OCTOBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SNAP assistance is available by appointment				1	2 Munchkin Yoga 11:30am	3 Little Ferry Family Fun Day @Pickens Park 12-5pm
4	5 Get it Rite w/ Shoprite 3:30pm RSVP	6 Bergen DOH Presents: Kick Cancer 11am RSVP	7 Zumba w/ Luisa 10am Chess Club 3:30pm	8 Youth Group 3:30pm	9 Munchkin Sensory Play 11:30am	10
11 Diaper Week Please bring your child/children OR their birth certificate (s)	12 Administrative Day MFSC OPEN AT 1PM	13 Chair Yoga 11am	14 Rep Your Flag: Hispanic Heritage Potluck 11:30-1:30 RSVP	15 Senior Benefit Navigators 10am-1pm RSVP	16 HUMC Resident Learn and Leisure 11:30am MFSC Parent Meeting 12:30	17 Diaper Week
18	19 Adult Yoga 10am	20 Meadowlands YMCA Food Distribution- 9am 390 Murray Hill PKWY MFSC OPEN 12-4PM	21 CPR Class with Hackensack Meridian 11:30am RSVP Chess Club 3:30pm	22 Youth Group 3:30pm Food Pantry Distribution 4:30-6:30pm BY APPT	23 Food Pantry Distribution 9-11AM BY APPT Muchkin Open Play 11:30am	24
25	26 Connect and Candle Make 11am RSVP	27	28 Zumba w/ Luisa 10am	29 Youth Group 3:30pm	30 Halloweentown @ MFSC	31 HAPPY HALLOWEEN

*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

FAMILY SUCCESS CENTER
MEADOWLANDS

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.

Senior Benfit Navigators- Speak with a professional from the department of senior services about programs and benfits you may qualify for. Application assistance available.

LIFE SKILLS

Chess Club- from novice to expert, come practice your chess skills!

Youth Group - Join us for icebreakers, arts & crafts, and meaningful discussion that will help your child's emotional development.

Connect and Candle Make
Kids are back in school, the weather is getting colder, and the holiday season is already around the corner... how does that make you feel? Let's discuss it while learning about the benefits of natural candle-making.

Homework Help - Offered in Enlgish and Spanish. Monday - Thursday from 3- 4:15pm. The availability of staff depends on the day's programming schedule. Please call ahead to inquire.

PARENT-CHILD INTERACTION/CHILD DEVELOPMENT

Munchkin 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. Bond with your child and other parents through activities such as yoga, arts and crafts, and sensory play!

Halloweentown @MFSC

Join us in trick-or-treating, playing spooky games, and learning how to stay safe on Halloween night!

FAMILY HEALTH

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.

Adult Yoga
Connect with your inner self at our monthly yoga class.

CPR Class with Hackensack Meridian Health-
When there's an emergency, are you ready to learn how to step in and step up? Learn how directly from medical professionals at Hackensack Meridian Health.

Bergen DOH presents: Kick Cancer
A representative from the Bergen Department of Health will show how to properly self- administer breast exams and provide free resources for mammograms and other cancer screenings. An informaation session will accompany the exams.

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 BRING YOUR CHILD/CHILDREN OR THEIR BIRTH CERTIFICATE(S)
* MFSC NOW HAS A FOOD PANTRY ON SITE. DISTRIBUTION WILL BE ON THE THIRD THURSDAY AND FRIDAY OF THE MONTH*

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!

Rep Your Flag: Hispanic Heritage Potluck- Join us for an afternoon of celebrating, learning and DANCING! RSVP REQUIRED.

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