

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1.  National Family Caregivers Month NOVEMBER	2.  November is <b>EPILEPSY</b> Awareness Month	3. <b>Healthier You</b> at Greenway FSC 4:30pm-6:00pm 	4. <b>Center Hours:</b> Mon/Wed/Fri: 11am-5pm Tues/Thurs: 11am-7pm	5. <b>Women's Health Fair</b> at Greenway FSC 11am-1pm 
7. <b>Free Flu Shots at Greenway FSC</b> 2pm-4pm FBC Trunk or Treat @ Siperstein's 5:30pm-8:30pm 	8. <b>Active Parenting (Virtual)</b> 5:30pm-7:00pm 	9. 	10. <b>Dinner With Dad at Greenway FSC</b> 5:30pm-7:00pm 	11. <b>Family Painting at Greenway FSC</b> 4:00pm-5:00pm 	12. 
14.  <b>MOVEMBER</b>	15. <b>Active Parenting (Virtual)</b> 5:30pm-7:00pm 	16. <b>Find Your Mantra at Greenway FSC</b> Bracelet Making 4pm-5pm 	17. <b>DIY Winter Ornaments at Greenway FSC</b> 5:30pm-6:30pm 	18. <b>I'm Thankful For... at Greenway FSC</b> 4pm-5pm 	19.
21.	22. <b>Active Parenting (Virtual)</b> 5:30pm-7:00pm 	23. 	24. <b>Happy Thanksgiving! GFSC Closed</b> 	25. <b>GFSC Closed</b>	26. 
28.  <b>Diaper Distribution (Last names A-M)</b> 1pm-4pm	29. <b>Active Parenting (Virtual)</b> 5:30pm-7:00pm 	30. 			<b>Need help with resources?</b> Call/Text us at <b>732.734.1569</b>

Please register for all events. To sign up, visit: <https://linktr.ee/GreenwayFSCPrograms>

# Join the fun!

All programs & activities are FREE!

Program dates/times are subject to change. Please call 732-527-3400 for more information.

Activities	Description	When
<b>Active Parenting</b>	This virtual 4-week series is all about positive parenting techniques, common challenges of raising children, and connecting with other parents! Participants who attend at least 3 of the 4 sessions will receive a \$25 gift card.	Tuesdays, Nov. 8 <sup>th</sup> to 29 <sup>th</sup> 5:30pm-7:00pm
<b>Women's Health Event</b>	Join our Women's Health Event to learn about resources and tools to sustain a healthy lifestyle. There will be free health screenings, giveaways, DIY projects, RAFFLES and much more!!	Saturday, Nov. 5 <sup>th</sup> 11am-1pm
<b>Free Flu Shots</b>	Get your free flu shot with the Woodbridge Health Department at Greenway FSC! Bring your children along for fun fall crafts.	Monday, Nov. 7 <sup>th</sup> 2pm-4pm
<b>FBC Trunk or Treat</b>	Come to Siperstein's Paints for music, candy, and a chance to see awesome classic cars! Don't miss it!	Monday, Nov. 7 <sup>th</sup> 5:30pm-8:30pm
<b>Dinner with Dad</b>	Join the Greenway FSC team and Middlesex County Family Support Organization for an evening of fun and togetherness with father figures!	Thursday, Nov. 10 <sup>th</sup> 5:30pm-7:00pm
<b>Family Painting</b>	Sit back, relax, and do a fun canvas painting with the whole family. Refreshments will be provided. Space is limited.	Friday, Nov. 11 <sup>th</sup> 4:00pm-5pm
<b>Find Your Mantra Bracelet Making</b>	Come enjoy a motivational presentation paired with a craft. Make a mantra bracelet with a word of affirmation to motivate and inspire you to be your best self.	Wednesday, Nov. 16 <sup>th</sup> 4pm-5pm
<b>DIY Winter Ornaments</b>	Enjoy an evening of creativity as we make winter ornaments just in time for all of your holiday celebrations! Children and adults can all enjoy this craft.	Thursday, Nov. 17 <sup>th</sup> 5:30pm-6:30pm
<b>I'm Thankful For...</b>	We have so much to be thankful for! Join the Greenway FSC team for a fun Thanksgiving craft to celebrate all of the blessings we have! The Woodbridge Health Department will also share great information about keeping your home safe from lead and provide information on laws to keep your home safe from lead hazards	Friday, Nov. 18 <sup>th</sup> 4pm-5pm
<b>Healthier You Series</b>	Join EFNEP and Greenway FSC to learn important tips about eating healthy, grocery shopping on a budget, staying active, and more. The presentations are designed for adults, but every session will end with a hands-on cooking activity for the whole family!	Thursdays, Sept. 15 through Nov 3 4:30pm-6pm
<b>Diaper Distribution</b>	Greenway FSC and Central Jersey Diaper Bank are partnering to hold monthly distributions of diapers, baby clothing, and formula. Participants can receive supplies every other month, so this month will be for last names starting with N-Z, and the next month will be for A-M.	Monday, Nov. 28 <sup>th</sup> 1pm-4pm