



# Meadowlands Family Success Center

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<b>Homework Help</b> 4:00 – 5:00 PM <b>Zumba</b> 6:30 – 7:30 PM	<b>Garden Time!</b> 12:00 – 1:00 PM	<b>English Essentials I</b> 1:00 – 2:00 PM <b>English Essentials II</b> 3:00 – 4:00 PM	<b>Homework Help</b> 4:00 – 5:00 PM <b>Strengthening Families</b> 6:00 – 8:30 PM	<b>Mother's Day Luncheon</b> 11:00 AM – 1:00 PM	<b>CLOSED</b>
 8	<b>Homework Help</b> 4:00 – 5:00 PM <b>Zumba</b> 6:30 – 7:30 PM	<b>Garden Time!</b> 12:00 – 1:00 PM	<b>English Essentials I</b> 1:00 – 2:00 PM <b>English Essentials II</b> 3:00 – 4:00 PM	<b>Homework Help</b> 4:00 – 5:00 PM <b>Strengthening Families</b> 6:00 – 8:30 PM	<b>Munchkin Science</b> 11:30 AM – 12:30 PM	 <b>CLOSED</b>
15	<b>Homework Help</b> 4:00 – 5:00 PM <b>Zumba</b> 6:30 – 7:30 PM	<b>Community Food &amp; Diaper Distribution</b> <i>See below for details</i>	<b>English Essentials I</b> 1:00 – 2:00 PM <b>English Essentials II</b> 3:00 – 4:00 PM	<b>Homework Help</b> 4:00 – 5:00 PM <b>Strengthening Families</b> 6:00 – 8:30 PM	<b>Munchkin Playtime</b> 11:30 AM – 12:30 PM	<b>CLOSED</b>
22	<b>Homework Help</b> 4:00 – 5:00 PM <b>Zumba</b> 6:30 – 7:30 PM	<b>Garden Time!</b> 12:00 – 1:00 PM <b>Arts &amp; Crafts</b> 3:30 – 4:30 PM	<b>English Essentials I</b> 1:00 – 2:00 PM <b>English Essentials II</b> 3:00 – 4:00 PM	<b>Homework Help</b> 4:00 – 5:00 PM <b>Strengthening Families</b> 6:00 – 8:30 PM	<b>Munchkin Arts &amp; Crafts</b> 11:30 AM – 12:30 PM	 <b>CLOSED</b>
 29	<b>CLOSED FOR MEMORIAL DAY</b> 	 <b>CLOSED FOR ADMIN DAY</b>	Need to <b>Fax</b> or <b>Print</b> ? Stop by our computer lab for <a href="#">free computer use!</a> <a href="#">Free Wi-Fi</a> 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!			



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[\\*See Back for Details\\*](#)

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

**Hours of Operation:**  
 Mon – Fri 10 AM – 6 PM

## Family Health

### Zumba

Monday, 6:30 – 7:30 PM

Join the Meadowlands YMCA over Zoom to get your body moving! Email [sramos@meadowlandsfsc.org](mailto:sramos@meadowlandsfsc.org) for registration.

*Location: Zoom*

### Strengthening Families

Thursdays, 6:00 PM – 8:30 PM

MFSC is partnering with the Center for Alcohol and Drug Resources. Registration is full but if you are interested in future events, contact Ingrid Choconta at 201-261-2800.

*Location: Main Floor*

### Community Food & Diaper Distribution

May 17, 9:30 AM & 4 PM

Through partnerships with the Community Food Bank of New Jersey and Table to Table, the Meadowlands YMCA & FSC provide a monthly food and diaper distribution for our community members in need. All that is required is a vehicle to get to the location. ***Please note when making the line, cars must be marked prior to entering the premise. Start times are subject to change. Please follow our social media for details.***

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

### Meadowlands YMCA Food Pantry

By appointment

The Meadowlands YMCA Food Pantry is designed to meet the needs of families with recurring food insecurities. Those in need should fill out the interest form and return as soon as possible.

***Interest form can be found on the website and at our facility.***

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

## Parent & Child

### Arts & Crafts

Tuesday, 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*

### Mother's Day Luncheon

Friday May 6th, 11:00 AM – 1:00 PM

The MFSC wants to take a day to show appreciation for all the hardworking mothers in our community. Enjoy breakfast, do mother-and-child activities, and chat with other moms. **Pre-registration is required, please call (201) 464-4714 ext. 103 or email [mdavis-swing@meadowlandsfsc.org](mailto:mdavis-swing@meadowlandsfsc.org) to register.**

*Location: MFSC yard.*

### Munchkin Science

Friday, 11:30 AM – 12:30 PM

Fun and easy science experiments that are perfect for toddlers! **Parents must stay on premises and assist their child if needed.**

*Location: Main Floor Play Area*

### Munchkin Playtime

Friday, 11:30 AM – 12:30 PM

Parents with small children come and use our play space to promote socialization and to have fun. **Parents must stay on premises for the entire event.**

*Location: Main Floor Play Area*

### Munchkin Craft Time

Friday, 11:30 AM – 12:30 PM

Bond with your child through crafts the both of you will love! Your child will develop fine motor 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*

## Life Skills

### Homework Help

Mondays & Thursdays, 4:00 - 5:00 PM

Get your homework out of the way with Homework Help. Students will have a quiet environment where they can do their homework and ask a tutor for assistance.

*Location: Conference Room 2<sup>nd</sup> Floor*

### English Essentials I & II

Wednesdays

Formerly known as ESL, these classes are designed for all to learn the English language.

**English Essentials I (Intermediate) 1:00 – 2:00 PM**

**English Essentials II (Beginner) 3:00 – 4:00 PM**

*Location: Zoom. Email*

*[sramos@meadowlandsfsc.org](mailto:sramos@meadowlandsfsc.org) to register.*

## Community Engagement

### Garden Time

Tuesdays, 12:00 PM – 1:00 PM

All families are welcome to come and assist in MFSC's community garden. Wear clothes you don't mind getting dirty and come meet other community members while spending time outside!

*Location: MFSC, 100 Washington Ave., Little Ferry NJ 07643*