

Absecon Community Center for Seniors

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

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



JANUARY * 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.

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

4 (th): **"Reminisce" with Nancy Trivia Game (10:15am)** Cards and games will also be available
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9 (t): Fun For All: **Bingo (10:15-11:15am)** Scrabble, Rummikube, Cards, Games & more in Great Hall

11 (th): **"Step-Up" your Foot Care**  with Dr. Santamaria (10:15am) Achilles Foot & Ankle Associates
Cards and games will be available before and after presentation

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

18 (th): **Celebrate the**  **New Year & January Birthdays**  (10:15am) with the music of
"Robin VanDuzee" ~ Cards & games available before & after entertainment

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

25 (th): **"Tax Tips & Requirements for Seniors"** with Karen DiPalma (10:15am) H&R Block
Cards and games will be available before and after program

30 (t): **Winter Craft**  ~ **Snowman (10:15am)** Cards and games also available in Great Hall

February 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 (no class – Jan 2nd)

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  (Kate – Jan 4th)

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 Absecon United Methodist Church; 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.