

Absecon Community Center for Seniors

Great Hall * AUMC ~ 100 Pitney Road ~ Absecon, NJ 08201

Phone: (609) 645-0013 E-mail: seniorcenterumc@comcast.net

FEBRUARY 2018



***IMPORTANT:** EVERYONE is considered a NEW CLIENT at the start of the new year. Therefore, EVERYONE must complete the brief "**Client Information Sheet for 2018**". Forms can be picked up at and returned to the front desk when completed. It is required by Atlantic County for us to keep updated info on file for all our clients. Failure to do so could result in our loss of funding.


1 (th): **Rummikube Tournament! (10:15am)** Cards and games also available in the Great Hall.

6 (t): Fun For All: **Bingo (10:15-11:15am)** Scrabble, Rummikube, Cards, Games & more in Great Hall

8 (th):  **"Container Gardening" (10:15am)**  NJ Rutgers Master Gardeners
Cards and games will be available before and after presentation

13 (t): **Valentine's Craft (10:15am)**  Cards and games also available in Great Hall

15 (th): **Celebrate**  **Valentine's Day & February Birthdays at 10:15am**  with the music of **"Mike Marano"** ~ Cards & games available before & after entertainment

"Today's Entertainment & Birthday Cake is donated by the Carney Family in memory of Gladys" 

20 (t): **BINGO (10-11:15am)** Brief presentation by our sponsor, **"Royal Suites"** at 10am with Bingo to follow
~ Scrabble, Rummikube, Cards, Games & more in the Great Hall


22 (th): **Spotlighting Our Seniors!** Chatting with Nancy this month is **"Al & May Schollenberger" (10:15am)**
Cards and games will be available before and after chat

27 (t):  **PO-KE-NO! (10:15-11:15am)** Similar to Bingo, but played with "cards" ~ Other games also available

March 1 (th): **Rummikube Tournament! (10:15am)** Cards and games also available in the Great Hall.

 **ZUMBA CHAIR** (seated cardio workout) with *Kymbah* every Tues. 9-10am

Continue Gary & Natalie's *Tai Chi* class with their  **"Easy For Life" DVD** : every Thurs. 9-10am

 **Walk Your Way to Health** (tape) ~ every Thurs. 9-10am

Fit Body ~ Fit Mind Chair Yoga with *Naida* meets every Thurs. 12:30-1:30pm 

All Fitness Activities Are **FREE** To Our Seniors!

Lunch is served every Tues/Thurs at 11:30am. A donation of \$3 is requested to help defray the cost
Please either be here by 11am for lunch or call by 11am to let us know you are coming and to save you a seat

Our inclement weather policy is: If Absecon Schools are closed, then the Senior Center is also closed.

The Absecon Community Center for Senior Citizens is funded under Title III of the Older Americans Act of 1965, as amended, through a grant by the Division of Intergenerational Services, Atlantic County; the Citizens of Absecon; Absecon City Council; the Irene C. Brown Hurd-Price Foundation of the United Methodist Church at Absecon; and therefore, is **open to all Atlantic County senior citizens (age 60+)**.

Donations to the program are welcome, and will be used to enhance and expand existing services.

Free Transportation available for Absecon residents.