

Absecon Community Center for Seniors

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

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



OCTOBER 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.

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

5 (th): **Spotlighting Our Seniors!** Chatting with Nancy this month is "Jim & Vicki Ryan" (10:15am) Cards and games will be available before and after chat

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

12 (th): **Toy Trivia Game** with Nancy  (10:15am) Cards and games will also be available

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

19 (th): "GI Health: Beginning to End!" with Steven Chang from  **Essential Elements (10:15am)** Cards & games available before & after speaker

24 (t):  **Absecon Nursery School: Spooktacular Halloween Performance (10:15am)** Followed by **Halloween Hangman!** also Rummikube, Cards, Games & more in the Great Hall

26 (th): Celebrate  & October Birthdays  with "The Amazing Magic of MATT CADABRA" (10:15am) Cards & games available before & after entertainment

31 (t): **HALLOWEEN BINGO! (10:15-11:15am)** Scrabble, Rummikube, Cards, Games & more in 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 \$2.50 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

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.