



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 FREE ESL Classes Every Tues and Thurs See back of calendar for details 	3 Zumba 10AM	4	5  Munchkin Zumba 11:30AM-12:30PM	6	7
8 Diaper Week  Chair Yoga 12PM	9	10 Zumba 10AM Girls Group Boys Group 3:30PM 	11 Adult Yoga 10AM	12 Munchkin Yoga 11:30AM-12:30PM	13 Little Learners Big Beginnings REGISTRATION REQUIRED Ages 0-3 10AM-11AM	14 Diaper Week  Due to limited supply, please call ahead to make sure we have your diaper size available
15 Veggie Gardening 101 w/Master Gardeners Of Bergen County 11AM Kids Spot Skin Cancer 3:30PM	16 Meadowlands YMCA Food Distribution 9AM CENTER CLOSED	17 Zumba 10AM Girls Group Boys Group 3:30PM	18	19 June Tenth!	20 Father's Day Wrestling Outing at the Meadowlands YMCA RSVP REQUIRED 4PM	21 FATHER'S DAY 
22	23 Vaping 411 11:30AM 	24 Zumba 10AM	25	26	27	28 
29 SUMMER HOURS BEGIN! M, T, W, F 8-4 Thurs 10-7 	30	31	JUNE CALENDAR SUBJECT CHANGE DUE TO WORLD CUP. CHECK SOCIAL MEDIA FOR REALTIME UPDATES.			

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

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

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.

Vegetable Gardening 101 with Master Gardeners of Bergen County - Ready to grow your own fresh vegetables? Join us for this beginner-friendly workshop covering gardening basics, planting tips, and simple ways to start and maintain a healthy home garden. Perfect for gardeners of all experience levels!

Vaping 411- A comprehensive information session for adults about the dangers and health risks of vaping.

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.
Kids Spot Skin Cancer- Kids will learn how to spot different skin conditions on themselves and their loved ones. Brought to you by the Bergen County Dept. Of Health.

PARENT-CHILD INTERACTION/CHILD DEVELOPMENT

Friday Parent-Child 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

Spend, Share & Bingo with Vision Credit Union - Join us for a fun and interactive bingo event while learning helpful tips on budgeting, saving, and smart spending.

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.