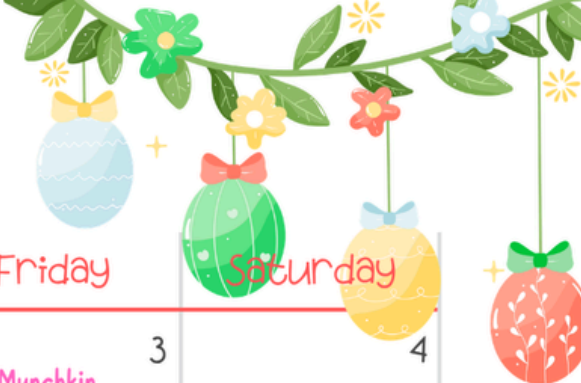


APRIL 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>FREE ESL Classes Every Tues and Thurs See back of calendar for details</p>	1 Girls Group/Boys Group 3:30PM	2 Administrative Day CENTER CLOSED	3 Munchkin Easter Fun! 11:30-12:30PM	4
<p>HAPPY EASTER to Every Bunny</p>	<p>Adult Yoga 10AM SPRING BREAK at MFSC: Field Day 1PM</p>	7 SPRING BREAK at MFSC: Tulip Craft 1PM	8 SPRING BREAK at MFSC: Feelings Board 1PM	9 SPRING BREAK at MFSC: Chillaxing Chess! 1PM	10 Munchkin Yoga 11:30-12:30PM MFSC Parent Meeting 12:30-1:30PM	11 Open House at Meadowlands YMCA 10AM- 2PM
<p>Diaper Week</p> <p>Due to limited supply, please call ahead to make sure we have your diaper size available</p>	12 Preparing to Work From Home 10am-11am Computer Programming 4Kids 3:30-4:30PM	14 Meditación con Brille EN PERSONA en MFSC 10 a. m.	15 Girls Group/Boys Group 3:30PM	16	17 Munchkin Counting and Sorting 11:30-12:30PM	18 Little Learners Big Beginnings REGISTRATION REQUIRED Ages 0-3 10AM-11AM
19	20 Preparing to Work From Home 10am-11am Computer Programming 4Kids 3:30-4:30PM	21 Meadowlands YMCA Food Distribution 9AM Talk to SNAP Rep 10A-2P BY APPOINTMENT Tic-Born Disease Prevention w/ Bergen Dept of Health 3:30-4:30	22 Chair Yoga 12PM EARTH DAY Girls Group Boys Group 3:30PM	23 Bergen Bites: Protect Against Mosquito Bites w/ Bergen Dept of Health 3:30-4:30P	24 Munchkin Bear Hunt! 11:30-12:30PM	25
26 	27 Preparing to Work From Home 10am-11am Computer Programming 4Kids 3:30-4:30PM	28 Chess Club ALL LEVELS and AGES WELCOME 3:30PM	29 Girls Group/Boys Group 3:30PM Managing Your Credit w/ Vision Federal Credit Union 3:30PM	30	<p>All services offered are free to the community!</p>	

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

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.

LIFE SKILLS

Girls Group - Every Wednesday 3:30 to 4:30 PM - Join us for girl fun with icebreakers, arts & crafts, journaling, current events & media literacy.

Boys Group- Every Wednesday 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.

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.

Preparing to Work From Home - Hosted by NJ4S Bergen HUB, this series supports individuals exploring remote and flexible work opportunities. Topics include building productive routines, managing work-life balance, and developing job search skills such as navigating online search engines, using social media for marketing, and exploring self-employment options.

Managing Your Credit with Visions Credit Union - Join us for an informative session led by Visions Federal Credit Union to learn the basics of managing your credit. Discover how credit works, tips to build and improve your score, and smart strategies for maintaining healthy financial habits. Perfect for anyone looking to take control of their financial future!

FAMILY HEALTH

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

Mindful Meditation with Brille Start your day with intention and calm.

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.

Little Learners, Big Beginners
Presented by Little Ferry Public Schools, this early learning program is designed especially for children ages 0-3 and their caregivers. Families will enjoy a read-aloud story, fine motor play, coloring and early writing experiences, along with media, music, and rhyming activities that support early development.
All materials are provided.

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!

Meadowlands YMCA Open House - 390 Murray Hill Parkway, E. Rutherford NJ 07073. 10am-2pm. Join us for a fun-filled day featuring a pool party, food, and hands-on samples of YMCA programs! Connect with local nonprofits and explore our Milestones Corner, where young children can enjoy play stations with books, balls, and blocks while families learn about child development and community resources.

MFSC Parent Meeting - Come on out and let your voice be heard! We will be discussing the calendar requesting input on how your community can be best served.

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