



# Meadowlands Family Success Center

100 Washington Avenue  
Little Ferry, NJ 07643  
201-464-4714



# JUNE 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Need to <b>Fax or Print</b>? Stop by our computer lab for <u>free computer use!</u>  <u>Free Wi-Fi</u> throughout the Family Success Center!            Have a suggestion? Stop by our center and tell us what you would like to see in <i>your</i> community!</p>				<p>English Essentials I <sup>1</sup> 1:00 – 2:30 PM</p> <p>English Essentials II 3:30 – 5:00 PM</p>	<p><b>Story Time!</b> <sup>2</sup> 11:30 AM – 12:00 PM</p> <p><b>Lil' Mozarts</b> 12:00 – 1:00 PM</p>	<p><b>Arts &amp; Crafts</b> <sup>3</sup> 12:00 – 1:00 PM</p>
<p><sup>4</sup></p>	<p>Lil' Yogis <sup>5</sup> 12:00 – 1:00 PM</p> <p>Yoga 6:00 – 7:00 PM</p>	<p>English Essentials I <sup>6</sup> 1:00 – 2:30 PM</p> <p>English Essentials II 3:30 – 5:00 PM</p>	<p><b>Council Meeting</b> <sup>7</sup> 11:30 AM – 12:30 PM</p> <p>Playtime 11:30 – 12:30 PM</p> <p>Zumba 1:00 – 2:00 PM</p> <p>DIY 4:30 – 5:30 PM</p>	<p>English Essentials I <sup>8</sup> 1:00 – 2:30 PM</p> <p>English Essentials II 3:30 – 5:00 PM</p> <p>Guitar 101 5:00 – 6:00 PM</p>	<p><b>Story Time!</b> <sup>9</sup> 11:30 AM – 12:00 PM</p> <p><b>Lil' Mozarts</b> 12:00 – 1:00 PM</p>	<p><b>CLOSED</b> <sup>10</sup> <b>'GONE FISHIN'</b></p>
<p><sup>11</sup></p>	<p>Lil' Yogis <sup>12</sup> 12:00 – 1:00 PM</p> <p>Yoga 6:00 – 7:00 PM</p>	<p>English Essentials I <sup>13</sup> 1:00 – 2:30 PM</p> <p>English Essentials II 3:30 – 5:00 PM</p>	<p><b>Munchkin Playtime</b> <sup>14</sup> 11:30 – 12:30 PM</p>	<p>English Essentials I <sup>15</sup> 1:00 – 2:30 PM</p> <p>English Essentials II 3:30 – 5:00 PM</p>	<p><b>Story Time!</b> <sup>16</sup> 11:30 AM – 12:00 PM</p>	<p><b>Arts &amp; Crafts</b> <sup>17</sup> 12:00 – 1:00 PM</p>
<p> <sup>18</sup></p>	<p>Lil' Yogis <sup>19</sup> 12:00 – 1:00 PM</p> <p>Yoga 6:00 – 7:00 PM</p>	<p>English Essentials I <sup>20</sup> 1:00 – 2:30 PM</p> <p>English Essentials II 3:30 – 5:00 PM</p>	<p><b>Munchkin Playtime</b> <sup>21</sup> 11:30 – 12:30 PM</p> <p>DIY 4:30 – 5:30 PM</p>	<p>English Essentials I <sup>22</sup> 1:00 – 2:30 PM</p> <p>English Essentials II 3:30 – 5:00 PM</p>	<p><b>Hope-N-Mic</b> <sup>23</sup> 6:30 – 9:00 PM</p>	<p><sup>24</sup></p>
<p><sup>25</sup></p>	<p>Lil' Yogis <sup>26</sup> 12:00 – 1:00 PM</p> <p>Yoga 6:00 – 7:00 PM</p>	<p>English Essentials I <sup>27</sup> 1:00 – 2:30 PM</p> <p>English Essentials II 3:30 – 5:00 PM</p>	<p><b>Munchkin Playtime</b> <sup>28</sup> 11:30 – 12:30 PM</p>	<p>English Essentials I <sup>29</sup> 1:00 – 2:30 PM</p> <p>English Essentials II 3:30 – 5:00 PM</p> <p>Senior Matinee 12:00 – 2:00 PM</p>	<p><b>MFSC Closed Admin Day</b> <sup>30</sup></p>	<p><sup>30</sup></p>



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[\\*See Back for Details\\*](#)



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The Meadowlands Family Success Center is operated by the Meadowlands Area YMCA with state funding.

