

DECEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Administrative Day CENTER OPENS AT 2PM Computer Programming 4Kids 3:30-4:30PM	2 Finding Hope in Grief 10-11AM	3 Chair Yoga 12PM RSVP Required	4 Girls Group/Boys Group 3:30PM	5 Munchkin Holiday Keepsake Craft 11:30-12:30PM	6
7 Diaper Week Due to limited supply, please call ahead to make sure we have your diaper size available	8 Click & Zen Computer Series 11:30AM - 1PM Programming 4Kids 3:30-4:30PM	9 Finding Hope in Grief 10-11AM	10 Tenants Rights Clinic w/NNJ Legal Services 10-11AM	11 Finding Hope in Grief 10-11AM Girls Group/Boys Group 3:30PM	12 Munchkin Yoga 11:30-12:30PM CLOSING AT 12:30PM	13 OPEN 10AM-1PM
14	15 Adult Yoga 10AM Click & Zen Computer Series 11:30AM - 1PM Programming 4Kids 3:30-4:30PM	16 Finding Hope in Grief 10-11AM Meadowlands YMCA Food Distribution 9AM Talk to SNAP Rep 10AM-2PM BY APPOINTMENT	17 Fuzzy Feelings Wellness Workshop 3:30-5pm	18 Girls Group/Boys Group 3:30PM	19 Munchkin Open Play 11:30-12:30PM MFSC Parent Meeting 12:30-1:30PM	20
21	22 Click & Zen Computer Series 11:30AM - 1PM Computer Programming 4Kids 3:30-4:30PM	23	24 CENTER CLOSSES AT 12PM	25 Holidays! CENTER CLOSED	26 HAPPY	27
28 	29 Gingerbread House Making 12:30-2PM RSVP REQUIRED 	30 Finding Hope in Grief 10-11AM	31 CENTER CLOSSES AT 12PM	FREE ESL Classes Every Tues and Thurs See back of calendar for details 	All services offered are free to the community!	

*See Back for More Details *

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



@Meadowlands Family
Success Center



@Meadowlandsfsc

Hours of Operation
Monday, Tuesday, Wednesday
9am - 5pm
Thursday: 10am - 7pm
Friday: 9am-4pm
Saturday: SEE CALENDAR

Our Free Community Services and Resources

FAMILY HEALTH

Adult Yoga

Build community, have fun and relax with our adult yoga class.

Chair Yoga

Presented by Kim Gorab of Resilience Corporate Yoga. Stay strong and centered from the comfort of a chair. No equipment or experience needed. Just bring a friend! Please RSVP 201-464-4714

Finding Hope in Grief

The holidays can be especially hard when you're coping with loss. Join NJ4S Bergen HUB for Finding Hope in Grief, a supportive series offering guidance, connection, and coping strategies for navigating this season with care and compassion. You don't have to go through it alone.

LIFE SKILLS

Girls Group - Every Thursday 3:30 to 4:30 PM - Join us for girl fun with icebreakers, arts & crafts, journaling, current events & media literacy. This month's theme: What is Independence to You?

Boys Group - Every Thursday 3:30 to 4:30PM

Introducing.... Boys Group! This dynamic program isn't just about learning—it's an adventure in self-discovery and growth. Through hands-on activities and an engaging self-awareness curriculum, boys will uncover their strengths, build confidence, and create lasting friendships.

ESL - Free ESL class offered in-person or online. Registration REQUIRED. Call for more details. Intermediate: 10-11AM, Pre-Intermediate: 11AM-12PM, Beginners 12-1PM

Click & Zen Computer Class Interactive class. Master essentials such as budgeting, enhancing your job search, discover online schools and research tools, explore social media, access online fitness and nutritional resources and use google docs

Computer Programming 4 Kids - Creating Games in Scratch! Dive into the world of coding with our beginner-friendly computer programming course for ages 8 and up! Explore the basics of programming through fun, interactive projects. Laptops are encouraged but not required. Call to register.

Homework Help - Offered in English and Spanish. Monday - Thursday from 3-4:15pm. Will not be available some days due to programming or staffing conflict. Call ahead to inquire.

PARENT-CHILD INTERACTION/DEVELOPMENT

Parent-Child Activity Series - Each session encourages hands-on fun through parent-led activities like crafting, simple food-making, and sensory exploration. This is a special opportunity for caregivers to guide, engage, and grow alongside their children in a playful and supportive environment.

Fuzzy Feelings Wellness Workshop - NJ4S Bergen HUB invites you to slow down this season with a peaceful crafting activity. Paint your own ornaments while snacking on muffins or cookies and sipping from our hot cocoa bar. A simple, comforting moment for all ages.

ADVOCACY

Talk to a SNAP Representative -

By Appointments Only - Call 201-464-4714 to schedule. Speak to a specialist to apply for SNAP benefits.

Diaper Distribution - 2nd Full Week of Each Month

Call-in advance to make an appointment for pick up. Due to low supply, 1 pack of diapers for each child. Please see calendar.

Advocacy Saturdays - Need a little extra help navigating social services applications and making provider appointments? The MFSC is here to help. Call us at (201)464-4714 to schedule time to sit down with a Family Partner to provide you with one-on-one support.

Tenants Rights Clinic

Northern New Jersey Legal Services will be hosting a free Tenants Rights Clinic at the center. Learn about your rights as a renter, get guidance on common housing issues, and have your questions answered by legal professionals.

COMMUNITY ENGAGEMENT

YMCA Community Food Distribution 3rd Tuesday of Each Month

Through partnerships with the Community Food Bank of New Jersey and Table to Table, the Meadowlands YMCA & FSC provide a monthly food community members in need.

Location: Meadowlands YMCA - 390 Murray Hill Parkway, East Rutherford, NJ

MFSC Parent Meeting - We will be sharing ideas for future events that address the needs of the community. Who better to be the voice of what the community needs than members of it!

MFSC Holiday Party - Enjoy a simple gift, delicious food, and festive fun as we gather with the wonderful friends we've made throughout the year. Kids may even get a chance to meet Santa Claus and share their Christmas wish!

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