



Meadowlands Family Success Center

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

JANUARY 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CLOSED Bring on the NEW YEAR!	English Essentials I ² 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM	Mommy Yoga ³ 1:00 – 2:00 PM Homework Help 5:30 – 7:00 PM	English Essentials I ⁴ 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM Arts & Crafts 3:30 – 4:30 PM	Munchkin Craft Time ⁵ 12:00 – 1:00 PM	Ice Skating ⁶ 1:30 – 3:30 PM
⁷	Homework Help ⁸ 5:30 – 7:00 PM Yoga 6:00 – 7:00 PM	English Essentials I ⁹ 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM DIY University 4:30 – 5:45 PM	Mommy Yoga ¹⁰ 1:00 – 2:00 PM Active Parenting Info Session 5:30 – 6:30 PM Homework Help 5:30 – 7:00 PM	English Essentials I ¹¹ 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM	Story Time! ¹² 12:00 – 1:00 PM	CLOSED ¹³
¹⁴	Homework Help ¹⁵ 5:30 – 7:00 PM Yoga 6:00 – 7:00 PM	English Essentials I ¹⁶ 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM	Mommy Yoga ¹⁷ 1:00 – 2:00 PM Tax Prep 5:00 – 6:00 PM Homework Help 5:30 – 7:00 PM	English Essentials I ¹⁸ 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM Arts & Crafts 3:30 – 4:30 PM	Munchkin Craft Time ¹⁹ 12:00 – 1:00 PM	Afternoon Movie: ²⁰ Star Wars – Rogue One 11:30 AM – 1:45 PM
²¹	Homework Help ²² 5:30 – 7:00 PM Yoga 6:00 – 7:00 PM	English Essentials I ²³ 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM DIY University 4:30 – 5:45 PM	Mommy Yoga ²⁴ 1:00 – 2:00 PM Homework Help 5:30 – 7:00 PM	English Essentials I ²⁵ 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM Community Advisory Board 5:00 – 6:00 PM	Story Time! ²⁶ 12:00 – 1:00 PM	CLOSED ²⁷
²⁸	Homework Help ²⁹ 5:30 – 7:00 PM Yoga 6:00 – 7:00 PM	English Essentials I ³⁰ 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM	MFSC Closed Admin Day ³¹ 	Need to Fax or Print? Stop by our computer lab for free computer use! Free Wi-Fi 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!		



@MeadowlandsFSC

[*See Back for Details*](#)



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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

Mommy Yoga

Wednesday, 1:00 – 2:00 PM

After your little one enjoys Munchkin Playtime, treat yourself to some me time with some gentle exercise. Yoga mats and props will be provided. **Consult your physician before beginning this or any exercise program.**

Location: Main Floor

Community Engagement

Ice Skating

Saturday, 1:30 – 3:30 PM

Meet us on the ice! Enjoy a day of ice skating with your family! **Space is limited. Pre-registration IN PERSON at the center is required! First come, first served!**

Location: 150 Plaza Center, Secaucus, NJ 07094

Housing

DIY University

Tuesday, 4:30 AM – 5:45 PM

Adult, join us in making creative Do It Yourself projects to decorate your home. There will be an activity provided for any young children.

Location: 2nd 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 and early problem-solving 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, 11:30 AM – 12:30 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

Afternoon Movie

Saturday, 11:30 AM – 1:45 PM

Enjoy a feature length movie with light refreshments provided. This month we will be watching Rogue One: A Star Wars Story. **Parents are required to stay on the premises for this event.**

Location: Main Floor

Life Skills

English Essentials I & II

Tuesdays & Thursdays

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 2nd Floor

Homework Help

Mondays and Wednesdays, 5:30-7:00 PM

This fall we're teaming up with Jersey Cares again to bring back Homework Help! Students will have a quiet environment where they can do their homework and ask a tutor for assistance. **Parents must be here by 6:45 PM for pickup.**

Location: Conference Room 2nd Floor

Active Parenting Info Session

Wednesday, 5:30-6:30 PM

New year, new beginnings! If you've ever wanted to be a more involved parent, you'll want to our come to our Active Parenting Information Session. Ask question and learn all about this award-winning, evidence-based parenting program before we start classes in February.

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