



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.

COUNTY LUNCH & VAN (WEEKDAYS ONLY):

Eligibility: Age 60+

Nutrition Program: Free of charge; reservations must be submitted 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 am. Once lunch service begins at Noon, everyone must be seated for the safety of our waiters and participants.

Magazine Donations

within 3 months of current date.

Simply remove personal info on mailing label and add to the racks. Please no catalogs!



Insta-Grammy / Insta-Grampy

Someone who enjoys taking and posting photos on social media. Must attend many events!



LOOKING AHEAD: *MAY* 2024



FLFAA: Ice Cream Truck @ Memorial Park

Hawthorne HS Dance & Theater program

AARP Driver Safety Course (\$)

FLFAA: Drum Circle

Bergen County Nutrition Open House

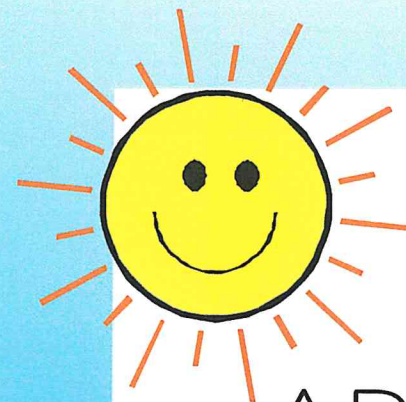
Senior Advisory Committee Health Fair

"Groucho Marx"

Veteran's Documentary

Closed – Memorial Day

AND MUCH MORE!



FAIR LAWN SENIOR CENTER

11-05 Gardiner Road, Fair Lawn, NJ 07410

201.796.1191

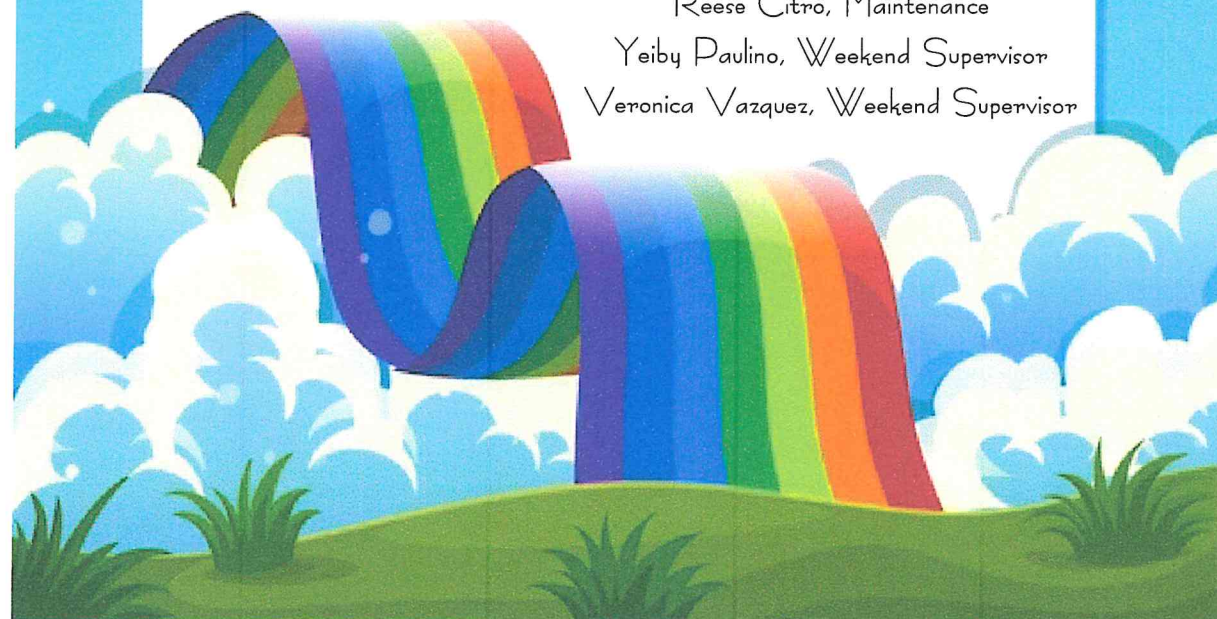
srcenter@fairlawn.org

APRIL 2024

CALENDAR OF EVENTS

*The soul would
have no rainbow
if the eyes
had no tears.
- John Vance Cheney*

Karin Krankel, Director
Donna J. Neill, Assistant Director
Nancy Whittaker, Fitness Instructor
Paul Shansky, Tai Chi
Maria Leone, Secretary
Gale Miceli, Kitchen Supervisor
Reese Citro, Maintenance
Yeiby Paulino, Weekend Supervisor
Veronica Vazquez, Weekend Supervisor



APRIL 2024

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

UPDATED FITNESS INFO:
Nancy is improving every day and continues her PT. More classes have been added and the Guidelines have been updated.

