and much more!

Memory Screenings resume in Feb 2025



ATTENTION:

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

We will be closed for the entire week.

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

MORE DETAILS TO FOLLOW!



FAIR LAWN SENIOR CENTER

11-05 Gardiner Road, Fair Lawn, NJ 07410

201.796.1191

srcenter@fairlawn.org

DECEMBER 2024 CALENDAR OF EVENTS

**"You're braver than you believe,
stronger than you seem, and
smarter than you think."**

– AA Milne

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



DECEMBER 2024



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>1</p> <p>12 - 3 Ballroom Dancing</p>	<p>2</p> <p>9:45 Stretch 11:00 Stretch 12:00 Canasta 1:00 Movie: "Cabrini" 1:15 Tai Chi</p>	<p>3</p> <p>8:30 Cardio 10-12 Bridge Club 10:15 Therapy Dog "Lucy" 11:00 Stretch 1:30 FLFAA: Drum Circle</p>	<p>4</p> <p>8:30 Strength 9:30 Colorama 9:45 Strength w/ Maria NO Livewires Club Mtg. CLOSES @ 1:30 PM TODAY <i>Staff Appreciation Luncheon</i></p>	<p>5</p> <p>8:30 Cardio 9:45 Cardio 10:00 Scrabble Circles 10:30 SPEAKER: "Curds & Culture" * 12:00 Mahjongg 1:00 SPEAKER: "The Carol Burnett Show"</p>	<p>6</p> <p>8:30 Stretch 9:30 Core 10:30 Line Dancing <i>1:15-2:15 Device Advice *</i> NO Friday Social Club Mtg.</p>	<p>7</p> <p>1:00 Happy Hookers Crochet Club</p>
<p>8</p> <p>12 - 3 Ballroom Dancing</p>	<p>9</p> <p>8:30 Stretch 11:00 Stretch 12:00 Canasta 1:00 Movie: "Ordinary Angels" 1:15 Tai Chi</p>	<p>10</p> <p>8:30 Cardio 9:45 Cardio 10-12 Bridge Club 10:15 Therapy Dog "Lucy" 1:30 Friendship Club Mtg.</p>	<p>11</p> <p>9:30-11:30 Blood Pressure 9:30 Colorama 9:45 Strength w/ Maria 11:00 Strength 1-3 Tink Group 1:15 Senior View</p>	<p>12</p> <p>9:45 Cardio 10:00 Scrabble Circles 11:00 Stretch 12:00 Mahjongg 1:00 SPEAKER: 'Holidays in NYC' </p>	<p>13</p> <p>8:30 Stretch 9:30 Core 10:30 Line Dancing 1:30 Happy Seniors Club Mtg.</p>	<p>14</p> <p>12-2 CRAFTAFTERNOONS: "Paint with Coffee" Art Workshop *  1:00 Happy Hookers Crochet Club</p>
<p>15</p> <p>12 - 3 Ballroom Dancing</p>	<p>16</p> <p>8:30 Stretch 9:45 Stretch 12:00 Canasta 1:00 Movie: "Gigi & Nate" 1:15 Tai Chi</p>	<p>17</p> <p>9:45 Cardio 10-12 Bridge Club 10:15 Therapy Dog "Lucy" 11:00 Stretch</p>	<p>18</p> <p>8:30 Strength 9:30 Colorama 9:45 Strength w/ Maria NO Tink Group (<i>see 12/11/24</i>) NO Livewires Club Mtg.</p>	<p>19</p> <p><i>No Regularly Scheduled Activities Today</i></p> <p>10-2 "Plaid Tidings" Luncheon Celebration Limited Seating</p>	<p>20</p> <p>8:30 Stretch 9:30 Core 10:30 Line Dancing <i>1:15-2:15 Device Advice *</i> NO Friday Social Club Mtg.</p>	<p>21</p> <p>JUST ADDED! 11 - 1 GlamourGals * <i>(FREE mini makeovers & manicures)</i> 1:00 Happy Hookers Crochet Club</p>
<p>22</p> <p>12 - 3 Ballroom Dancing</p>	<p>23</p> <p>NO EXERCISE CLASSES 12:00 Canasta 1:00 Movie: "Polar Express" 1:15 Tai Chi</p> <p><i>Believe</i> in 3D! </p>	<p>24</p> <p>CENTER CLOSED <i>Christmas Eve</i></p> 	<p>25</p> <p>CENTER CLOSED <i>Christmas</i></p> 	<p>26</p> <p>NO EXERCISE CLASSES 10:00 Scrabble Circles 12:00 Mahjongg 1:00 TBT Movie: "A Star is Born"</p>	<p>27</p> <p>NO EXERCISE CLASSES 10:30 Line Dancing NO Happy Seniors Club Mtg.</p>	<p>28</p> <p>Saturday Cinema 11-2:30  <i>Feel free to bring your own lunch or order for delivery!</i> 1:00 Happy Hookers Crochet Club</p>
<p>29</p> <p>12 - 3 Ballroom Dancing</p>	<p>30</p> <p>NO EXERCISE CLASSES 11:00 SPEAKER: "Veins: Vessels of Knowledge" 12:00 Canasta 1:00 Movie: "The Holdovers" 1:15 Tai Chi</p>	<p>31</p> <p>NO EXERCISE CLASSES 10-12 Bridge Club 10:15 Therapy Dog "Lucy" 1:00 New Year's Eve Sound Bath with Donna * </p>	<p>1</p> <p>CENTER CLOSED <i>New Year's Day</i></p> 	<p>2</p> <p>8:30 Cardio 10:00 Scrabble 10:30 SPEAKER: "(Avocado) Toast to the New Year" * DEADLINE: 12/23 12:00 Mahjongg</p>	<p>GREAT GIFT IDEA!</p>  <p>Treat Yourself or Someone You Love to a FLSC Gift Certificate Booklet ~ 20 Lunches for \$25! ~</p>	

* = ADVANCED REGISTRATION REQUIRED