

Absecon Community Center for Seniors

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




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



AUGUST 2017



***IMPORTANT:** EVERYONE is considered a NEW CLIENT at the start of the new year. Therefore, EVERYONE must complete the brief "Client Information Sheet for 2017". 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 (t): **Rummikube Tournament! (10:15am)** Cards and games also available in the Great Hall.
- 3 (th): **Spotlighting Our Seniors!** Chatting with Nancy this month is "Josie Barr & Wayne Howell" (10:15am)
Cards and games will be available before and after chat
- 8 (t): Fun For All: **Bingo (10:15-11:15am)** Scrabble, Rummikube, Cards, Games & more in Great Hall
- 10 (th): "**Age Related Eye Diseases: diagnose, treat, and prevent**" (Griswold Home Care) (10:15-11:15am)
Cards & games available before & after speaker
- 15 (t):  **PO-KE-NO! (10:15-11:15am)** Similar to Bingo, but played with "cards" - Other games also available
- 17 (th): **Celebrate**  **Summer & August Birthdays**  with the smooth sound of "Mike Marano"
at 10:15am ~ Cards & games available before & after entertainment
- 22 (t): **BINGO (10-11:15am)** Brief presentation by our sponsor, _____ at 10am
with Bingo to follow ~ Scrabble, Rummikube, Cards, Games & more in the Great Hall
- 24 (th): "**Reminisce**" with Nancy Trivia Game (10:15am) Cards and games will also be available
- 29 (t): **OOH Baby, WHO's Who? Match the Adult with his/her Baby picture** ~ Prize for most correct matches!
Participants: please give a baby picture [under the age of 2] to Nancy by Tues, Aug 22nd.
(Pictures will be returned on the 29th) ~ Cards and games will also be available
- 31(th): "**First Aid for Older Adults**" (Chief Barry Bruner) Absecon Emergency Medical Services
(10:15am) ~ Cards & games available before & after speaker

September 5 (t): Fun For All: **Bingo (10:15-11:15am)** Scrabble, Rummikube, Cards, Games & more in Great Hall

 **ZUMBA CHAIR** (seated cardio workout) with *Kymbah* every Tues. 9-10am (NO class ~ 8/1)

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 at 11:30am after the day's program. A donation of \$2.50 is requested to help defray the cost
*****Please be here by 11am or call by 11am to let us know you are coming*****

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 Absecon Library; 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.