



# Meadowlands Family Success Center

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Need to <b>Fax</b> or <b>Print</b> ? Stop by our computer lab for <a href="#">free computer use!</a> <a href="#">Free Wi-Fi</a> 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!					<sup>1</sup> <b>Munchkin Craft Time</b> 12:00 – 1:00 PM	<sup>2</sup> <b>MFSC Closed for Event</b>
<sup>3</sup> 	<sup>4</sup> <b>Parenting Group</b> 12:00 – 1:00 PM <b>Yoga</b> 6:00 – 7:00 PM	<sup>5</sup> <b>English Essentials I</b> 1:00 – 2:30 PM <b>English Essentials II</b> 3:30 – 5:00 PM	<sup>6</sup> <b>Breath Centered Yoga</b> 6:00 – 7:00 PM	<sup>7</sup> <b>English Essentials I</b> 1:00 – 2:30 PM <b>English Essentials II</b> 3:30 – 5:00 PM <b>Arts &amp; Crafts</b> 3:30 – 4:30 PM	<sup>8</sup> <b>Story Time!</b> 12:00 – 1:00 PM	<sup>9</sup> <b>CLOSED</b> 
<sup>10</sup> 	<sup>11</sup> <b>Parenting Group</b> 12:00 – 1:00 PM <b>Chair Yoga</b> 6:00 – 7:00 PM	<sup>12</sup> <b>English Essentials I</b> 1:00 – 2:30 PM <b>English Essentials II</b> 3:30 – 5:00 PM	<sup>13</sup> <b>Breath Centered Yoga</b> 6:00 – 7:00 PM	<sup>14</sup> <b>English Essentials I</b> 1:00 – 2:30 PM <b>English Essentials II</b> 3:30 – 5:00 PM <b>Arts &amp; Crafts</b> 3:30 – 4:30 PM	<sup>15</sup> <b>Munchkin Craft Time</b> 12:00 – 1:00 PM	<sup>16</sup> <b>Father's Day BBQ</b> 12:00 – 2:00 PM
<sup>17</sup> <b>HAPPY FATHER'S DAY!</b>	<sup>18</sup> <b>Parenting Group</b> 12:00 – 1:00 PM <b>Yoga</b> 6:00 – 7:00 PM	<sup>19</sup> <b>English Essentials I</b> 1:00 – 2:30 PM <b>English Essentials II</b> 3:30 – 5:00 PM	<sup>20</sup> <b>Breath Centered Yoga</b> 6:00 – 7:00 PM	<sup>21</sup> <b>MFSC Closed for Feed the Children</b> 	<sup>22</sup> <b>Story Time!</b> 12:00 – 1:00 PM	<sup>23</sup>  <b>CLOSED</b>
<sup>24</sup> 	<sup>25</sup> <b>Parenting Group</b> 12:00 – 1:00 PM <b>Yoga</b> 6:00 – 7:00 PM	<sup>26</sup> <b>English Essentials I</b> 1:00 – 2:30 PM <b>English Essentials II</b> 3:30 – 5:00 PM <b>DIY University</b> 4:30 – 5:45 PM	<sup>27</sup> <b>Breath Centered Yoga</b> 6:00 – 7:00 PM	<sup>28</sup> <b>Senior Matinee</b> 12:00 – 2:00 PM <b>ESL I</b> 1:00 – 2:30 PM <b>ESL II</b> 3:30 – 5:00 PM <b>Community Advisory Board</b> 5:00 – 6:00 PM	<sup>29</sup>  <b>MFSC Closed Admin Day</b>	<sup>30</sup>  <b>CLOSED</b>



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

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

### 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.**

*Location: Main Floor*

### Breath Centered Yoga

Wednesday, 6:00 – 7:00 PM

The breath guides our movement in this gentle yoga practice. All ages and skill levels welcome! **Consult your physician before beginning this or any exercise program.**

*Location: Main Floor*

## Advocacy

### Community Advisory Board

Thursday, 5:00 – 6:00 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: Main Floor*

## Parent & Child

### Arts & Crafts

Thursday, 3:30 – 4:30 PM

Create fun crafts with your children! Projects vary every season. **Pre-registration is encouraged. Parents must stay on premises and assist their child if needed.**

*Location: Main Floor*

### Munchkin Craft Time

Friday, 12:00 – 1:00 PM

Bond with your child through crafts the both of you will love! Your child will develop fine motor skills, while exercising their creativity. Perfect for children 4 and younger. **Parents must stay on premises and help their child with their craft.**

*Location: Main Floor Play Area*

### Story Time!

Friday, 12:00 – 1:00 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*

## Community Engagement

### Father's Day BBQ

Saturday, 12:00 – 2:00 PM

Celebrate Father's Day early with your family at the Meadowlands Family Success Center. We'll be grilling burgers and having Father and Child Field Day activities.

*Location: MFSC Lawn*

### Feed the Children

Thursday, 10:00 AM – 1:00 PM

We're partnering with Concord Hospitality, Feed the Children, and Bergen County Veteran Services again this year to bring back Feed the Children! Families in need will be able to receive food and other essentials. **Families must come in person to the MFSC to receive a voucher admitting them to the event.**

*Location: Meadowlands Racetrack*

*1 Racetrack Drive, East Rutherford, NJ 07073*

### Senior Matinee

Thursday, 12:00 – 2:00 PM

Enjoy food and a movie at the Moonachie Senior Citizens Center.

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

## Life Skills

### English Essentials I & II

Tuesday & Thursday

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*

### Parenting Group

Monday, 12:00 - 1:00 PM

Parenting is the hardest job you will ever do. Join other parents and caregivers to explore how we can better understand our children as we grow and learn through the stages of parenting. **You will decide on the topics you want to cover in our weekly meetings so that we can discuss what is most relevant to you!**

*Location: Main Floor*

## Housing

### DIY University

Tuesday, 4:30 AM – 5:45 PM

Adults, join us in making creative projects to decorate your home. An activity will be provided for any young children. **Pre-registration is required in person at the center!**

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