	1 8:15 Stretch 9:30 Cardio Sculpt w / Maria 12:00 Canasta 1:00 Movie: "My Cousin Vinny" 1:15 Tai Chi	2 8:15 Strength 10-12 Bridge Club 10:15 Therapy Dog "Lucy" 11:00 Stretch	3 NO EXERCISE CLASSES 9:30 Colorama 11-1 Charlie Wolf's 100th Birthday Celebration 1:30 Livewires Club Mtg.	4 8:15 Strength 9:30 Stretch 10:00 Scrabble Circles 11:00 BOOKENDS: Discussion * 12:00 Mahjongg 1:00 BOOKENDS: Movie	5 8:15 Stretch 10:30 Line Dancing 1:00 Memoirs 1:15--2:15 Device Advice * 1:30 Friday Social Club Mtg.	6 1:00 Happy Hookers Crochet Club
7 12 - 3 Ballroom Dancing	8 8:15 Stretch 12:00 Canasta 1:00 Movie: "Flamin' Hot" 1:15 Tai Chi	9 8:15 Strength 9:30 Stretch 10-12 Bridge Club 11:00 SPEAKER: "Comedy Pioneers - 1950's Comedians" 1:30 Friendship Club Mtg.	10 8:15 Stretch 9:30-11:30 Blood Pressure 9:30 Colorama 1:15 Senior View	11 8:15 Strength 10:00 Scrabble Circles 11:00 Stretch 12:00 Mahjongg 1:00 SPEAKER: "A Journey to Lourdes" *	12 8:15 Stretch 10:30 Line Dancing 1:30 Happy Seniors Club Mtg.	13 11:00 BINGO 1:00 Happy Hookers Crochet Club
14 12 - 3 Ballroom Dancing	15 8:15 Stretch 9:30 Cardio w / Maria 12:00 Canasta 1:00 Movie: "Ferrari" 1:15 Tai Chi	16 8:15 Strength 10-12 Bridge Club 10:15 Therapy Dog "Lucy" 11:00 Stretch 1:00 SPEAKER: "Senior Medicare Patrol of NJ"	17 National Banana Day 8:15 Stretch 9:30 Cardio w / Maria 9:30 Colorama 11:00 FLFAA: Drum Circle 1-3 Tink Group 1:30 Livewires Club Mtg.	18 8:15 Strength 9:30 Stretch 10:00 Scrabble Circles 11:00 SPEAKER: "BC Clerk's Office & Golden Key Card" 12:00 Mahjongg 1-2:30 CRAFTS with Margaret: "Wire Wrap Bangle" *	19 8:15 Stretch 9-11 "You Are My Future" @ Warren Point * (Minibus) 10:30 Line Dancing 1:15-2:15 Device Advice * 1:30 Friday Social Club Mtg.	20 11-2:30 Sandwich Cinema: "Killers of the Flower Moon" Feel free to bring your own lunch or order for delivery! 1:00 Happy Hookers Crochet Club
21 12 - 3 Ballroom Dancing GOOD VIBES National Volunteer Week THANK YOUR VOLUNTEERS!	22 8:15 Stretch 9:30 Cardio w / Maria 12:00 Canasta 1:00 Movie: "Mack & Rita" 1:15 Tai Chi	23 8:15 Strength 10-12 Bridge Club 11:00 Stretch 1:30 Friendship Club Mtg.	24 NO EXERCISE CLASSES 10:00 Scrabble Circles 12-2 Volunteer Appreciation Luncheon *	25 8:15 Stretch 10:30 Line Dancing 1:30 Happy Seniors Club Mtg.	26 8:15 Stretch 10:30 Line Dancing 1:30 Happy Seniors Club Mtg.	27 11:00 CRAFTS with TJMS: "Painted Pots" * 1:00 Happy Hookers Crochet Club
28 12 - 3 Ballroom Dancing	29 8:15 Stretch 9:30 Cardio w / Maria 12:00 Canasta 1:00 Movie: "Listen to Your Heart" starring Jim Crosson 1:15 Tai Chi	30 8:15 Strength 9:30 Stretch 10-12 Bridge Club 11:00 TRIVIA: "Suspense & Mystery Novels" * 1:00 SPEAKER: "Culinary Masters"	MAY BOOKENDS The Woman in the Window by A.J. Finn Thursday, May 2nd Discussion @ 11 am * 2021 Movie @ 1 pm			

* = ADVANCED REGISTRATION REQUIRED



100 YEARS OF BEING AWESOME

HAPPY 100th BIRTHDAY!

Not only is Fair Lawn celebrating 100 but our own CHARLIE WOLF is turning 100 years young! Join us for his Birthday Celebration - RSVP by Mon, April 1st