**Hours of Operation:**  
 Mon & Wed 11 AM – 7 PM  
 Tues, Thurs, & Fri 11 AM – 6 PM  
 2 Saturdays a month 10 AM – 2 PM

## Family Health

### Lil' Yogis

Monday, 12:00 – 1:00 PM

Introduce your child to the benefits of yoga in our parent/child yoga series. **Parental supervision is required throughout the event. Sign up in person at the center, space is limited!**

*Location: Main Floor*

### Yoga

Monday, 6:00 – 7:00 PM

Relieve stress and stretch with this low impact workout that will get those muscles moving. Yoga mats will be provided. Consult your physician before beginning this or any exercise program. **Pre-registration is required! Must sign up in person at the center.**

*Location: Main Floor*

### Zumba

Wednesday, 1:00 – 2:00 PM

Get active and dance your way through our Zumba classes led by Lateefah Flemming of EmpowerFit! **Consult your physician before beginning this or any other exercise program. Pre-registration is required!**

*Location: Main Floor*

### Senior Matinee

Thursday, 12:00 – 2:00 PM

Seniors, join us for a matinee movie at the Moonachie Senior Center. Refreshments will be served.

*Location: 125 Moonachie Rd, Moonachie, NJ 07074*

## Parent & Child

### Arts & Crafts

Saturday, 12:00 – 1:00 PM

Create fun crafts with your children! Projects vary every season. **Pre-registration is encouraged. Parents must stay on premises.**

*Location: Main Floor*

### Munchkin Playtime

Wednesday, 11:30 AM – 12:30 PM

Parents with small children come and use our play space to promote socialization and to have fun. **Parents must stay on premises. Parental supervision is required throughout the event.**

*Location: Main Floor Play Area*

### Lil' Mozarts

Friday, 12:00 – 1:00 PM

Stimulate your child's creativity through singing, dancing, and listening with instructor Paul Kates from Care Plus NJ. **Parental supervision is required throughout the event. Sign up in person at the center, space is limited!**

*Location: Main Floor Play Area*

### Story Time!

Friday, 11:30 AM – 12:00 PM

Enjoy snacks and stories your toddler will love! This interactive activity will help your toddler develop a love for literature! **Parents must stay on premises.**

*Location: Main Floor Play Area*

## Life Skills

### Guitar 101

Thursday, 5:00 – 6:00 PM

We all love music! Learn more about music theory and playing the guitar with Joe L. of Guitar Education. **Pre-registration required.**

*Location: Main Floor*

### DIY University

Wednesday, 4:30 – 5:30 PM

**Adults** join us for a fun and simple craft. A coloring activity will be provided for children of parents participating in DIY. **Pre-registration is mandatory. Sign up in person at the center.**

*Location: 2<sup>nd</sup> Floor*

### English Essentials I & II

Tuesdays & Thursdays

Formerly known as ESL, these classes are designed for all to learn the English language.

**English Essentials I (Intermediate) 1:00 – 2:30 PM**

**English Essentials II (Beginner) 3:30 – 5:00 PM**

*Location: Conference Room 2<sup>nd</sup> Floor*

## Advocacy

### Meadowlands Council Meeting

Wednesday, 11:30 AM – 12:30 PM

Find out how you can get involved with the FSC. Plan activities, workshops, and be a part of the decision-making process at the MFSC & within your community.

*Location: 2<sup>nd</sup> Floor*

### Hope-N-Mic

Friday, 6:30 – 9:00 PM

Join us for a night of free expression as we tackle difficult issues with poetry, spoken word, and music. Share your own story or be inspired by others. **Must be 18 years or older to enter.**

*Location: Little Ferry Community Center*

*95 Main Street*

*Little Ferry, NJ 07643*