

MAY 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All services offered are free to the community!			<p>FREE ESL Classes Every Tues and Thurs See back of calendar for details</p>	1 Administrative Day CENTER CLOSED	2 Little Learners Big Beginnings REGISTRATION REQUIRED Ages 0-3 10AM-11AM	3
4 Computer Programming 4Kids 3:30-4:30PM	5 CINCO DE MAYO	6 Zumba! 10AM Girls Group/Boys Group 3:30PM	7 Immigration Resource Info Session w/GBCity Action 11AM via Zoom CALL US FOR LINK Teen Speak 4-6pm	8 Munchkin Mother's Day Craft 11:30-12:30PM	9 Mother's Day Luncheon RSVP REQUIRED 1-3P	10 Happy Mother's Day
11 Computer Programming 4Kids 3:30-4:30PM	12 Chair Yoga 10AM Chess Club ALL LEVELS and AGES WELCOME 3:30PM	13 Zumba! 10AM Girls Group/Boys Group 3:30PM	14 Make Your Own Sushi Part II 3:30P RSVP REQUIRED	15 Munchkin Summer Safety Infp w/ Hackensack Pediatric Residents 11:30-12:30PM	16 Diaper Week Due to limited supply, please call ahead to make sure we have your diaper size available	17
18 Adult Yoga 10AM Computer Programming 4Kids 3:30-4:30PM	19 Meadowlands YMCA Food Distribution 9AM Talk to SNAP Rep 10AM-2PM BY APPOINTMENT	20 Zumba! 10AM Girls Group/Boys Group 3:30PM	21 Teen Speak 4-6pm	22 Munchkin Yoga 11:30-12:30PM MFSC Parent Meeting 12:30-1:30P	23	24
25 HAPPY MEMORIAL DAY CENTER CLOSED	26 Chess Club ALL LEVELS and AGES WELCOME 3:30PM	27 Zumba! 10AM Girls Group/Boys Group 3:30PM	28 Munchkin: Let's Tie Our Shoes 11:30-12:30PM	29 	30	31

*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.

ADULT 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
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 online only. Registration REQUIRED. Call for more details. Intermediate: 6PM, Pre-Intermediate: 7PM, Beginners 8PM

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.

Teen Speak - presented by the Partnership for Maternal & Child Health. It is a program designed to help parents and caregivers improve communication with adolescents. It focuses on navigating difficult topics like sexual health, mental health, and substance use. Dinner provided.

FAMILY HEALTH

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

Zumba
Dance-based fitness program that combines Latin, international, and pop music with high-energy, choreographed dance moves to create a "fitness party" vibe!

Chair Yoga - Move at your own pace in this gentle, supportive class designed to build strength, improve flexibility, and reduce stress—all from the comfort of a chair. Perfect for anyone looking for a low-impact way to stay active and feel good in their body.

PARENT-CHILD INTERACTION/CHILD 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. To register: email jdunn@lfboe.org

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!

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