The Fair Lawn Senior Center

Connect ~ Share ~ Thrive

Monthly Overview ~ October 2026

Time For A Change

Beginning this month we will no longer be showing movies on Monday.

"Gentle Seated Stretch"

classes will be taking its place at ***1 pm*** in the dining room after lunch.

You must have a current health questionnaire on file in order to participate.

October 1 @ 1 pm

"Taylor & Burton"

Bruce Hammer will be back to present this lecture about these Hollywood Superstars.

Monday, October 5

9:30 am - 12:30 pm

"2026 Flu Shot Clinic" *

Pre-registration is required:

www.fairlawn.org/flu2026

Tuesday, October 6 @ 11 am

"Ride Connect"

A represenative from Bergen County will be here to talk about this important program which are available to Bergen County residents.

Thursday, October 8 @ 1pm

"Memory Lane" *

Social Worker Agnes Moskal will facilitate her fun-filled themed group discussion. Agnes will be available for appointments if you are in need of assistance. Please sign up in the office.

Saturday, October 10

11 am - 12:30 pm

"Book Discussion Group" *

"Don't Forget to Write"

Volunteer Melissa Egan will lead this book discussion about this book by Sara Googman Confino. Please bring your own beverage if you wish.

Monday, October 12

The Senior Center will be closed for Columus Day.

Tueday, October 13

10 am - 2 pm

"Memory Screenings" *

The ACT Now Foundation will be here for Screening Appointments.

Wednesday, October 14 @ 11 am

"Presidential Signatures "

Matthew Corriea will present this lecture & display an exhibit of memorbilia.

Wednesday, October 14 @ 1 pm

"I Made the Mozz" *

Jimmy Ray will be back to demonstrate Burratta making & much more!

Saturday, October 17 @ 11 am

"Aim For Unity - Archery Program" *

The "Aim for Unity" group is back! Want to try Archery? Join them to learn & try this sport!

Tuesday, October 20 @ 1:15 pm

"Paint Brush Scarecrow" *

A fun fall craft project is in store!

Wednesday, October 21 @ 1 pm

"The Pictonary Game" *

Nancy & Scooter will host this fun game show program!

Tuesday, October 27 @ 11 am

"SHIP - Medicare"

Representatives from Bergen County will be here to present this lecture.

Wednesday, October 28 @ 11 am

"The Link Between Sleep & Memory"

The ACT Now Foundation will present this first in a series of lectures from their organization.

Thursday, October 29 @ 1 pm

"The Generational Game"

This fun and interactive program will be presented by BrightStar Care.

Friday, October 30th @ 1 pm

"Sound Bath Session" *

Join Donna for her monthly session. You have the option of lying on the floor or sitting in a chair. Please bring anything that will support your comfort; yoga/exercise mat, pillow, blanket, bloster.

Please Note:

Asterisk (*) next to a program indicates that advanced registration is required.

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